

# Brave Futures

England & Wales · Charity number 1149347

## Details

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Other names	F.S-NEW BEGINNINGS LTD., FRESH START NEW BEGINNINGS, FRESH START-NEW BEGINNINGS
Status	Registered
Legal form	Charitable company
Company number	<a href="#">08128922</a>
Registered	2012-10-17
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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**Address**  
Brave Futures  
Chestnut Court  
Wingfield Street  
Ipswich  
IP4 1AR

**Phone** 01473353355

**Email** [admin@bravefutures.org](mailto:admin@bravefutures.org)

**Website** <http://bravefutures.org>

## Activities

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**Objects:** THE RELIEF OF THOSE IN NEED IN PARTICULAR THOSE CHILDREN UP TO THE AGE OF 18 YEARS WHO HAVE SUFFERED FROM SEXUAL ABUSE IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF COUNSELLING AND THERAPEUTIC SUPPORT.THE RELIEF OF THOSE IN NEED IN PARTICULAR ADULTS WHO ARE SURVIVORS OF CHILDHOOD SEXUAL ABUSE IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF COUNSELLING AND THERAPEUTIC SUPPORT.THE RELIEF OF PARENTS AND CARERS OF CHILDREN UP TO THE AGE OF 18 YEARS WHO HAVE SUFFERED FROM SEXUAL ABUSE BY PROVIDING ADVICE, COUNSELLING AND EDUCATION PROGRAMMES TO ENABLE THEM TO UNDERSTAND AND HELP OVERCOME THE PROBLEMS FACED BY THE CHILDREN IN THEIR CARE.TO RELIEVE THE NEEDS OF CHILDREN SUFFERING FROM SEXUAL BEHAVIOURAL PROBLEMS ARISING FROM LIFE EXPERIENCES BY ACTING AS A RESOURCE FOR THE TREATMENT OF THOSE CHILDREN.

**Activities:** We were set up to provide a therapeutic service for children and young people up to 21 years of age who have reported being sexually abused and to offer support for their families.Our main aim is to help

children and young people make sense of the confusion they feel and to teach them coping strategies to deal with the difficulties they face while highlighting their strengths and potential.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** Children/young People

## Geography

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- Norfolk
- Suffolk

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£881,344	£886,410	£433,687	22
2024-03-31	£739,860	£789,064	£438,753	22
2023-03-31	£622,346	£642,629	£487,957	17
2022-03-31	£558,227	£575,836	£508,240	17
2021-03-31	£653,783	£463,369	£525,849	20

## Trustees

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Name	Role	Appointed
Emma Clifton		2021-11-11
Evril Silver		2021-11-11
Jessica Bettis		2023-06-22
Katherine Ahluwalia		2024-02-22
Keri Symonds		2021-11-11
Kesha Allen		2021-11-11
Oliver Gravell		2018-06-14
STEPHEN DEREK FLORY		2022-08-11
Sharon Brown		2023-06-22

**Brave Futures**

England & Wales - Charity number 1149347

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# Accounts

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**COMPANY REGISTRATION NUMBER: 08128922**

**CHARITY REGISTRATION NUMBER: 1149347**

**Brave Futures  
Company Limited by Guarantee  
Unaudited financial statements  
31 March 2025**

# **Brave Futures**

## **Company Limited by Guarantee**

### **Financial statements**

**Year ended 31 March 2025**

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# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report)

#### Year ended 31 March 2025

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

#### **Operations Manager's Annual Report Summary:**

This year has been another transformative period for our charity, marked by continued growth, and enhanced service delivery. Despite challenges we have aligned our focus on strengthening our financial resilience. Building on the progress of previous years, we have focused on improving the quality of our interventions and ensuring the sustainability of our operations.

To meet rising demand and maintain high standards of care, we invested in advanced training for our practitioners, embedding evidence-based therapeutic models such as Letting the Future In (endorsed by NICE) across our services. This has improved consistency and quality in our approach, giving children and young people access to interventions that are both effective and nationally recognised. We also introduced new quality assurance processes, including regular case audits and feedback mechanisms, to ensure that every child receives the best possible support.

Recognising the importance of early intervention, we built upon our Education and Outreach provisions and resources, with the aim of creating sessions which can be delivered in schools across Suffolk and Norfolk. These sessions not only raise awareness of child sexual abuse but also equip children with the knowledge and confidence to seek help. Our outreach team has worked closely with local authorities and safeguarding boards to strengthen community engagement and drive a focus towards prevention strategies.

On the financial front, we have taken significant steps to secure long-term stability. Through successful grant applications, corporate partnerships, and community fundraising, we maintained income streams despite challenging economic conditions. Our reserves remain healthy, and we have implemented a robust financial plan to reduce the reserve deficit and safeguard the charity's future. The introduction of a dedicated Community Fundraiser has further strengthened our ability to engage supporters and diversify income sources.

Operationally, we continued to address accessibility by maintaining our hubs in Ipswich and Norwich and exploring opportunities for a central Norfolk site. These hubs provide safe, welcoming spaces for families and enable us to deliver services more efficiently. We also invested in technology upgrades to improve data security and streamline case management, ensuring compliance and enhancing service delivery.

These achievements reflect our unwavering commitment to supporting children and young people who have experienced sexual abuse. We are deeply grateful to our team, volunteers, trustees, and funders for their dedication and support.

As we look ahead, our focus will remain on expanding our reach, strengthening partnerships, and embedding quality and sustainability at the heart of everything we do. Together, we will continue to make a meaningful difference in the lives of those who need us most.



Kate Grimwood  
Operations Manager

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2025

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#### Reference and administrative details

<b>Registered charity name</b>	Brave Futures
<b>Charity registration number</b>	1149347
<b>Company registration number</b>	08128922
<b>Principal office and registered office</b>	Chestnut Court Wingfield Street Ipswich Suffolk IP4 1AR

#### The trustees

The trustees who served during the year and at the date of approval were as follows:

S Flory (Chair)  
K Ahluwalia  
K Allen  
J Bettis  
S Brown  
E Clifton  
J Debenham (Appointed 03/07/2025)  
O Gravell  
T Porter (Appointed 03/07/2025)  
E Silver  
K Symonds  
C Horsley (Resigned 29/05/2024)

**Company secretary** E Clifton

**Independent examiner** A Robinson FCA  
Lovewell Blake LLP  
Chartered accountants  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
IP32 7EA

**Bankers** HSBC  
12 Tavern Street  
Ipswich  
Suffolk  
IP1 3AZ

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2025**

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#### **Objectives and activities**

##### **About Brave Futures**

Brave Futures is a specialist support service for children and young people (CYP), up to the age of 18, who have experienced sexual abuse. Each child or young person is given a dedicated one-to-one Practitioner, and we create for each of them a bespoke treatment plan. Our aim is to give children and young people the skills and coping mechanisms they need to re-build their futures, to manage the trauma they have experienced and to help them to move from victim to survivor.

##### **Our purpose**

The charity's stated objectives per the governing document are:

- To provide relief to children whose lives have been affected by sexual abuse.
- To provide relief to their parents and carers.

##### **Our background**

The charity was first established as Fresh Start New Beginnings in 2012 by Diana Porter MBE, initially with a small staff who worked, often on a completely voluntary basis, to provide a service for children and young people in Suffolk. The organisation has expanded significantly in the years since then. In 2015 we offered a service in Norfolk for the first time and today we provide a service in six locations across Norfolk and four in Suffolk. We also now employ 23 staff across both counties, including 15 frontline Practitioners.

##### **Our vision**

We work tirelessly so that all children and young people who are the victims of sexual abuse or exploitation can:

1. Have access to the appropriate support.
2. Have the reassurance that they will be listened to and believed.
3. Have the opportunity to feel safe again.

We aim to educate society because every child has the right to a childhood free from sexual abuse.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2025**

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#### **Achievements and performance**

##### **How we work**

Each young person who is referred to us is offered an initial meeting where a detailed assessment of their physical, emotional and mental health needs is carried out by one of our specialist Practitioners. The Practitioner also assesses the needs of the parent/carer or sibling(s). They then put together a tailored treatment plan with the young person before one-to-one sessions begin.

The aim of the sessions is to build a trusted relationship with each child or young person. In many cases, the young person has already spoken to multiple agencies and organisations and in some cases, they have been dismissed or not believed. Our aim is to help them make sense of what has happened, to show them that what has happened is not their fault and to help diminish their feelings of guilt and shame.

The sessions look at their triggers, worries and anxieties and we teach them coping mechanisms to help them to manage these. We look at the grooming techniques used by perpetrators (this is age dependent) and we spend a lot of time working towards improving the young person's confidence and self-esteem.

The children and young people we support come to us with a wide range of symptoms, including post-traumatic stress disorder (PTSD), depression, suicidal thoughts, poor emotional regulation, eating disorders, self-harm, and substance abuse.

Our aim is to offer the young person a safe space where they can discuss their thoughts, fears and feelings openly with someone who will never be shocked or upset by what they hear. Through our intervention, our aim is to enable the young person to move forward in their lives, leaving the trauma of abuse behind them.

In approximately 90% of the cases we see, the perpetrator is a parent, stepparent or someone who is known to the family. The child or young person is not only dealing with the abuse which has taken place, but the fact that their home life has been torn apart by the perpetrator leaving, and the fallout this can cause within the wider family. In addition, the involvement of the police and other agencies causes a great deal of anxiety and confusion for the victim and their family.

Although we are unable to work with a child until they are safe from their abuser, we believe that early intervention is vital - as the earlier we treat the trauma of sexual abuse, the better the result. By treating children at a young age, their trauma is not carried with them into adulthood, and we can give them the chance to reach their full potential in the future.

This not only has obvious benefits for the child and their family, but also for the whole of society, as it decreases the need for public resources to be spent on dealing with the long-term symptoms of a child's untreated trauma, including a wide range of mental health problems, poor physical health, substance abuse, homelessness and social exclusion and parenting and relationship issues.

##### **How our activities deliver public benefit**

##### **Overview**

This year has been one of both challenges and successes for Brave Futures. Rising costs of service delivery, coupled with the impending increase in employer National Insurance contributions, have placed additional strain on our resources.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2025

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The charity experienced an overspend of approximately £88,000 during the financial year, primarily due to a combination of operational and income-related factors. The main contributors to this variance were increased staffing costs, reflecting higher wage expenditure and additional recruitment; one-off expenses associated with relocating the office, including setup and transition costs; and a drop in income, with reduced grant and donation levels compared to projections, which impacted overall cash flow.

Despite these pressures, our charity has made significant strides in expanding its reach, improving service quality, and strengthening financial resilience. To mitigate these challenges, we implemented a series of cost-control measures, including renegotiating supplier contracts, streamlining operational processes, and increasing the use of shared spaces to reduce premises costs. These actions, alongside our continued focus on diversifying income streams and securing multi-year funding, have helped us maintain stability while continuing to deliver vital services. This report summarises our key achievements, financial performance, and outlook for 2025/26.

During the year, we provided a therapeutic treatment programme for victims of sexual abuse up to the age of 18 years old. Our service is available to all children and young people up to the age of 18, whether or not they are involved in the legal process. In addition, any young person who has previously accessed our service, is able to re-refer themselves up to the age of 21. During this period, we supported 397 children and young people - 216 in Suffolk and 181 in Norfolk.

In addition to the CYP support delivered we also provided tailored support to 39 parents/carers during this period - 13 in Suffolk and 26 in Norfolk.

Our treatment programme uses a range of approaches, including cognitive behavioural therapy, mindfulness, systemic therapy and psycho-educational work. For smaller children, we use play therapy and art therapy and visual tools, such as sand play, puppets, games, drawing and painting. As part of their sessions, we help the child or young person to put together a worry box or self-soothe box to take away. These are filled with items to comfort or distract them when they feel distressed or anxious.

Nobody leaves our service until we (and they) believe they are ready. By the time a child or young person is ready to leave our service, our aim is that:

- Each child/young person is feeling more positive about themselves and their future.
- Each child/young person is empowered with coping mechanisms to help them to manage their emotions and triggers in the outside world.
- Symptoms such as anxiety, depression, flashbacks, nightmares, self-harm and substance abuse are absent or significantly reduced.

In addition to the above, during the year we also:

- Provide advice, support and information to parents and carers of children who have been sexually abused, to help them understand and respond to their child's emotions and behaviours and to help them cope with their own emotional responses following their child's disclosure.
- Provided consultation and support for parents, carers, teachers and other professionals in spotting the signs and symptoms of child sexual abuse and harmful sexual behaviours.
- Provided support to families who needed our help with the cost of transport to and from sessions.

Although our service is free to all families, recognising the impact of the cost-of-living crisis on many families, we have set up a hardship fund to ensure transport costs are not a barrier to accessing our service.

The Trustees have considered the Charity Commissions guidance on public benefit when setting the objectives for the year.

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2025

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##### **Fundraising update**

We are delighted to report a year of growth, engagement, and community support at Brave Futures. In 2024/25, despite a deficit from the previous year of £69,866, which is a drop in income from trusts and grant funding, we achieved a £30,000 increase in voluntary income, demonstrating the generosity and commitment of our supporters.

Our signature Dragon Boat event continues to flourish, raising over £45,000 with strong involvement from local businesses. We launched our first Dragon Boat in Norwich, which raised over £10,000, and held our inaugural Elegance by Day ball, raising over £20,000. We were also proudly supported by Candour Agency Norwich, who raised over an incredible £20,000. Additionally, our first Snow Dash in West Suffolk raised over £7,000. Corporate and community groups, from Rotary and Lions clubs to small local businesses, have been instrumental in making these events a success.

These events are vital not only for raising funds but also for raising awareness of child sexual abuse, helping families understand where to turn for support, and safeguarding children and young people from harm. Alongside fundraising, we have worked hard to engage services, community groups, and the public, ensuring that clear pathways to our support are widely known. Over the year, we delivered numerous awareness sessions, reaching hundreds of adults and children across Suffolk and Norfolk. We were proud to be part of Crucial Crew for the first year in both West Suffolk and Waveney, educating thousands of children about boundaries, consent, and how to stay safe.

As statutory funding remains strained, diversifying our income streams is essential. We are fortunate to now have a dedicated Norfolk fundraising role, which will help us grow support and continue to provide essential services for children and young people who need us. We are immensely grateful to be part of such a supportive community and remain committed to safeguarding, supporting, and empowering those affected by abuse.

##### **Key Achievements**

###### Supporting Children in Need

In 2024/25, we were able to provide vital support to 397 children, offering counselling, advocacy, and a safe space for recovery. Each of these children and their families received personalised care tailored to their specific needs. Our team of specialists has continued to work tirelessly to help young survivors of sexual abuse rebuild their lives.

###### Staff Structure remodelled

Following the departure of the Managing Director, we undertook a strategic review of our leadership structure to better align with the evolving needs of our team and services. Working collaboratively with the Trustee Board, we introduced a new management framework designed to strengthen governance, enhance decision-making integrity, and position the charity for sustainable growth and positive change.

We introduced new lead roles designed to strengthen management functions and better align with service needs. This restructuring not only enhanced operational efficiency but also created clear pathways for career progression, offering staff greater opportunities for growth, development, and professional fulfilment.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2025

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##### Infrastructure improvements

During 2024/25, we undertook significant infrastructure enhancements to strengthen service delivery and operational efficiency. Systems and processes were streamlined to reduce duplication, improve workflow, and ensure compliance with data protection standards. We introduced upgraded case management software, enabling faster reporting and better tracking of outcomes for children and families. Additionally, we implemented stronger financial controls and automated reporting tools, giving management greater visibility over budgets and expenditure. This has helped us respond proactively to rising costs and maintain financial stability while continuing to meet the growing demand for our services.

##### Steady Financial Position

Despite the difficult operating conditions, we are pleased to report that our financial reserves remain stable. We have worked diligently to ensure that we maintain a robust financial position, which enables us to continue delivering essential services to children without disruption.

##### Sustained Income Stream

Our income streams have increased compared to last year, thanks to the continued support of our donors, partners, and the community. We are confident that we are well-positioned for 2025, with expectations of a stable income stream moving forward, providing a solid foundation for growth and sustainability.

##### Financial Overview

**Income:** Although income has not increased this year, we have successfully diversified our income streams through grants, corporate partnerships, and community fundraising, ensuring greater financial stability for the forthcoming year despite challenging external conditions.

**Expenditure:** Following staff resignations, we carefully reviewed team needs rather than making hasty recruitment decisions. By better utilising existing capacity and resources, we aligned roles with service priorities and reduced operational costs while maintaining high-quality support for all children referred to us.

Whilst we proceed with a more cautious approach given the challenging funding landscape we have continued to invest in expanding our services, including training, resources and office space, ensuring that we can provide high-quality support.

**Reserves:** Our reserves have remained strong and stable, allowing us to plan for future growth and ensure the sustainability of our operations.

##### Outlook for 2026

Looking ahead, we remain optimistic about the future of the charity. While the economic environment continues to present challenges, we are committed to building further financial resilience to safeguard our services for the long term. This includes diversifying income streams, securing multi-year funding agreements, and implementing robust financial controls to maintain healthy reserves and reduce risk.

With new office spaces in Ipswich and Norwich now operational, we are well-positioned to extend our reach and deliver services to even more children across the region. Planned infrastructure improvements-such as upgrading our case management systems, enhancing digital security, and investing in technology to support hybrid working-will further strengthen operational efficiency and enable us to scale sustainably. These enhancements will not only improve service delivery but also provide the foundation for future growth.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2025

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Our focus for the year ahead will remain on increasing outreach, strengthening partnerships, and embedding quality and sustainability at the heart of everything we do. We are excited to continue meeting the growing demand for our services while raising awareness of children's rights and advocating for systemic change to prevent abuse.

#### Conclusion

Despite a challenging economic climate, Brave Futures has achieved a year of meaningful growth and impact. We have expanded our physical presence, supported hundreds of children and young people, and strengthened our financial position as we move confidently into 2026. Our commitment to our mission remains unwavering, and we are deeply grateful for the continued support of our donors, volunteers, and partners. Together, we will keep driving positive change and making a lasting difference in the lives of the children we serve. Looking ahead, we will focus on building even greater financial resilience and scaling our services to meet rising demand, ensuring that every child and young person who needs us can access timely, high-quality support.

#### **Financial review**

During the year total donations and grants amounted to £236,689 (2024: £269,068) down 12% on the previous year, of which £63,136 (2024: £129,493) was for restricted purposes. A full breakdown of the origins of all the restricted funds received is provided within the notes to these accounts.

Total income amounted to £881,344 (2024: £739,860) and after deduction of the charity's costs there was a deficit for the year of £5,066 (2024: £49,204). There is restricted funding of £170,839 (2024: £82,535) carried forward to be spent for specific purposes over the coming months.

The charity remains in a healthy cash position with a balance of £287,264 (2024: £374,040) as at the year-end date. The trustees feel that it continues to be well placed to build on its past work and to reach out to more and more children in need across the two counties.

#### **Investment powers and policy**

The charity does not have significant reserves to invest, and any cash balances are held in the current and deposit bank accounts with the charity's main banker. This policy is renewed annually.

#### **Reserves policy**

The board of trustees has established a policy whereby the unrestricted funds not committed or invested in tangible free assets ("the free reserves") held by the charity should be three months of the resources expended. At this level the board feels that it would be able to continue activities of the charity in the event of a significant drop in income. Having considered the growth in expenditure over the year this equates to £221,602 (2024: £197,266). The current level of free reserves is £247,549 (2024: £356,218).

The trustees annually review the reserves policy, its adequacy and the continuing income streams and budgeted expenses to ensure the charity is able to deliver on its projects for the foreseeable future, as part of this the trustees are seeking to reduce the reserve deficit in the upcoming years.

## **Brave Futures**

### **Company Limited by Guarantee**

#### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2025**

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##### **Plans for future periods**

This year, the charity has successfully acquired a new office site in Norwich, marking a significant milestone in our expansion across Norfolk. This central hub will provide a dedicated space for client interventions and a collaborative base for our teams, enabling us to strengthen service delivery and extend our reach to more children and young people in the region. Alongside this, mobilisation of our Ipswich site continues, ensuring both hubs operate as key assets for growth and partnership opportunities.

Our commitment to quality remains unwavering. We will continue embedding the NSPCC's Letting the Future In (LTFI) therapeutic programme, endorsed by NICE, to ensure nationally recognised standards of care. Delivery staff will complete accredited training and work closely with the NSPCC to maintain excellence in service provision.

Looking ahead, we are investing in advanced systems and processes to improve governance, streamline case management, and enhance operational efficiency. These upgrades will provide better visibility of performance, strengthen compliance, and support informed decision-making across the charity.

Education and outreach remain a priority. With dedicated officers in place, we will expand our awareness programmes and develop resources that empower children and communities to recognise and respond to abuse. Strategic engagement with stakeholders will guide future planning and amplify our impact.

Collaboration remains central to our strategy. We will deepen partnerships with local authorities, safeguarding boards, health services, and education providers across Suffolk and Norfolk. These relationships will enable us to share best practices, coordinate interventions, and advocate for systemic improvements in child protection. By working together, we aim to create a stronger network of support for children and families affected by sexual abuse.

Our Marketing and Fundraising Team will continue to build strong community and corporate partnerships, driving engagement and securing vital funding to sustain and grow our mission.

Above all, our focus is on guaranteeing the continuity of our services and maximising the number of children and young people we can support across Norfolk and Suffolk.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2025**

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#### **Structure, governance and management**

The charity is a company limited by guarantee, registered in England and Wales. The charity was incorporated on 3 July 2012 and commenced operations thereafter. The trustees are responsible for making decision on all matters of general concern and importance, including deciding on how the funds are to be spent. A subcommittee exists to set the remuneration of key personnel.

All charity information and registered numbers can be found on the legal and administrative information page, along with the trustees, who are also the directors for the purpose of company law, and who served during the year.

None of the trustees have a beneficial interest in the company, and all of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

#### **Recruitment and appointment of trustees**

New trustees are appointed from a recruitment and selection process to enhance the skills and experience of the board as a whole. Once appointed, trustees are provided with all the information required to assist them in performing their role as trustees covering all aspects of the organisation.

#### **Trustee induction and training**

Following an induction by the charity, Larking Gowen provide trustees with training regarding the responsibilities of being a charity trustee. If trustees request or require further input, then the charity would arrange for them to attend external training as appropriate. All trustees undertake safeguarding training.

#### **Related parties**

The charity's relevant related party transactions are described in the notes of these accounts.

#### **Risk assessment**

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks. This work has identified the loss of personnel as a major risk which is addressed through succession planning.

#### **Independent examiner reappointment**

A resolution to appoint A Robinson FCA of Lovewell Blake LLP as independent examiner will be proposed at the next relevant board meeting.

#### **Small company provisions**

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

## **Brave Futures**

### **Company Limited by Guarantee**

#### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2025**

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The trustees' annual report was approved on <sup>22/12/2025</sup> ..... and signed on behalf of the board of trustees by:

*Steve Flory*

S Flory (Chair)  
Trustee

# Brave Futures

## Company Limited by Guarantee

### Independent examiner's report to the trustees of Brave Futures

#### Year ended 31 March 2025

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I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2025 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

#### Responsibilities and basis of report

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

Having satisfied myself that the financial statements 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 company's financial statements 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 charity'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 Institute of Chartered Accountants in England and Wales (ICAEW), 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 financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.

*Abigail Robinson*

A Robinson FCA  
Independent Examiner

Lovewell Blake LLP  
Chartered accountants  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
IP32 7EA  
22/12/2025

**Brave Futures****Company Limited by Guarantee****Statement of financial activities  
(including income and expenditure account)****Year ended 31 March 2025**

		<b>2025</b>	<b>2024</b>		
	<b>Note</b>	Unrestricted funds £	Restricted funds £	<b>Total funds</b> £	Total funds £
<b>Income</b>					
Donations	<b>5</b>	173,553	63,136	236,689	269,068
Charitable activities	<b>6</b>	9,020	615,552	624,572	415,312
Income from fundraising	<b>7</b>	14,807	–	14,807	49,646
Investment income	<b>8</b>	5,276	–	5,276	5,834
<b>Total income</b>		<u>202,656</u>	<u>678,688</u>	<u>881,344</u>	<u>739,860</u>
<b>Expenditure</b>					
Raising funds					
Cost of fundraising		83,633	3,921	87,554	86,732
Charitable activities	<b>9</b>	212,393	586,463	798,856	702,332
<b>Total expenditure</b>		<u>296,026</u>	<u>590,384</u>	<u>886,410</u>	<u>789,064</u>
<b>Net expenditure and net movement in funds</b>		<u>(93,370)</u>	<u>88,304</u>	<u>(5,066)</u>	<u>(49,204)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		356,218	82,535	438,753	487,957
<b>Total funds carried forward</b>		<u>262,848</u>	<u>170,839</u>	<u>433,687</u>	<u>438,753</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 16 to 28 form part of these financial statements.

**Brave Futures****Company Limited by Guarantee****Balance sheet****31 March 2025**

	Note	2025		2024	
		£	£	£	£
<b>Fixed assets</b>					
Tangible fixed assets	12		15,299		18,086
<b>Current assets</b>					
Debtors	13	160,215		65,145	
Cash at bank and in hand		287,264		374,040	
		<u>447,479</u>		<u>439,185</u>	
<b>Creditors: Amounts falling due within one year</b>	14	<u>(29,091)</u>		<u>(18,518)</u>	
<b>Net current assets</b>			418,388		420,667
<b>Total assets less current liabilities</b>			<u>433,687</u>		<u>438,753</u>
<b>Net assets</b>			<u>433,687</u>		<u>438,753</u>
<b>Funds of the charity</b>					
Restricted funds			170,839		82,535
Unrestricted funds			262,848		356,218
<b>Total charity funds</b>	15		<u>433,687</u>		<u>438,753</u>

For the 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 company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 22/12/2025, and are signed on behalf of the board by:

*Steve Flory*

S Flory (Chair)  
Trustee

Company registration number: 08128922

The notes on pages 16 to 28 form part of these financial statements.

**Brave Futures****Company Limited by Guarantee****Statement of cash flows****Year ended 31 March 2025**

	<b>2025</b>	2024
	£	£
<b>Cash flows from operating activities</b>		
Net expenditure	(5,066)	(49,204)
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	2,787	4,322
Other interest receivable and similar income	(5,276)	(5,834)
Interest payable and similar charges	353	368
<i>Changes in:</i>		
Trade and other debtors	(95,070)	3,348
Trade and other creditors	10,573	3,142
Cash generated from operations	(91,699)	(43,858)
Interest paid	(353)	(368)
Interest received	5,276	5,834
Net cash used in operating activities	<u>(86,776)</u>	<u>(38,392)</u>
<b>Net decrease in cash and cash equivalents</b>	<b>(86,776)</b>	<b>(38,392)</b>
<b>Cash and cash equivalents at beginning of year</b>	<b>374,040</b>	<b>412,432</b>
<b>Cash and cash equivalents at end of year</b>	<b><u>287,264</u></b>	<b><u>374,040</u></b>

The notes on pages 16 to 28 form part of these financial statements.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Notes to the financial statements**

#### **Year ended 31 March 2025**

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#### **1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Chestnut Court, Wingfield Street, Ipswich, Suffolk, IP4 1AR.

#### **2. Statement of compliance**

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

#### **3. Accounting policies**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### **Going concern**

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient for the charity to be able to continue as a going concern.

##### **Fund accounting**

The charity maintains a general unrestricted fund which represents funds which are expended at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds have been provided to the charity for particular purposes. The trustees carefully monitor the application of these funds in accordance with the restrictions placed upon them. Details of the nature and purpose of each fund is set out in the notes to these accounts.

##### **Income**

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when the recognition criteria is met.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

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#### 3. Accounting policies *(continued)*

##### Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is classified under headings of the statement of financial activities to which it relates.

Fundraising costs comprise the costs associated with attracting voluntary income.

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.

All costs are allocated to expenditure categories on a basis designed to reflect the use of the resources.

##### Operating leases

Rentals payable under operating leases are charged against income on a straight line basis over the period of the lease.

##### Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

##### Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	10% straight line
Computer equipment	-	25% straight line

##### Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

#### 4. Limited by guarantee

The charity is a company limited by guarantee. The members of the company are the trustees named on the legal and administration information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

#### 5. Donations

	Unrestricted Funds £	Restricted Funds £	<b>Total Funds 2025 £</b>
<b>Donations</b>			
Individual and corporate donations	162,453	28,527	190,980
<b>Grants</b>			
Grants	<u>11,100</u>	<u>34,609</u>	<u>45,709</u>
	<u>173,553</u>	<u>63,136</u>	<u>236,689</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
<b>Donations</b>			
Individual and corporate donations	139,575	9,956	149,531
<b>Grants</b>			
Grants	<u>–</u>	<u>119,537</u>	<u>119,537</u>
	<u>139,575</u>	<u>129,493</u>	<u>269,068</u>

#### 6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	<b>Total Funds 2025 £</b>
Income from services provided	<u>9,020</u>	<u>615,552</u>	<u>624,572</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Income from services provided	<u>9,004</u>	<u>406,308</u>	<u>415,312</u>

#### 7. Income from fundraising

	Unrestricted Funds £	Restricted Funds £	<b>Total Funds 2025 £</b>
Fundraising income	<u>14,807</u>	<u>–</u>	<u>14,807</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

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#### 7. Income from fundraising *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Fundraising income	44,956	4,690	49,646

#### 8. Investment income

	Unrestricted Funds £	<b>Total Funds 2025 £</b>	Unrestricted Funds £	Total Funds 2024 £
Bank interest receivable	5,276	5,276	5,834	5,834

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

#### 9. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Salaries	121,624	463,906	585,530
Recruitment	458	–	458
Rent and rates	–	35,781	35,781
Other premises and room hire	47,369	35,396	82,765
Professional fees	828	39,190	40,018
Independent examination fee	4,494	–	4,494
Travel and expenses	1,204	–	1,204
Printing, postage and stationery	1,082	5,969	7,051
Sundry	2,138	1,996	4,134
Insurance	5,145	125	5,270
IT and telecommunications	19,975	1,500	21,475
Training	4,328	2,600	6,928
Marketing	608	–	608
Bank charges	353	–	353
Depreciation	2,787	–	2,787
	<u>212,393</u>	<u>586,463</u>	<u>798,856</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Salaries	28,389	509,691	538,080
Recruitment	3,639	–	3,639
Rent and rates	–	13,012	13,012
Other premises and room hire	17,359	23,804	41,163
Professional fees	19,292	–	19,292
Independent examination fee	2,880	–	2,880
Travel and expenses	5,947	17,086	23,033
Printing, postage and stationery	6,322	–	6,322
Sundry	7,047	–	7,047
Insurance	3,327	–	3,327
IT and telecommunications	21,483	1,516	22,999
Training	13,220	–	13,220
Marketing	3,628	–	3,628
Bank charges	368	–	368
Depreciation	4,322	–	4,322
	<u>137,223</u>	<u>565,109</u>	<u>702,332</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

#### 10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	<b>2025</b>	<b>2024</b>
	£	£
Wages and salaries	597,443	539,358
Social security costs	42,372	42,080
Pension costs	11,658	10,257
	<u>651,473</u>	<u>591,695</u>

Expended as:

	<b>2025</b>	<b>2024</b>
	£	£
Fundraising costs	65,943	53,615
Expenditure on charitable activities	585,530	538,080
	<u>651,473</u>	<u>591,695</u>

The average head count of employees during the year was 25 (2024: 22) and no employee received employee benefits of more than £60,000 during the year (2024: Nil).

#### Key management personnel

The employment costs above, include key management personnel compensation totalling £41,998 (2024: £47,011) during the year.

#### 11. Trustee remuneration and expenses

No trustees received any remuneration for their services as trustees, nor were reimbursed for expenses incurred as trustees in this or the prior year.

#### 12. Tangible fixed assets

	<b>Freehold property</b>	<b>Computer equipment</b>	<b>Total</b>
	£	£	£
<b>Cost</b>			
At 1 April 2024 and 31 March 2025	<u>22,508</u>	<u>21,796</u>	<u>44,304</u>
<b>Depreciation</b>			
At 1 April 2024	5,440	20,778	26,218
Charge for the year	2,251	536	2,787
At 31 March 2025	<u>7,691</u>	<u>21,314</u>	<u>29,005</u>
<b>Carrying amount</b>			
At 31 March 2025	<u>14,817</u>	<u>482</u>	<u>15,299</u>
At 31 March 2024	<u>17,068</u>	<u>1,018</u>	<u>18,086</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

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#### 13. Debtors

	<b>2025</b>	2024
	£	£
Trade debtors	71,822	63,250
Prepayments and accrued income	88,393	1,895
	<u>160,215</u>	<u>65,145</u>

#### 14. Creditors: Amounts falling due within one year

	<b>2025</b>	2024
	£	£
Trade creditors	6,349	663
Accruals and deferred income	4,080	3,360
Social security and other taxes	16,451	11,946
Other creditors	2,211	2,549
	<u>29,091</u>	<u>18,518</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

#### 15. Analysis of charitable funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

Year ended 31 March 2025

<b>Restricted funds</b>	At 1 Apr 2024	Income	Expenditure	Transfers	At 31 Mar 2025
	£	£	£	£	£
Rotary Club of Ipswich	1,000	–	(1,000)	–	–
Big Lottery	25,348	–	–	–	25,348
VAWG Fund	13,990	13,500	(13,500)	–	13,990
Septagon	20,000	–	–	–	20,000
The Annie Tranmer Charitable Trust	2,000	–	(2,000)	–	–
Norfolk Community Foundation through Co-op Community Cares Fund	4,280	–	–	–	4,280
Simon Gibson Charitable Trust	5,000	–	(5,000)	–	–
Screwfix Foundation	4,690	–	(4,690)	–	–
Rope Trust	2,218	–	(2,218)	–	–
Suffolk Community Foundation through Co-op Community Cares Fund	4,009	–	–	–	4,009
Suicide Prevention Grant Fund	–	14,445	(14,445)	–	–
Ministry of Justice Rape and Sexual Abuse Support Fund	–	54,121	(54,121)	–	–
Sue Lambert Trust Rape and Sexual Abuse Support Fund	–	50,388	(32,992)	–	17,396
Suffolk & North Essex ICB	–	118,750	(118,750)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
Norfolk & Waveney ICB	–	175,600	(89,784)	–	85,816
Norfolk PCC CAPVA	–	44,049	(44,049)	–	–
Norfolk PCC Core	–	98,200	(98,200)	–	–
The Red Socks Charitable Trust	–	1,000	(1,000)	–	–
Crane Fund for Widows and Children	–	2,326	(2,326)	–	–
Lesley Mary Carter Charitable Trust	–	2,100	(2,100)	–	–
Belstead Ganzoni Charitable Settlement	–	1,500	(1,500)	–	–
The Childwick Trust	–	18,000	(18,000)	–	–
Suffolk Community Foundation through Port Community Grantmaking Programme	–	1,600	(1,600)	–	–
Lexus Community Fund	–	2,000	(2,000)	–	–
West Suffolk County Council	–	10,000	(10,000)	–	–
Strangward Trust	–	2,000	(2,000)	–	–
The James Tudor Foundation	–	4,109	(4,109)	–	–
Suffolk Community Foundation through High Sheriff's Grantmaking Programme	–	2,000	(2,000)	–	–
The Kerrison Trust	–	3,000	(3,000)	–	–
	<u>82,535</u>	<u>678,688</u>	<u>(590,384)</u>	<u>–</u>	<u>170,839</u>

**Brave Futures****Company Limited by Guarantee****Notes to the financial statements** *(continued)***Year ended 31 March 2025**

Year ended 31 March 2024

<b>Restricted funds</b>	<b>At 1 Apr 2023 £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Transfers £</b>	<b>At 31 Mar 2024 £</b>
Rotary Club of Ipswich	1,000	–	–	–	1,000
Suffolk Community Foundation through Port Community Fund	2,000	2,000	(4,000)	–	–
Big Lottery	25,449	80,000	(80,101)	–	25,348
The Mulberry Trust	10,000	(10,000)	–	–	–
Norfolk PCC	–	52,208	(52,208)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
Ipswich & North Essex ICB	–	115,000	(115,000)	–	–
Norfolk & Waveney ICB	–	80,247	(80,247)	–	–
VAWG Fund	20,000	16,500	(22,510)	–	13,990
The Alan Boswell Group Charitable Trust	30,000	–	(30,000)	–	–
Septagon	20,000	–	–	–	20,000
RYPP Project	–	40,379	(40,379)	–	–
The Geoffrey Watling Charity	–	5,000	(5,000)	–	–
Sue Lambert Rape and Sexual Abuse Support Fund	–	22,394	(22,394)	–	–
The Lady Hind Trust	–	2,000	(2,000)	–	–
The Annie Tranmer Charitable Trust	–	2,000	–	–	2,000
Norfolk Community Foundation through Co-op Community Cares Fund	–	4,280	–	–	4,280
Simon Gibson Charitable Trust	–	5,000	–	–	5,000
Screwfix Foundation	–	4,690	–	–	4,690
Rope Trust	–	2,218	–	–	2,218
Adnams Community Fund	–	2,062	(2,062)	–	–
Suffolk Community Foundation through Birketts Fund	–	2,062	(2,062)	–	–
Suffolk Community Foundation through Private Fund	–	2,062	(2,062)	–	–
Suffolk Community Foundation through Technology Networks Fund	–	2,000	(2,000)	–	–
Suffolk Community Foundation through Suffolk Giving Fund	–	2,062	(2,062)	–	–
Rape & Sexual Abuse Support Fund	–	36,080	(36,080)	–	–
Crane Fund for Widows and Children	–	2,738	(2,738)	–	–
David Family Foundation	–	3,500	(3,500)	–	–
Suffolk Community Foundation through Co-op Community Cares Fund	–	4,009	–	–	4,009
	<u>108,449</u>	<u>540,491</u>	<u>(566,405)</u>	<u>–</u>	<u>82,535</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

##### Unrestricted funds

	At 1 Apr 2024	Income	Expenditure	Transfers	At 31 Mar 2025
	£	£	£	£	£
General funds	356,218	202,656	(296,026)	–	262,848
	At 1 Apr 2023	Income	Expenditure	Transfers	At 31 Mar 2024
	£	£	£	£	£
General Funds	379,508	199,369	(222,659)	–	356,218

##### The following grants were provided and are restricted for the purposes as stated below:

Big Lottery fund: To contribute towards the core costs of providing a service to sexually abused children.

VAWG (Violence Against Women & Girls) Fund: To fund a worker to run an education and awareness project in Suffolk.

Septagon: To fund a worker to run an education and awareness project in Norfolk.

Norfolk Community Foundation through Co-op Community Cares Fund: To fund a girl's group in Norfolk.

Suffolk Community Foundation through Co-op Community Cares Fund: To contribute towards the costs of a CSA worker.

##### The following restricted grants were provided in this or the prior year and have been completed:

Rotary Club of Ipswich: To assist with the publication of a book.

The Annie Tranmer Charitable Trust: To help fund the Changing Futures service.

Simon Gibson Charitable Trust: To fund an education project.

Screwfix Foundation: To renovate the charity's new premises.

Rope Trust: To renovate the charity's new premises.

Suicide Prevention Grant Fund: To support 12 high risk young people across Suffolk and Norfolk.

Ministry of Justice Rape and Sexual Abuse Support Fund: To support 35 cyp aged 0-12 across Suffolk.

Sue Lambert Trust Rape and Sexual Abuse Support Fund: To support children and young people across Norfolk.

Suffolk & North Essex ICB: To support 65 children across East and West Suffolk.

Suffolk PCC: To Support 30 children across Suffolk.

Norfolk & Waveney ICB: Support 48 children across Norfolk and Waveney. Aged 0 to 11 years in Norfolk and 0 to 18 in Waveney

## **Brave Futures**

### **Company Limited by Guarantee**

#### **Notes to the financial statements** *(continued)*

#### **Year ended 31 March 2025**

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Norfolk PCC CAPVA: Provide dedicated therapeutic support for all children (between the ages of 8-18) participating in the NIDAS CAPVA service with an identified need for therapeutic support.

Norfolk PCC Core: To support 60 children across Norfolk aged 11 to 18 years.

The Red Socks Charitable Trust: To Support a child/YP in either Suffolk or Norfolk.

Crane Fund for Widows and Children: To support a cyp in Suffolk.

Lesley Mary Carter Charitable Trust: To support one cyp in Suffolk.

Belstead Ganzoni Charitable Settlement: Towards the support of one cyp in Suffolk.

The Childwick Trust: To support up to six cyp in Norfolk and Suffolk.

Suffolk Community Foundation through Port Community Grantmaking Programme: To support children and young people across Suffolk.

Lexus Community Fund: To support one cyp in Suffolk.

West Suffolk County Council: Suffolk 7 children in West Suffolk.

Strangward Trust: To support one cyp - any county.

The James Tudor Foundation: To support three cyp (child or young person) in Suffolk.

Suffolk Community Foundation through High Sheriff's Grantmaking Programme: To support one young person in Ipswich (aged 11 - 16).

The Kerrison Trust: To support one young person in Norfolk.

SCF Port Community fund: To fund work with a sexually abused child in Felixstowe.

The Mulberry Trust: To fund the provision of group work.

Norfolk Police & Crime Commissioner: To support work with sexually abused children in Norfolk.

Suffolk Police & Crime Commissioner: Costs of direct work with sexually abused children in Suffolk.

Ipswich & North Essex ICB: Provision of a treatment service for the victims of childhood sexual abuse in Suffolk.

Norfolk & Waveney ICB: Provision of a treatment service for the victims of childhood sexual abuse under the age of 11 years in Norfolk and Waveney.

The Alan Boswell Group: To fund a Child Sexual Abuse worker in Norfolk.

RYPP Project: To provide a support service (Changing Futures) for children who are exhibiting harmful sexual behaviours.

The Geoffrey Watling Charity: To fund an education project in Norfolk.

Sue Lambert RASASF: To fund a worker in Norfolk.

Lady Hind: To fund an education project in Norfolk.

## Brave Futures

### Company Limited by Guarantee

#### Notes to the financial statements *(continued)*

#### Year ended 31 March 2025

Adnams Community Fund: To fund 15 sessions in Suffolk.

SCF Birketts Fund: To fund 15 sessions in Suffolk.

SCF Private Fund: To fund 15 sessions in Norfolk.

SCF Technology Network Fund: To fund 15 sessions in Suffolk.

SCF Giving & Private Fund: To fund 15 sessions in Suffolk.

Rape & Sexual Abuse Support Fund: To fund a worker in Suffolk.

Crane Fund: To fund 20 sessions in Suffolk.

David Family Foundation: To fund 20 sessions.

#### 16. Analysis of net assets between funds

Year ended 31 March 2025

	Tangible fixed assets £	Net Current assets £	Total £
Restricted fund	–	170,839	170,839
Unrestricted funds	15,299	247,549	262,848
	<u>15,299</u>	<u>418,388</u>	<u>433,687</u>

Year ended 31 March 2024

	Tangible fixed assets £	Net Current assets £	Total £
Restricted fund	–	82,535	82,535
Unrestricted funds	18,086	338,132	356,218
	<u>18,086</u>	<u>420,667</u>	<u>438,753</u>

#### 17. Analysis of changes in net debt

	At 1 Apr 2024 £	Cash flows £	At 31 Mar 2025 £
Cash at bank and in hand	<u>374,040</u>	<u>(86,776)</u>	<u>287,264</u>

**Brave Futures****Company Limited by Guarantee****Notes to the financial statements** *(continued)***Year ended 31 March 2025**

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**18. Operating lease commitments**

The total future minimum lease payments under non-cancellable operating leases are as follows:

	<b>2025</b>	2024
	<b>£</b>	£
Not later than 1 year	18,956	6,933
Later than 1 year and not later than 5 years	15,600	–
	<u>34,556</u>	<u>6,933</u>

**19. Related parties**

During the year the charity received amounts from Hudson Media Partnership Ltd of £Nil (2024: £490). The charity also paid Hudson Media Partnership Ltd amounts totalling £199 (2024: £2,660). The Trustee S Flory is also a director of Hudson Media Partnership Ltd.

During the year the charity received amounts from Candour Agency Ltd of £10,000 (2024: £10,385). The Trustee J Bettis is also a director of Candour Agency Ltd.

There were no other related party transactions in this or the prior year.

Lovewell Blake LLP  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
Suffolk  
IP32 7EA

Dear Sirs

### **Financial statements for the year ended 31 March 2025**

The following representations are made on the basis of enquires with those individuals, including management and staff, with relevant knowledge and experience such as we consider necessary in connection with your independent examination of the charitable company's financial statements for the year ended 31 March 2025. These enquiries have included inspection of supporting documentation where appropriate and are sufficient to satisfy ourselves that we can make each of the following representations. All representations are made to the best of our knowledge and belief.

#### **General**

We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK) and that you do not express an audit opinion.

We confirm that the charitable company qualifies as small in accordance with the conditions set out in chapter 1 of part 15 of the Companies Act 2006.

We confirm that the charitable company was entitled to exemption under section 144 of the Charities Act 2011, being that gross income for the year does not exceed £1m or £250,000 if gross assets exceed £3.26m, from the requirement to have its financial statements for the financial year ended 31 March 2025 audited. We also confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in accordance with section 476 of the Companies Act 2006.

We confirm we have declared all income, including legacies, of which we are aware at the year end, whether received during the year or following the year end.

We have fulfilled our responsibilities as trustees, as set out in the terms of our engagement letter dated 19 December 2025 under the Companies Act 2006 and Charities Act 2011, for preparing financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice), for being satisfied that they give a true and fair view and for making accurate representations to you.

All the transactions undertaken by the charitable company have been properly reflected and recorded in the accounting records.

All the accounting records have been made available to you for the purpose of your independent examination. We have provided you with unrestricted access to all appropriate persons within the charitable company, and with all other records and related information requested, including minutes of all management and trustees' meetings and correspondence with The Charity Commission.

The financial statements are free of material misstatements, including omissions.

**Internal control and fraud**

We acknowledge our responsibility for the design, implementation and maintenance of internal control systems to prevent and detect fraud and error, and we believe that we have appropriately fulfilled these responsibilities. We have disclosed to you the results of our risk assessment that the financial statements may be misstated as a result of fraud.

We have disclosed to you all instances of known or suspected fraud affecting the entity involving those individuals, including management and employees, who have a significant role in internal control or others that have a material effect on the financial statements.

We have also disclosed to you all information in relation to allegations of fraud or suspected fraud affecting the entity's financial statements communicated by current or former employees, analysts, regulators or others.

**Assets and liabilities**

The charitable company has satisfactory title to all assets and there are no liens or encumbrances on the charitable company's assets, except for those that are disclosed in the notes to the financial statements.

All actual liabilities, contingent liabilities and guarantees given to third parties have been recorded or disclosed as appropriate.

We have no plans or intentions that may materially alter the carrying value and, where relevant, the fair value measurements or classification of assets and liabilities reflected in the financial statements.

**Accounting estimates**

The methods, data and significant assumptions used by us in making accounting estimates, and their related disclosures, are appropriate to achieve recognition, measurement and disclosure that is reasonable in the context of the applicable financial reporting framework.

**Bank accounts**

We have disclosed to you all bank accounts operated by the charitable company.

**Legal claims**

We have disclosed to you all claims in connection with litigation that have been, or are expected to be, received and such matters, as appropriate, have been properly accounted for and disclosed in the financial statements.

**Laws and regulations**

We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the financial statements.

**Related parties**

Related party relationships and transactions have been appropriately accounted for and disclosed in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with legislative and accounting standards requirements.

**Serious incidents**

We confirm that no serious incident reports have been submitted to the Charity Commission, nor any events considered for submission, during the year or in the period to the date of signing of the balance sheet.

**Subsequent events**

All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed.

**Going concern**

We believe that the charitable company's financial statements should be prepared on a going concern basis, on the grounds that current and future sources of funding or support will be more than adequate for the charitable company's needs. We also confirm our plans for future action(s) required to enable the charitable company to continue as a going concern are feasible. We have considered a period of twelve months from the date of approval of the financial statements. We believe that no further disclosures relating to the charitable company's ability to continue as a going concern need to be made in the financial statements.

**Grants and donations**

All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income.

Each trustee has taken all steps that they ought to have taken as a trustee in order to make themselves aware of any relevant information and to establish that you are aware of that information.

Yours faithfully

*Steve Flory*

.....  
Signed on behalf of the board of trustees of Brave Futures

Date: 22/12/2025  
.....

# Lovewell Blake

Chartered Accountants

The Directors  
Brave Futures  
333 Felixstowe Road  
Ipswich  
Suffolk  
IP3 9BU  
**Private and Confidential**

Our ref: lat/kss/lch/143732

19 December 2025

Dear Sirs and Medames

## 1. Terms of engagement

1.1 This letter, together with our Terms of Business, set out the basis of our engagement by you. We would be grateful if you can please sign and date a copy of this letter on the final page and return it to us by way of confirmation of acceptance of these terms.

1.2 We have agreed with you that we will provide the following as described in the appendix to this letter:

### Independent Examination Services

1.3 If the summary of services in the appendix to this letter does not adequately deal with all work that you are expecting us to carry out, please let us know as soon as possible, so that we can amend this letter.

1.4 Any other services, including any additional services, provided by Lovewell Blake LLP will be the subject of a separate engagement letter.

## 2. Investment advice

2.1 If, during the provision of professional services to you, you need advice on investments, we may have to refer you to someone who is authorised by the Financial Conduct Authority, as we are not generally authorised to provide advice on investment products. However, as we are licensed by the Institute of Chartered Accountants in England and Wales, we may be able to provide certain investment services where these are complementary to or arise out of the professional services we are providing to you (such services may include Corporate Finance Business).

Please reply to: Lovewell Blake LLP, First Floor Suite, 2 Hillside Business Park, Bury St Edmunds, IP32 7EA  
Main tel no: 01284 337070 | [www.lovewell-blake.co.uk](http://www.lovewell-blake.co.uk)

Lovewell Blake LLP is a limited liability partnership registered in England and Wales with registered number OC354112. Its registered office is Sixty Six North Quay, Great Yarmouth, Norfolk, NR30 1HE. A list of members may be inspected at any of the LLP's offices. The term "partner" is used to refer to a member of Lovewell Blake LLP. Offices at Bury St Edmunds, Great Yarmouth, Halesworth, Norwich and Thetford. Registered to carry on audit work in the UK by the Institute of Chartered Accountants in England and Wales. Details about our audit registration can be viewed at [www.auditregister.org.uk](http://www.auditregister.org.uk) under reference number C002613207. Regulated by the Institute of Chartered Accountants in England and Wales for a range of investment business activities.

Lovewell Blake LLP is a member of HLB International. A world-wide network of independent accounting firms and business advisers.

- 2.2 Where you require specific advice on certain types of investment we can refer you to an authorised person in Lovewell Blake Financial Planning Limited (“LBFP”). These individuals are authorised and regulated by the FCA to advise you on certain types of investments.
- 2.3 LBFP is a separate limited company which is under common control as Lovewell Blake LLP. We will share your information with LBFP where a referral has taken place or where we consider this is in your best interests. No member of Lovewell Blake LLP is directly compensated for any referral however, they may receive compensation by way of distribution of any profits generated by LBFP.
- 2.4 You acknowledge that there are risks attached to all types of investment and any recommendations made by us do not give an express or implied warranty or guarantee relating to the financial return of the particular investment recommended. You shall ultimately be responsible for assessing whether the recommended investment will meet your requirements, together with deciding whether to proceed with any investment or transaction, or other action or conduct as a result of the services provided by us to you.

### **3. Commissions**

- 3.1 In some circumstances, commissions or other benefits may become payable to us in respect of transactions we arrange for you or from the introduction to an independent intermediary or from another third party such as a software provider, in which case you will be notified in writing of the amount and terms of payment. Our fees that would otherwise be payable by you as described below will not be abated by such amounts. Where we both agree we may retain commission or other benefits, we will ask for your consent in writing. In any other event we will return commissions or other benefits to you.
- 3.2 In the absence of a signed engagement letter we could retain such a commission only if you give full and informed consent following us providing full disclosure of the amount involved.

### **4. Fees**

- 4.1 Unless otherwise agreed with you, our fees shall be calculated on the basis of time spent dealing with your matter.
- 4.2 Where we are charging on an hourly rate, different hourly rates may be charged for different types of work and according to the seniority of the fee earner involved.
- 4.3 If it is necessary for us to carry out work outside the scope of our responsibilities as set out in this letter or any other additional work, this will involve additional fees. Accordingly, we would like to point out that it is in your interest that your records are completed to the agreed stage.
- 4.4 Please see clause 6 (Fees) of our Terms of Business for further details about our fees.

### **5. Terms of Business**

Our Terms of Business are set out on our website at <https://www.lovewell-blake.co.uk/termsofbusiness>, and contain our terms and conditions of business. These set out the basis on which we will act for you and provides various important information. In particular, please see clause 4 (Services), clause 6 (Fees), clause 16 (Liability) and clause 18 (Anti-Money Laundering).

**6. Money Laundering Regulations 2017**

By law, we are required to undertake certain customer due diligence and operate anti-money laundering procedures. Please see clause 18 (Anti-Money Laundering) of our Terms of Business for more detail.

**7. Revisions to the terms of engagement**

We will be entitled to vary the engagement terms (including our Terms of Business) to take into account requirements or recommendations from the Institute of Chartered Accountants or other relevant regulatory bodies. Such variations will be binding upon you. Please check the Terms of Business on our website at <https://www.lovewell-blake.co.uk/termsofbusiness> for the latest version from time to time. We recommend that you review these Terms of Business regularly for any updates.

**8. Agreement of terms**

Please let us know if there is any aspect of the above that you would like us to clarify. On the basis that this letter and our Terms of Business are acceptable, please confirm your agreement to the terms contained within this letter and our Terms of Business by signing and returning a copy of this letter.

Yours faithfully



We confirm that we have read and understood the contents of this letter and agree that it accurately reflects our understanding of the services that we require you to undertake.

Signed *Steve Flory* .....

Date *22/12/2025* .....

**Brave Futures**  
**143732**

## **Appendix A - Independent Examination Services - Accruals basis**

### **1. Your responsibilities**

1.1 As trustees of the charity, you are responsible for maintaining proper accounting records and an appropriate system of internal control for the charity, and you are also responsible for preparing the annual report and financial statements which give a true and fair view and have been prepared in accordance with United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and the Charities Act 2011 ("the Act") and regulations thereunder.

1.2 In preparing these financial statements, you are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

1.3 As trustees of a charity, you are under a duty under the Charities Act 2011 to prepare an annual report for each financial year complying in its form and content with regulations made under the Charities Act 2011. You should also have regard to the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities', issued October 2019 by the joint SORP making body, and any subsequent amendments or variations to this statement. In compliance with the SORP you confirm that you have given consideration to and reviewed the major risks to which the charity is exposed, and the systems designed to mitigate these risks.

1.4 You are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

1.5 It is your responsibility to determine that an examination is required under section 145 of the Charities Act 2011 and that section 144 (audit) of the Charities Act 2011 does not apply to the charity.

1.6 You have undertaken to make available to us, as and when required, all the charity's accounting records and related financial information, including minutes of management and trustees' meetings, necessary for the compilation of the financial statements and you will make full disclosure to us of all relevant information.

### **2. Our responsibilities**

2.1 Under the Charities Act 2011 we have a statutory responsibility to state whether or not any matters have come to our attention to which in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached, and to report whether or not any matter has come to our attention in connection with the examination which gives us reasonable cause to believe that in any material respect:

- accounting records have not been kept by the charity in accordance with Section 130 Charities Act 2011;
- the accounts are not in agreement with the accounting records; and
- the accounts do not comply with the accounting requirements of the Charities Act 2011.

2.2 We are also required to report any of the following matters that have become apparent during the course of our examination:

- whether there has been any material expenditure or action which appears not to be in accordance with the trusts of the charity;
- whether any information or explanation to which we are entitled under regulation 33 of the Charities (Accounts and Reports) Regulations 2008 has not been afforded to us; and
- whether any information in the trustees' statutory annual report is inconsistent in any material respect with that in the accounts.

2.3 We shall plan our work on the basis that an examination report is required for the year, unless you inform us in writing that either:

- the charity requires an audit of the accounts; or
- the charity requires neither an audit nor an examination report.

2.4 Should you instruct us to carry out an audit, then a separate letter of engagement will be required.

2.5 Should you inform us that the charity requires neither an audit nor an examination, then we shall have no responsibilities to the charity, except those specifically agreed upon between us in respect of other professional services.

2.6 Should our work lead us to conclude that the charity is not entitled to exemption from an audit of the accounts, or should we be unable to reach a conclusion on this matter, then we will not issue any report and will notify you in writing of the reasons. In these circumstances, if appropriate, we will discuss with you the need to appoint an auditor.

2.7 We have a statutory duty to report to the Charity Commission (CC) under section 156 of the Charities Act 2011 such matters (concerning the activities or affairs of the charity or any connected institution or body corporate) of which we become aware during the course of our examination which are (or are likely to be) of material significance to the CC in the exercise of their powers of inquiry into, or acting for the protection of, charities.

### **3. Scope of examination**

3.1 Our examination will be conducted in accordance with the CC's "Independent examination of charity accounts: Directions and Guidance for examiners" (CC32). Our procedures will consist of comparing the accounts with the accounting records, vouching some material/significant transactions, making limited enquiries of the officers of the charity and only in certain circumstances seeking independent evidence to support entries in the accounting records, or the presentation of the accounts. We shall also review the trustees' report and discuss with you the financial circumstances of the charity at the end of the year.

3.2 Our examination is not designed to identify all significant weaknesses in the charity's systems but, if such weaknesses come to our notice during the course of our examination which we think should be brought to your attention, we shall report them to you. Any such report may not be provided to third parties without our prior written consent. Such consent will be granted only on the basis that such reports are not prepared with the interests of anyone other than the charity in mind and that we accept no duty or responsibility to any other party as concerns the reports.

- 3.3 As part of our normal procedures, we may request you to provide written confirmation of oral representations which we have received from you during the course of the examination on matters having a material effect on the accounts.
- 3.4 In order to assist us with the examination of your accounts, we shall request sight of all documents or statements, including the trustees' annual report, which are due to be issued with the accounts. If it is proposed that any documents or statements which refer to our name, other than the examined accounts, are to be circulated to third parties, please consult us before they are issued.
- 3.5 We have a professional responsibility not to allow our name to be associated with accounts which we believe maybe misleading. Therefore, although we are not required to search for such matters, should we become aware, for any reason, that the accounts maybe misleading and the matter cannot be adequately dealt with by means of modification of the report we will not issue any report and will withdraw from the engagement and will notify you in writing of the reasons.
- 3.6 The responsibility for safeguarding the assets of the charity and for the prevention and detection of fraud, error and non-compliance with laws and regulations rests with yourselves. Our examination should not be relied upon to disclose all material misstatements or frauds, errors or instances of non-compliance as may exist.
- 3.7 We shall not be treated as having notice, for the purposes of our examination responsibilities, of information provided to members of our firm other than those engaged on the examination.
- 3.8 Once we have issued our report we have no further direct responsibility in relation to the accounts for that financial year.

**Brave Futures**

England & Wales - Charity number 1149347

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# Accounts

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**COMPANY REGISTRATION NUMBER: 08128922**

**CHARITY REGISTRATION NUMBER: 1149347**

**Brave Futures  
Company Limited by Guarantee  
Unaudited financial statements  
31 March 2024**

# **Brave Futures**

## **Company Limited by Guarantee**

### **Financial statements**

**Year ended 31 March 2024**

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# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report)

#### Year ended 31 March 2024

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

#### **Operations Manager's Annual Report Summary:**

This year has been a significant period of growth and development for our charity as we continued to expand our reach and enhance our services for children and young people who have experienced sexual abuse.

We responded to increased demand by expanding from one hub in Bury St Edmunds to two, ensuring greater accessibility for local children and families. Our work now spans Norfolk, addressing the challenges posed by rural areas and postcode-related barriers to access, ensuring children and young people across the region are no longer unsupported due to their location.

In April, we partnered with local providers to deliver the Child and Adolescent to Parent Violence and Abuse (CAPVA) project, focusing on early intervention and prevention for children and young people displaying harmful sexual behaviour.

To further enhance our presence in Norfolk, we began hiring a room at the Norwich Wellbeing Centre, initially using the space two days a week. As demand grew, this increased to four days at its peak to manage demand and is now at three days a week. We also established a presence at the Icen Partnership in Swaffham Community Centre, further strengthening our support network in the county.

To address waiting times and meet rising demand, we expanded our team of skilled practitioners, significantly reducing waiting periods and enabling us to support over **401** children and families across Suffolk and Norfolk during this reporting period. In addition, we recruited an Education and Outreach Officer to develop and deliver early intervention education programs within schools across both counties, securing the necessary funding to sustain this vital work throughout the year.

These accomplishments underline our unwavering commitment to ensuring that every child and young person who has experienced sexual abuse receives the support they need. We thank the team, our volunteers, trustees, and our funders, without whom we would not be able to deliver this vital service.

As we look ahead, we are inspired not just to build on this progress but to continue delivering and growing preventative measures and education to ensure the safety and well-being of children and young people.



Kate Grimwood  
Operations Manager

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2024

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#### Reference and administrative details

<b>Registered charity name</b>	Brave Futures
<b>Charity registration number</b>	1149347
<b>Company registration number</b>	08128922
<b>Principal office and registered office</b>	333 Felixstowe Road Ipswich Suffolk IP3 9BU

#### The trustees

The trustees who served during the year and at the date of approval were as follows:

S Flory (Chair)  
K Ahluwalia (Appointed 22/02/24)  
K Allen  
J Bettis (Appointed 22/06/23)  
S Brown (Appointed 22/06/23)  
E Clifton  
O Gravell  
E Silver  
K Symonds  
C Horsley (Resigned 29/05/24)  
D Golding (Resigned 05/03/24)  
A Huckle (Resigned 21/07/23)

**Company secretary** E Clifton

**Independent examiner** L Thurston FCCA  
Lovewell Blake LLP  
Chartered accountants  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
IP32 7EA

**Bankers** HSBC  
12 Tavern Street  
Ipswich  
Suffolk  
IP1 3AZ

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

**Year ended 31 March 2024**

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#### **Objectives and activities**

##### **About Brave Futures**

Brave Futures is a specialist support service for children and young people, up to the age of 18, who have experienced sexual abuse. Each child or young person is given a dedicated one-to-one Practitioner, and we create for each of them a bespoke treatment plan. Our aim is to give children and young people the skills and coping mechanisms they need to re-build their futures, to manage the trauma they have experienced and to help them to move from victim to survivor.

##### **Our purpose**

The charity's stated objectives per the governing document are:

- To provide relief to children whose lives have been affected by sexual abuse.
- To provide relief to their parents and carers.

##### **Our background**

The charity was first established as Fresh Start new beginnings in 2012 by Diana Porter MBE, initially with a small staff who worked, often on a completely voluntary basis, to provide a service for children and young people in Suffolk. The organisation has expanded significantly in the years since then. In 2015 we offered a service in Norfolk for the first time and today we provide a service in six locations across Norfolk and four in Suffolk. We also now employ 23 staff across both counties, including 15 frontline Practitioners.

##### **Our vision**

We work tirelessly so that all children and young people who are the victims of sexual abuse or exploitation can:

1. Have access to the appropriate support.
2. Have the reassurance that they will be listened to and believed.
3. Have the opportunity to feel safe again.

We aim to educate society because every child has the right to a childhood free from sexual abuse.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2024**

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#### **Achievements and performance**

##### **How we work**

Each young person who is referred to us is offered an initial meeting where a detailed assessment of their physical, emotional and mental health needs is carried out by one of our specialist Practitioners. The Practitioner also assesses the needs of the parent/carer or sibling(s). They then put together a tailored treatment plan with the young person before one-to-one sessions begin.

The aim of the sessions is to build a trusted relationship with each child or young person. In many cases, the young person has already spoken to multiple agencies and organisations and in some cases, they have been dismissed or not believed. Our aim is to help them make sense of what has happened, to show them that what has happened is not their fault and to help diminish their feelings of guilt and shame.

The sessions look at their triggers, worries and anxieties and we teach them coping mechanisms to help them to manage these. We look at the grooming techniques used by perpetrators (this is age dependent) and we spend a lot of time working towards improving the young person's confidence and self-esteem.

The children and young people we support come to us with a wide range of symptoms, including post-traumatic stress disorder (PTSD), depression, suicidal thoughts, poor emotional regulation, eating disorders, self-harm, and substance abuse.

Our aim is to offer the young person a safe space where they can discuss their thoughts, fears and feelings openly with someone who will never be shocked or upset by what they hear. Through our intervention, our aim is to enable the young person to move forward in their lives, leaving the trauma of abuse behind them.

In approximately 90% of the cases we see, the perpetrator is a parent, stepparent or someone who is known to the family. The child or young person is not only dealing with the abuse which has taken place, but the fact that their home life has been torn apart by the perpetrator leaving, and the fallout this can cause within the wider family. In addition, the involvement of the police and other agencies causes a great deal of anxiety and confusion for the victim and their family.

Although we are unable to work with a child until they are safe from their abuser, we believe that early intervention is vital - as the earlier we treat the trauma of sexual abuse, the better the result. By treating children at a young age, their trauma is not carried with them into adulthood, and we can give them the chance to reach their full potential in the future.

This not only has obvious benefits for the child and their family, but also for the whole of society, as it decreases the need for public resources to be spent on dealing with the long-term symptoms of a child's untreated trauma, including a wide range of mental health problems, poor physical health, substance abuse, homelessness and social exclusion and parenting and relationship issues.

##### **How our activities deliver public benefit**

##### **Overview**

This year has been one of both challenges and successes for Brave Futures. Despite the ongoing difficulties in the economic environment, our charity has made significant strides in expanding its reach and improving its services. This report summarises our key achievements, financial performance, and outlook for 2025.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2024

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During the year, we provided a therapeutic treatment programme for victims of sexual abuse up to the age of 18 years old. Our service is available to all children and young people up to the age of 18, whether or not they are involved in the legal process. In addition, any young person who has previously accessed our service, is able to re-refer themselves up to the age of 21. During this period, we supported 401 children and young people - 223 in Suffolk and 178 in Norfolk.

Our treatment programme uses a range of approaches, including cognitive behavioural therapy, mindfulness, systemic therapy and psycho-educational work. For smaller children, we use play therapy and art therapy and visual tools, such as sand play, puppets, games, drawing and painting. As part of their sessions, we help the child or young person to put together a worry box or self-soothe box to take away. These are filled with items to comfort or distract them when they feel distressed or anxious.

Nobody leaves our service until we (and they) believe they are ready. By the time a child or young person is ready to leave our service, our aim is that:

- Each child/young person is feeling more positive about themselves and their future.
- Each child/young person is empowered with coping mechanisms to help them to manage their emotions and triggers in the outside world.
- Symptoms such as anxiety, depression, flashbacks, nightmares, self-harm and substance abuse are absent or significantly reduced.

In addition to the above, during the year we also:

- Provide advice, support and information to parents and carers of children who have been sexually abused, to help them understand and respond to their child's emotions and behaviours and to help them cope with their own emotional responses following their child's disclosure.
- Provided consultation and support for parents, carers, teachers and other professionals in spotting the signs and symptoms of child sexual abuse and harmful sexual behaviours.
- Provided support to families who needed our help with the cost of transport to and from sessions.

Although our service is free to all families, recognising the impact of the cost-of-living crisis on many families, we have set up a hardship fund to ensure transport costs are not a barrier to accessing our service.

The Trustees have considered the Charity Commissions guidance on public benefit when setting the objectives for the year.

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011.

#### **Fundraising update**

The financial year 2023/24 was one of growth, gratitude, and remarkable achievements for Brave Futures.

Our annual Dragonboat Race in Ipswich broke all records, raising an incredible £40,000. We are immensely thankful to all the teams and participants whose dedication made this possible, as well as the volunteers who supported the event.

This year, we also experienced an unprecedented level of support from trusts and grants, for which we are deeply grateful. Their contributions have been pivotal in enabling us to extend our reach and enhance our services for children and young people.

We were thrilled to welcome a new part-time Community Fundraiser to our team in March, they will help us further engage with supporters and build stronger connections within the community.

As part of the national It's Not Ok campaign to highlight sexual violence, we concluded the week with a professionals' conference attended by over 100 people. This event fostered important discussions, identified gaps in services, and promoted more comprehensive collaboration between services working

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2024

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with children and young people.

Our year was filled with exciting fundraising activities, including the Whole Hog challenge and our festive Christmas Gameshow. Supermarket collections during the festive season were another highlight, with generous shoppers and dedicated volunteers helping raise funds for our work.

We owe a heartfelt thank you to the local businesses and community organisations whose support maximized our efforts and made our events a success. Finally, to our incredible volunteers, who give their time and energy to everything from events to bucket collections—we couldn't do this without you.

Together, we've made a meaningful difference, and we look forward to continuing our vital work in the year ahead.

#### Key Achievements

##### Supporting Children in Need

In 2024, we were able to provide vital support to over 400 children, offering counselling, advocacy, and a safe space for recovery. Each of these children and their families received personalised care tailored to their specific needs. Our team of specialists has continued to work tirelessly to help young survivors of sexual abuse rebuild their lives.

##### Office Relocations

In the past year, we have successfully moved into new offices in Ipswich, which provides us with an improved environment for our staff and the families we support. Additionally, we have secured new office space in Norwich, allowing us to expand our services in the region and reach more children and families in need.

##### Steady Financial Position

Despite the difficult operating conditions, we are pleased to report that our financial reserves remain stable. We have worked diligently to ensure that we maintain a robust financial position, which enables us to continue delivering essential services to children without disruption.

##### Sustained Income Stream

Our income streams have increased compared to last year, thanks to the continued support of our donors, partners, and the community. We are confident that we are well-positioned for 2025, with expectations of a stable income stream moving forward, providing a solid foundation for growth and sustainability.

##### Financial Overview

**Income:** Our income has improved compared to last year despite the challenging external conditions, reflecting the unwavering support from our donors and fundraising efforts.

**Expenditure:** We have continued to invest in expanding our services, including staffing, training, and office space, ensuring that we can provide high-quality support for all children referred to us.

**Reserves:** Our reserves have remained strong and stable, allowing us to plan for future growth and ensure the sustainability of our operations.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2024

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##### Outlook for 2025

Looking ahead, we remain optimistic about the future of the charity. With new office spaces in Ipswich and Norwich, and continued financial stability, we are well-equipped to extend our services to even more children across the region. We are committed to increasing our outreach, strengthening our partnerships, and ensuring that our services remain free, confidential, and accessible to all children in need of support.

We are excited to continue our work and to meet the growing demand for our services in the year ahead. Our focus will remain on providing compassionate care, raising awareness of children's rights, and advocating for systemic change to prevent abuse.

##### Conclusion

Despite facing a year of economic challenges, Brave futures has had a solid year of growth and impact. We have been able to expand our physical presence, support hundreds of children, and ensure our financial health is strong as we head into 2025. We remain deeply committed to our mission and are grateful for the ongoing support of our donors, volunteers, and partners. Together, we will continue to make a meaningful difference in the lives of the children we serve.

##### Financial review

During the year total donations and grants amounted to £269,068 (2023: £248,256) up 8% on the previous year, of which £129,493 (2023: £187,625) was for restricted purposes. A full breakdown of the origins of all the restricted funds received is provided within the notes to these accounts.

Total incoming resources amounted to £739,860 (2023: £622,346) and after deduction of the charity's costs there was a deficit for the year of £49,204 (2023: £20,283). There is restricted funding of £82,535 (2023: £108,449) carried forward to be spent for specific purposes over the coming months.

The charity remains in a healthy cash position with a balance of £374,040 (2023: £412,432) as at the year-end date. The trustees feel that it continues to be well placed to build on its past work and to reach out to more and more children in need across the two counties.

##### Investment powers and policy

The charity does not have significant reserves to invest, and any cash balances are held in the current and deposit bank accounts with the charity's main banker. This policy is renewed annually.

##### Reserves policy

The board of trustees has established a policy whereby the unrestricted funds not committed or invested in tangible free assets ("the free reserves") held by the charity should be six months of the resources expended. At this level the board feels that it would be able to continue activities of the charity in the event of a significant drop in income. Having considered the growth in expenditure over the year this equates to £394,532 (2023: £321,314). The current level of free reserves is £338,132 (2023: £357,100).

The trustees annually review the reserves policy, its adequacy and the continuing income streams and budgeted expenses to ensure the charity is able to deliver on its projects for the foreseeable future, as part of this the trustees are seeking to reduce the reserve deficit in the upcoming years.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2024**

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##### **Plans for future periods**

The charity has been successful in acquiring an Ipswich office site which will support several opportunities in our delivery across Suffolk. This new premises offers a great variety of space for client interventions whilst also providing a central base for teams to work from. Mobilisation of the new location will continue whilst also creating opportunities for improvements for this new site and further grow our services utilising this much needed hub and asset. The location of the new hub is within the centre of Ipswich and situates the charity near to partner organisations which will further support growth and opportunities. The Norfolk service has grown in its recognition across the county, there is a need to replicate the central hub model in the Norwich locality. Securing a central site for Norfolk teams to work from whilst also offering a vital central hub for children and young people in the area will be a focus for the year ahead.

The charity has continued to embed the NSPCC's alternative therapeutic programme, which is entitled Letting the Future In (LTFI). The adoption of this programme has been rewarding to both clients and the service delivery team. The team have grown in confidence since the introduction of this programme which brings reassurance in relation to the quality of the content and delivery model as this is endorsed by the National Institute for Health and Care Excellence (NICE). The programme model aligned with what was used before and shared similarities which has resulted in a smooth transition of delivery. Delivery staff continue to complete the required accredited training whilst also working closely with the NSPCC ensuring the future quality of delivery.

Focus on the quality and reach of delivery is key however the charity recognises the work required to raise awareness on the subject of child sexual abuse. Following the recruitment of two Education and Outreach Officers the charity has been able to further develop content and resources appropriate for awareness and education in school settings. By locating this team across both counties alongside a targeted approach on engagement with key stakeholders we have gained valuable insight for future strategic planning of awareness activities. The charity has been fortunate to have received professional insight and support whilst creating appropriate resources which will be utilised in the future delivery of our education programme in the coming year.

The Marketing and Fundraising Team have played a key role in sustaining a presence across community and corporate settings which has resulted in superb engagement and funding opportunities. The coming year will see the charity further grow the recognition and awareness of the charity's services ensuring more children and young people gain valuable support from our service team across both Norfolk and Suffolk.

Above all else, the charity will continue to focus itself on guaranteeing the future continuation of the service it provides and will provide that service to the maximum number of children and young people that it possibly can.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2024**

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#### **Structure, governance and management**

The charity is a company limited by guarantee, registered in England and Wales. The charity was incorporated on 3 July 2012 and commenced operations thereafter. The trustees are responsible for making decision on all matters of general concern and importance, including deciding on how the funds are to be spent. A subcommittee exists to set the remuneration of key personnel.

All charity information and registered numbers can be found on the legal and administrative information page, along with the trustees, who are also the directors for the purpose of company law, and who served during the year.

None of the trustees have a beneficial interest in the company, and all of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

#### **Recruitment and appointment of trustees**

New trustees are appointed from a recruitment and selection process to enhance the skills and experience of the board as a whole. Once appointed, trustees are provided with all the information required to assist them in performing their role as trustees covering all aspects of the organisation.

#### **Trustee induction and training**

Following an induction by the charity, Larking Gowen provide trustees with training regarding the responsibilities of being a charity trustee. If trustees request or require further input, then the charity would arrange for them to attend external training as appropriate. All trustees undertake safeguarding training.

#### **Related parties**

The charity's relevant related party transactions are described in the notes of these accounts.

#### **Risk assessment**

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks. This work has identified the loss of personnel as a major risk which is addressed through succession planning.

#### **Independent examiner reappointment**

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next relevant board meeting.

#### **Small company provisions**

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2024

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The trustees' annual report was approved on .....20/12/2024..... and signed on behalf of the board of trustees by:

*Steve Flory*

S Flory (Chair)  
Trustee

# Brave Futures

## Company Limited by Guarantee

### Independent examiner's report to the trustees of Brave Futures

Year ended 31 March 2024

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I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2024 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

#### Responsibilities and basis of report

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

Having satisfied myself that the financial statements 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 company's financial statements 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 charity'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 Association of Chartered Certified Accountants, 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 financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.



L Thurston FCCA  
Independent Examiner

Lovewell Blake LLP  
Chartered accountants  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
IP32 7EA  
20/12/2024

# Brave Futures

## Company Limited by Guarantee

### Statement of financial activities (including income and expenditure account)

Year ended 31 March 2024

		2024		2023	
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
<b>Income</b>					
Donations	5	139,575	129,493	269,068	248,256
Charitable activities		9,004	406,308	415,312	353,451
Income from fundraising		44,956	4,690	49,646	19,168
Investment income	6	5,834	–	5,834	1,471
<b>Total income</b>		<u>199,369</u>	<u>540,491</u>	<u>739,860</u>	<u>622,346</u>
<b>Expenditure</b>					
Raising funds					
Cost of fundraising		85,436	1,296	86,732	85,549
Charitable activities	7	137,223	565,109	702,332	557,080
<b>Total expenditure</b>		<u>222,659</u>	<u>566,405</u>	<u>789,064</u>	<u>642,629</u>
<b>Net expenditure and net movement in funds</b>		<u>(23,290)</u>	<u>(25,914)</u>	<u>(49,204)</u>	<u>(20,283)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		379,508	108,449	487,957	508,240
<b>Total funds carried forward</b>		<u>356,218</u>	<u>82,535</u>	<u>438,753</u>	<u>487,957</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 15 to 25 form part of these financial statements.

# Brave Futures

## Company Limited by Guarantee

### Balance sheet

31 March 2024

	Note	2024 £	£	2023 £	£
<b>Fixed assets</b>					
Tangible fixed assets	10		18,086		22,408
<b>Current assets</b>					
Debtors	11	65,145		68,493	
Cash at bank and in hand		<u>374,040</u>		<u>412,432</u>	
		439,185		480,925	
<b>Creditors: Amounts falling due within one year</b>	12	<u>(18,518)</u>		<u>(15,376)</u>	
<b>Net current assets</b>			<u>420,667</u>		<u>465,549</u>
<b>Total assets less current liabilities</b>			<u>438,753</u>		<u>487,957</u>
<b>Net assets</b>			<u>438,753</u>		<u>487,957</u>
<b>Funds of the charity</b>					
Restricted funds			82,535		108,449
Unrestricted funds			<u>356,218</u>		<u>379,508</u>
<b>Total charity funds</b>	14		<u>438,753</u>		<u>487,957</u>

For the 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 company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 20/12/2024....., and are signed on behalf of the board by:

*Steve Flory*

S Flory (Chair)  
Trustee

Company registration number: 08128922

The notes on pages 15 to 25 form part of these financial statements.

# Brave Futures

## Company Limited by Guarantee

### Statement of cash flows

Year ended 31 March 2024

	2024 £	2023 £
<b>Cash flows from operating activities</b>		
Net expenditure	(49,204)	(20,283)
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	8,644	7,305
Other interest receivable and similar income	(5,834)	(1,471)
Interest payable and similar charges	368	421
Accrued expenses	720	768
<i>Changes in:</i>		
Trade and other debtors	3,348	(50,033)
Trade and other creditors	2,422	(3,885)
Cash generated from operations	(39,536)	(67,178)
Interest paid	(368)	(421)
Interest received	5,834	1,471
Net cash used in operating activities	<u>(34,070)</u>	<u>(66,128)</u>
<b>Cash flows from investing activities</b>		
Purchase of tangible assets	—	(1,084)
Net cash used in investing activities	<u>—</u>	<u>(1,084)</u>
<b>Net decrease in cash and cash equivalents</b>	(34,070)	(67,212)
<b>Cash and cash equivalents at beginning of year</b>	<u>412,432</u>	<u>479,644</u>
<b>Cash and cash equivalents at end of year</b>	<u>378,362</u>	<u>412,432</u>

The notes on pages 15 to 25 form part of these financial statements.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Notes to the financial statements**

#### **Year ended 31 March 2024**

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#### **1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 333 Felixstowe Road, Ipswich, Suffolk, IP3 9BU.

#### **2. Statement of compliance**

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

#### **3. Accounting policies**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### **Going concern**

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient for the charity to be able to continue as a going concern.

##### **Fund accounting**

The charity maintains a general unrestricted fund which represents funds which are expended at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds have been provided to the charity for particular purposes. The trustees carefully monitor the application of these funds in accordance with the restrictions placed upon them. Details of the nature and purpose of each fund is set out in the notes to these accounts.

##### **Income**

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when the recognition criteria is met.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

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#### 3. Accounting policies *(continued)*

##### **Expenditure**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is classified under headings of the statement of financial activities to which it relates.

Fundraising costs comprise the costs associated with attracting voluntary income.

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.

All costs are allocated to expenditure categories on a basis designed to reflect the use of the resources.

##### **Operating leases**

Rentals payable under operating leases are charged against income on a straight line basis over the period of the lease.

##### **Tangible assets**

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

##### **Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	10% straight line
Computer equipment	-	25% straight line

##### **Financial instruments**

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

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#### 4. Limited by guarantee

The charity is a company limited by guarantee. The members of the company are the trustees named on the legal and administration information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

#### 5. Donations

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
<b>Donations</b>			
Individual and corporate donations	139,575	9,956	149,531
<b>Grants</b>			
Grants	—	119,537	119,537
	<u>139,575</u>	<u>129,493</u>	<u>269,068</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<b>Donations</b>			
Individual and corporate donations	60,631	50,000	110,631
<b>Grants</b>			
Grants	—	137,625	137,625
	<u>60,631</u>	<u>187,625</u>	<u>248,256</u>

#### 6. Investment income

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	<u>5,834</u>	<u>5,834</u>	<u>1,471</u>	<u>1,471</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

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#### 7. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Salaries	28,389	509,691	538,080
Recruitment	3,639	–	3,639
Rent and rates	–	13,012	13,012
Other premises and room hire	17,359	23,804	41,163
Professional fees	19,292	–	19,292
Independent examination fee	2,880	–	2,880
Travel and expenses	5,947	17,086	23,033
Printing, postage and stationery	6,322	–	6,322
Sundry	7,047	–	7,047
Insurance	3,327	–	3,327
IT and telecommunications	21,483	1,516	22,999
Training	13,220	–	13,220
Marketing	3,628	–	3,628
Bank charges	368	–	368
Depreciation	4,322	–	4,322
	<u>137,223</u>	<u>565,109</u>	<u>702,332</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Salaries	42,545	392,642	435,187
Recruitment	2,607	–	2,607
Rent and rates	–	13,036	13,036
Other premises and room hire	7,719	15,359	23,078
Professional fees	12,628	–	12,628
Independent examination fee	2,818	–	2,818
Travel and expenses	8,932	9,164	18,096
Printing, postage and stationery	7,420	–	7,420
Sundry	4,969	–	4,969
Insurance	2,980	–	2,980
IT and telecommunications	18,136	–	18,136
Training	6,110	–	6,110
Marketing	2,289	–	2,289
Bank charges	421	–	421
Depreciation	7,305	–	7,305
	<u>126,879</u>	<u>430,201</u>	<u>557,080</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

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#### 8. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	<b>2024</b>	<b>2023</b>
	£	£
Wages and salaries	539,358	454,229
Social security costs	42,080	34,836
Pension costs	10,257	8,174
	<u>591,695</u>	<u>497,239</u>

Expended as:

	<b>2024</b>	<b>2023</b>
	£	£
Fundraising costs	53,615	62,052
Expenditure on charitable activities	538,080	435,187
	<u>591,695</u>	<u>497,239</u>

The average head count of employees during the year was 22 (2023: 20) and no employee received employee benefits of more than £60,000 during the year (2023: Nil).

#### Key management personnel

The employment costs above, include key management personnel compensation totalling £47,011 (2023: £52,432) during the year.

#### 9. Trustee remuneration and expenses

No trustees received any remuneration for their services as trustees, nor were reimbursed for expenses incurred as trustees in this or the prior year.

#### 10. Tangible fixed assets

	<b>Freehold property £</b>	<b>Computer equipment £</b>	<b>Total £</b>
<b>Cost</b>			
At 1 April 2023 and 31 March 2024	<u>22,508</u>	<u>21,796</u>	<u>44,304</u>
<b>Depreciation</b>			
At 1 April 2023	3,189	18,707	21,896
Charge for the year	<u>2,251</u>	<u>2,071</u>	<u>4,322</u>
At 31 March 2024	<u>5,440</u>	<u>20,778</u>	<u>26,218</u>
<b>Carrying amount</b>			
At 31 March 2024	<u>17,068</u>	<u>1,018</u>	<u>18,086</u>
At 31 March 2023	<u>19,319</u>	<u>3,089</u>	<u>22,408</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

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##### 11. Debtors

	<b>2024</b>	2023
	<b>£</b>	£
Trade debtors	63,250	66,729
Prepayments and accrued income	1,895	1,764
	<u>65,145</u>	<u>68,493</u>

##### 12. Creditors: Amounts falling due within one year

	<b>2024</b>	2023
	<b>£</b>	£
Trade creditors	663	418
Accruals and deferred income	3,360	2,640
Social security and other taxes	11,946	10,177
Other creditors	2,549	2,141
	<u>18,518</u>	<u>15,376</u>

##### 13. Deferred income

	<b>2024</b>	2023
	<b>£</b>	£
At 1 April 2023	–	3,750
Amount released to income	–	(3,750)
<b>At 31 March 2024</b>	<u>–</u>	<u>–</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

---

#### 14. Analysis of charitable funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

Year ended 31 March 2024

<b>Restricted funds</b>	<b>At 1 Apr 2023</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfers</b>	<b>At 31 Mar 2024</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Rotary Club of Ipswich	1,000	–	–	–	1,000
SCF Port Community Fund	2,000	2,000	(4,000)	–	–
Big Lottery	25,449	80,000	(80,101)	–	25,348
The Mulberry Trust	10,000	(10,000)	–	–	–
Norfolk PCC	–	52,208	(52,208)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
Ipswich & North Essex ICB	–	115,000	(115,000)	–	–
Norfolk & Waveney ICB	–	80,247	(80,247)	–	–
VAWG Fund	20,000	16,500	(22,510)	–	13,990
The Alan Boswell Group	30,000	–	(30,000)	–	–
Septagon	20,000	–	–	–	20,000
RYPF Project	–	40,379	(40,379)	–	–
The Geoffrey Watling Charity	–	5,000	(5,000)	–	–
Sue Lambert RASASF	–	22,394	(22,394)	–	–
Lady Hind	–	2,000	(2,000)	–	–
Annie Tranmer	–	2,000	–	–	2,000
NCF Community Cares Fund	–	4,280	–	–	4,280
Simon Gibson	–	5,000	–	–	5,000
Screwfix Foundation	–	4,690	–	–	4,690
Rope Trust	–	2,218	–	–	2,218
Adnams Community Fund	–	2,062	(2,062)	–	–
SCF Birketts Fund	–	2,062	(2,062)	–	–
SCF Private Fund	–	2,062	(2,062)	–	–
SCF Technology Network Fund	–	2,000	(2,000)	–	–
SCF Giving & Private Fund	–	2,062	(2,062)	–	–
Rape & Sexual Abuse Support Fund	–	36,080	(36,080)	–	–
Crane Fund	–	2,738	(2,738)	–	–
David Family Foundation	–	3,500	(3,500)	–	–
Co-Op Community Cares Fund	–	4,009	–	–	4,009
	<u>108,449</u>	<u>540,491</u>	<u>(566,405)</u>	<u>–</u>	<u>82,535</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

Year ended 31 March 2023

<b>Restricted funds</b>	At 1 Apr 2022	Income	Expenditure	Transfers	<b>At 31 Mar 2023</b>
	£	£	£	£	£
Rotary Club of Ipswich Fund	1,000	–	–	–	1,000
SCF Port Community Fund	–	2,000	–	–	2,000
Big Lottery	25,075	100,000	(99,626)	–	25,449
The Mulberry Trust	–	10,000	–	–	10,000
Norfolk PCC	–	52,204	(52,204)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
Ipswich & North Essex ICB	–	115,000	(115,000)	–	–
Norfolk & Waveney ICB	–	85,000	(85,000)	–	–
Community Ambition	–	22,500	(22,500)	–	–
VAWG Fund	–	20,000	–	–	20,000
The Alan Boswell Group	–	30,000	–	–	30,000
Septagon	–	20,000	–	–	20,000
	<u>26,075</u>	<u>516,704</u>	<u>(434,330)</u>	<u>–</u>	<u>108,449</u>

#### Unrestricted funds

	At 1 Apr 2023	Income	Expenditure	Transfers	<b>At 31 Mar 2024</b>
	£	£	£	£	£
General Funds	379,508	199,369	(222,659)	–	356,218
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	At 1 Apr 2022	Income	Expenditure	Transfers	<b>At 31 Mar 2023</b>
	£	£	£	£	£
General Funds	287,165	105,642	(208,299)	195,000	379,508
Designated Funds	195,000	–	–	(195,000)	–
	<u>482,165</u>	<u>105,642</u>	<u>(208,299)</u>	<u>          </u>	<u>379,508</u>

#### The following grants were provided and are restricted for the purposes as stated below:

Rotary Club of Ipswich: To assist with the publication of a book.

SCF Port Community fund: To fund work with a sexually abused child in Felixstowe.

Big Lottery fund: To contribute towards the core costs of providing a service to sexually abused children.

The Mulberry Trust: To fund the provision of group work.

Norfolk Police & Crime Commissioner: To support work with sexually abused children in Norfolk.

Suffolk Police & Crime Commissioner: Costs of direct work with sexually abused children in Suffolk.

Ipswich & North Essex ICB: Provision of a treatment service for the victims of childhood sexual abuse in Suffolk.

Norfolk & Waveney ICB: Provision of a treatment service for the victims of childhood sexual abuse under the age of 11 years in Norfolk and Waveney.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

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VAWG (Violence Against Women & Girls) Fund: To fund a worker to run an education and awareness project in Suffolk.

The Alan Boswell Group: To fund a Child Sexual Abuse worker in Norfolk.

Septagon: To fund a worker to run an education and awareness project in Norfolk.

RYPF Project: To provide a support service (Changing Futures) for children who are exhibiting harmful sexual behaviours.

The Geoffrey Watling Charity: To fund an education project in Norfolk.

Sue Lambert RASASF: To fund a worker in Norfolk.

Lady Hind: To fund an education project in Norfolk.

Annie Tranmer: To help fund the Changing Futures service.

NCF Community Cares Fund: To fund a girl's group in Norfolk.

Simon Gibson: To fund an education project.

Screwfix Foundation: To renovate the charity's new premises.

Rope Trust: To renovate the charity's new premises.

Adnams Community Fund: To fund 15 sessions in Suffolk.

SCF Birketts Fund: To fund 15 sessions in Suffolk.

SCF Private Fund: To fund 15 sessions in Norfolk.

SCF Technology Network Fund: To fund 15 sessions in Suffolk.

SCF Giving & Private Fund: To fund 15 sessions in Suffolk.

Rape & Sexual Abuse Support Fund: To fund a worker in Suffolk.

Crane Fund: To fund 20 sessions in Suffolk.

David Family Foundation: To fund 20 sessions.

Co-Op Community Cares Fund: To contribute towards the costs of a CSA worker.

**The following restricted grants were provided in this or the prior year and have been completed:**

Community Ambition: To fund an outreach worker to raise awareness within multi-cultural Suffolk.

#### **Designated funds**

As a result of its current premises being scheduled for development in due course, the trustees have sought to designate substantial reserves in previous years and whilst the charity plans to relocate to another premises to rent for a time, the medium to long term aim is to acquire new premises for long term use and to further the objectives of the charity.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2024

However, given the movements in restricted and unrestricted funds during the year, taken together with other factors the trustees feel that maintaining both the 6 months of reserves and the designation for property purchase would not be a prudent use of resources. The trustees feel the immediate paramount is to have the reassurance of 6 months reserves, whilst also optimising resources to reach the maximum number of children in what is a one of increasing demand for services. Accordingly, the designated funds have been transferred to general funds in the prior year and are reviewed annually.

#### 15. Analysis of net assets between funds

Year ended 31 March 2024

	Tangible fixed assets £	Net Current assets £	Total £
Restricted fund	–	82,535	82,535
Unrestricted funds: General funds	18,086	338,132	356,218
	<u>18,086</u>	<u>420,667</u>	<u>438,753</u>

Year ended 31 March 2023

	Tangible fixed assets £	Net Current assets £	Total £
Restricted fund	–	108,449	108,449
Unrestricted funds: General funds	22,408	357,100	379,508
	<u>22,408</u>	<u>465,549</u>	<u>487,957</u>

#### 16. Analysis of changes in net debt

	At 1 Apr 2023 £	Cash flows £	At 31 Mar 2024 £
Cash at bank and in hand	<u>412,432</u>	<u>(38,392)</u>	<u>374,040</u>

#### 17. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2024 £	2023 £
Not later than 1 year	<u>6,933</u>	<u>7,328</u>

# **Brave Futures**

## **Company Limited by Guarantee**

### **Notes to the financial statements** *(continued)*

#### **Year ended 31 March 2024**

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#### **18. Related parties**

During the year the charity received donations from Hudson Media Partnership Ltd of £490 (2023: £Nil). The charity also paid Hudson Media Partnership Ltd amounts totalling £2,660 (2023: £Nil). The Trustee S Flory is also a director of Hudson Media Partnership Ltd.

There were no other related party transactions in this or the prior year.

**Brave Futures**

England & Wales - Charity number 1149347

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# Accounts

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COMPANY REGISTRATION NUMBER: 08128922

CHARITY REGISTRATION NUMBER: 1149347

**Brave Futures**  
**Company Limited by Guarantee**  
**Unaudited financial statements**  
**31 March 2023**

# **Brave Futures**

## **Company Limited by Guarantee**

### **Financial statements**

**Year ended 31 March 2023**

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# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report)**

#### **Year ended 31 March 2023**

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2023

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##### Introduction from the Managing Director:

During the year 2022 - 23 we celebrated the charity's 10th anniversary. An incredible amount has been achieved since the organisation was established in 2012 and I would like to acknowledge the enormous efforts of everyone who has been involved, both past and present.

We implemented a major change in early 2023 when we moved away from the name Fresh Start New Beginnings and rebranded ourselves as Brave Futures. Following feedback from a range of stakeholders, including some of our former service users, it was thought that the name 'Brave Futures' is a better reflection of who we are and what we strive for. It takes a lot for the children and young people we work with to come to our charity for the first time. They have to take the brave steps to walk through our doors. When they do, they can be reassured that they will always be believed and that we will work to empower them. Hence our strapline, 'Be Believed, Be Empowered'.

2022 saw the publication of the report into the Independent Inquiry into Child Sexual Abuse, which was carried out in the wake of the Jimmy Saville scandal. The report highlighted the many obstacles that victims of child sexual abuse encountered when they tried to disclose their abuse and how - in many cases - they were not believed or were even blamed for their abuse. The report shows how vulnerable children and young people were let down by the system which should have been there to protect them. It shows how hard we need to work to raise awareness of the issue in every community, to take away the stigma and ensure we can be a safety net for as many children and young people as possible. We worked hard throughout the year to maximise the media interest in the report and its aftermath to raise awareness of the issue.

Over the course of the year, our staff have continued to adapt to the challenges that the organisation has faced in the post pandemic period. The after-effects of the lockdowns and the Covid 19 Pandemic meant that we saw a higher number of complex cases, which required more detailed intervention. The trauma experienced by children and young people during the pandemic was exacerbated for many reasons, including having to spend long periods of time at home with their abuser, being isolated from external support networks such as school, extended family and friends, or having to spend long periods of time in the room or rooms where abuse had previously taken place.

During this period, we have worked to reduce the amount of time each child or young person is waiting to receive our service. In order to facilitate this, we appointed more Practitioners. In fact, during the year, we appointed four practitioners in Suffolk and three in Norfolk.

In addition, this year saw the appointment of a Marketing & Fundraising Manager, a Trusts and Grants Fundraiser and our Clinical Lead, who offers Clinical Supervision to frontline staff, returned from maternity leave. In the future, we plan to offer group Clinical Supervision to all of our Practitioners, alongside the individual Clinical Supervision they already receive. We also plan to roll out Clinical Supervision to all of our staff.

During the year, we also established a new permanent base in Norwich, in the grounds of our partner organisation, the Sue Lambert Trust.

I am extremely grateful for the hard work, passion and resilience of our staff. I am also grateful for the support of the Board of Trustees and the unwavering generosity of our funders, who enable us to provide our vital service, which is needed now more than ever.

Patsy Johnson-Cisse  
Managing Director

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2023

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##### Reference and administrative details

Registered charity name	Brave Futures
Charity registration number	1149347
Company registration number	08128922
Principal office and registered office	333 Felixstowe Road Ipswich Suffolk IP3 9BU

##### The trustees

The trustees who served during the year and at the date of approval were as follows:

C Horsley (Chair)  
K Allen  
J Betts (Appointed 22/06/23)  
S Brown (Appointed 22/06/23)  
E Clifton  
S Flory (Appointed 11/08/22)  
D Golding (Appointed 22/06/23)  
O Gravell  
A Huckle (Resigned 22/07/23)  
E Silver  
K Symonds  
L Gittens (Resigned 20/10/22)  
M Parker (Resigned 09/11/22)  
J Mayhew (Resigned 30/01/23)

**Company secretary** B Paternoster

**Independent examiner** L Thurston FCCA  
Lovewell Blake LLP  
Chartered accountants  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
IP32 7EA

**Bankers** HSBC  
12 Tavern Street  
Ipswich  
Suffolk  
IP1 3AZ

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

**Year ended 31 March 2023**

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#### **Objectives and activities**

##### **About Brave Futures**

Brave Futures is a specialist support service for children and young people, up to the age of 18, who have experienced sexual abuse. Each child or young person is given a dedicated one-to-one Practitioner and we create for each of them a bespoke treatment plan. Our aim is to give children and young people the skills and coping mechanisms they need to re-build their futures, to manage the trauma they have experienced and to help them to move from victim to survivor.

##### **Our purpose**

- To provide relief to children whose lives have been affected by sexual abuse.
- To provide relief to their parents and carers.

##### **Our background**

The charity was first established as Fresh Start new beginnings in 2012 by Diana Porter MBE, initially with a small staff who worked, often on a completely voluntary basis, to provide a service for children and young people in Suffolk. The organisation has expanded significantly in the years since then. In 2015 we offered a service in Norfolk for the first time and today we provide a service in six locations across Norfolk and four in Suffolk. We also now employ 23 staff across both counties, including 15 frontline Practitioners.

##### **Our vision**

We work tirelessly so that all children and young people who are the victims of sexual abuse or exploitation can:

1. Have access to the appropriate support.
2. Have the reassurance that they will be listened to and believed.
3. Have the opportunity to feel safe again.

We aim to educate society because every child has the right to a childhood free from sexual abuse.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2023**

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#### **Achievements and performance**

##### **How we work**

Each young person who is referred to us is offered an initial meeting where a detailed assessment of their physical, emotional and mental health needs is carried out by one of our specialist Practitioners. The Practitioner also assesses the needs of the parent/carer or sibling(s). They then put together a tailored treatment plan with the young person before one-to-one sessions begin.

The aim of the sessions is to build a trusted relationship with each child or young person. In many cases, the young person has already spoken to multiple agencies and organisations and in some cases, they have been dismissed or not believed. Our aim is to help them make sense of what has happened, to show them that what has happened is not their fault and to help diminish their feelings of guilt and shame.

The sessions look at their triggers, worries and anxieties and we teach them coping mechanisms to help them to manage these. We look at the grooming techniques used by perpetrators (this is age dependent) and we spend a lot of time working towards improving the young person's confidence and self-esteem.

The children and young people we support come to us with a wide range of symptoms, including: post-traumatic stress disorder (PTSD), depression, suicidal thoughts, poor emotional regulation, eating disorders, self-harm, and substance abuse.

Our aim is to offer the young person a safe space where they can discuss their thoughts, fears and feelings openly with someone who will never be shocked or upset by what they hear. Through our intervention, our aim is to enable the young person to move forward in their lives, leaving the trauma of abuse behind them.

In approximately 90% of the cases we see, the perpetrator is a parent, step-parent or someone who is known to the family. The child or young person is not only dealing with the abuse which has taken place, but the fact that their home life has been torn apart by the perpetrator leaving, and the fallout this can cause within the wider family. In addition, the involvement of the police and other agencies causes a great deal of anxiety and confusion for the victim and their family.

Although we are unable to work with a child until they are safe from their abuser, we believe that early intervention is vital – as the earlier we treat the trauma of sexual abuse, the better the result. By treating children at a young age, their trauma is not carried with them into adulthood, and we can give them the chance to reach their full potential in the future.

This not only has obvious benefits for the child and their family, but also for the whole of society, as it decreases the need for public resources to be spent on dealing with the long-term symptoms of a child's untreated trauma, including a wide range of mental health problems, poor physical health, substance abuse, homelessness and social exclusion and parenting and relationship issues.

##### **How our activities deliver public benefit**

During the year, we provided a therapeutic treatment programme for victims of sexual abuse up to the age of 18 years old. Our service is available to all children and young people up to the age of 18, whether or not they are involved in the legal process. In addition, any young person who has previously accessed our service, is able to re-refer themselves up to the age of 21. During this period, we supported 205 children and young people - 111 in Suffolk and 94 in Norfolk.

Our treatment programme uses a range of approaches, including cognitive behavioural therapy, mindfulness, systemic therapy and psycho-educational work. For smaller children, we use play therapy and art therapy and visual tools, such as sand play, puppets, games, drawing and painting. As part of their sessions, we help the child or young person to put together a worry box or self-soothe box to take away.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2023

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These are filled with items to comfort or distract them when they feel distressed or anxious.

Nobody leaves our service until we (and they) believe they are ready. By the time a child or young person is ready to leave our service, our aim is that:

- Each child/young person is feeling more positive about themselves and their future;
- Each child/young person is empowered with coping mechanisms to help them to manage their emotions and triggers in the outside world;
- Symptoms such as anxiety, depression, flashbacks, nightmares, self-harm and substance abuse are absent or significantly reduced.

In addition to the above, during the year we also:

- provided advice, support and information to parents and carers of children who have been sexually abused, to help them understand and respond to their child's emotions and behaviours and to help them cope with their own emotional responses following their child's disclosure;
- provided consultation and support for parents, carers, teachers and other professionals in spotting the signs and symptoms of child sexual abuse and harmful sexual behaviours;
- provided support to families who needed our help with the cost of transport to and from sessions. Although our service is free to all families, recognising the impact of the cost-of-living crisis on many families, we have set up a hardship fund to ensure transport costs are not a barrier to accessing our service.

#### **Fundraising update**

We ran a successful Dragonboat Race in Ipswich in the summer, which returned for the third time and raised an incredible £28,000. The event in Ipswich gets bigger and bigger each year and we are so grateful to all the teams, both for their commitment to the event and for raising such an incredible amount. We are also planning to run our first Dragonboat Race in Norwich in Spring 2024.

In the Autumn, we held an afternoon tea event in Norwich, attended by 125 people. The event helped to raise awareness of the charity with our Norfolk funders and stakeholders.

In early 2023, we took part in Sexual Abuse and Sexual Violence Awareness Week (its not okay) - a national campaign to raise awareness of Sexual Abuse. We attended various events around Suffolk throughout the week to help raise awareness of the issue and the support that we offer.

We were extremely grateful to those who took part in fundraising activities throughout the year, including Run Norwich and our Christmas quiz. We would also like to thank all of the businesses who supported us throughout the year through a wide range of fundraising initiatives. A huge thank you must also go to our volunteers, who helped us at events and bucket collections throughout the year, particularly over the Christmas period.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2023

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##### Financial review

During the year total donations and grants amounted to £248,256 (2022: £178,223) up 39% on the previous year, of which £187,625 (2022: £125,000) was for restricted purposes. A full breakdown of the origins of all the restricted funds received is provided within the notes to these accounts. Total incoming resources amounted to £622,346 (2022: £558,227) and after deduction of the charity's costs there was a deficit for the year of £20,283 (2022: £17,609). There is restricted funding of £108,449 (2022: £26,075) carried forward to be spent for specific purposes over the coming months.

The charity continued to receive the majority of its core funding from the Integrated Care Boards in both Suffolk and Norfolk, with very significant contributions also being received from the Police & Crime Commissioners of both counties. Funding from the Big Lottery also continued to play an essential role. In addition, although grant funding from other sources was down on previous years, the income from fundraising showed signs of recovery after the turbulence of the Covid years and that recovery accelerated as the year progressed.

The trustees are disappointed that the charity incurred a modest deficit for a second consecutive year: a deficit brought about in large part by the need to recruit more staff to tackle an increased predicted demand for the charity's service in Norfolk. However, they are reassured that total incoming resources showed a significant increase over the period compared to the previous year and that the increase in Staff Costs, up by £101,326 in comparison to the previous year, was nevertheless funded by increased income in the most part. In addition, an experienced bid writer was employed during the latter part of the year and her inclusion within the team going forward will specifically address the fall in grant income, and reverse the modest shortfall in income generally.

The charity remains in a healthy cash position and the trustees feel that it continues to be well placed to build on its past work and to reach out to more and more children in need across the two counties.

##### Investment powers and policy

The charity does not have significant reserves to invest and any cash balances are held in the current and deposit bank accounts with the charity's main banker. This policy is renewed annually.

##### Reserves policy

The board of trustees has established a policy whereby the unrestricted funds not committed or invested in tangible free assets ("the free reserves") held by the charity should be six months of the resources expended. At this level the board feels that it would be able to continue activities of the charity in the event of a significant drop in income. Having taken into account the growth in expenditure over the year this equates to £321,314 (2022: £287,165). The current level of free reserves is £ 357,100 (2022: £287,165). With a cautious outlook based on recent fund variances, the trustees, recognising the potential volatility of the charity's income streams, will seek to maintain a good level of reserves over the coming years.

# Brave Futures

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2023

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##### Plans for future periods

Unfortunately, because of a shortage of suitable possibilities, and although every effort has been made to find a new permanent home over the past twelve months, the charity still currently occupies its Ipswich offices. The Trustees are acutely aware that soon the charity may have no choice other than to vacate them, so finding alternative premises remains one of their highest priorities during the coming year.

Until now the charity has continuously developed its own therapeutic programme to use with the children who are referred to it. Although very successful it has suffered from not enjoying the national recognition or standing of some other programmes that exist. Because of this the trustees have decided to move to adopt the NSPCC's alternative therapeutic programme, which is entitled Letting The Future In (LTFI). This programme is tried and tested and is very similar in content to what has been used before. However, LTFI has the enormous advantage of being recommended by the National Institute for Health and Care Excellence (NICE). It is both known and respected by the charity's funders and partners and its adoption will give them the reassurance that the service being provided is of a known high quality.

The true scale at which child sexual abuse has historically taken place in the UK is only becoming apparent over time, as more and more disclosures are made. The trustees believe that there are still many thousands of children across Norfolk and Suffolk who have yet to disclose their experiences, or to reach out for help. In recognition of this, funding has been sourced to employ two Education and Outreach Officers, one in each county. Their roles will be to work across the community, raising awareness of the vital support that the charity provides and lighting the path to the help that is needed. It is expected that their work will lead to increased demand for the charity's service, requiring that more Child Sexual Abuse Practitioners will need to be recruited as the year unfolds.

Also with a view to raising the profile of the charity, plans are in train to appoint a Marketing & Public Relations Manager: someone to manage relationships with corporates and funders and to maximise the potential of social media to assist the charity to achieve its aims. In addition, it is hoped to begin the publication of a quarterly newsletter to further educate and inform the charity's partners and stakeholders.

The charity will be hosting the regional It's Not Okay conference in February 2024.

Above all else, the charity will continue to focus itself on guaranteeing the future continuation of the service it provides and will provide that service to the maximum number of children and young people that it possibly can.

# **Brave Futures**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2023**

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##### **Structure, governance and management**

The charity is a company limited by guarantee, registered in England and Wales. The charity was incorporated on 3 July 2012 and commenced operations thereafter. The trustees are responsible for making decision on all matters of general concern and importance, including deciding on how the funds are to be spent. A subcommittee exists to set the remuneration of key personnel.

All charity information and registered numbers can be found on the legal and administrative information page, along with the trustees, who are also the directors for the purpose of company law, and who served during the year.

None of the trustees have a beneficial interest in the company, and all of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Following a consultation process, Brave Futures formerly known as Fresh Start New Beginnings filed a resolution to change the charities name on 26 October 2022. The trustees feel this new name more accurately reflects the aims and objectives of the charity moving forward.

##### **Recruitment and appointment of trustees**

New trustees are appointed from a recruitment and selection process to enhance the skills and experience of the board as a whole. Once appointed, trustees are provided with all the information required to assist them in performing their role as trustees covering all aspects of the organisation.

##### **Trustee induction and training**

Following an induction by the charity, Larking Gowen provide trustees with training regarding the responsibilities of being a charity trustee. If trustees request or require further input then the charity would arrange for them to attend external training as appropriate. All trustees undertake safeguarding training.

##### **Related parties**

The charity's relevant related party transactions are described in the notes of these accounts.

##### **Risk assessment**

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. This work has identified the loss of personnel as a major risk which is addressed through succession planning.

##### **Independent examiner reappointment**

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next relevant board meeting.

##### **Small company provisions**

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

## Brave Futures

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2023

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The trustees' annual report was approved on 9<sup>th</sup> November 2023 and signed on behalf of the board of trustees by:

A handwritten signature in black ink, appearing to read 'C Horsley', with a long horizontal stroke extending to the right.

C Horsley (Chair)  
Trustee

# Brave Futures

## Company Limited by Guarantee

### Independent examiner's report to the trustees of Brave Futures

Year ended 31 March 2023

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I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2023 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

#### 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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements 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 company's financial statements 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 charity'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 Association of Chartered Certified Accountants, 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 financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.

 1/12/23

L Thurston FCCA  
Independent Examiner

Lovewell Blake LLP  
Chartered accountants  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
IP32 7EA

# Brave Futures

Company Limited by Guarantee

## Statement of financial activities (including income and expenditure account)

Year ended 31 March 2023

	Note	Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
<b>Income</b>					
Donations	5	60,631	187,625	248,256	178,223
Charitable activities		24,372	329,079	353,451	350,625
Income from fundraising		19,168	–	19,168	29,343
Investment income	6	1,471	–	1,471	36
<b>Total income</b>		<u>105,642</u>	<u>516,704</u>	<u>622,346</u>	<u>558,227</u>
<b>Expenditure</b>					
Raising funds					
Cost of fundraising		81,420	4,129	85,549	74,287
Charitable activities	7	126,879	430,201	557,080	501,549
<b>Total expenditure</b>		<u>208,299</u>	<u>434,330</u>	<u>642,629</u>	<u>575,836</u>
<b>Net expenditure and net movement in funds</b>		<u>(102,657)</u>	<u>82,374</u>	<u>(20,283)</u>	<u>(17,609)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		482,165	26,075	508,240	525,849
<b>Total funds carried forward</b>		<u>379,508</u>	<u>108,449</u>	<u>487,957</u>	<u>508,240</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 15 to 24 form part of these financial statements.

# Brave Futures

## Company Limited by Guarantee

### Balance sheet

31 March 2023

	Note	2023 £	£	2022 £	£
<b>Fixed assets</b>					
Tangible fixed assets	11		22,408		28,629
<b>Current assets</b>					
Debtors	12	68,493		18,460	
Cash at bank and in hand		412,432		479,644	
		<u>480,925</u>		<u>498,104</u>	
<b>Creditors: Amounts falling due within one year</b>	13	<u>(15,376)</u>		<u>(18,493)</u>	
<b>Net current assets</b>			<u>465,549</u>		<u>479,611</u>
<b>Total assets less current liabilities</b>			<u>487,957</u>		<u>508,240</u>
<b>Net assets</b>			<u>487,957</u>		<u>508,240</u>
<b>Funds of the charity</b>					
Restricted funds			108,449		26,075
Unrestricted funds			379,508		482,165
<b>Total charity funds</b>	15		<u>487,957</u>		<u>508,240</u>

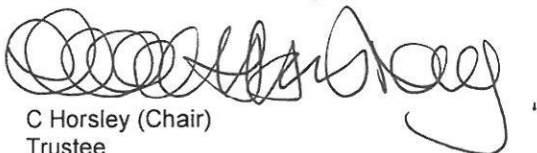
For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

These financial statements were approved by the board of trustees and authorised for issue on 9<sup>th</sup> November 2023 and are signed on behalf of the board by:

  
C Horsley (Chair)  
Trustee

Company registration number: 08128922

The notes on pages 15 to 24 form part of these financial statements.

# Brave Futures

## Company Limited by Guarantee

### Statement of cash flows

Year ended 31 March 2023

	2023 £	2022 £
<b>Cash flows from operating activities</b>		
Net expenditure	(20,283)	(17,609)
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	7,305	6,616
Other interest receivable and similar income	(1,471)	(36)
Interest payable and similar charges	421	324
Accrued expenses	768	672
<i>Changes in:</i>		
Trade and other debtors	(50,033)	47,779
Trade and other creditors	(3,885)	6,596
Cash generated from operations	(67,178)	44,342
Interest paid	(421)	(324)
Interest received	1,471	36
Net cash (used in)/from operating activities	<u>(66,128)</u>	<u>44,054</u>
<b>Cash flows from investing activities</b>		
Purchase of tangible assets	(1,084)	(22,508)
Net cash used in investing activities	<u>(1,084)</u>	<u>(22,508)</u>
<b>Net (decrease)/increase in cash and cash equivalents</b>	(67,212)	21,546
<b>Cash and cash equivalents at beginning of year</b>	<u>479,644</u>	<u>458,098</u>
<b>Cash and cash equivalents at end of year</b>	<u>412,432</u>	<u>479,644</u>

The notes on pages 15 to 24 form part of these financial statements.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements

Year ended 31 March 2023

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 333 Felixstowe Road, Ipswich, Suffolk, IP3 9BU.

#### 2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient for the charity to be able to continue as a going concern.

##### Fund accounting

The charity maintains a general unrestricted fund which represents funds which are expended at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds have been provided to the charity for particular purposes. The trustees carefully monitor the application of these funds in accordance with the restrictions placed upon them. Details of the nature and purpose of each fund is set out in the notes to these accounts.

##### Income

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when the recognition criteria is met.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

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#### 3. Accounting policies *(continued)*

##### **Expenditure**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates.

Costs of generating funds comprise the costs associated with attracting voluntary income.

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.

All costs are allocated to expenditure categories on a basis designed to reflect the use of the resources.

##### **Operating leases**

Rentals payable under operating leases are charged against income on a straight line basis over the period of the lease.

##### **Tangible assets**

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

##### **Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	10% straight line
Computer equipment	-	33% straight line

##### **Financial instruments**

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

---

#### 4. Limited by guarantee

The charity is a company limited by guarantee. The members of the company are the trustees named on the legal and administration information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

#### 5. Donations

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<b>Donations</b>			
Individual and corporate donations	60,631	50,000	110,631
<b>Grants</b>			
Grants	–	137,625	137,625
	<u>60,631</u>	<u>187,625</u>	<u>248,256</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations</b>			
Individual and corporate donations	38,223	–	38,223
<b>Grants</b>			
Grants	15,000	125,000	140,000
	<u>53,223</u>	<u>125,000</u>	<u>178,223</u>

#### 6. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	<u>1,471</u>	<u>1,471</u>	<u>36</u>	<u>36</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

#### 7. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Salaries	42,545	392,642	435,187
Recruitment	2,607	–	2,607
Rent and rates	–	13,036	13,036
Other premises and room hire	7,719	15,359	23,078
Professional fees	12,628	–	12,628
Independent examination fee	2,818	–	2,818
Travel and expenses	8,932	9,164	18,096
Printing, postage and stationery	7,420	–	7,420
Sundry	4,969	–	4,969
Insurance	2,980	–	2,980
IT and telecommunications	18,136	–	18,136
Training	6,110	–	6,110
Marketing	2,289	–	2,289
Bank charges	421	–	421
Depreciation	7,305	–	7,305
	<u>126,879</u>	<u>430,201</u>	<u>557,080</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Salaries	5,929	340,870	346,799
Recruitment	7,249	–	7,249
Rent and rates	2,608	8,541	11,149
Other premises and room hire	1,980	6,475	8,455
Professional fees	78,050	3,163	81,213
Independent examination fee	1,446	1,080	2,526
Travel and expenses	5,578	2,298	7,876
Printing, postage and stationery	4,087	–	4,087
Sundry	1,712	883	2,595
Insurance	48	1,929	1,977
IT and telecommunications	14,834	415	15,249
Training	3,786	–	3,786
Marketing	64	1,584	1,648
Bank charges	–	324	324
Depreciation	6,616	–	6,616
	<u>133,987</u>	<u>367,562</u>	<u>501,549</u>

#### 8. Net expenditure

Net expenditure is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets	<u>7,305</u>	<u>6,616</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

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#### 9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	454,229	362,126
Social security costs	34,836	26,941
Pension costs	8,174	6,846
	<u>497,239</u>	<u>395,913</u>

Expended as:

	2023	2022
	£	£
Fundraising costs	62,052	49,114
Expenditure on charitable activities	435,187	346,799
	<u>497,239</u>	<u>395,913</u>

The average head count of employees during the year was 20 (2022: 17) and no employee received employee benefits of more than £60,000 during the year (2022: Nil).

#### Key management personnel

The employment costs above, include key management personnel compensation totalling £52,432 (2022: £49,114) during the year.

#### 10. Trustee remuneration and expenses

No trustees received any remuneration for their services as trustees, nor were reimbursed for expenses incurred as trustees.

No trustee's were reimbursed for expenses in the year (2022: £Nil).

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

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#### 11. Tangible fixed assets

	Freehold property £	Computer equipment £	Total £
<b>Cost</b>			
At 1 April 2022	22,508	20,712	43,220
Additions	–	1,084	1,084
<b>At 31 March 2023</b>	<u>22,508</u>	<u>21,796</u>	<u>44,304</u>
<b>Depreciation</b>			
At 1 April 2022	938	13,653	14,591
Charge for the year	2,251	5,054	7,305
<b>At 31 March 2023</b>	<u>3,189</u>	<u>18,707</u>	<u>21,896</u>
<b>Carrying amount</b>			
<b>At 31 March 2023</b>	<u>19,319</u>	<u>3,089</u>	<u>22,408</u>
At 31 March 2022	<u>21,570</u>	<u>7,059</u>	<u>28,629</u>

#### 12. Debtors

	2023 £	2022 £
Trade debtors	66,729	16,875
Prepayments and accrued income	1,764	1,585
	<u>68,493</u>	<u>18,460</u>

#### 13. Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	418	2,933
Accruals and deferred income	2,640	5,622
Social security and other taxes	10,177	8,230
Other creditors	2,141	1,708
	<u>15,376</u>	<u>18,493</u>

#### 14. Deferred income

The charity has recorded income of £Nil (2022: £3,750) for the treatment of services with invoice dates before the year end date, recorded as a debtor of the charity as at 31 March 2023. This income relates to the provision of services in the following accounting period, and meets the requirements to be recorded as deferred income.

## Brave Futures

### Company Limited by Guarantee

#### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

##### 15. Analysis of charitable funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

Year ended 31 March 2023

Restricted funds	At 1 Apr 2022	Income	Expenditure	Transfers	At 31 Mar 2023
	£	£	£	£	£
Rotary Club of Ipswich Fund	1,000	–	–	–	1,000
SCF Port Community Fund	–	2,000	–	–	2,000
Big Lottery	25,075	100,000	(99,626)	–	25,449
The Mulberry Trust	–	10,000	–	–	10,000
Norfolk PCC	–	52,204	(52,204)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
Ipswich & North Essex ICB	–	115,000	(115,000)	–	–
Norfolk & Waveney ICB	–	85,000	(85,000)	–	–
Community Ambition	–	22,500	(22,500)	–	–
Violence Against Women & Girls Fund	–	20,000	–	–	20,000
The Alan Boswell Group	–	30,000	–	–	30,000
Septagon	–	20,000	–	–	20,000
	<u>26,075</u>	<u>516,704</u>	<u>(434,330)</u>	<u>–</u>	<u>108,449</u>

Year ended 31 March 2022

Restricted funds	At 1 Apr 2021	Income	Expenditure	Transfers	At 31 Mar 2022
	£	£	£	£	£
Kelly Family Trust	10,000	–	(10,000)	–	–
Rotary Club of Ipswich Fund	1,000	–	–	–	1,000
NFC Hopkin Home	(2,000)	–	2,000	–	–
SCF Reviving Communities	5,093	–	(5,093)	–	–
Shadwell Fund	2,000	–	(2,000)	–	–
RJG Grantmaking Fund	2,000	–	(2,000)	–	–
SCF Port Community Fund	2,000	–	(2,000)	–	–
Third Rope Charitable Fund	4,788	–	(4,788)	–	–
Co-op Community Care	1,148	–	(1,148)	–	–
NCF Breckland Council	5,000	–	(5,000)	–	–
Red Socks Charitable Trust	2,400	–	(2,400)	–	–
R C Snelling Charitable Trust	2,000	–	(2,000)	–	–
NCF Early Int/Vulnerable Families	9,000	–	(9,000)	–	–
NCF Lane Family Fund	4,500	–	(4,500)	–	–
SCF Bluebell Fund	2,000	–	(2,000)	–	–
Big Lottery	–	100,000	(74,925)	–	25,075
West Suffolk Council	–	10,000	(10,000)	–	–
The Mulberry Trust	–	10,000	(10,000)	–	–
Mr & Mrs Smith Fund	3,000	5,000	(8,000)	–	–
Community Ambition	–	22,500	(22,500)	–	–
Norfolk PCC	–	52,208	(52,208)	–	–
Norfolk CCGs	–	85,000	(85,000)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
	<u>53,929</u>	<u>344,708</u>	<u>(372,562)</u>	<u>–</u>	<u>26,075</u>

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

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**The following grants were provided in this or the prior year and are restricted for the purposes as stated:**

Rotary Club of Ipswich: To assist with the publication of a book.

SCF Port Community fund: To fund work with a sexually abused child in Felixstowe.

Big Lottery fund: To contribute towards the core costs of providing a service to sexually abused children.

The Mulberry Trust: To fund the provision of group work.

Norfolk Police & Crime Commissioner: To support work with sexually abused children in Norfolk.

Suffolk Police & Crime Commissioner: Costs of direct work with sexually abused children in Suffolk.

Ipswich & North Essex ICB: Provision of a treatment service for the victims of childhood sexual abuse in Suffolk.

Norfolk & Waveney ICB: Provision of a treatment service for the victims of childhood sexual abuse under the age of 11 years in Norfolk and Waveney.

Community Ambition: To fund an outreach worker to raise awareness within multi-cultural Suffolk.

Violence Against Women & Girls Fund: To fund a worker to run an education and awareness project in Suffolk.

The Alan Boswell Group: To fund a Child Sexual Abuse worker in Norfolk.

Septagon: To fund a worker to run an education and awareness project in Norfolk.

**The following grants were provided in this or the prior year, are restricted for the purposes as stated and have been completed:**

Kelly Family Trust: To assist with costs of treating children.

NFC Hopkin Home: Is restricted in line with the purposes as set out by the grant provider.

SCF Reviving Communities: To replace lost fundraising income for salary costs of finance & administrative workers.

Shadwell fund: To fund core therapeutic work in Suffolk.

RJG Grantmaking fund: To meet the cost of working with 2 Suffolk children and their parents.

Third Rope Charitable Trust: To meet the salary costs of a CSA worker for three months.

Co-op Community Care: To contribute towards the costs of a CSA worker.

NCF Breckland Council: Towards costs of providing therapeutic treatment in Norfolk.

Red Socks Charitable Trust: To meet the costs of assessments and 14 sessions for 2 Norfolk children.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

R C Snelling Charitable Trust: Towards the costs of providing therapeutic treatment in Norfolk.

NCF Early Int/Vulnerable Families: To provide therapeutic support to sexually abused children in Norfolk.

NCF Lane Family fund: To provide 30 tailored therapeutic sessions to 4 sexually abused children in Norfolk.

SCF Bluebell fund: To meet the costs of providing 20 sessions for 5 Suffolk children.

West Suffolk Council: To provide 1-1 therapy sessions for young people who have been abused.

Mr & Mrs Smith fund: To fund group work with abused children and their parents.

Norfolk Clinical Commissioning Group: To provide a service for sexually abused children in Norfolk and Waveney.

#### Unrestricted funds

	At 1 Apr 2022	Income	Expenditure	Transfers	At 31 Mar 2023
	£	£	£	£	£
General funds	287,165	105,642	(208,299)	195,000	379,508
Designated funds	195,000	–	–	(195,000)	–
	<u>482,165</u>	<u>105,642</u>	<u>(208,299)</u>	<u>–</u>	<u>379,508</u>

	At 1 Apr 2021	Income	Expenditure	Transfers	At 31 Mar 2022
	£	£	£	£	£
General funds	246,920	213,519	(203,274)	30,000	287,165
Designated funds	225,000	–	–	(30,000)	195,000
	<u>471,920</u>	<u>213,519</u>	<u>(203,274)</u>	<u>–</u>	<u>482,165</u>

#### Designated funds

As a result of its current premises being scheduled for development in due course, the trustees have sought to designate substantial reserves in previous years and whilst the charity plans to relocate to another premises to rent for a time, the medium to long term aim is to acquire new premises for long term use and to further the objectives of the charity.

However, given the movements in restricted and unrestricted funds during the year, taken together with other factors the trustees feel that maintaining both the 6 months of reserves and the designation for property purchase would not be a prudent use of resources. The trustees feel the immediate paramount is to have the reassurance of 6 months reserves, whilst also optimising resources to reach the maximum number of children in what is a one of increasing demand for services. Accordingly, the designated funds have been transferred to general funds as at the year end date.

# Brave Futures

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2023

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#### 16. Analysis of net assets between funds

Year ended 31 March 2023

	Tangible fixed assets £	Net Current assets £	Total £
Restricted fund	–	108,449	108,449
Unrestricted funds: General funds	22,408	357,100	379,508
	<u>22,408</u>	<u>465,549</u>	<u>487,957</u>

Year ended 31 March 2022

	Tangible fixed assets £	Net Current assets £	Total £
Restricted fund	–	26,075	26,075
Unrestricted funds: General funds	28,629	258,536	287,165
Designated funds	–	195,000	195,000
	<u>28,629</u>	<u>479,611</u>	<u>508,240</u>

#### 17. Analysis of changes in net debt

	At 1 Apr 2022 £	Cash flows £	At 31 Mar 2023 £
Cash at bank and in hand	<u>479,644</u>	<u>(67,212)</u>	<u>412,432</u>

#### 18. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2023 £	2022 £
Not later than 1 year	<u>7,328</u>	<u>8,600</u>

#### 19. Related parties

There are no other related party transactions that require disclosing in the financial statements within the current or prior period, that are not elsewhere disclosed.

**Brave Futures**

England & Wales - Charity number 1149347

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# Accounts

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**COMPANY REGISTRATION NUMBER: 08128922**

**CHARITY REGISTRATION NUMBER: 1149347**

**Fresh Start New Beginnings  
Company Limited by Guarantee  
Unaudited financial statements  
31 March 2022**

**WEDNESDAY**



**\*ABIDJU9K\***

**A13**

**07/12/2022**

**#104**

**COMPANIES HOUSE**

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Financial statements**

**Year ended 31 March 2022**

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Independent examiner's report to the trustees	<b>9</b>
Statement of financial activities (including income and expenditure account)	<b>10</b>
Balance sheet	<b>11</b>
Statement of cash flows	<b>12</b>
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# Fresh Start New Beginnings

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report)

#### Year ended 31 March 2022

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

#### Reference and administrative details

<b>Registered charity name</b>	Fresh Start New Beginnings
<b>Charity registration number</b>	1149347
<b>Company registration number</b>	08128922
<b>Principal office and registered office</b>	333 Felixstowe Road Ipswich Suffolk IP3 9BU

#### The trustees

The trustees who served during the year and at the date of approval were as follows:

C Horsley (Chair)  
K Allen (Appointed 11/11/21)  
E Clifton (Appointed 11/11/21)  
S Flory (Appointed 11/08/2022)  
L Gittens (Appointed 06/05/21)  
O Gravell  
A Huckle  
J Mayhew (Appointed 10/02/2022)  
M Parker (Appointed 11/11/21)  
E Silver (Appointed 11/11/21)  
K Symonds (Appointed 11/11/21)

<b>Company secretary</b>	B Paternoster
<b>Independent examiner</b>	L Thurston FCCA Lovewell Blake LLP Chartered accountants First Floor Suite 2 Hillside Business Park Bury St Edmunds IP32 7EA
<b>Bankers</b>	HSBC 12 Tavern Street Ipswich Suffolk IP1 3AZ

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2022**

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##### **Objectives and activities**

The charity's purposes, as set out in the objects contained in the company's memorandum of association, can be summarised as being:

- To provide relief to children whose lives have been affected by sexual abuse.
- To provide relief to the parents and carers of sexually abused children.

##### **The focus of our work**

The work undertaken during this reporting period fell into the following main areas:

- The provision of a therapeutic treatment programme for victims of sexual abuse up to the age of twenty one years old, who have been referred before the age of eighteen years old, whether or not they are involved in the legal process.
- The provision of a service to secondary victims of sexual abuse (these are siblings of victims and also children with a parent who has abused other children).
- The provision of advice, support and information to parents and carers of sexually abused children, to assist their understanding of the reasons for their child's reactions and behaviours and to enable them to respond appropriately. To help them cope with their own emotional responses, and those of their family, and enable them to understand how to keep their children safe from sexual abuse in the future.
- The provision of a service for children and young people who are displaying reactive or harmful sexual behaviour who are not within the criminal justice system.
- Consultation and support for parents, carers, teachers and other professionals in providing the boundaries and care needed to help these children to change their behaviours.

##### **How our activities deliver public benefit**

During the period ending 31 March 2022 the charity received referrals for 274 children and their families. Of these 204 came from Suffolk and 70 from Norfolk.

The main area of work undertaken was individual sessions following each referred child or young person's treatment plan, with support sessions taking place for their siblings and parents and/or carers. In addition group work took place online during the year for parents and/or carers in both Suffolk and Norfolk. Professional consultations were also provided on a regular basis.

The referred children and young people were suffering from a wide range of symptoms including; Post Traumatic Stress Disorder, depression, psychosis, poor emotional regulation, eating disorders, self-injuring and alcohol and drug misuse. The charity worked with these children and young people to help them to make sense of what had happened to them; to change their distorted thinking so that they could overcome their feelings of blame, shame and guilt; to identify their strengths and to help put in place positive coping strategies. In each case the charity has aimed to support the child in his or her recovery journey from victim to survivor.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2022**

---

##### **Objectives and activities *(continued)***

Successfully treating the symptoms of child sexual abuse not only benefits children by allowing them to reach their full potential, it also brings many advantages to the wider community in which they live. It does this by decreasing the need for public resources to be spent on dealing with the long-term symptoms of their untreated trauma.

It is vitally important that this work takes place whilst the victims of child sexual abuse are young, before the use of unhealthy anti-social coping strategies to help them survive the trauma symptoms becomes a way of life for them.

Treatment as a child can prevent, or at least greatly decrease the incidence of, the following difficulties often experienced by sexually abused children in adult life:

- Emotional difficulties such as anger, anxiety, sadness or low self-esteem.
- Mental health problems such as depression, eating disorders, post-traumatic stress-disorder, self-harm and suicidal thoughts.
- Problems with drugs or alcohol.
- Disturbing thoughts, emotions and memories that cause distress and confusion.
- Poor physical health such as obesity.
- Struggling with parenting or relationships
- Worrying that their abuser is still a threat to themselves or others.
- Learning difficulties, lower educational attainment, difficulties in communicating.
- Homelessness and social exclusion.
- Ongoing health problems including sexual health problems.
- Relationship problems.
- Becoming the parents of children who are themselves sexually abused.

The work of the charity is therefore vital, not only to the children's well-being and in allowing them to grow and develop to their full potential, but also in helping them to lead successful lives as adults and become safe parents.

The trustees have referred to the guidance contained in the Charity's Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. In particular, trustees consider how planned activities will contribute to the aims and objectives they have set.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2022**

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##### **Achievements and performance**

For a second year the Covid 19 pandemic continued to play a significant role in shaping the charity's activities. Until its arrival the greater part of the charity's work had relied upon face-to-face meetings taking place with the young people and their parents or carers. However, because of the restrictions imposed by the virus, and as pioneered during the first year of the Pandemic's impact, whenever it was both appropriate and technically possible to do so contact by online means was made an an effective and widely used alternative. Although it was certainly appreciated that not every child was in a position to participate in online contact, or to benefit from the charity's input without a face-to-face experience, every measure was taken to ensure that the best service possible was provided to the largest possible number of children during the most difficult of circumstances.

Thankfully conditions did finally begin to ease as time passed, and eventually it became more possible to begin a return to in-person meetings for those that needed or preferred them. This meant that the use of rooms within the charity's main office, and also its outreach offices across Suffolk and Norfolk, increased steadily as the year progressed and they began to become again the hives of activity that they had previously been.

Throughout the year the charity remained focused on its core activities: supporting and championing the child victims of sexual abuse across Suffolk and Norfolk; formulating their individual treatment plans and helping their families to come to terms with, and support them through, the consequences of the abuse that they had suffered.

The charity continued to explore new means to enhance its service and to deliver it in an optimal way. Measures included but were not limited to:

1. Investing in the recruitment, training and education of staff
2. Continued investment in information technology
3. Enhancing its web and social media presence
4. Seeking out new and more accessible satellite venue to offer to it's service users

Throughout the year the charity continued to be supported by, and remained extremely grateful for the support of, the Suffolk and Norfolk Clinical Commissioning Groups, the Police and Crime Commissioners in both Suffolk and Norfolk and by both the Suffolk and Norfolk Community Foundations. It was also thankful for the support of the many other grant making organisations and bodies that are detailed elsewhere in these accounts.

The lockdown restrictions did however mean that, for the second year running, fundraising activities were greatly curtailed. Many of the year's usual opportunities were lost and it was particularly disappointing that the charity's flagship Dragonboat event could again not take place. However, the charity remains very grateful to its many loyal and generous friends who were able to find ways to raise funds to support it in such a difficult year, and now looks forward to fundraising with them again in the future.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

**Year ended 31 March 2022**

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#### **Financial review**

During the first year of the Covid pandemic substantial financial assistance was made available to charities by the Government and by various funding bodies both nationally and locally. Fresh Start new beginnings was proactive and highly successful in its applications for these funds and was therefore cushioned significantly from the almost total loss of fundraised income, and the unexpected extra costs of dealing with Covid, that it experienced during that first year. As a result, and against all expectations, the charity finished the year in a much stronger financial position than the trustees had thought would be possible.

However, although the effects of Covid continued to be felt during this, the second year of the pandemic, particularly in terms of how it limited fundraising opportunities, there was no longer any significant Government assistance available to mitigate the financial losses. At the same time the charity found that the increased strength of its reserve position made applying for grant funding less straightforward than in previous years. These two pressures combined to reduce the income it was able to generate, which fell back to pre-Covid levels from the anomalous highs of the previous year.

Although income reverted to past levels, expenditure did not. And whilst careful control of spending was exercised significant additional costs were still experienced. In particular these costs arose from the engagement of two outside consultants over an extended period. The first, a Doctor of Psychiatry, was to provide clinical supervision to staff and expert advice to trustees in terms of the future development and clinical direction of the charity's service. The second, an independent senior social worker, was to advise trustees on structural, operational and safeguarding issues. This recruitment was also felt necessary to reinforce team members working with the children and young people, who had been required to negotiate significant upheaval and disruption throughout the Covid period, and who had seen the departure of several experienced colleagues during that time. Whilst bearing the expense of engaging consultants was onerous enough the charity also had to meet the costs of finding and recruiting replacement staff for those that it had lost. During a period of extreme societal change in the workplace this too proved to be both difficult and costly.

Fortunately, given the the unwelcome pressure on its fundraised and grant based income during the year, the charity did continue to receive significant funding from the Suffolk & Norfolk Clinical Commissioning Groups, with essential contributions then being received from the Police and Crime Commissioners of both Suffolk and Norfolk and also from The Big Lottery. Even with pressures being felt elsewhere these funding sources formed the bedrock on which the charity was able to reliably provide its service.

During the period total donations and grants amounted to £178,223 (2021: £343,780) down 45% on the previous year, of which £125,000 (2021: £220,432) was for restricted purposes. A full breakdown of the origins of all the restricted funds received is provided within the notes to these accounts. Total incoming resources amounted to £558,227 (2021: £653,783) and after deduction of the charity's costs there was a deficit for the period of (£17,609) (2021: surplus £190,414). There is restricted funding of of £26,075 (2021: £53,929) carried forward to be spent for specific purposes over the coming months.

The trustees are disappointed that the charity incurred a modest deficit over the period. However they are also very pleased that it was able to meet, and weather as well as it did, the unprecedented difficulties presented by Covid over two tumultuous years. The charity remains in a healthy cash position and the trustees feel that it continues to be well placed to both build on its past work and to reach out to more and more children in need across the two counties.

#### **Investment powers and policy**

The charity does not have significant reserves to invest, cash balances are held in the current and deposit bank accounts with the charity's main banker. This policy is renewed annually.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2022**

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##### **Financial review *(continued)***

##### **Reserves policy**

The board of trustees has established a policy whereby the unrestricted funds not committed or invested in tangible free assets ("the free reserves") held by the charity should be six months of the resources expended. At this level, the board feels that it would be able to continue activities of the charity in the event of a significant drop in income. Having taken into account the growth in expenditure over the year this equates to £287,918 (2021: £231,685). The current level of free reserves is £287,165 (2021: £234,183). With a cautious outlook based on recent fund variances, the trustees, recognising the potential volatility of the charity's income streams, will seek to maintain a good level of reserves over the coming years. They are pleased that the charity has already achieved this during the past two difficult years of Covid disruption, and more so that it is still now very much in a position to continue with (and seek to grow) its activities helping sexually abused children.

##### **Plans for future periods**

The trustees are extremely concerned that the long periods of lockdown seen during the Covid restrictions will now contribute to a very much greater need for the charity's service. They feel that, for those long periods of time, many children and young people will have been forced to remain in homes and situations where they were being abused constantly: unable to escape and isolated from anyone they might normally have been able to disclose their abuse to. And because there is very often a long delay between a child's sexual abuse taking place and their subsequent finding of the courage to report it, it is believed that the true extent of Covid's amplification of child sexual abuse will only become apparent over an extended period of time. For example, statistics suggest that children who are abused when they are six or seven years of age will often only report their abuse when they receive sex education as teenagers. And with Covid having prevented the delivery of sex education in many schools, for some children that moment has now receded in time still further.

Notwithstanding that the worst is probably yet to come the charity has already seen the beginnings of an increase in referrals. As a result the waiting times that children and young people experience before receiving an initial assessment, or are able to subsequently progress to benefit from receiving the charity's service, have grown noticeably. It is anticipated that these waiting times will only increase as demand also continues to grow. And because of this the recruitment of more specialist workers to deliver the charity's service, especially in Norfolk where it currently has a lesser presence than in Suffolk, is something that the trustees will pursue as a priority in the coming year.

It is hoped that the impact of the Covid-19 pandemic will continue to lessen as the year progresses and restrictions ease. Even if this takes place, however, it is anticipated that the virus will continue to have a negative impact on the charity's fundraising activities for some time to come. However, the charity's fundraising staff are determined, after a two-year break, to hold the flagship Dragonboat Racing once again during the coming year. Going forward they will work with the charity's many friends and partners to maximise all opportunities that present themselves, regaining lost ground and building a very significant, diverse and secure funding base for the charity over time.

Although the charity has been able to continue to occupy its Ipswich offices throughout the past year it is now certain that its landlord's plans to develop the site on which the building stands will be progressing in the near term. With this knowledge the trustees are therefore now actively looking for new premises, and a number of possibilities are presently under consideration. The charity has been based in its original offices since it came into being in 2012, so a move away will be a very significant moment. However, at the same time it also represents an opportunity for growth and positive change, which the trustees recognise and will optimise.

As the pandemic runs its course the charity will continue to focus itself on guaranteeing the future continuation of the service it provides and to provide that service to the maximum number of children and young people that it possibly can.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2022**

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##### **Structure, governance and management**

The charity is a company limited by guarantee, registered in England and Wales. The charity was incorporated on 3 July 2012 and commenced operations thereafter. The trustees are responsible for making decision on all matters of general concern and importance, including deciding on how the funds are to be spent. A subcommittee exists to set the remuneration of key personnel.

All charity information and registered numbers can be found on the legal and administrative information page, along with the trustees, who are also the directors for the purpose of company law, and who served during the period.

None of the trustees have a beneficial interest in the company, and all of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

##### **Recruitment and appointment of trustees**

New trustees are appointed from a recruitment and selection process to enhance the skills and experience of the board as a whole. Once appointed, trustees are provided with all the information required to assist them in performing their role as trustees covering all aspects of the organisation.

##### **Trustee induction and training**

Following an induction by the charity, Giles Kerkham from Larking Gowen provides trustees with training regarding the responsibilities of being a charity trustee. If trustees request or require further input then the charity would arrange for them to attend external training as appropriate. All trustees undertake safeguarding training.

##### **Related parties**

The charity's relevant related party transactions are described in the notes of these accounts.

##### **Risk assessment**

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. This work has identified the loss of personnel as a major risk which is addressed through succession planning.

##### **Independent examiner reappointment**

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next relevant board meeting.

##### **Small company provisions**

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

# Fresh Start New Beginnings

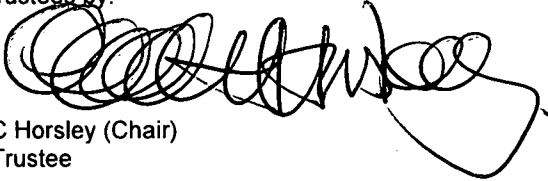
Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2022

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The trustees' annual report was approved on 2.12.22 and signed on behalf of the board of trustees by:



C Horsley (Chair)  
Trustee

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Independent examiner's report to the trustees of Fresh Start New Beginnings

Year ended 31 March 2022

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I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2022 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

#### 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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements 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 company's financial statements 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 charity'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 Association of Chartered Certified Accountants, 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 financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.

 2/12/22

L Thurston FCCA  
Independent Examiner

Lovewell Blake LLP  
Chartered accountants  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
IP32 7EA

# Fresh Start New Beginnings

Company Limited by Guarantee

## Statement of financial activities (including income and expenditure account)

Year ended 31 March 2022

		Unrestricted funds	2022 Restricted funds	Total funds	2021 Total funds
	Note	£	£	£	£
<b>Income</b>					
Donations	5	53,223	125,000	178,223	343,780
Charitable activities		130,917	219,708	350,625	309,896
Income from fundraising		29,343	–	29,343	–
Investment income	6	36	–	36	107
<b>Total income</b>		<u>213,519</u>	<u>344,708</u>	<u>558,227</u>	<u>653,783</u>
<b>Expenditure</b>					
Raising funds					
Cost of fundraising		65,215	5,000	70,215	60,407
Charitable activities	7	138,059	367,562	505,621	402,962
<b>Total expenditure</b>		<u>203,274</u>	<u>372,562</u>	<u>575,836</u>	<u>463,369</u>
<b>Net (expenditure)/income and net movement in funds</b>		<u>10,245</u>	<u>(27,854)</u>	<u>(17,609)</u>	<u>190,414</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		471,920	53,929	525,849	335,435
<b>Total funds carried forward</b>		<u>482,165</u>	<u>26,075</u>	<u>508,240</u>	<u>525,849</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 13 to 25 form part of these financial statements.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Balance sheet

31 March 2022

	Note	2022 £	£	2021 £	£
<b>Fixed assets</b>					
Tangible fixed assets	11		28,629		12,737
<b>Current assets</b>					
Debtors	12	18,460		66,239	
Cash at bank and in hand		<u>479,644</u>		<u>458,098</u>	
		498,104		524,337	
<b>Creditors: Amounts falling due within one year</b>	13	<u>(18,493)</u>		<u>(11,225)</u>	
<b>Net current assets</b>			479,611		513,112
<b>Total assets less current liabilities</b>			<u>508,240</u>		<u>525,849</u>
<b>Net assets</b>			<u>508,240</u>		<u>525,849</u>
<b>Funds of the charity</b>					
Restricted funds			26,075		53,929
Unrestricted funds			<u>482,165</u>		<u>471,920</u>
<b>Total charity funds</b>	15		<u>508,240</u>		<u>525,849</u>

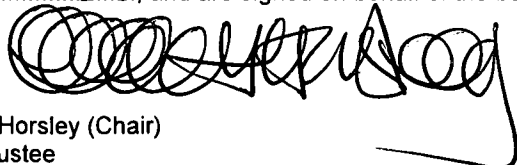
For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

These financial statements were approved by the board of trustees and authorised for issue on 20.12.22, and are signed on behalf of the board by:



C Horsley (Chair)  
Trustee

Company registration number: 08128922

The notes on pages 13 to 25 form part of these financial statements.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Statement of cash flows

Year ended 31 March 2022

	2022 £	2021 £
<b>Cash flows from operating activities</b>		
Net (expenditure)/income	(17,609)	190,414
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	6,616	3,585
Other interest receivable and similar income	(36)	(107)
Interest payable and similar charges	324	349
Accrued expenses	672	–
<i>Changes in:</i>		
Trade and other debtors	47,779	16,285
Trade and other creditors	6,596	(20,421)
Cash generated from operations	44,342	190,105
Interest paid	(324)	(349)
Interest received	36	107
Net cash from operating activities	<u>44,054</u>	<u>189,863</u>
<b>Cash flows from investing activities</b>		
Purchase of tangible assets	(22,508)	(8,392)
Net cash used in investing activities	<u>(22,508)</u>	<u>(8,392)</u>
<b>Net increase in cash and cash equivalents</b>	21,546	181,471
<b>Cash and cash equivalents at beginning of year</b>	<u>458,098</u>	<u>276,627</u>
<b>Cash and cash equivalents at end of year</b>	<u>479,644</u>	<u>458,098</u>

The notes on pages 13 to 25 form part of these financial statements.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Notes to the financial statements**

**Year ended 31 March 2022**

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#### **1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 333 Felixstowe Road, Ipswich, Suffolk, IP3 9BU.

#### **2. Statement of compliance**

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

#### **3. Accounting policies**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### **Going concern**

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient for the charity to be able to continue as a going concern.

##### **Fund accounting**

The charity maintains a general unrestricted fund which represents funds which are expended at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds have been provided to the charity for particular purposes. The trustees carefully monitor the application of these funds in accordance with the restrictions placed upon them. Details of the nature and purpose of each fund is set out in the notes to these accounts.

##### **Income**

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when the recognition criteria is met.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Notes to the financial statements *(continued)***

#### **Year ended 31 March 2022**

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#### **3. Accounting policies *(continued)***

##### **Expenditure**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates.

Costs of generating funds comprise the costs associated with attracting voluntary income.

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.

All costs are allocated to expenditure categories on a basis designed to reflect the use of the resources.

##### **Operating leases**

Rentals payable under operating leases are charged against income on a straight line basis over the period of the lease.

##### **Tangible assets**

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

##### **Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Freehold property	-	10% straight line
Computer equipment	-	33% straight line

##### **Financial instruments**

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2022

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#### 4. Limited by guarantee

The charity is a company limited by guarantee. The members of the company are the trustees named on the legal and administration information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

#### 5. Donations

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations</b>			
Donations	38,223	–	38,223
<b>Grants</b>			
Grants	15,000	125,000	140,000
	<u>53,223</u>	<u>125,000</u>	<u>178,223</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<b>Donations</b>			
Donations	38,255	–	38,255
<b>Grants</b>			
Grants	85,093	220,432	305,525
	<u>123,348</u>	<u>220,432</u>	<u>343,780</u>

#### 6. Investment income

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Bank interest receivable	<u>36</u>	<u>36</u>	<u>107</u>	<u>107</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2022

#### 7. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Salaries	5,929	340,870	346,799
Subcontractor and agency staff costs	–	–	–
Recruitment	7,249	–	7,249
Rent and rates	2,608	8,541	11,149
Other premises and room hire	6,052	6,475	12,527
Professional fees	78,050	3,163	81,213
Independent examination fee	1,446	1,080	2,526
Travel and expenses	5,578	2,298	7,876
Printing, postage and stationery	4,087	–	4,087
Sundry	1,712	883	2,595
Insurance	48	1,929	1,977
IT and telecommunications	14,834	415	15,249
Training	3,786	–	3,786
Marketing	64	1,584	1,648
Bank charges	–	324	324
Depreciation	6,616	–	6,616
	<u>138,059</u>	<u>367,562</u>	<u>505,621</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Salaries	21,909	319,975	341,884
Subcontractor and agency staff costs	–	1,423	1,423
Recruitment	–	436	436
Rent and rates	–	10,957	10,957
Other premises and room hire	–	8,312	8,312
Professional fees	–	5,936	5,936
Independent examination fee	–	1,080	1,080
Travel and expenses	–	2,553	2,553
Printing, postage and stationery	–	3,933	3,933
Sundry	–	1,558	1,558
Insurance	–	1,929	1,929
IT and telecommunications	–	10,037	10,037
Training	–	7,029	7,029
Marketing	–	1,961	1,961
Bank charges	–	349	349
Depreciation	3,585	–	3,585
	<u>25,494</u>	<u>377,468</u>	<u>402,962</u>

#### 8. Net (expenditure)/income

Net (expenditure)/income is stated after charging/(crediting):

	2022 £	2021 £
Depreciation of tangible fixed assets	<u>6,616</u>	<u>3,585</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2022

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#### 9. Staff costs

The total staff costs, and employee benefits for the reporting period are analysed as follows:

	2022	2021
	£	£
Wages and salaries	362,126	353,558
Social security costs	26,941	24,117
Pension costs	6,846	7,651
	<u>395,913</u>	<u>385,326</u>

The average head count of employees during the year was 17 (2021: 20).

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

#### Key management personnel

The employment costs above, include key management personnel compensation totalling £49,114 (2021: £86,884) during the year.

#### 10. Trustee remuneration and expenses

No trustees received any remuneration for their services as trustees, nor were reimbursed for expenses incurred as trustees.

No trustee's were reimbursed for expenses in the year (2021: £Nil).

#### 11. Tangible fixed assets

	Freehold property £	Computer equipment £	Total £
<b>Cost</b>			
At 1 April 2021	–	20,712	20,712
Additions	22,508	–	22,508
<b>At 31 March 2022</b>	<u>22,508</u>	<u>20,712</u>	<u>43,220</u>
<b>Depreciation</b>			
At 1 April 2021	–	7,975	7,975
Charge for the year	938	5,678	6,616
<b>At 31 March 2022</b>	<u>938</u>	<u>13,653</u>	<u>14,591</u>
<b>Carrying amount</b>			
<b>At 31 March 2022</b>	<u>21,570</u>	<u>7,059</u>	<u>28,629</u>
At 31 March 2021	<u>–</u>	<u>12,737</u>	<u>12,737</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2022

---

#### 12. Debtors

	2022	2021
	£	£
Trade debtors	16,875	65,000
Prepayments and accrued income	<u>1,585</u>	<u>1,239</u>
	<u>18,460</u>	<u>66,239</u>

#### 13. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	2,933	873
Accruals and deferred income	5,622	1,200
Social security and other taxes	8,230	7,239
Other creditors	<u>1,708</u>	<u>1,913</u>
	<u>18,493</u>	<u>11,225</u>

#### 14. Deferred income

The charity has recorded income of £3,750 (2021: £Nil) for the treatment of services with invoice dates before the year end date, recorded as a debtor of the charity as at 31 March 2022. This income relates to the provision of services in the following accounting period, and meets the requirements to be recorded as deferred income.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements (continued)

#### Year ended 31 March 2022

#### 15. Analysis of charitable funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

Year ended 31 March 2022

Restricted funds	At 1 Apr 2021	Income	Expenditure	Transfers	At 31 Mar 2022
	£	£	£	£	£
Kelly Family Trust	10,000	–	(10,000)	–	–
Rotary Club of Ipswich Fund	1,000	–	–	–	1,000
NFC Hopkin Home	(2,000)	–	2,000	–	–
SCF Reviving Communities	5,093	–	(5,093)	–	–
Shadwell Fund	2,000	–	(2,000)	–	–
RJG Grantmaking Fund	2,000	–	(2,000)	–	–
Port Community Fund	2,000	–	(2,000)	–	–
Rope 3rd Charitable Fund	4,788	–	(4,788)	–	–
Co-op Community Care	1,148	–	(1,148)	–	–
NCF Breckland Council	5,000	–	(5,000)	–	–
Red Socks Charitable Trust	2,400	–	(2,400)	–	–
R C Snelling Charitable Trust	2,000	–	(2,000)	–	–
NCF Early Int/Vulnerable Families	9,000	–	(9,000)	–	–
NCF Lane Family Fund	4,500	–	(4,500)	–	–
SCF Bluebell Fund	2,000	–	(2,000)	–	–
Big Lottery	–	100,000	(74,925)	–	25,075
West Suffolk Council	–	10,000	(10,000)	–	–
Mulberry Trust	–	10,000	(10,000)	–	–
Mr & Mrs Smith Fund	3,000	5,000	(8,000)	–	–
Community Ambition	–	22,500	(22,500)	–	–
Norfolk PCC	–	52,208	(52,208)	–	–
Norfolk CCGs	–	85,000	(85,000)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
	<u>53,929</u>	<u>344,708</u>	<u>(372,562)</u>	<u>–</u>	<u>26,075</u>

The following grants were provided in the year and restricted for the purposes stated:

- £10,000 of the amounts brought from the Kelly Family Trust to assist with costs of treating children, has been expensed in the current year.

- £1,000 of the amounts brought forward from the Rotary Club of Ipswich to assist with the publication of a book, has been carried forward in full into the following year.

- £5,093 of the amounts brought from the SCF Reviving Communities to replace lost fundraising income for salary costs of finance & administrative workers, has been expensed in the current year.

- £2,000 of the amounts brought from the Shadwell fund to fund core therapeutic work in Suffolk, has been expensed in the current year.

- £2,000 of the amounts brought from the RJG Grantmaking fund to meet the cost of working with 2 Suffolk children and their parents, has been expensed in the current year.

- £2,000 of the amounts brought from the Port Community fund to meet the costs of therapeutic services to child victims of sexual abuse in Suffolk, has been expensed in the current year.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Notes to the financial statements *(continued)***

#### **Year ended 31 March 2022**

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- £4,788 of the amounts brought from the Third Rope Charitable Trust to meet the salary costs of a CSA worker for three months, has been expensed in the current year.
- £1,148 of the amounts brought from the Co-op Community Care to contribute towards the costs of a CSA worker, has been expensed in the current year.
- £8,000 arising from £3,000 brought forward and £5,000 from the Mr & Mrs Smith fund to fund group work with abused children and their parents, has been expensed in the current year.
- £5,000 of the amounts brought from the NCF Breckland Council Towards costs of providing therapeutic treatment in Norfolk, has been expensed in the current year.
- £2,400 of the amounts brought from the Red Socks Charitable Trust to meet the costs of assessments and 14 sessions for 2 Norfolk children, has been expensed in the current year.
- £2,000 of the amounts brought from the R C Snelling Charitable Trust towards the costs of providing therapeutic treatment in Norfolk, has been expensed in the current year.
- £10,000 of the amounts brought from the NCF Early Int/Vulnerable Families to provide therapeutic support to sexually abused children in Norfolk, has been expensed in the current year.
- £5,000 of the amounts brought from the NCF Lane Family fund to provide 30 tailored therapeutic sessions to 4 sexually abused children in Norfolk, has been expensed in the current year.
- £2,000 of the amounts brought from the SCF Bluebell fund to meet the costs of providing 20 sessions for 5 Suffolk children, has been expensed in the current year.
- £100,000 from the Big Lottery fund to fund various matters of the charity as outlined in the objectives and activities, some of which remains to be carried into next year.
- £10,000 from West Suffolk Council to provide 1-1 therapy sessions for young people who have been abused, has been expensed in the current year.
- £10,000 from the Mulberry Trust to fund group work with abused children and their parents, has been expensed in the current year.
- £22,500 from the Community Ambition Trust to help meet the costs of an outreach worker in Suffolk, has been expensed in the current year.
- £52,208 from the Norfolk Police & Crime Commissioner to provide a service for sexually abused children in Norfolk, has been expensed in the current year.
- £85,000 from the Norfolk Clinical Commissioning Group to provide a service for sexually abused children in Norfolk and Waveney, has been expensed in the current year.
- £60,000 from the Suffolk Police & Crime Commissioner to provide a service for sexually abused children in Suffolk, has been expensed in the current year.

The balances carried forward on all funds are planned to be expended in the next twelve months except where stated.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2022

Year ended 31 March 2021

Restricted funds	At 1 Apr 2020	Income	Expenditure	Transfers	At 31 Mar 2021
	£	£	£	£	£
Woman and girls fund	2,000	–	(2,000)	–	–
Hedley Foundation	1,000	–	(1,000)	–	–
Kelly Family Trust	10,000	–	–	–	10,000
SCF Port Community Fund	4,000	–	(4,000)	–	–
Broadland Meridian	5,000	–	(5,000)	–	–
Rotary Club of Ipswich Fund	1,000	–	–	–	1,000
Big lottery fund	35,036	51,603	(86,639)	–	–
West Suffolk Council	2,900	–	(2,900)	–	–
Frank Jackson Fund	5,000	–	(5,000)	–	–
Martineau Fund	2,000	–	(2,000)	–	–
Harwich Haven	2,000	–	(2,000)	–	–
Catalyst	2,000	–	(2,000)	–	–
Lloyds Bank	2,000	–	(2,000)	–	–
Lovewell Blake Fund	2,000	–	(2,000)	–	–
Septagon Fund	5,000	–	(5,000)	–	–
NFC Hopkin Home	–	–	(2,000)	–	(2,000)
SCF Reviving Communities	–	5,093	–	–	5,093
Shadwell Fund	–	2,000	–	–	2,000
Martineau Fund	–	2,000	(2,000)	–	–
RJG Grantmaking Fund	–	2,000	–	–	2,000
Port Community Fund	–	2,000	–	–	2,000
YEF Grant	–	12,600	(12,600)	–	–
Sabariahs Fund	–	1,000	(1,000)	–	–
SCF Coronavirus Fund	–	10,000	(10,000)	–	–
Rope 3rd Charitable Fund	–	4,788	–	–	4,788
Anglian Water Fund	–	2,500	(2,500)	–	–
Co-op Community Care	–	1,148	–	–	1,148
SCF Coronavirus Fund	–	5,000	(5,000)	–	–
Annie Tranmer Fund	–	1,000	(1,000)	–	–
Ipswich BC	–	3,000	(3,000)	–	–
Seckford Foundation	–	5,000	(5,000)	–	–
SCF Coronavirus Fund	–	4,500	(4,500)	–	–
Mr & Mrs Smith Fund	–	3,000	–	–	3,000
West Suffolk Council	–	11,600	(11,600)	–	–
SCF Reviving Communities Fund	–	5,000	(5,000)	–	–
SCF Pte Fnd/ RJB Grantmaking	–	3,400	(3,400)	–	–
NCF Breckland Council	–	5,000	–	–	5,000
Red Socks Charitable Trust	–	2,400	–	–	2,400
R C Snelling Charitable Trust	–	2,000	–	–	2,000
NCF Early Int/Vulnerable Families	–	10,000	(1,000)	–	9,000
NCF Lane Family Fund	–	5,000	(500)	–	4,500
SCF Bluebell Fund	–	2,000	–	–	2,000
NCF Clothworkers Foundation	–	1,800	(1,800)	–	–
NCF Covid Resilience	–	5,000	(5,000)	–	–
MoJ Emergency Funding Rnd 1	–	5,500	(5,500)	–	–
MoJ Emergency Funding Rnd 1	–	8,936	(8,936)	–	–
MoJ Emergency Funding Rnd 2	–	31,000	(31,000)	–	–

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2022

Lottery Covid 19 Response	–	49,000	(49,000)	–	–
Norfolk CCGs	–	85,000	(85,000)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
	<u>80,936</u>	<u>410,868</u>	<u>(437,875)</u>	<u>–</u>	<u>53,929</u>

The following grants were provided in the year and restricted for the purposes stated:

- £2,000 of the amounts brought forward from the Woman and girls fund to fund girls groups in Norfolk.
- £1,000 of the amounts brought from the Hedley Foundation to provide 10 therapy sessions.
- £10,000 of the amounts brought from the Kelly Family Trust to assist with costs of treating children, has been carried forward in full into 2022.
- £4,000 of the amounts brought from the SCF Port Community Fund to assist with costs of treating children in Felixstowe.
- £5,000 of the amounts brought from the Broadland Meridian to provide therapeutic treatment for 4 child victims of sexual abuse.
- £1,000 of the amounts brought forward from the Rotary Club of Ipswich to assist with the publication of a book, has been carried forward in full into 2022.
- £51,603 from the Big Lottery fund to fund various matters of the charity as outlined in the objectives and activities.
- £2,900 of the amounts brought from West Suffolk Council to fund one to one counselling sessions for young people who have been sexually abused.
- £5,000 of the amounts brought forward from the Frank Jackson fund to support young people who have been abused in Ipswich.
- £2,000 of the amounts brought forward from the Martineau fund to support young people who have been abused in Mid Suffolk.
- £2,000 of the amounts brought forward from the Harwich Haven to fund core therapeutic work across Suffolk.
- £2,000 of the amounts brought forward from Catalyst to fund core therapeutic work across Suffolk.
- £2,000 of the amounts brought forward from Lloyds Bank to fund core therapeutic work across Suffolk.
- £2,000 of the amounts brought forward from the Lovewell Blake fund to provide counselling for young people who have been abused in Great Yarmouth.
- £5,000 of the amounts brought forward from the Septagon fund to provide counselling for young people who have been abused in Norfolk.
- £5,093 from the SCF Reviving Communities to replace lost fundraising income for salary costs of finance & administrative workers, has been carried forward in full into 2022.
- £2,000 from the Shadwell fund to fund core therapeutic work in Suffolk, has been carried forward in full into 2022.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Notes to the financial statements *(continued)***

#### **Year ended 31 March 2022**

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- £2,000 from the Martineau fund Towards the cost of providing treatment in Mid Suffolk.
- £2,000 from the RJG Grantmaking fund to meet the cost of working with 2 Suffolk children and their parents, has been carried forward in full into 2022.
- £2,000 from the Port Community fund to meet the costs of therapeutic services to child victims of sexual abuse in Suffolk, has been carried forward in full into 2022.
- £12,600 from the Youth Endowment fund to meet the costs of providing 125 therapeutic sessions to children aged 10 to 14.
- £1,000 from the Sabariahs fund to meet the costs of providing 1-1 therapy sessions.
- £10,000 from the SCF Coronavirus fund to meet the costs of providing 20 assessments.
- £4,788 from the Third Rope Charitable Trust to meet the salary costs of a CSA worker for three months, has been carried forward in full into 2022.
- £2,500 from the Anglian Water fund to provide therapeutic sessions for 3 Suffolk children.
- £1,148 from the Co-op Community Care to contribute towards the costs of a CSA worker, has been carried forward in full into 2022.
- £5,000 from the SCF Coronavirus fund to meet the costs of 50 sessions provided to 8 children in Suffolk.
- £1,000 from the Annie Tranmer fund to contribute towards the costs of work with Suffolk children.
- £3,000 from the Ipswich Borough Council to contribute towards the costs of providing therapeutic support.
- £5,000 from the Seckford Foundation to contribute towards the costs of IT equipment
- £4,500 from the SCF Coronavirus fund towards the costs of providing therapeutic treatment.
- £3,000 from the Mr & Mrs Smith fund towards the costs of providing a Girls Group, has been carried forward in full into 2022.
- £11,600 from the West Suffolk Council to provide 1-1 therapy sessions for young people who have been abused.
- £5,000 from the SCF Reviving Communities fund towards the cost of providing 50 therapeutic treatment sessions.
- £3,400 from the SCF Pte fund and RJB Grantmaking fund towards the costs of providing therapeutic treatment in Suffolk.
- £5,000 from the NCF Breckland Council Towards costs of providing therapeutic treatment in Norfolk, has been carried forward in full into 2022.
- £2,400 from the Red Socks Charitable Trust to meet the costs of assessments and 14 sessions for 2 Norfolk children, has been carried forward in full into 2022.
- £2,000 from the R C Snelling Charitable Trust towards the costs of providing therapeutic treatment in Norfolk, has been carried forward in full into 2022.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2022

---

- £10,000 from the NCF Early Int/Vulnerable Families to provide therapeutic support to sexually abused children in Norfolk, has been carried forward in full into 2022.
- £5,000 from the NCF Lane Family fund to provide 30 tailored therapeutic sessions to 4 sexually abused children in Norfolk, has been carried forward in full into 2022.
- £2,000 from the SCF Bluebell fund to meet the costs of providing 20 sessions for 5 Suffolk children, has been carried forward in full into 2022.
- £1,800 from the NCF Clothworkers Foundation purchase of IT Equipment.
- £5,000 from the NCF Covid Resilience to meet the costs of providing 50 therapeutic sessions to 12 children in Norfolk.
- £5,500 from the MoJ to meet the costs of IT equipment and sundry other Covid related expenses.
- £8,936 from the MoJ to meet the costs of providing therapeutic treatment.
- £31,000 from the MoJ to pay salary costs, fund the purchase of IT equipment and to make a contribution towards sundry other costs.
- £49,000 from the Lottery Covid 19 Response to compensate for lost income by covering salary costs during the Covid emergency.
- £85,000 from the Norfolk CCG's to provide a treatment service for the victims of childhood sexual abuse under the age of 11 years in Norfolk and Waveney.
- £60,000 from the Suffolk PCC to provide therapeutic treatment sessions for sexually abused children in Suffolk and to make a contribution towards the associated overhead costs.

The balances carried forward on all funds are planned to be expended in the next twelve months except where stated.

#### Unrestricted funds

	At 1 Apr 2021	Income	Expenditure	Transfers	At 31 Mar 2022
	£	£	£	£	£
General funds	246,920	213,519	(203,274)	30,000	287,165
Designated funds	225,000	—	—	(30,000)	195,000
	<u>471,920</u>	<u>213,519</u>	<u>(203,274)</u>	<u>—</u>	<u>482,165</u>

	At 1 Apr 2020	Income	Expenditure	Transfers	At 31 Mar 2021
	£	£	£	£	£
General funds	254,499	242,915	(25,494)	(225,000)	246,920
Designated funds	—	—	—	225,000	225,000
	<u>254,499</u>	<u>242,915</u>	<u>(25,494)</u>	<u>—</u>	<u>471,920</u>

#### Designated funds

As a result of its current premises being scheduled for development in due course, the trustees have sought to designate substantial reserves in the prior year and whilst the charity plans to relocate to another premises to rent for a time, the medium to long term aim is to acquire new premises for long term use and to further the objectives of the charity.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2022

#### 16. Analysis of net assets between funds

Year ended 31 March 2022

	Tangible fixed assets £	Current assets £	Current liabilities £	Total £
Restricted fund	–	26,075	–	26,075
Unrestricted funds:				
General funds	28,629	277,029	(18,493)	287,165
Designated funds	–	195,000	–	195,000
	<u>28,629</u>	<u>498,104</u>	<u>(18,493)</u>	<u>508,240</u>

Year ended 31 March 2021

	Tangible fixed assets £	Current assets £	Current liabilities £	Total £
Restricted fund	–	53,929	–	53,929
Unrestricted funds:				
General funds	12,737	245,408	(11,225)	246,920
Designated funds	–	225,000	–	225,000
	<u>12,737</u>	<u>524,337</u>	<u>(11,225)</u>	<u>525,849</u>

#### 17. Analysis of changes in net debt

	At 1 Apr 2021 £	Cash flows £	At 31 Mar 2022 £
Cash at bank and in hand	<u>458,098</u>	<u>21,546</u>	<u>479,644</u>

#### 18. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2022 £	2021 £
Not later than 1 year	8,600	8,437
Later than 1 year and not later than 5 years	–	1,272
	<u>8,600</u>	<u>9,709</u>

#### 19. Related parties

There are no other related party transactions that require disclosing in the financial statements within the current or prior period, that are not elsewhere disclosed.

**Brave Futures**

England & Wales - Charity number 1149347

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# Accounts

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COMPANY REGISTRATION NUMBER: 08128922

CHARITY REGISTRATION NUMBER: 1149347

**Fresh Start New Beginnings  
Company Limited by Guarantee  
Unaudited financial statements  
31 March 2021**

# **Fresh Start New Beginnings**

**Company Limited by Guarantee**

**Financial statements**

**Year ended 31 March 2021**

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# Fresh Start New Beginnings

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report)

#### Year ended 31 March 2021

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

#### Reference and administrative details

<b>Registered charity name</b>	Fresh Start New Beginnings
<b>Charity registration number</b>	1149347
<b>Company registration number</b>	08128922
<b>Principal office and registered office</b>	333 Felixstowe Road Ipswich Suffolk IP3 9BU

#### The trustees

The trustees who served during the year and at the date of approval were as follows:

Mrs C Horsley (Chair)  
Mrs D Porter (Resigned 25/03/21)  
Mrs A Huckle  
Mr P Carruthers (Resigned 13/02/21)  
Mr O Gravell  
Mrs L Gittins (Resigned 04/03/21 and reappointed 06/05/21)  
Mrs E Clifton (Appointed 11/11/21)  
Mr M Parker (Appointed 11/11/21)  
Mrs E Silver (Appointed 11/11/21)  
Mrs K Allen (Appointed 11/11/21)  
Mrs K Symonds (Appointed 11/11/21)

<b>Company secretary</b>	Mr B Paternoster
<b>Independent examiner</b>	L Thurston FCCA Lovewell Blake LLP Chartered accountants First Floor Suite 2 Hillside Business Park Bury St Edmunds IP32 7EA
<b>Bankers</b>	HSBC 12 Tavern Street Ipswich Suffolk IP1 3AZ

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2021**

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##### **Objectives and activities**

The charity's purposes, as set out in the objects contained in the company's memorandum of association, can be summarised as being:

- To provide relief to children whose lives have been affected by sexual abuse.
- To provide relief to the parents and carers of sexually abused children.

##### **The focus of our work**

The work undertaken during this reporting period fell into the following main areas:

- The provision of a therapeutic treatment programme for victims of sexual abuse up to the age of twenty one years old, who have been referred before the age of eighteen years old, whether or not they are involved in the legal process.
- The provision of a service to secondary victims of sexual abuse (these are siblings of victims and also children with a parent who has abused other children).
- The provision of advice, support and information to parents and carers of sexually abused children, to assist their understanding of the reasons for their child's reactions and behaviours and to enable them to respond appropriately. To help them cope with their own emotional responses, and those of their family, and enable them to understand how to keep their children safe from sexual abuse in the future.
- The provision of a service for children and young people who are displaying reactive or harmful sexual behaviour who are not within the criminal justice system.
- Consultation and support for parents, carers, teachers and other professionals in providing the boundaries and care needed to help these children to change their behaviours.

##### **How our activities deliver public benefit**

During the period ending 31 March 2021 the charity received referrals for 182 children and their families. Of these 113 came from Suffolk and 69 from Norfolk.

The main area of work undertaken was individual sessions following each referred child or young person's treatment plan, with support sessions taking place for their siblings and parents and/or carers. In addition group work took place online during the year for parents and/or carers in both Suffolk and Norfolk. Professional consultations were also provided on a regular basis.

The referred children and young people were suffering from a wide range of symptoms including; Post Traumatic Stress Disorder, depression, psychosis, poor emotional regulation, eating disorders, self-injuring and alcohol and drug misuse. The charity worked with these children and young people to help them to make sense of what had happened to them; to change their distorted thinking so that they could overcome their feelings of blame, shame and guilt; to identify their strengths and to help put in place positive coping strategies. In each case the charity has aimed to support the child in his or her recovery journey from victim to survivor.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2021

---

##### Objectives and activities *(continued)*

Successfully treating the symptoms of child sexual abuse not only benefits children by allowing them to reach their full potential, it also brings many advantages to the wider community in which they live. It does this by decreasing the need for public resources to be spent on dealing with the long-term symptoms of their untreated trauma.

It is vitally important that this work takes place whilst the victims of child sexual abuse are young, before the use of unhealthy anti-social coping strategies to help them survive the trauma symptoms becomes a way of life for them.

Treatment as a child can prevent, or at least greatly decrease the incidence of, the following difficulties often experienced by sexually abused children in adult life:

- Emotional difficulties such as anger, anxiety, sadness or low self-esteem.
- Mental health problems such as depression, eating disorders, post-traumatic stress-disorder, self-harm and suicidal thoughts.
- Problems with drugs or alcohol.
- Disturbing thoughts, emotions and memories that cause distress and confusion.
- Poor physical health such as obesity.
- Struggling with parenting or relationships
- Worrying that their abuser is still a threat to themselves or others.
- Learning difficulties, lower educational attainment, difficulties in communicating.
- Becoming the victims of domestic violence. A local project has reported to us that 95% of victims have been sexually abused as children.
- Homelessness and social exclusion.
- Ongoing health problems including sexual health problems.
- Relationship problems.
- Becoming the parents of children who are themselves sexually abused.

The work of the charity is therefore vital, not only to the children's well-being and in allowing them to grow and develop to their full potential, but also in helping them to lead successful lives as adults and become safe parents.

The trustees have referred to the guidance contained in the Charity's Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. In particular, trustees consider how planned activities will contribute to the aims and objectives they have set.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2021

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##### Achievements and performance

In a difficult and testing year the charity experienced profound challenges from the Covid 19 pandemic and from the necessary restrictions on Society that tackling it created for everyone. Historically the greater part of the charity's work has been conducted in face-to-face meetings with children and their families. But with a nationwide lockdown in force for large parts of the year this way of working became impossible. As a result, and as it had perceived it would need to do at the end of the previous financial year, the charity therefore rapidly reviewed its working methods and amended and adapted them so that their delivery remained possible, either by online means or via the telephone.

Using predominantly remote on-line working, and despite being obliged to furlough a significant number of staff under the government's Job Retention Scheme, the charity remained able to focus on its main activities throughout the year: supporting the child victims of sexual abuse across Suffolk and Norfolk; formulating their individual treatment plans and helping their families to come to terms with, and support them through, the consequences of the abuse they had suffered. Although it was certainly appreciated that not every child would be in a position to benefit from online contact, or benefit without a face-to-face experience, every measure was taken to ensure that the best service possible in very difficult circumstances could continue to be provided to the largest possible number of children.

As the pandemic unfolded across the year the charity was very mindful of the dangers presented by it and took every measure possible to ensure the safety of those it interacted with in any way. These measures included but were not limited to:

1. Renting extra office space within its headquarters building
2. Investing in the training and education of staff
3. Investing in all necessary office equipment and PPE items to create a safe environment
4. Making significant investment in additional information technology
5. Making far greater use of video calling to facilitate communication and remote working
6. Developing an improved website and an expanded and enhanced use of social media

All of the above measures were made possible by successful applications for specific Covid relief funds made available by the Government and others through various delivery channels.

Throughout the year the charity also continued to be supported by, and was extremely grateful to be supported by, the Suffolk and Norfolk Clinical Commissioning Groups, by the Police and Crime Commissioner in Suffolk, by both the Suffolk and Norfolk Community Foundations, and by many other grant making organisations as detailed elsewhere in these accounts. The lockdown restrictions did however mean that fundraising activities were greatly curtailed.

Of the resulting disappointments the enforced cancellation of the charity's annual Dragonboat racing event, which had proved so successful in previous years, was particularly keenly felt. However, very many other events organised by the charity's loyal and generous friends, including many small businesses, clubs and individuals spread across Suffolk and Norfolk, were also effected. The charity would like to thank them all for their continued support and looks forward to fundraising with them again when the pandemic restrictions have eased

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

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#### Financial review

It was quickly realised that the announcement of an indefinite national lockdown because of the Covid pandemic would cause unprecedented difficulties for the economy of the UK generally and for the finances of charities in particular. It was therefore anticipated that the charity's fundraised income was likely to be annihilated in the short term. Also that the finite alternative funds available from grant making bodies would be under enormous pressure as all charities competed to make up sudden budget shortfalls.

Given this backdrop, and the gravity of potentially losing the fundraised quarter of its income, the charity responded to the situation by quickly intensifying and accelerating its own applications to funders, several of which were subsequently successful.

When emergency funds were also made available by the Government the charity was able to apply for and secure portions of these. And when the Government announced its Job Retention Scheme (Furlough), the charity applied to become part of it, ultimately securing a reduction in salary costs of around £50,000 over the year.

Because of its agile initial response to the threat posed to its funding, combined with the significant assistance it received from Government grants, the Job Retention Scheme, and the understanding support of its long term funders and friends, the charity was able to maintain a stable financial position throughout the year.

The charity continued to receive a significant part of its funding for Suffolk and Norfolk from the Suffolk and Norfolk Clinical Commissioning groups, with funds sourced during the period amounting to over 29% (2020: 33%) of the total incoming resources it received. Significant contributions were also received from the Police and Crime Commissioner for Suffolk and from The Big Lottery.

During the period donations and grants amounted to £343,780 (2020: £285,150), Up 21% (2020: down 13%) on the previous year, of which £220,432 (2020: £199,842) was for restricted purposes. A full breakdown of the origins of all the restricted funds received is provided within the notes to these accounts. Total incoming resources amounted to £653,783 (2020: £539,081) and after deduction of the charity's costs there was a surplus for the period of £190,414 (2020: £41,172). There is restricted funding of £53,929 (2020: £80,936) carried forward to be spent for specific purposes over the coming months.

At the year end the charity remained in a healthy cash position, and was pleased to have weathered the financial difficulties of the year so successfully. It remains grateful for the financial support it has received and, with careful control over its support costs and staff costs going forwards, is in a good position financially to resume working with children to the fullest extent possible whenever the Covid emergency abates.

#### Investment powers and policy

The charity does not have significant reserves to invest, cash balances are held in the current and deposit bank accounts with the charity's main banker. This policy is renewed annually.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

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#### Financial review *(continued)*

##### Reserves policy

The board of trustees has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("the free reserves") held by the charity should be six months of the resources expended. At this level, the board feels that it would be able to continue activities of the charity in the event of a significant drop in income. Having taken into account the growth in staff levels this equates to £231,685 (2020: £248,955). The current level of free reserves is £234,183 (2020: £246,569). With a cautious outlook based on recent fund variances, the trustees recognising the potential volatility of the charity's income streams, will seek to continue to maintain a good level of reserves over the coming years. The charity is pleased with the growth in unrestricted funds which help secure its future against the uncertainties in the world caused by the Covid pandemic, and enable it to continue (and seek to grow) its activities helping sexually abused children.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Trustees' annual report (incorporating the directors' report) *(continued)*

#### Year ended 31 March 2021

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##### Plans for future periods

It is anticipated that the Covid-19 pandemic will be a constraining force for some time to come, and that its implications will need to be factored into any plans that the charity makes for the future. With that in mind the crucial areas of focus for the charity will in large part be the same as those reported last year:

1. Continuing innovation to ensure that it delivers the best service possible to the most children.
2. Consolidating its financial position through what is likely to be a turbulent period in the wider economy
3. Ensuring that it protects its service users and staff from the risks posed by the virus

It is hoped that, as restrictions ease, fundraising activities will become possible again. In particular that the annual dragon boat racing event will be able to go ahead, even if it must perhaps be delayed until later in the year. But if that proves not to be the case then, in the same way that delivery of the charity's service to children has been adapted to an online model, innovative ways will be sought to carry out fundraising on an online basis also.

The charity has benefitted greatly over the last three years from a funding award made by the Big Lottery. The award was concluded during 2020 but every effort will be made to work with that organisation in order to bring into being a further period of funding for the years ahead. This will help to provide additional certainty to the charity's finances. In the same way it is hoped that relationships with the Suffolk and Norfolk CCGs, and the Suffolk and Norfolk Police and Crime Commissioners can be developed, strengthened and expanded to reinforce the financial bedrock on which the charity is built.

The charity is particularly grateful to have the support of many grant making bodies across the two counties and will continue to work with them as it continues to diversify its income base.

Funding has been obtained for a new post to help raise awareness of child sexual abuse within the BAME community in Ipswich. That post will commence during the year. It is also anticipated that additional specialist workers will need to be recruited to cope with an anticipated rise in the overall number of referrals. This is because the confinement of families brought about by the Covid lockdown is believed to have greatly increased the opportunities available for abusers, and therefore to have increased the need for the charity's service.

Although online service delivery will now form part of how the charity operates it will continue to deliver a face-to-face service where it is needed and when it is possible to do so. To assist with this in Norwich it has acquired a prefabricated shepherd's hut style accommodation, and planning permission has been sought for it's siting in the grounds of the Sue Lambert Trust. This will create a tranquil informal setting in which it is hoped that children will find it easier to confront the issues they are facing.

It is known that the future of the charity's offices in Ipswich is now uncertain, as the landlord potentially has plans to develop the site. This will not create an immediate difficulty, but in the medium term the charity is now looking ahead to a time when it must relocate. Over the months ahead the trustees will therefore be evaluating and giving very careful consideration to all of the possible ways that this might be achieved.

As long as the pandemic continues the charity will focus itself on guaranteeing the future continuation of the service it provides. To that end it will adopt a strategy of utilising all available means to maximise funding opportunities, to minimise costs and to defend itself against the virus as comprehensively as possible as it helps as many children as it can.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Trustees' annual report (incorporating the directors' report) *(continued)***

#### **Year ended 31 March 2021**

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##### **Structure, governance and management**

The charity is a company limited by guarantee, registered in England and Wales. The charity was incorporated on 3 July 2012 and commenced operations thereafter. The trustees are responsible for making decision on all matters of general concern and importance, including deciding on how the funds are to be spent. A subcommittee exists to set the remuneration of key personnel.

All charity information and registered numbers can be found on the legal and administrative information page, along with the trustees, who are also the directors for the purpose of company law, and who served during the period.

None of the trustees have a beneficial interest in the company, and all of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

##### **Recruitment and appointment of trustees**

New trustees are appointed from a recruitment and selection process to enhance the skills and experience of the board as a whole. Once appointed, trustees are provided with all the information required to assist them in performing their role as trustees covering all aspects of the organisation.

##### **Trustee induction and training**

Following an induction by the charity, Giles Kerkham from Larking Gowen provides trustees with training regarding the responsibilities of being a charity trustee. If trustees request or require further input then the charity would arrange for them to attend external training as appropriate. All trustees undertake safeguarding training.

##### **Related parties**

The charity's relevant related party transactions are described in the notes of these accounts.

##### **Risk assessment**

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks. This work has identified the loss of personnel as a major risk which is addressed through succession planning.

##### **Independent examiner reappointment**

A resolution to appoint Mr L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next relevant board meeting.

##### **Small company provisions**

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

# Fresh Start New Beginnings

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 March 2021

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The trustees' annual report was approved on 16-12-21 and signed on behalf of the board of trustees by:



Mrs C Horsley (Chair)  
Trustee

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Independent examiner's report to the trustees of Fresh Start New Beginnings

Year ended 31 March 2021

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I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2021 which comprise the statement of financial activities (including income and expenditure account), balance sheet, statement of cash flows and the related notes.

#### 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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements 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 company's financial statements 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 charity'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 Association of Chartered Certified Accountants, 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 financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.

*L Thurston* 22/12/21

L Thurston FCCA  
Independent Examiner

Lovewell Blake LLP  
Chartered accountants  
First Floor Suite  
2 Hillside Business Park  
Bury St Edmunds  
IP32 7EA

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Statement of financial activities (including income and expenditure account)

Year ended 31 March 2021

	Note	Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
<b>Income</b>					
Donations	5	123,348	220,432	343,780	285,150
Charitable activities		119,460	190,436	309,896	244,421
Income from fundraising		–	–	–	9,136
Investment income	6	107	–	107	374
<b>Total income</b>		<u>242,915</u>	<u>410,868</u>	<u>653,783</u>	<u>539,081</u>
<b>Expenditure</b>					
Raising funds					
Cost of fundraising		–	60,407	60,407	69,099
Charitable activities	7	25,494	377,468	402,962	428,810
<b>Total expenditure</b>		<u>25,494</u>	<u>437,875</u>	<u>463,369</u>	<u>497,909</u>
<b>Net income and net movement in funds</b>		<u>217,421</u>	<u>(27,007)</u>	<u>190,414</u>	<u>41,172</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		254,499	80,936	335,435	294,263
<b>Total funds carried forward</b>		<u>471,920</u>	<u>53,929</u>	<u>525,849</u>	<u>335,435</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 14 to 28 form part of these financial statements.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Balance sheet

31 March 2021

	Note	2021 £	£	2020 £	£
<b>Fixed assets</b>					
Tangible fixed assets	11		12,737		7,930
<b>Current assets</b>					
Debtors	12	66,239		82,524	
Cash at bank and in hand		458,098		276,627	
		<u>524,337</u>		<u>359,151</u>	
<b>Creditors: Amounts falling due within one year</b>	13	<u>(11,225)</u>		<u>(31,646)</u>	
<b>Net current assets</b>			<u>513,112</u>		<u>327,505</u>
<b>Total assets less current liabilities</b>			<u>525,849</u>		<u>335,435</u>
<b>Net assets</b>			<u>525,849</u>		<u>335,435</u>
<b>Funds of the charity</b>					
Restricted funds			53,929		80,936
Unrestricted funds			471,920		254,499
<b>Total charity funds</b>	15		<u>525,849</u>		<u>335,435</u>

For the 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 company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 16-12-21, and are signed on behalf of the board by:



Mrs C Horsley (Chair)  
Trustee

Company registration number: 08128922

The notes on pages 14 to 28 form part of these financial statements.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Statement of cash flows

Year ended 31 March 2021

	2021 £	2020 £
<b>Cash flows from operating activities</b>		
Net income	190,414	41,172
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	3,585	1,237
Other interest receivable and similar income	(107)	(374)
Interest payable and similar charges	349	479
<i>Changes in:</i>		
Trade and other debtors	16,285	(31,557)
Trade and other creditors	8,329	(22,914)
Cash generated from operations	218,855	(11,957)
Interest paid	(349)	(479)
Interest received	107	374
Net cash from/(used in) operating activities	<u>218,613</u>	<u>(12,062)</u>
<b>Cash flows from investing activities</b>		
Purchase of tangible assets	<u>(8,392)</u>	<u>(8,643)</u>
Net cash used in investing activities	<u>(8,392)</u>	<u>(8,643)</u>
<b>Net increase/(decrease) in cash and cash equivalents</b>	210,221	(20,705)
<b>Cash and cash equivalents at beginning of year</b>	276,627	297,332
<b>Cash and cash equivalents at end of year</b>	<u>486,848</u>	<u>276,627</u>

The notes on pages 14 to 28 form part of these financial statements.

# **Fresh Start New Beginnings**

## **Company Limited by Guarantee**

### **Notes to the financial statements**

**Year ended 31 March 2021**

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#### **1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 333 Felixstowe Road, Ipswich, Suffolk, IP3 9BU.

#### **2. Statement of compliance**

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

#### **3. Accounting policies**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### **Going concern**

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient for the charity to be able to continue as a going concern. The trustees have taken the impact of Covid-19 into account when reviewing going concern.

##### **Fund accounting**

The charity maintains a general unrestricted fund which represents funds which are expended at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds have been provided to the charity for particular purposes. The trustees carefully monitor the application of these funds in accordance with the restrictions placed upon them. Details of the nature and purpose of each fund is set out in the notes to these accounts.

##### **Income**

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when the recognition criteria is met.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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#### 3. Accounting policies *(continued)*

##### **Expenditure**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates.

Costs of generating funds comprise the costs associated with attracting voluntary income.

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.

All costs are allocated to expenditure categories on a basis designed to reflect the use of the resources.

##### **Operating leases**

Rentals payable under operating leases are charged against income on a straight line basis over the period of the lease.

##### **Tangible assets**

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

##### **Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Computer equipment	-	33% straight line
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##### **Impairment of fixed assets**

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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#### 3. Accounting policies *(continued)*

##### Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

#### 4. Limited by guarantee

The charity is a company limited by guarantee. The members of the company are the trustees named on the legal and administration information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

#### 5. Donations

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<b>Donations</b>			
Donations	38,255	–	38,255
<b>Grants</b>			
Grants	85,093	220,432	305,525
	<u>123,348</u>	<u>220,432</u>	<u>343,780</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
<b>Donations</b>			
Donations	85,308	–	85,308
<b>Grants</b>			
Grants	–	199,842	199,842
	<u>85,308</u>	<u>199,842</u>	<u>285,150</u>

#### 6. Investment income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable	<u>107</u>	<u>107</u>	<u>374</u>	<u>374</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

#### 7. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Salaries	21,909	319,975	341,884
Subcontractors	–	1,423	1,423
Recruitment	–	436	436
Rent and rates	–	10,957	10,957
Other premises and room hire	–	8,312	8,312
Professional fees	–	5,936	5,936
Independent examination fee	–	1,080	1,080
Travel and expenses	–	2,553	2,553
Printing, postage and stationery	–	3,933	3,933
Sundry	–	1,558	1,558
Insurance	–	1,929	1,929
IT and telecommunications	–	10,037	10,037
Training	–	7,029	7,029
Marketing	–	1,961	1,961
Bank charges	–	349	349
Depreciation	3,585	–	3,585
	<u>25,494</u>	<u>377,468</u>	<u>402,962</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Salaries	135,976	203,679	339,655
Subcontractors	7,922	–	7,922
Recruitment	397	–	397
Rent and rates	9,954	–	9,954
Other premises and room hire	18,675	–	18,675
Professional fees	10,240	–	10,240
Independent examination fee	1,440	–	1,440
Travel and expenses	14,862	4,600	19,462
Printing, postage and stationery	4,639	–	4,639
Sundry	2,078	–	2,078
Insurance	1,649	–	1,649
IT and telecommunications	5,132	–	5,132
Training	2,686	–	2,686
Marketing	3,165	–	3,165
Bank charges	479	–	479
Depreciation	1,237	–	1,237
	<u>220,531</u>	<u>208,279</u>	<u>428,810</u>

#### 8. Net income

Net income is stated after charging/(crediting):

	2021 £	2020 £
Depreciation of tangible fixed assets	<u>3,585</u>	<u>1,237</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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#### 9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021	2020
	£	£
Wages and salaries	353,558	354,050
Social security costs	24,117	27,478
Pension costs	7,651	6,815
	<u>385,326</u>	<u>388,343</u>

The average head count of employees during the year was 20 (2020: 18).

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

#### Key management personnel

The employment costs above, include key management personnel compensation totalling £86,884 (2020: £97,180) during the year.

#### 10. Trustee remuneration and expenses

No trustees received any remuneration for their services as trustees, nor were reimbursed for expenses incurred as trustees.

No trustee's were reimbursed for expenses in the year (2020: 2 Trustee's £1,599).

#### 11. Tangible fixed assets

	Computer equipment £
<b>Cost</b>	
At 1 April 2020	12,320
Additions	<u>8,392</u>
<b>At 31 March 2021</b>	<u>20,712</u>
<b>Depreciation</b>	
At 1 April 2020	4,390
Charge for the year	<u>3,585</u>
<b>At 31 March 2021</b>	<u>7,975</u>
<b>Carrying amount</b>	
<b>At 31 March 2021</b>	<u>12,737</u>
At 31 March 2020	<u>7,930</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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#### 12. Debtors

	2021	2020
	£	£
Trade debtors	65,000	81,475
Prepayments and accrued income	1,239	1,049
	<u>66,239</u>	<u>82,524</u>

#### 13. Creditors: Amounts falling due within one year

	2021	2020
	£	£
Trade creditors	873	745
Accruals and deferred income	1,200	29,950
Social security and other taxes	7,239	–
Other creditors	1,913	951
	<u>11,225</u>	<u>31,646</u>

#### 14. Deferred income

The charity has recorded income of £Nil (2020: £28,750) for the treatment of services with invoice dates before the year end date, recorded as a debtor of the charity as at 31 March 2021. This income relates to the provision of services in the following accounting period, and meets the requirements to be recorded as deferred income.

Prior year deferred income amounts have been released in the year.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

#### 15. Analysis of charitable funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

Year ended 31 March 2021

Restricted funds	At 1 Apr 2020	Income	Expenditure	Transfers	At 31 Mar 2021
	£	£	£	£	£
Woman and girls fund	2,000	–	(2,000)	–	–
Hedley Foundation	1,000	–	(1,000)	–	–
Kelly Family Trust	10,000	–	–	–	10,000
SCF Port Community Fund	4,000	–	(4,000)	–	–
Broadland Meridian	5,000	–	(5,000)	–	–
Rotary Club of Ipswich Fund	1,000	–	–	–	1,000
Big lottery fund	35,036	51,603	(86,639)	–	–
West Suffolk Council	2,900	–	(2,900)	–	–
Frank Jackson Fund	5,000	–	(5,000)	–	–
Martineau Fund	2,000	–	(2,000)	–	–
Harwich Haven	2,000	–	(2,000)	–	–
Catalyst	2,000	–	(2,000)	–	–
Lloyds Bank	2,000	–	(2,000)	–	–
Lovewell Blake Fund	2,000	–	(2,000)	–	–
Septagon Fund	5,000	–	(5,000)	–	–
NFC Hopkin Home	–	–	(2,000)	–	(2,000)
SCF Reviving Communities	–	5,093	–	–	5,093
Shadwell Fund	–	2,000	–	–	2,000
Martineau Fund	–	2,000	(2,000)	–	–
RJG Grantmaking Fund	–	2,000	–	–	2,000
Port Community Fund	–	2,000	–	–	2,000
YEF Grant	–	12,600	(12,600)	–	–
Sabariahs Fund	–	1,000	(1,000)	–	–
SCF Coronavirus Fund	–	10,000	(10,000)	–	–
Rope 3rd Charitable Fund	–	4,788	–	–	4,788
Anglian Water Fund	–	2,500	(2,500)	–	–
Co-op Community Care	–	1,148	–	–	1,148
SCF Coronavirus Fund	–	5,000	(5,000)	–	–
Annie Tranmer Fund	–	1,000	(1,000)	–	–
Ipswich BC	–	3,000	(3,000)	–	–
Seckford Foundation	–	5,000	(5,000)	–	–
SCF Coronavirus Fund	–	4,500	(4,500)	–	–
Mr & Mrs Smith Fund	–	3,000	–	–	3,000
West Suffolk Council	–	11,600	(11,600)	–	–
SCF Reviving Communities Fund	–	5,000	(5,000)	–	–
SCF Pte Fnd/ RJB Grantmaking	–	3,400	(3,400)	–	–
NCF Breckland Council	–	5,000	–	–	5,000
Red Socks Charitable Trust	–	2,400	–	–	2,400
R C Snelling Charitable Trust	–	2,000	–	–	2,000
NCF Early Int/Vulnrble Families	–	10,000	(1,000)	–	9,000
NCF Lane Family Fund	–	5,000	(500)	–	4,500
SCF Bluebell Fund	–	2,000	–	–	2,000
NCF Clothworkers Foundation	–	1,800	(1,800)	–	–
NCF Covid Resilience	–	5,000	(5,000)	–	–
MoJ Emergency Funding Rnd 1	–	5,500	(5,500)	–	–

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

MoJ Emergency Funding Rnd 1	–	8,936	(8,936)	–	–
MoJ Emergency Funding Rnd 2	–	31,000	(31,000)	–	–
Lottery Covid 19 Response	–	49,000	(49,000)	–	–
Norfolk CCGs	–	85,000	(85,000)	–	–
Suffolk PCC	–	60,000	(60,000)	–	–
	<u>80,936</u>	<u>410,868</u>	<u>(437,875)</u>	<u>–</u>	<u>53,929</u>

The following grants were provided in the year and restricted for the purposes stated:

- £2,000 of the amounts brought forward from the Woman and girls fund to fund girls groups in Norfolk.
- £1,000 of the amounts brought from the Hedley Foundation to provide 10 therapy sessions.
- £10,000 of the amounts brought from the Kelly Family Trust to assist with costs of treating children, has been carried forward in full into the following year.
- £4,000 of the amounts brought from the SCF Port Community Fund to assist with costs of treating children in Felixstowe.
- £5,000 of the amounts brought from the Broadland Meridian to provide therapeutic treatment for 4 child victims of sexual abuse.
- £1,000 of the amounts brought forward from the Rotary Club of Ipswich to assist with the publication of a book, has been carried forward in full into the following year.
- £51,603 from the Big Lottery fund to fund various matters of the charity as outlined in the objectives and activities.
- £2,900 of the amounts brought from West Suffolk Council to fund one to one counselling sessions for young people who have been sexually abused.
- £5,000 of the amounts brought forward from the Frank Jackson fund to support young people who have been abused in Ipswich.
- £2,000 of the amounts brought forward from the Martineau fund to support young people who have been abused in Mid Suffolk.
- £2,000 of the amounts brought forward from the Harwich Haven to fund core therapeutic work across Suffolk.
- £2,000 of the amounts brought forward from Catalyst to fund core therapeutic work across Suffolk.
- £2,000 of the amounts brought forward from Lloyds Bank to fund core therapeutic work across Suffolk.
- £2,000 of the amounts brought forward from the Lovewell Blake fund to provide counselling for young people who have been abused in Great Yarmouth.
- £5,000 of the amounts brought forward from the Septagon fund to provide counselling for young people who have been abused in Norfolk.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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- £5,093 from the SCF Reviving Communities to replace lost fundraised income for salary costs of finance & administrative workers, has been carried forward in full into the following year.
- £2,000 from the Shadwell fund to fund core therapeutic work in Suffolk, has been carried forward in full into the following year.
- £2,000 from the Martineau fund Towards the cost of providing treatment in Mid Suffolk.
- £2,000 from the RJG Grantmaking fund to meet the cost of working with 2 Suffolk children and their parents, has been carried forward in full into the following year.
- £2,000 from the Port Community fund to meet the costs of therapeutic services to child victims of sexual abuse in Suffolk, has been carried forward in full into the following year.
- £12,600 from the Youth Endowment fund to meet the costs of providing 125 therapeutic sessions to children aged 10 to 14.
- £1,000 from the Sabariahs fund to meet the costs of providing 1-1 therapy sessions.
- £10,000 from the SCF Coronavirus fund to meet the costs of providing 20 assessments.
- £4,788 from the Third Rope Charitable Trust to meet the salary costs of a CSA worker for three months, has been carried forward in full into the following year.
- £2,500 from the Anglian Water fund to provide therapeutic sessions for 3 Suffolk children.
- £1,148 from the Co-op Community Care to contribute towards the costs of a CSA worker, has been carried forward in full into the following year.
- £5,000 from the SCF Coronavirus fund to meet the costs of 50 sessions provided to 8 children in Suffolk.
- £1,000 from the Annie Tranmer fund to contribute towards the costs of work with Suffolk children.
- £3,000 from the Ipswich Borough Council to contribute towards the costs of providing therapeutic support.
- £5,000 from the Seckford Foundation to contribute towards the costs of IT equipment
- £4,500 from the SCF Coronavirus fund towards the costs of providing therapeutic treatment.
- £3,000 from the Mr & Mrs Smith fund towards the costs of providing a Girls Group, has been carried forward in full into the following year.
- £11,600 from the West Suffolk Council to provide 1-1 therapy sessions for young people who have been abused.
- £5,000 from the SCF Reviving Communities fund towards the cost of providing 50 therapeutic treatment sessions.
- £3,400 from the SCF Pte fund and RJB Grantmaking fund towards the costs of providing therapeutic treatment in Suffolk.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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- £5,000 from the NCF Breckland Council Towards costs of providing therapeutic treatment in Norfolk, has been carried forward in full into the following year.
- £2,400 from the Red Socks Charitable Trust to meet the costs of assessments and 14 sessions for 2 Norfolk children, has been carried forward in full into the following year.
- £2,000 from the R C Snelling Charitable Trust towards the costs of providing therapeutic treatment in Norfolk, has been carried forward in full into the following year.
- £10,000 from the NCF Early Int/Vulnrble Families to provide therapeutic support to sexually abused children in Norfolk, has been carried forward in full into the following year.
- £5,000 from the NCF Lane Family fund to provide 30 tailored therapeutic sessions to 4 sexually abused children in Norfolk, has been carried forward in full into the following year.
- £2,000 from the SCF Bluebell fund to meet the costs of providing 20 sessions for 5 Suffolk children, has been carried forward in full into the following year.
- £1,800 from the NCF Clothworkers Foundation purchase of IT Equipment.
- £5,000 from the NCF Covid Resilience to meet the costs of providing 50 therapeutic sessions to 12 children in Norfolk.
- £5,500 from the MoJ to meet the costs of IT equipment and sundry other Covid related expenses.
- £8,936 from the MoJ to meet the costs of providing therapeutic treatment.
- £31,000 from the MoJ to pay salary costs, fund the purchase of IT equipment and to make a contribution towards sundry other costs.
- £49,000 from the Lottery Covid 19 Response to compensate for lost income by covering salary costs during the Covid emergency.
- £85,000 from the Norfolk CCG's to provide a treatment service for the victims of childhood sexual abuse under the age of 11 years in Norfolk and Waveney.
- £60,000 from the Suffolk PCC to provide therapeutic treatment sessions for sexually abused children in Suffolk and to make a contribution towards the associated overhead costs.

The balances carried forward on all funds are planned to be expended in the next twelve months except where stated.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

Year ended 31 March 2020

Restricted funds	At 1 Apr 2019	Income	Expenditure	Transfers	At 31 Mar
	£	£	£	£	2020 £
Garfield Weston	–	25,000	(25,000)	–	–
Comic relief	12,000	3,000	(15,000)	–	–
Mulberry trust	–	10,680	(10,680)	–	–
Davis family	250	–	(250)	–	–
Woman and girls fund	3,000	–	(1,000)	–	2,000
Hedley Foundation	–	1,000	–	–	1,000
Ipswich Borough Council	–	3,000	(3,000)	–	–
The Ropes Trust	2,600	–	(2,600)	–	–
Kelly Family Trust	–	10,000	–	–	10,000
SCF Port Community Fund	–	4,000	–	–	4,000
Broadland Meridian	–	5,000	–	–	5,000
Harris Family Fund	2,000	–	(2,000)	–	–
Fonnerau Fund	5,000	–	(5,000)	–	–
Tampon Tax	5,000	–	(5,000)	–	–
Suffolk Giving	2,000	–	(2,000)	–	–
Shadwell Fund	2,000	–	(2,000)	–	–
SCF RJB Grantmaking	2,000	–	(2,000)	–	–
Higham Family Fund	4,000	–	(4,000)	–	–
Greyfriars Round Table Fund	16,534	–	–	(16,534)	–
Rotary Club of Ipswich Fund	1,000	–	–	–	1,000
Big lottery fund	48,523	99,562	(113,049)	–	35,036
West Suffolk Council	–	11,600	(8,700)	–	2,900
Frank Jackson Fund	–	5,000	–	–	5,000
Seckford Foundation	–	5,000	(5,000)	–	–
Martineau Fund	–	2,000	–	–	2,000
Harwich Haven	–	2,000	–	–	2,000
Catalyst	–	2,000	–	–	2,000
Lloyds Bank	–	2,000	–	–	2,000
Lovewell Blake Fund	–	2,000	–	–	2,000
Septagon Fund	–	5,000	–	–	5,000
NFC Hopkin Home	–	2,000	(2,000)	–	–
	<u>105,907</u>	<u>199,842</u>	<u>(208,279)</u>	<u>(16,534)</u>	<u>80,936</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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The following grants were provided in the year and restricted for the purposes stated:

- £25,000 from Garfield Weston to assist with salary cost, has been expensed in the year in full.
- £3,000 from Comic Relief to fund staff salaries of specialist care workers in the west of Suffolk and Norfolk.
- £10,680 from the Mulberry Trust to fund one girls group and one parents group in Suffolk were expensed in the year in full.
- £250 of the amounts brought forward from the from the Davis family to help with art materials has been expensed in the year.
- £1,000 of the amounts brought forward from the Woman and girls fund to fund girls groups in Norfolk.
- £1,000 from the Hedley Foundation to provide 10 therapy sessions, has been carried forward in full into the following year.
- £3,000 from the Ipswich Borough Council to assist with costs of treating children in Ipswich, has been expensed in the year in full.
- £2,600 of the amounts brought forward from the The Ropes Trust to assist with transport costs.
- £10,000 from the Kelly Family Trust to assist with costs of treating children, has been carried forward in full into the following year.
- £4,000 from the SCF Port Community Fund to assist with costs of treating children in Felixstowe, has been carried forward in full into the following year.
- £5,000 from the Broadland Meridian to provide therapeutic treatment for 4 child victims of sexual abuse, has been carried forward in full into the following year.
- £2,000 of the amounts brought forward from the Harris Family Fund to provide transport for survivors of sexual abuse.
- £5,000 of the amounts brought forward from the Fonnerau Fund to support female child victims of sexual abuse.
- £5,000 of the amounts brought forward from the Tampon Tax to support girls who have disclosed sexual abuse and their mothers.
- £2,000 of the amounts brought forward from the Suffolk Giving to funding for children in West Suffolk who have reported sexual abuse.
- £2,000 of the amounts brought forward from the Shadwell Fund to support children who have been sexually abused from the Newmarket area.
- £2,000 of the amounts brought forward from the SCF RJB Grantmaking to support 2 children under 11 who have disclosed sexual abuse.
- £4,000 of the amounts brought forward from the Higham Family Fund to provide support to child victims from Norfolk.

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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- £16,534 of the amounts brought forward from the Greyfriars Round Table has been transferred to unrestricted funds due to the Covid pandemic with the permission of the donor.

- £1,000 of the amounts brought forward from the Rotary Club of Ipswich to assist with the publication of a book has been carried forward in full into the following year.

- £99,562 from the Big Lottery fund to fund various matters of the charity as outlined in the objectives and activities.

- £11,600 from West Suffolk Council to fund one to one counselling sessions for young people who have been sexually abused.

- £5,000 from the Frank Jackson fund to support young people who have been abused in Ipswich, has been carried forward in full into the following year.

- £5,000 from the Seckford Foundation to provide counselling for 3 young people in rural Suffolk.

- £2,000 from the Martineau fund to support young people who have been abused in Mid Suffolk, has been carried forward in full into the following year.

- £2,000 from the Harwich Haven to fund core therapeutic work across Suffolk, has been carried forward in full into the following year.

- £2,000 from Catalyst to fund core therapeutic work across Suffolk, has been carried forward in full into the following year.

- £2,000 from Lloyds Bank to fund core therapeutic work across Suffolk, has been carried forward in full into the following year.

- £2,000 from the Lovewell Blake fund to provide counselling for young people who have been abused in Great Yarmouth, has been carried forward in full into the following year.

- £5,000 from the Septagon fund to provide counselling for young people who have been abused in Norfolk, has been carried forward in full into the following year.

- £2,000 from the NFC Hopkin Home to provide therapeutic treatment to 2 children who have been the victims of sexual abuse (Norfolk), has been expensed in the year in full.

The balances carried forward on all funds are planned to be expended in the next twelve months except where stated.

#### Unrestricted funds

	At 1 Apr 2020	Income	Expenditure	Transfers	At 31 Mar 2021
	£	£	£	£	£
General funds	254,499	242,915	(25,494)	(225,000)	246,920
Designated funds	—	—	—	225,000	225,000
	<u>254,499</u>	<u>242,915</u>	<u>(25,494)</u>	<u>—</u>	<u>471,920</u>
	At 1 Apr 2019	Income	Expenditure	Transfers	At 31 Mar 2020
	£	£	£	£	£
General funds	<u>188,356</u>	<u>339,239</u>	<u>(289,630)</u>	<u>16,354</u>	<u>254,499</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

##### Designated funds

As a result of its current premises being scheduled for development in due course, the charity has been given notice that it must vacate them in the Spring. The trustees have sought to designate substantial reserves in the year and whilst the charity plans to relocate to another premises to rent for a time, the medium to long term aim is to acquire new premises for long term use and to further the objectives of the charity.

#### 16. Analysis of net assets between funds

Year ended 31 March 2021

	Tangible fixed assets £	Current assets £	Current liabilities £	Total £
Restricted fund	–	53,929	–	53,929
Unrestricted funds:				
General funds	12,737	245,408	(11,225)	246,920
Designated funds	–	225,000	–	225,000
	<u>12,737</u>	<u>524,337</u>	<u>(11,225)</u>	<u>525,849</u>

Year ended 31 March 2020

	Tangible fixed assets £	Current assets £	Current liabilities £	Total £
Restricted fund	–	80,936	–	80,936
Unrestricted funds:				
General funds	7,930	278,215	(31,646)	254,499
	<u>7,930</u>	<u>359,151</u>	<u>(31,646)</u>	<u>335,435</u>

#### 17. Analysis of changes in net debt

	At 1 Apr 2020 £	Cash flows £	At 31 Mar 2021 £
Cash at bank and in hand	<u>276,627</u>	<u>181,471</u>	<u>458,098</u>

# Fresh Start New Beginnings

## Company Limited by Guarantee

### Notes to the financial statements *(continued)*

#### Year ended 31 March 2021

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#### 18. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	<b>2021</b>	2020
	£	£
Not later than 1 year	8,437	5,260
Later than 1 year and not later than 5 years	1,272	2,544
	<u>9,709</u>	<u>7,804</u>

#### 19. Related parties

There are no other related party transactions that require disclosing in the financial statements within the current or prior period, that are not elsewhere disclosed.