

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

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Trustees' annual report (incorporating the directors' report)

Year ended 31 March 2023

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

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

Year ended 31 March 2023

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

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

Year ended 31 March 2023

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

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

Year ended 31 March 2023

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.

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

Year ended 31 March 2023

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.

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

Year ended 31 March 2023

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.

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

Year ended 31 March 2023

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.

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

Year ended 31 March 2023

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.

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

Year ended 31 March 2023

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

The trustees' annual report was approved on 9th 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, sweeping tail 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

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

		Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
	Note				
Income					
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
Total income		<u>105,642</u>	<u>516,704</u>	<u>622,346</u>	<u>558,227</u>
Expenditure					
Raising funds					
Cost of fundraising		81,420	4,129	85,549	74,287
Charitable activities	7	126,879	430,201	557,080	501,549
Total expenditure		<u>208,299</u>	<u>434,330</u>	<u>642,629</u>	<u>575,836</u>
Net expenditure and net movement in funds		<u>(102,657)</u>	<u>82,374</u>	<u>(20,283)</u>	<u>(17,609)</u>
Reconciliation of funds					
Total funds brought forward		482,165	26,075	508,240	525,849
Total funds carried forward		<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 £	£
Fixed assets					
Tangible fixed assets	11		22,408		28,629
Current assets					
Debtors	12	68,493		18,460	
Cash at bank and in hand		412,432		479,644	
		480,925		498,104	
Creditors: Amounts falling due within one year	13	(15,376)		(18,493)	
Net current assets			465,549		479,611
Total assets less current liabilities			487,957		508,240
Net assets			487,957		508,240
Funds of the charity					
Restricted funds			108,449		26,075
Unrestricted funds			379,508		482,165
Total charity funds	15		487,957		508,240

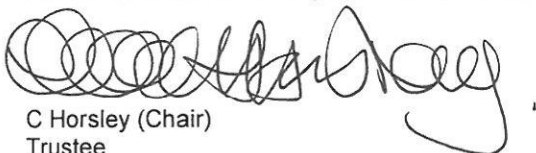
For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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 9th 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.

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Statement of cash flows

Year ended 31 March 2023

	2023 £	2022 £
Cash flows from operating activities		
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>
Cash flows from investing activities		
Purchase of tangible assets	(1,084)	(22,508)
Net cash used in investing activities	<u>(1,084)</u>	<u>(22,508)</u>
Net (decrease)/increase in cash and cash equivalents	(67,212)	21,546
Cash and cash equivalents at beginning of year	<u>479,644</u>	<u>458,098</u>
Cash and cash equivalents at end of year	<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

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

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.

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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 £
Donations			
Individual and corporate donations	60,631	50,000	110,631
Grants			
Grants	—	137,625	137,625
	<u>60,631</u>	<u>187,625</u>	<u>248,256</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Individual and corporate donations	38,223	—	38,223
Grants			
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

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

11. Tangible fixed assets

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

12. Debtors

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

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
	15,376	18,493

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

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

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.