

TRAUMA BREAKTHROUGH LTD.

England & Wales · Charity number 1150508

Details

Other names BREAKTHROUGH MINISTRY LTD, BREAKTHROUGH

Status Registered

Legal form Charitable company

Company number [08274282](#)

Registered 2013-01-16

Register [View on the Charity Commission register](#)

Contact

Address Undebt.co.uk
13-14 Orchard Street
Bristol
BS1 5EH

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Activities

Objects: To relieve sickness and preserve health.1) Through the provision of specialist psychotherapy, counselling and support services, residential and non-residential, to adult survivors of childhood abuse and trauma.2) Through the provision of education and training to churches, other faith-based organisations and the wider communities they serve, to enable them to offer more effective support for survivors of abuse and trauma.3) Through raising awareness about the impact of trauma amongst the general public, and promoting psychological, emotional and spiritual wellbeing.4) Any other charitable activity that promotes psychological, emotional and spiritual wellbeing.

Activities: Trauma Breakthrough support adult survivors of trauma and abuse. We provide specialist therapy, support and wellbeing services; crisis support; activities; and mental health courses. We also provide training for friends & family, businesses, churches and other community organisations in how to provide effective support for those struggling with their mental health.

Classification

- **How:** Provides Services, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	£281,629	£260,151	-	-
2023-03-31	£207,071	£225,003	-	-
2022-03-31	£199,645	£164,889	-	-
2021-03-31	£157,008	£87,694	-	-
2020-03-31	£50,548	£50,833	-	-

Trustees

Name	Role	Appointed
Elena Hailwood		2023-03-11
Emily-Jane Curtis		2022-09-17
Hannah Cox		2020-12-12
Jenny Cowderoy		2023-03-17
Jon Bees		2021-02-07

TRAUMA BREAKTHROUGH LTD.

England & Wales - Charity number 1150508

Accounts

Registered number
08274282

Charity Number
1150508



Trauma Breakthrough Ltd.

Report of the Trustees and unaudited Financial Statements

31 March 2024

Trauma Breakthrough Ltd.
Report and financial statements

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Annual Report 2023-2024

From Our Chair

I have recently been elected as Trauma Breakthrough's Chair, having previously served as a trustee since 2022. Over the last couple of years, I have been able to watch and support the charity's staff team as they have continued to deliver life-saving services to vulnerable people, in some of the most challenging economic and social circumstances.

I am always amazed at just how much our dedicated and skilled staff-team are able to achieve, working in a sector that is grossly under-resourced and under-valued. There is a huge, ongoing growth in demand, and the complexity of need experienced by our service users continues to grow year on year, at a time when public funding and charitable giving are both falling.

The fact that the charity continues to deliver high-quality specialist mental health support to some of the most vulnerable people in society, is little short of incredible. I am delighted to be able to introduce this annual report, and to take the opportunity to thank all of the staff and trustees for their hard work over the last year.

Emily Curtis
Chair of Trustees

From Our Founder and Chief Executive

Throughout the last year, charities and other voluntary organisations have come under increasing pressure. The number of people facing challenges with their mental health continues to increase, at the same time as Local Authorities and other public sector services are having to make big cuts in their budgets. The funding environment across the 3rd Sector

remains difficult. There are fewer sources of funding available, and the level of grant funding for all charities has tended to fall over the last 12 months.

We have continued to maintain the level of services we offer to Trauma Survivors, but due to these economic pressures we have not been able to grow our capacity as we would have liked, in order to keep up with the hugely increased demands.

One area of very positive growth has been our specialist trauma training for other organisations. Over the last year we have continued to partner with charities, businesses and academic institutions to enable them to support trauma survivors more effectively, and advance bookings for the next 12 months indicate that this will be an increasingly important focus for our work.

As ever, none of this would be possible without the hard work and commitment of our amazing staff team, volunteers and trustees. I want to thank not only them, but also our funders and partners, along with our service-users, from whom we learn so much. Together, they form the 'community of purpose' that is Trauma Breakthrough, and we look forward to another year of supporting and empowering people, organisations and communities to make life better for survivors of trauma.



Giles Lascelle – CEO, Trauma Breakthrough

Objectives and activities

Trauma Breakthrough was founded in 2013. We are a charity based in Bath and operating across the south-west of England. We provide specialist mental health services and support for adult survivors of abuse and all forms of trauma. We also offer training and consultancy to organisations and individuals who want to learn to support survivors more effectively.

Our charitable objects are:

To relieve sickness and preserve health.

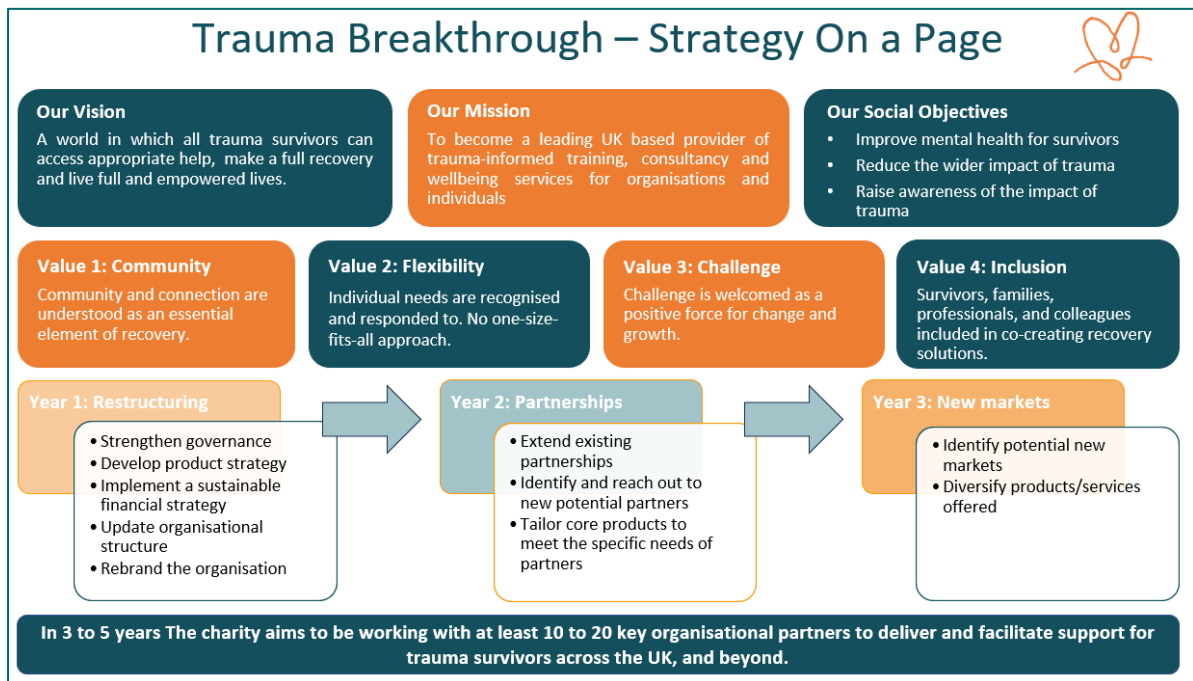
1. Through the provision of specialist psychotherapy, counselling and support services, residential and non-residential, to adult survivors of childhood abuse and trauma.
2. Through the provision of education and training to churches, other faith-based organisations and the wider communities they serve, to enable them to offer more effective support for survivors of abuse and trauma.
3. Through raising awareness about the impact of trauma amongst the general public, and promoting psychological, emotional and spiritual wellbeing.

- Any other charitable activity that promotes psychological, emotional and spiritual wellbeing.

Strategic Direction

During the last year, the charity has continued to develop its strategic direction, supported by a number of organisations, including: Lloyds Bank Foundation, Ella Forums, Lloyds Banking Group, and the Association of CEOs of Voluntary Organisations (ACEVO). Over the last year, our existing strategy has helped us to focus on areas of our work that have needed developing, as well as identifying other areas that may need to adapt to the changing economic and social environment.

Strategic development is a dynamic process, and we will be using our existing strategic plan as a foundation on which to continue to build and grow, whilst at the same time looking to make the changes necessary to secure the future, both for the charity and for those we serve.



Governance

We are continuing to develop our board of trustees, in order to support the charity with a broad range of skills and experience. As part of this process, we will be looking to recruit at least three new trustees over the coming year, with a particular emphasis on financial management, legal and policy support.

We will also be looking at ways to increase service-user involvement, and working towards ensuring that those with lived experience of trauma have a genuine say in how the charity operates.

Achievement and Performance

The demand for our services has continued to increase over the last 12 months, along with the level of complexity of the needs presented by those referred to us.

Annual Referral Rates:

2019 - 2020 - 32 new referrals
2020 - 2021 - 143 new referrals
2021 - 2022 - 334 new referrals
2022 - 2023 - 516 new referrals

In 2023-2024 we received 910 new referrals, an almost 2750% increase in referrals in 5 years!

We currently receive 80-100 new referrals for people in crisis each month.

Each referral is triaged by our team and includes assessments around risk, presenting needs and other contributing factors so that the best plan can be made, adapting to the needs of each person. Support plans can include individual therapy, group psychotherapy, art therapy, coordinated support with a range of local services, or signposting.

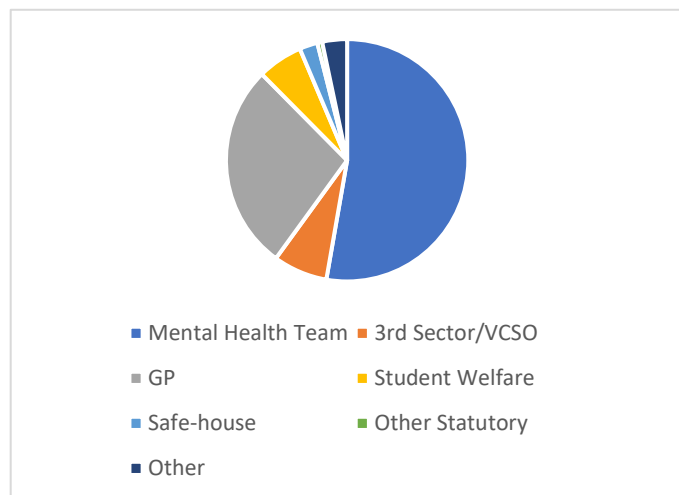


The ever-growing number of referrals has led to a sharp rise in the number of people on our waiting list. Typically, even those in the highest priority groups will wait 6 to 9 months before we are able to see them, with those whose need is assessed as being less urgent having to wait for anything up to a year. This is not sustainable in the long term, and we are aiming to develop a range of services over the next year to support those who are waiting to access counselling and psychotherapy.

Source of referrals

The different sources referrals via our new referral pathways are illustrated in the chart below.

Mental Health Team	52.75%
3rd Sector/VCSSO	7.25%
GP	27.58%
Student Welfare	6.04%
Safe-house	2.42%
Other Statutory	0.65%
Other	3.31%



We receive referrals from across the region. We do not have a tightly defined catchment area, and will work with survivors as long as they are able to travel safely to and from their sessions, however most of our service users come from Bath and NE Somerset, Swindon, Wiltshire, as well as Bristol, Somerset and South Gloucestershire.

All our service-users now come to us via professional referrals

Although the list is not exhaustive, we will accept referrals from:

- GPs
- Social prescribers

- Mental health teams (including CMHT, Intensive Teams, Crisis Teams, Recovery Teams, Primary Care Liaison Service, IAPT/Talking Therapies etc.).
- Sexual Assault Referral Centres (SARCs)
- Local Government services (e.g. Social Services, Supported Housing etc).
- Drug and Alcohol services
- Independent Sexual Violence Advisors (ISVAs)
- Independent Domestic Violence Advisors (IDVAs)
- Other mental health charities
- Social care and welfare charities

Our Service Users

Our service-users come from all sectors of the community. In addition to the basic demographic data, e.g. age, gender, location etc. we do now also gather optional additional demographic data so that we are able to get a more comprehensive picture of our service users and their needs.

QUICK STATISTICS

23% of referrals were from men and **5%** from people who identify as non-binary

25% of referrals were for individuals age **18-25** and **5%** were for people age **60+**

Over 70% of our service users have experienced sexual abuse or sexual assault

Over 75% have experienced abuse/trauma both in childhood AND later on in adulthood

1 in 6 of service users would consider themselves to have a disability or accessibility need.

1 in 4 of our service users have struggled with addiction as a coping strategy

Services

The charity has continued to provide a range of services to survivors of trauma, including clinical assessments, individual and group psychotherapy, the START psychoeducation and skills programme, and signposting services. Our dedicated multi-disciplinary therapy team has a wide range of experience; including working in the NHS, social services, foster homes, and with a number of third sector agencies in the fields of mental health, addiction, bereavement, homelessness, disability, autism, LGBT+, and with survivors of FGM, trafficking, domestic violence, and incidental trauma. This has enabled the charity to support service-users through a number of different therapeutic modalities and employing a comprehensive range of specialist skills.



SPECIALIST TRAUMA THERAPY



Our therapists held **188** clinical assessments and support planning sessions, and **490** hour-long specialist trauma psychotherapy sessions. We also provided signposting services for **636** people needing support in the community.



PSYCHOTHERAPY GROUPS



We ran **91** weekly 1.5-2 hour group sessions offering group discussions, creative and art psychotherapy, group encounter, peer support, and psychoeducation for up to 12 people per group. We run **2-3** groups a week!

"I think the START group has explained things in ways that I've never thought of before. It has opened my eyes to the importance of recognising and feeling and that feeling is okay."

- START Group Service-User

"Felt safe, unjudged. Treated as an equal. Helped me understand ME more, and that's not an easy one! I didn't think I would come back from my last breakdown but I have."

- Becky, Service-User

Training and Education

During this period, in line with our core value of enabling trauma survivors to receive support where they already are – in workplaces and communities; Trauma Breakthrough has continued to develop its training offering to organisations across the south-west and further afield, aimed at empowering them to provide trauma-informed wellbeing support to staff and service users.

Over the last year, we have run workshops and courses for teams in primary education, student welfare services at a local university, and a number of mental health and social care charities.

The workshops we have delivered have ranged from foundational trauma awareness, trauma-informed wellbeing, and crisis first aid courses, to more specialised courses for professionals looking at complex trauma and trauma-focused mindfulness training.

Partnerships

The charity has focused on developing a number of partnerships with other organisations, with the aim of expanding our reach and increasing our impact. Some of these partnerships involve membership in local organisations with other charities in the sector – for example our ongoing membership of the Bath and North-East Somerset 3rd Sector Group, Bristol Trauma Informed Practice Network, and the Avon and Somerset Sexual Violence Reference Group. Others have been focused on developing particular projects and services. These include:

- Bath MIND, Rethink Mental Illness, Alabare and Swindon and Gloucester MIND – Developing Suicide Prevention work across the B&NES, Swindon and Wiltshire Integrated Care Board area.
- The Nelson Trust and Healthwatch Swindon to develop specialist trauma-focused therapeutic groups for vulnerable women in Swindon.

- The Bridge SARC, Safelink and Kinery, developing a peer support service for male survivors of sexual violence, including multi-agency training of those with lived experience as peer facilitators.

We have also partnered with Hope House Surgery in Radstock to run a pilot psychoeducation and skills programme with some of their patients.

Funding

As with all charities Trauma Breakthrough continues to be dependent on the generosity of both individual donors and organisational funders. We are particularly grateful to the following organisations, which have supported our work over the last year:

- Lloyds Bank Foundation
- The Tudor Trust
- RWK Goodman
- Avon & Somerset PCC/Ministry of Justice
- Bentley
- Neighbourly
- Local Giving
- The Pixel Fund
- Souter Charitable Trust
- Annett Charitable Trust
- Truemark Trust
- Rotork
- Denman Charitable Trust
- Midsomer Norton Council
- Bristol Pride
- National Lottery Community Fund
- Sovereign Network Group
- Hoddell Charitable Trust
- Marsh Charitable Trust
- Albert Hunt Trust
- Renishaw
- Another Way Womens Foundation



The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting Charities: Statement of Recommended Practice applicable to charities preparing their accounts in Financial Reporting of Ireland (FRS102) (effective 1 January 2019).

Financial review

Total incoming resources for the period were £281,629 (2023: £207,071). Total resources expended were £260,151 (2023: £225,003). Overall surplus for the period was £21,478 (2023: deficit of £17,932).

Principal funding sources

Funding is primarily derived from grant funding (see above), continuing therapy and support services, donations and sales from its online and physical shop. Further grant funding will continue to be researched and applied for, however, the board of trustees and senior management team are exploring ways to diversify income streams, to reduce the charity's reliance on grant funding, and develop more sustainable finances.

Reserves policy

The trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of budgeted expenditure. This is being worked towards moving forward and at this level, they feel that they would be able to continue the current activities of the charity in the event of a significant drop in funding. It would obviously be necessary to consider how funding would be replaced or activities changed. Total funds at the year end are £117,394 (£83,327 unrestricted and £33,567 restricted), 2023: £95,916 (£95,537 unrestricted and £379 restricted).

Structure, Governance and Management

Governing document

The charity is controlled by its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

Under the requirements of the Memorandum and Articles of Association the trustees are elected to serve at the Annual General Meeting.

Reference and Administrative Details

Registered Company number

08274282 (England and Wales)

Registered Charity number

1150508

Registered Office

Foyer Annex
Dominion Road
Bath
BA2 1DF

Trustees

Jenny Cowderoy (Chair of Trustees from 1st April 2023)
Jonathan Bees
Hannah Cox
Sarah Thomas (resigned 10th June 2023)
Emily-Jane Curtis
Susan Crichton (resigned 12th January 2024)
Elena Hailwood
Josephine Fliski (appointed 15th May 2024)

Independent Examiner

David Hoose FCA
Forvis Mazars LLP
First Floor, Two Chamberlain Square
Birmingham
B3 3AX

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

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

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

Statement as to disclosure to our Independent Examiners

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information, being information needed by the examiner in connection with preparing their report, of which the charitable company's examiner is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the examiner is aware of that information.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by order of the board of trustees on:

and signed on its behalf by:

Signature: 
[Emily Curtis \(Dec 20, 2024 14:53 GMT\)](#)

Name: Emily Curtis

Signature: 

Name: Giles Lascelle

Date: Dec 20, 2024

Independent Examiner's Report to the Trustees of Trauma Breakthrough Ltd

I report on the financial statements of Trauma Breakthrough Ltd for the year ended 31st March 2024, which are set out on pages 15 to 23.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the charity 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 the charity'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(b) of the 2011 Act.

This report, including my statement, has been prepared for and only for the charity's trustees as a body. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body for my examination work, for this report, or for the statements I have made.

Basis of independent examiner's report

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

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 by being a qualified member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

In connection with my examination, which is complete, no matters have come to my attention which give me reasonable cause to believe that in any material respect:

- accounting records were not kept in respect of Trauma Breakthrough Ltd in accordance with section 386 of the 2006 Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a ‘true and fair’ view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the methods and principals 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, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.



David Hoose (Dec 20, 2024 15:03 GMT)

David Hoose FCA
Forvis Mazars LLP
First Floor, Two Chamberlain Square
Birmingham
B3 3AX

Date: Dec 20, 2024

Trauma Breakthrough Ltd.
Statement of Financial Activities (including Income & Expenditure Account)
for the year ended 31 March 2024

	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Incoming resources	2				
Donations and grants		67,225	191,668	258,893	166,896
Other trading activities		16,222	-	16,222	6,160
Investment activities		867	-	867	102
Charitable activities		5,647	-	5,647	33,913
Total income		89,961	191,668	281,629	207,071
Resources expended	3				
Fundraising trading: cost of goods sold and other costs		5,892	-	5,892	2,247
Charitable activities		91,810	158,480	250,290	218,486
Governance costs		3,969	-	3,969	4,270
Total expenditure		101,671	158,480	260,151	225,003
Surplus/(deficit)		(11,710)	33,188	21,478	(17,932)
Reconciliation of funds					
Total funds brought forward		95,537	379	95,916	113,848
Total Funds carried forward		83,827	33,567	117,394	95,916

Trauma Breakthrough Ltd.
Balance Sheet
as at 31 March 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	6	2,393	3,455
		2,393	3,455
Current assets			
Debtors	7	6,800	14,433
Cash at bank and in hand		115,801	84,974
		122,601	99,407
Creditors: amounts falling due within one year	8	(7,600)	(6,946)
Net current assets		115,001	92,461
Total assets less current liabilities		117,394	95,916
Net assets		117,394	95,916
Funds			
	9		
Unrestricted funds		83,827	95,537
Restricted funds		33,567	379
Total Funds		117,394	95,916

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.


The directors/trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

These financial statements were approved by the Trustees on Dec 20, 2024

On behalf of the Trustees

Signature


 Emily Curtis (Dec 20, 2024 14:53 GMT)

Name

Emily Curtis

Position

Chair

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2024

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

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 (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The financial statements have been prepared under the historical cost convention. The trustees have had regard to the Charity Commission's guidance on public benefit.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2024

Tangible fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £250 are not capitalised. Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - over 3 years, straight line
Office equipment - 20% on a reducing balance basis

Taxation

As a charity, Trauma Breakthrough Ltd. is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

2 Incoming resources	Unrestricted	Restricted	Total	Total
	2024	2024	2024	2023
	£	£	£	£
<i>Donations and grants</i>				
General donations	11,334	-	11,334	816
Grants received	50,800	191,668	242,468	160,158
Regular giving	4,916	-	4,916	5,593
Collections/online cashback donations	175	-	175	329
	67,225	191,668	258,893	166,896
<i>Other trading activities</i>				
Fundraising	15,496	-	15,496	5,516
Web sales	520	-	520	482
Shop sales	206	-	206	162
	16,222	-	16,222	6,160
<i>Investment activities</i>				
Interest income	867	-	867	102
	867	-	867	102
<i>Charitable activities</i>				
Training	4,497	-	4,497	9,172
Client services therapy	1,150	-	1,150	24,741
	5,647	-	5,647	33,913
Total incoming resources	89,961	191,668	281,629	207,071

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2024

3 Resources expended	Unrestricted	Restricted	Total	Total
	2024	2024	2024	2023
	£	£	£	£
<i>Fundraising trading: cost of goods sold and other costs</i>				
Online facility fees	146	-	146	114
Bad debts	965	-	965	-
Postage	234	-	234	489
Products for resale	175	-	175	112
Fundraising and event costs	4,372	-	4,372	1,532
	5,892	-	5,892	2,247
<i>Charitable activities</i>				
Venue hire - Training venues	-	-	-	60
Venue hire - Client services	110	-	110	391
Sundry equipment/therapy resources	267	-	267	-
Advertising	12,552	-	12,552	4,467
Depreciation	1,142	379	1,521	1,691
Travel	67	-	67	677
Volunteer/community fund	838	-	838	1,570
Training course expenses	-	-	-	-
Sundry expenses	1,273	-	1,273	2,289
Stationery	309	-	309	309
Premises costs	16,423	-	16,423	15,617
Leasehold - Improvements	350	-	350	-
Premises - Repairs & Maintenance	642	-	642	917
Premises - Furniture & Furnishings	544	-	544	472
Premises - Household & Cleaning	275	-	275	740
Contractors & Outsourced Costs	12,306	-	12,306	4,724
Equipment	453	-	453	344
Employers National Insurance	12,343	-	12,343	9,809
Pensions costs	2,258	-	2,258	1,276
IT software	708	-	708	837
Salaries	20,108	158,101	178,209	164,458
Staff training	4,189	-	4,189	3,065
Staff supervision	2,270	-	2,270	2,950
Subscriptions & professional fees	1,422	-	1,422	1,079
Telephone & internet	961	-	961	744
	91,810	158,480	250,290	218,486
<i>Governance costs</i>				
Admin costs	182	-	182	437
Accountancy and bookkeeping	720	-	720	720
Independent examiners fees	2,100	-	2,100	2,100
Insurance	967	-	967	1,013
	3,969	-	3,969	4,270
Total resources expended	101,671	158,480	260,151	225,003

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2024

4 Net Income/(Expenditure)	Total	Total
	2024	2023
	£	£

Net income/(expenditure) is stated after charging:

Depreciation	1,521	1,691
Independent examiners fees	2,100	2,100

5 Employee costs	2024	2023
	£	£
Wages and salaries	178,209	164,458
Social security costs	12,343	9,809
Pension costs	2,258	1,276
Total	<u>192,810</u>	<u>175,543</u>

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

The average number of employees during the year, calculated on the basis of full time equivalents, was as follows:

Counselling, advice and information	6	6
Administration and support	1	1
	<u>7</u>	<u>7</u>

The headcount is the same.

Trustees' Remuneration, benefits and expenses

No trustees received any remuneration or were reimbursed for expenses.

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2024

6 Tangible Fixed Assets

	Office Equipment £	Computer Equipment £	Total £
Cost			
At 1 April 2023	1,919	5,646	7,565
Additions	-	460	460
	<hr/>	<hr/>	<hr/>
At 31 March 2024	<u>1,919</u>	<u>6,106</u>	<u>8,025</u>
Depreciation			
At 1 April 2023	823	3,288	4,111
Charge for the year	219	1,302	1,521
	<hr/>	<hr/>	<hr/>
At 31 March 2024	<u>1,042</u>	<u>4,590</u>	<u>5,632</u>
Net Book Value			
At 31 March 2024	<hr/> <u>877</u>	<hr/> <u>1,516</u>	<hr/> <u>2,393</u>
At 31 March 2023	<hr/> <u>1,096</u>	<hr/> <u>2,358</u>	<hr/> <u>3,455</u>

7 Debtors

	2024 £	2023 £
Trade debtors	3,500	10,858
Prepayments and accrued income	3,300	3,575
	<hr/>	<hr/>
	<u>6,800</u>	<u>14,433</u>

8 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	205	1,149
Taxes and social security	4,489	3,492
Accruals and deferred income	2,906	2,305
	<hr/>	<hr/>
	<u>7,600</u>	<u>6,946</u>

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2024

9 Movement in funds

	1st April 2023	Incoming resources	Resources expended	Balance transfers	31st March 2024
	£	£	£	£	£
Unrestricted funds					
<i>General Fund</i>	95,537	89,961	(101,671)	-	83,827
Restricted funds					
Computer equipment	379	-	(379)	-	-
Avon & Somerset Police	-	27,466	(27,466)	-	-
LocalGiving	-	500	(500)	-	-
Neighbourly	-	500	(500)	-	-
Pixel Fund	-	5,000	(5,000)	-	-
National Lottery	-	118,770	(96,885)	-	21,885
Midsomer Norton Town Council	-	1,000	(1,000)	-	-
Bristol Pride	-	750	(750)	-	-
Lloyds Bank Foundation	-	25,000	(25,000)	-	-
Sovereign Network Group	-	1,000	(1,000)	-	-
Albert Hunt Trust	-	4,000	-	-	4,000
Another Way Women's Foundation	-	4,996	-	-	4,996
Radstock Town Council	-	686	-	-	686
Melksham Town Council	-	1,000	-	-	1,000
Late Lord Methuen's Charitable Trust	-	1,000	-	-	1,000
Total restricted funds	379	191,668	(158,480)	-	33,567
Total funds	95,916	281,629	(260,151)	-	117,394

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2024

Purposes of restricted funds:

Avon & Somerset Police	Core Costs (Domestic Abuse & Sexual Violence Services)
LocalGiving	Support Centre Costs - Groups / Drop-In
Neighbourly	Support Centre Costs - Groups / Drop-In
Pixel Fund	Young People (Age 18-25)
National Lottery	Therapist Salaries
Midsomer Norton Town Council	Free counselling and support for Midsomer Norton residents
Bristol Pride	LGBT+ START Programme Places
Lloyds Bank Foundation	Core Costs (Sexual Violence Services)
Sovereign Network Group	START Programme and Group Support
Albert Hunt Trust	Young People (Age 18-25)
Another Way Women's Foundation	Womens Creative Group (2024-25)
Radstock Town Council	Hope House - Satellite Service (2024-25)
Melksham Town Council	Free counselling and support for Melksham residents (2024-25)
Late Lord Methuen's Charitable Trust	Free counselling and support for Corsham residents (2024-25)

10 Related party disclosures

There were no related party transactions for the year ended 31st March 2024.

TRAUMA BREAKTHROUGH LTD.

England & Wales - Charity number 1150508

Accounts

Registered number
08274282

Charity Number
1150508



Trauma Breakthrough Ltd.

Report of the Trustees and Unaudited Financial Statements

31 March 2023

Trauma Breakthrough Ltd.
Report and financial statements

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Annual Report 2022-2023

From Our Chair

This is my first annual report, having been elected Chair of Trauma Breakthrough in March 2023.

This year, the team have experienced a huge increase in demand for the charity's services as a result of the pandemic and cost of living crisis.

I have been impressed and proud to witness this incredibly committed and hard-working team deliver critical services, while dealing with the challenges of such high demand. The professionalism, dedication and integrity of the entire team has been second to none.

Looking forward to 2024, I believe this will be a year of consolidation and of balancing demand for services with plans for strategic growth.

I'm particularly pleased that, as a board, we have remained focussed this year on the development of future strategy, despite the mounting demand on our mental health services. In particular, the team are committed to broadening the reach of services that can support people in the workplace and to scale up training as a key element of the plans for 2024 and beyond.

I would like to take this opportunity to also thank all the trustees for their support and valuable input this year.

Jenny Cowderoy
Chair of Trustees

From Our Founder and Chief Executive

The last year has been incredibly challenging for charities and other voluntary sector organisations. The long-term fallout from the COVID-19 pandemic, and the cost of living crisis have placed huge pressure on people, leading to an enormous increase in those struggling with their mental health. At the same time, the worsening economic climate has meant that established statutory services are ever more squeezed, whilst the numbers of people giving financially to support charities has gone down.

During this time, we have managed to consolidate and even increased our capacity to help people deal with the long-term impact of trauma on their lives.

In January Trauma Breakthrough celebrated its 10th anniversary. From a small community organisation operating from home with no paid staff and a handful of volunteers, helping a small number of people in the local area; the charity has established itself as the leading regional provider of specialist mental health support for adult survivors of trauma.

In addition, Trauma Breakthrough has gained an impressive track-record as one of the leading providers of Trauma Informed Wellbeing training for organisations in the commercial, public and voluntary sectors.

I am immensely proud of everything achieved by our skilled and dedicated staff team, not only in the last year, but over the last decade, and I am looking forward with excitement to seeing how things develop further as we move into the future.

With many thanks to everyone who has contributed in large and small ways to our work to date,



Giles Lascelle – CEO, Trauma Breakthrough

Objectives and activities

Trauma Breakthrough, which also works under the name Breakthrough, was founded in 2013. We are a charity based in Bath and operating across the south-west of England. We provide specialist mental health services and support for adult survivors of abuse and all forms of trauma. We also offer training and consultancy to organisations and individuals who want to learn to support survivors more effectively.

Our charitable objects are:

To relieve sickness and preserve health.

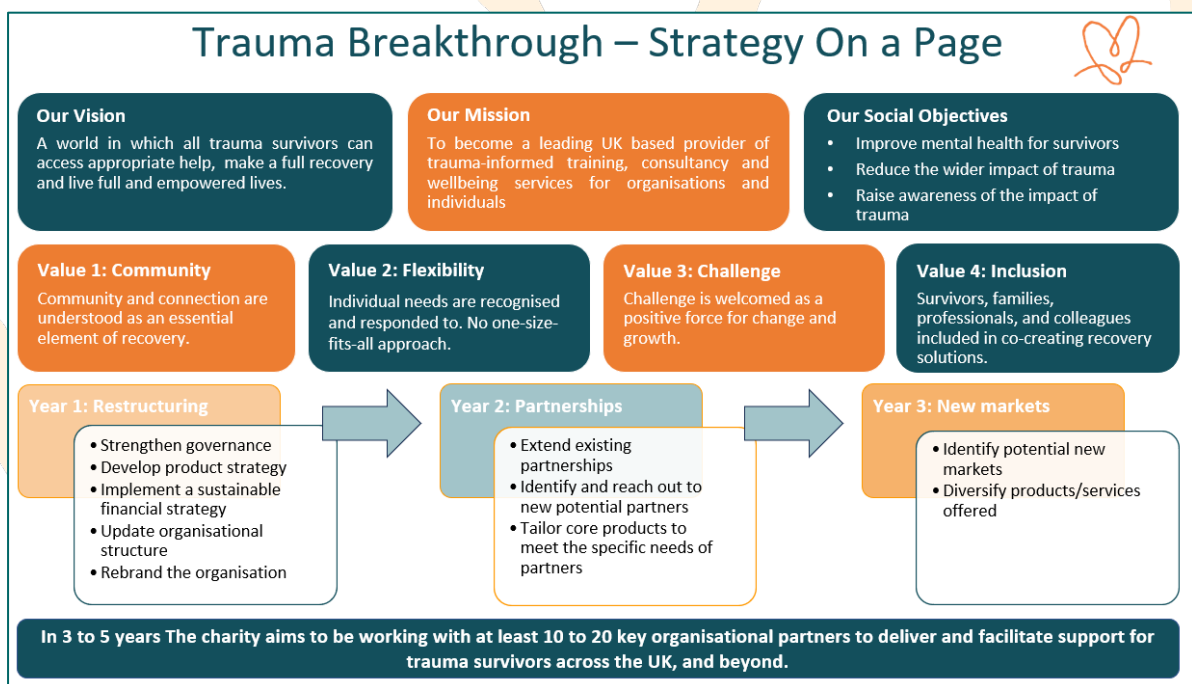
- 1) Through the provision of specialist psychotherapy, counselling and support services, residential and non-residential, to adult survivors of childhood abuse and trauma.
- 2) Through the provision of education and training to churches, other faith-based organisations and the wider communities they serve, to enable them to offer more effective support for survivors of abuse and trauma.
- 3) Through raising awareness about the impact of trauma amongst the general public, and promoting psychological, emotional and spiritual wellbeing.

4) Any other charitable activity that promotes psychological, emotional and spiritual wellbeing.

Strategic Direction

During the last year, the charity has been undertaking a major review of its strategic direction with the help of Pilotlight, a charity that brings together a team of senior leaders from commercial organisations to support and guide charity CEOs and their senior team.

As a result of a 10-month mentoring programme with Pilotlight, Trauma Breakthrough has embarked on an ambitious new five-year strategy aimed at strengthening the board of trustees, increasing the reach and effectiveness of our services, and developing sustainable income streams for the charity.



Governance

As part of our new strategy, we have worked hard to strengthen our board of trustees. Four new Trustees joined the board:

- Emily Curtis – a senior HR advisor
- Elena Hailwood – Social Policy researcher in the VCSE sector
- Susan Crichton – retired Company Director and General Counsel
- Jenny Cowderoy – Company Director and specialist in Business Development.

In March 2023, Jenny was elected as Trauma Breakthrough's new Chair of Trustees, replacing Dr Fergus Law, who retired both as Chair and as a Trustee after more than 7 years of dedicated service to the Charity.

Achievement and Performance

During the period Trauma Breakthrough, along with the entire sector has faced considerable challenges. These have been due in part to a continuing increase in demand for services, along with a difficult economic climate affecting the whole country.

Over the course of the year the number of people referred to our services has continued to increase, and the level of complexity of need has also continued to increase.

Referrals:

2019 - 2020 - 32 new referrals

2020 - 2021 - 143 new referrals

2021 - 2022 - 334 new referrals

2022 - 2023 - 516 new referrals

We currently receive around 70-80 new referrals for people in crisis each month.

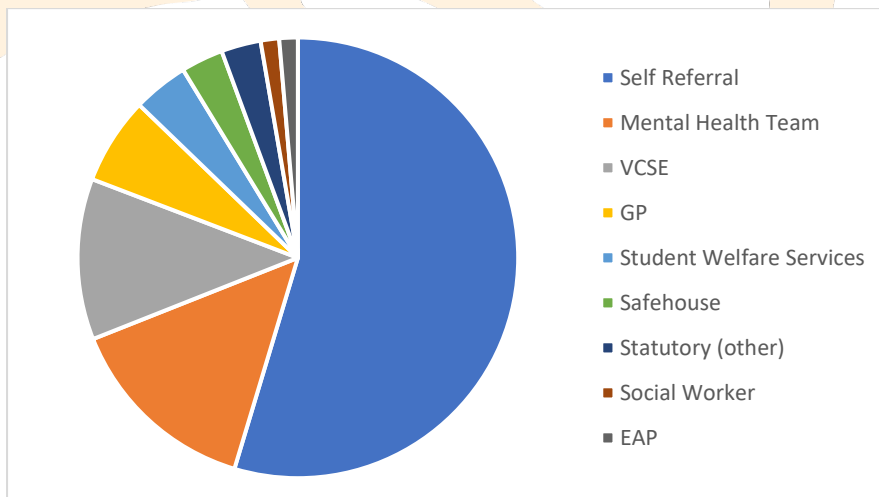
Each referral is triaged by our team and includes comprehensive assessments around risk, presenting needs and other contributing factors so that the best plan can be made adapted to the needs of each person. Support plans can include individual therapy, group psychotherapy, art therapy, coordinated support with a range of local services, or signposting.



Source of referrals

Referrals have continued to come from a number of different sources, as illustrated in the chart below.

Self-Referral	54.65%
Mental Health Team	14.34%
VCSE	11.82%
GP	6.40%
Student Welfare	4.07%
Safehouse	3.10%
Statutory (other)	2.91%
Social Worker	1.36%
EAP	1.36%



It has also become apparent that the geographical spread of referrals, particularly from statutory mental health services has widened, with the charity receiving regular referrals from mental health services in Bath and NE Somerset, Swindon, Wiltshire, Bristol, Somerset and South Gloucestershire.

During the course of the year, the charity took the decision to make a significant change in the ways that people could be referred to our services. From January 2023 Trauma Breakthrough no longer accepts self-referrals. Instead, those needing help must be referred by another agency or organisation. This is defined fairly broadly, because we do not want to put unnecessary barriers to survivors seeking help.

This change was necessitated by the increasing number of referrals from external agencies and the increasing complexity of the issues. Better information from referrers enables us to plan our support to service users more effectively and prioritise our waiting list.

Although the list is not exhaustive, we will accept referrals from:

- GPs
- Social prescribers
- Mental health teams (including CMHT, Intensive Teams, Crisis Teams, Recovery Teams, Primary Care Liaison Service, IAPT/Talking Therapies etc.).
- Sexual Assault Referral Centres (SARCs)
- Local Government services (e.g. Social Services, Supported Housing etc).
- Drug and Alcohol services
- Independent Sexual Violence Advisors (ISVAs)
- Independent Domestic Violence Advisors (IDVAs)
- Other mental health charities
- Social care and welfare charities

Our Service Users

We do not at this time collect detailed demographic data from those referred to us. This has been primarily because for survivors of trauma, asking demographic questions can feel intrusive and off-putting. However, we are also aware that funders are increasingly asking for this type of information to ensure that services are inclusive and accessible to all sectors of the community. Therefore, we are beginning to look at ways in which we can gather this information in ways that feel more friendly.

Nevertheless, we are able to glean some demographic information from our usual referral processes.

QUICK STATISTICS

Over **25%** of referrals were from men and **4%** from people who identify as non-binary

31% of referrals were for individuals age 18-25 and **6%** were for people age 60+

72% of our service users have experienced sexual abuse or sexual assault

Over **75%** have experienced abuse/trauma both in childhood AND later on in adulthood

1 in 6 of our service users would consider themselves to have a disability or accessibility need.

1 in 3 of our service users have struggled with addiction as a coping strategy

Services

The charity has continued to provide a range of services to survivors of trauma, including clinical assessments, individual and group psychotherapy, the START psychoeducation and skills programme, and signposting services.



SPECIALIST TRAUMA THERAPY



Our therapists held **99** clinical assessments and **641** hour-long specialist trauma psychotherapy sessions alongside our office team who provided signposting services for **376** people needing support in the community.



PSYCHOTHERAPY GROUPS



We've run **89** weekly 2-hour group sessions offering art therapy, group encounter, psychodrama, and psychoeducation for **up to 12 people** per group, as well as a trauma-informed yoga group. We run **3-4** groups a week!

"Finding a place that deals with Trauma is no easy thing and then finding a place that truly understands is almost impossible, but Breakthrough has managed to do that. Without getting the support that I'm receiving the impact to myself would be unimaginable. They do incredible work and make such a huge difference."

- Michelle, Service-User

"Well, what can I say? Breakthrough saved my life. All of the problems I couldn't deal with before, don't seem quite so big now. Although the main thing that's changed is my perspective, and it's Breakthrough that has helped me change that."

- Aaron, Service-User

Training and Education

During this period, Breakthrough ran fewer training courses than during the previous year. This was due to time constraints imposed by the increase in demand for clinical services. However, the charity decided to focus on a smaller number of bespoke training and education courses for specific businesses and organisations.

These included training delivered online for over 150 staff at a large law firm, and training in person for the Student Welfare Service at one of the largest Universities in the region.

These courses have been well received and have resulted in further engagements to deliver similar training for other organisations in the year ahead.

Partnerships

The charity has worked hard to develop a number of partnerships, and to increase participation in local and regional networks.

We have begun to develop joint projects with several other organisations, including a safe-house for victims of trafficking and modern slavery.

We have continued to be involved in the Bath and Northeast Somerset 3rd Sector Group and have become involved in the regional Sexual Violence Reference Group. We have also joined the Male Survivors Partnership and are developing collaborative working relationships with a number of other mental health and sexual violence charities.

The charity has begun to develop a more collaborative working relationship with NHS services, in particular Avon and Wiltshire Partnership for Mental Health.

Funding

As with all charities Trauma Breakthrough is dependent on the generosity of both individual donors and organisational funders. We are particularly grateful to the following organisations, which have supported our work over the last year:

- **The National Lottery Community Fund**
- **Souter Charitable Trust**
- **Waitrose Community Foundation**
- **Burges Salmon Charitable Trust**
- **National Grid**
- **Local Giving - Magic Little Grants**
- **The Tudor Trust**
- **Gowling WLG Charitable Trust**
- **Albert Hunt Trust**
- **Avon & Somerset Police and Crime Commissioner's Office**
- **Lloyds Bank Foundation**
- **29th May 1961 Charitable Trust**
- **One Stop Community Partnerships**
- **Lloyds Bank Foundation**
- **Burges Salmon Charitable Trust**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023.

The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2019).

Financial Review

Total incoming resources for the period were £207,071 (2022: £199,645). Total resources expended were £225,003 (2022: £164,889). Overall deficit for the period was £17,932 (2022: Surplus £34,756).

Altogether, a total of £160,158 grant funding was raised for a variety of purposes.

Principal funding sources

Funding is primarily derived from grant funding (see above), continuing therapy and support services, donations and sales from its online and physical shop.

Further grant funding will continue to be researched and applied for, however, the board of trustees and senior management team are exploring ways to diversify income streams, to reduce the charity's reliance on grant funding, and develop more sustainable finances.

Reserves policy

The trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of budgeted expenditure. This is being worked towards moving forward and at this level, they feel that they would be able to continue the current activities of the charity in the event of a significant drop in funding. It would obviously be necessary to consider how funding would be replaced or activities changed.

Total funds at the year end are £95,916 (£95,537 unrestricted and £379 restricted) (2022: £113,848, £66,153 unrestricted and £47,695 restricted).

Structure, Governance and Management

Governing document

The charity is controlled by its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

Under the requirements of the Memorandum and Articles of Association the trustees are elected to serve at the Annual General Meeting.

Reference and Administrative Details

Registered Company number

08274282 (England and Wales)

Registered Charity number

1150508

Registered office

Foyer Annex
Dominion Road
Bath
BA2 1DF

Trustees

Jonathan Bees
Hannah Cox
Sarah Thomas
Dr Fergus Law (resigned 1st April 2023)
Emily-Jane Curtis (appointed 17th September 2022)
Jenny Cowderoy (appointed 11th March 2023)
Susan Crichton (appointed 11th March 2023)
Elena Hailwood (appointed 11th March 2023)

Independent Examiner

David Hoose FCA
Mazars LLP
First Floor, Two Chamberlain Square
Birmingham
B3 3AX

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

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

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

Statement as to disclosure to our Independent Examiners

In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information, being information needed by the examiner in connection with preparing their report, of which the charitable company's examiner is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the examiner is aware of that information.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by order of the board of trustees on: Nov 23, 2023

and signed on its behalf by: Signature: 
Jenny Cowderoy (Nov 23, 2023 19:07 GMT)

Name: Jenny Cowderoy
Trustee

Signature: 

Name: Giles Lascelle
CEO

Trauma Breakthrough Ltd.

Registered number:

08274282

Charity number:

1150508

Independent examiner's report to the trustees of Trauma Breakthrough Ltd

I report on the financial statements of Trauma Breakthrough Ltd for the year ended 31st March 2023, which are set out on pages 15 to 23.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the charity 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 the charity'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(b) of the 2011 Act.

This report, including my statement, has been prepared for and only for the charity's trustees as a body. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body for my examination work, for this report, or for the statements I have made.

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, which is complete, no matters have come to my attention which give me reasonable cause to believe that in any material respect:

- accounting records were not kept in respect of Trauma Breakthrough Ltd in accordance with section 386 of the 2006 Act; or

- the financial statements do not accord with those records; or

the financial statements do not comply with the accounting requirements of section 396 of the 2006

- Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or

Trauma Breakthrough Ltd.

Registered number:

08274282


Charity number:

1150508

Independent examiner's report to the trustees of Trauma Breakthrough Ltd

- the financial statements have not been prepared in accordance with the methods and principals 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, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Signed: 
David Hoose (Nov 24, 2023 08:44 GMT)

David Hoose FCA
Mazars LLP
First Floor, Two Chamberlain Square
Birmingham
B3 3AX

Date: Nov 24, 2023

Trauma Breakthrough Ltd.
Statement of Financial Activities (including Income & Expenditure Account)
for the year ended 31 March 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Incoming resources	2				
Donations and grants		41,138	125,758	166,896	165,186
Other trading activities		6,160	-	6,160	4,593
Investment activities		102	-	102	15
Charitable activities		33,913	-	33,913	29,851
Total income		81,313	125,758	207,071	199,645
Resources expended	3				
Fundraising trading: cost of goods sold and other costs		2,247	-	2,247	1,936
Charitable activities		45,412	173,074	218,486	161,233
Governance costs		4,270	-	4,270	1,720
Total expenditure		51,929	173,074	225,003	164,889
Surplus/(deficit)		29,384	(47,316)	(17,932)	34,756
Reconciliation of funds					
Total funds brought forward		66,153	47,695	113,848	79,092
Total Funds carried forward		95,537	379	95,916	113,848

Trauma Breakthrough Ltd.
Balance Sheet
as at 31 March 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	5	3,455	3,408
		3,455	3,408
Current assets			
Debtors	6	14,433	30,916
Cash at bank and in hand		84,974	83,474
		99,407	114,390
Creditors: amounts falling due within one year	7	(6,946)	(3,950)
Net current assets		92,461	110,440
Total assets less current liabilities		95,916	113,848
Net assets		95,916	113,848
Funds	8		
Unrestricted funds		95,537	66,153
Restricted funds		379	47,695
Total Funds		95,916	113,848

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors/trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

These financial statements were approved by the Trustees on Nov 23, 2023

On behalf of the Trustees

Signature	 Jenny Cowderoy (Nov 23, 2023 19:07 GMT)	
Name	Jenny Cowderoy	Giles Lascelle
Position	Trustee	CEO

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2023

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

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 (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The financial statements have been prepared under the historical cost convention.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2023

Tangible fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £250 are not capitalised. Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - over 3 years, straight line
Office equipment - 20% on a reducing balance basis

Taxation

As a charity, Trauma Breakthrough Ltd. is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

2 Incoming resources	Unrestricted	Restricted	Total	Total
	2023	2023	2023	2022
	£	£	£	£
<i>Donations and grants</i>				
General donations	816	-	816	3,183
Grants received	34,400	125,758	160,158	156,505
Regular giving	5,593	-	5,593	5,370
Collections/online cashback donations	329	-	329	128
	41,138	125,758	166,896	165,186
<i>Other trading activities</i>				
Fundraising	5,516	-	5,516	3,581
Web sales	482	-	482	685
Shop sales	162	-	162	327
	6,160	-	6,160	4,593
<i>Investment activities</i>				
Interest income	102	-	102	15
	102	-	102	15
<i>Charitable activities</i>				
Online courses	-	-	-	150
Training	9,172	-	9,172	2,275
Supervision	-	-	-	165
Client services therapy	24,741	-	24,741	27,261
	33,913	-	33,913	29,851
Total incoming resources	81,313	125,758	207,071	199,645

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2023

3 Resources expended	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
<i>Fundraising trading: cost of goods sold and other costs</i>				
Online facility fees	114	-	114	141
Bad debts	-	-	-	225
Postage	489	-	489	224
Products for resale	112	-	112	262
Fundraising and event costs	1,532	-	1,532	1,084
	2,247	-	2,247	1,936
<i>Charitable activities</i>				
Venue hire - Training venues	60	-	60	-
Venue hire - Client services	391	-	391	192
Sundry equipment/therapy resources	-	-	-	512
Advertising	-	4,467	4,467	829
Depreciation	873	818	1,691	1,301
Travel	677	-	677	79
Volunteer/community fund	1,570	-	1,570	497
Training course expenses	-	-	-	47
Sundry expenses	2,289	-	2,289	2,259
Stationery	309	-	309	425
Premises costs	15,617	-	15,617	18,580
Leasehold - Improvements	-	-	-	2,227
Premises - Repairs & Maintenance	917	-	917	371
Premises - Furniture & Furnishings	472	-	472	2,391
Premises - Household & Cleaning	740	-	740	815
Contractors & Outsourced Costs	1,393	3,331	4,724	501
Equipment	344	-	344	468
Employers National Insurance	9,809	-	9,809	6,395
Pensions costs	1,276	-	1,276	538
IT software	837	-	837	575
Salaries	-	164,458	164,458	116,612
Staff training	3,065	-	3,065	1,194
Staff supervision	2,950	-	2,950	2,630
Subscriptions & professional fees	1,079	-	1,079	944
Telephone & internet	744	-	744	851
	45,412	173,074	218,486	161,233
<i>Governance costs</i>				
Admin costs	437	-	437	43
Accountancy and bookkeeping	720	-	720	624
Independent examiners fees	2,100	-	2,100	480
Insurance	1,013	-	1,013	573
	4,270	-	4,270	1,720
Total resources expended	51,929	173,074	225,003	164,889

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2023

4 Net Income/(Expenditure)	Total	Total
	2023	2022
	£	£

Net income/(expenditure) is stated after charging:

Depreciation	1,691	1,301
Independent examiners fees	2,100	480
	<u>2,100</u>	<u>117,092</u>

5 Employee costs	2023	2022
	£	£
Wages and salaries	164,458	116,612
Social security costs	9,809	6,395
Pension costs	1,276	538
Total	<u>175,543</u>	<u>123,545</u>

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

The average number of employees during the year, calculated on the basis of full time equivalents, was as follows:

Counselling, advice and information	6	5
Administration and support	1	1
	<u>7</u>	<u>6</u>

Trustees' Remuneration, benefits and expenses

No trustees received any remuneration or were reimbursed for expenses.

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2023

5 Tangible Fixed Assets

	Office Equipment £	Computer Equipment £	Total £
Cost			
At 1 April 2022	1,919	3,909	5,828
Additions	-	1,737	1,737
	<hr/>	<hr/>	<hr/>
At 31 March 2023	<u>1,919</u>	<u>5,646</u>	<u>7,565</u>
Depreciation			
At 1 April 2022	549	1,871	2,420
Charge for the year	273	1,417	1,690
	<hr/>	<hr/>	<hr/>
At 31 March 2023	<u>822</u>	<u>3,288</u>	<u>4,110</u>
Net Book Value			
At 31 March 2023	<hr/> <u>1,097</u>	<hr/> <u>2,358</u>	<hr/> <u>3,455</u>
At 31 March 2022	<hr/> <u>1,370</u>	<hr/> <u>2,038</u>	<hr/> <u>3,408</u>

6 Debtors

	2023 £	2022 £
Trade debtors	10,858	27,480
Prepayments and accrued income	3,575	3,436
	<hr/>	<hr/>
	<u>14,433</u>	<u>30,916</u>

7 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	1,149	252
Taxes and social security	3,492	3,348
Accruals and deferred income	2,305	350
	<hr/>	<hr/>
	<u>6,946</u>	<u>3,950</u>

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2023

8 Movement in funds

	1st April 2022	Incoming resources	Resources expended	Balance transfers	31st March 2023
	£	£	£	£	£
Unrestricted funds					
<i>General Fund</i>	66,153	81,313	(51,929)	-	95,537
Restricted funds					
Computer equipment	1,197	-	(818)	-	379
Avon & Somerset Police	-	40,897	(40,897)	-	-
Western Power Distribution	-	9,920	(9,920)	-	-
The Tudor Trust	-	2,000	(2,000)	-	-
Postcode Local Trust	24,300	-	(24,300)	-	-
Albert Hunt Trust	-	2,000	(2,000)	-	-
Lloyds Bank Foundation	-	27,250	(27,250)	-	-
National Lottery	13,898	42,691	(56,589)	-	-
Groundwork	-	1,000	(1,000)	-	-
Allen Lane Foundation	7,500	-	(7,500)	-	-
Barchester Foundation	500	-	(500)	-	-
Bristol Pride	300	-	(300)	-	-
Total restricted funds	47,695	125,758	(173,074)	-	379
Total funds	113,848	207,071	(225,003)	-	95,916

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2023

Purposes of restricted funds:

Avon & Somerset Police	Core Costs (Domestic Abuse & Sexual Violence Services)
Western Power Distribution	START Programme & Group Core Costs
The Tudor Trust	Staff Wellbeing / Community Fund
Postcode Local Trust	core funding costs 2022/23
Albert Hunt Trust	Therapy sessions
Lloyds Bank Foundation	Core Costs (Sexual Violence Services)
National Lottery	Therapist salaries
Groundwork	core funding costs
Allen Lane Foundation	Therapeutic Community 2023
Barchester Foundation	Summer 2022 activities
Bristol Pride	START Programme - LGBT+ Places 2022/23

9 Related party disclosures

There were no related party transactions for the year ended 31st March 2023.

TRAUMA BREAKTHROUGH LTD.

England & Wales - Charity number 1150508

Accounts

Registered number
08274282

Charity Number
1150508

Trauma Breakthrough Ltd.

Report of the Trustees and unaudited Financial Statements

31 March 2022

Trauma Breakthrough Ltd.
Report and financial statements

Contents

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Trauma Breakthrough Ltd.

Registered number:

08274282

Charity number:

1150508

Independent examiner's report to the trustees of Trauma Breakthrough Ltd

I report on the accounts for the year ended 31st March 2022, which are set out on pages 4 to 18.

Respective responsibilities of trustees and examiner

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

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

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

Basis of independent examiner's report

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

Independent examiner's statement

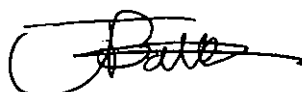
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect, the requirements:

- a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice - Accounting and Reporting by Charities have not been met;
- or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN



Date:

13th June 2022

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022.

The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2019).

Objectives and activities

Objectives and aims

Aims:

Trauma Breakthrough, which also works under the name Breakthrough, was founded in 2013. We are a charity based in Bath and operating across the south-west of England. We provide specialist mental health services and support for adult survivors of abuse and all forms of trauma. We also offer training and consultancy to organisations and individuals who want to learn to support survivors more effectively

Our charitable objects are:

To relieve sickness and preserve health. 1) Through the provision of specialist psychotherapy, counselling and support services, residential and non-residential, to adult survivors of childhood abuse and trauma. 2) Through the provision of education and training to churches, other faith-based organisations and the wider communities they serve, to enable them to offer more effective support for survivors of abuse and trauma. 3) Through raising awareness about the impact of trauma amongst the general public, and promoting psychological, emotional and spiritual wellbeing. 4) Any other charitable activity that promotes psychological, emotional and spiritual wellbeing.

Achievement and Performance

During the period the charity has continued to face a number of challenges arising from the Covid-19 pandemic and the various restrictions associated with it. We have been able to resume some fundraising and training activities, but these have not yet returned to pre-pandemic levels.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2022

Over the course of the year referrals for our services once again increased by over 500%, giving an increase of over 1000% compared over the last two years. We have also noticed that the people referred to us are experiencing considerably more complex mental health needs – possibly due in part to a rise in mental health difficulties in the general population due to the pandemic. However, the rise in complexity of mental health needs is also due in part to the increase in referrals that we are seeing from other voluntary organisations, and statutory mental health services.

In total the charity received 334 referrals over the course of the year. Staffing levels have been increased to meet the demand, and the charity now has 8 members of staff.

Services provided include:

Clinical Assessment

The purpose of clinical assessment is to ensure that the charity's other services are suitable for the needs of those referred, and that services can be delivered in a safe and effective manner.

During the period, Breakthrough carried out 66 clinical assessments.

Individual Psychotherapy

Breakthrough offers specialist one to one psychotherapy to help survivors to deal with the long term effects of the trauma they experienced.

All of our therapists are trained and experienced in working with survivors of trauma. They are all accredited by nationally recognised bodies such as the UK Council for Psychotherapy (UKCP), the British Association for Counselling and Psychotherapy (BACP) or equivalent professional bodies, or they are advanced trainees working towards accreditation under supervision.

During the period we delivered 564 individual psychotherapy sessions. The slight reduction on the previous reporting period was due to an increase in group psychotherapy session.

Group Psychotherapy

During the period we continued to operate both a daytime and an evening psychotherapy group; both having spaces for up to 12 participants.

In January 2022 the evening group came to an end. In February 2022 an evening psychotherapy group for male survivors of sexual abuse was started, funded by the Ministry of Justice. This group has space for up to 10 men.

During the period we delivered 91 group therapy sessions.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2022

Psychoeducation Programme

In February 2022 the charity ran a pilot psychoeducation programme, aimed at helping service-users gain greater understanding about their experiences, and to build psychological skills to ground themselves, and navigate everyday life situations.

The programme consists of 10 structured sessions, and the aim will be to repeat it at least twice every year.

Crisis Line

During the previous period the charity established a crisis phone line to provide support to service-users out of office hours. This was intended to provide a safety net for service users in mental health crisis, in the context of increased levels of isolation being experienced due to covid-19 restrictions.

During the reporting period, the crisis line received 696 contacts, each of which enabled staff to provide support to service users experiencing a mental health crisis, often preventing them coming to serious harm.

Other Support Services

Sometimes what survivors most need are the simple things. Someone that understands, people who have had similar experiences and come through, a friendly face or a safe place to relax.

In addition to psychotherapy services, Breakthrough has provided service-users with opportunities for supportive contact in between session times.

The support offered included:

Informal support sessions with one of our project support staff.

The Den – a safe and comfortable space at the support centre where service users can relax and ground themselves after sessions, or can come in for an hour or two during the day to help them feel safe and supported.

A Facebook group as a place where people can find encouragement, connection and support, wherever they are in the world.

Therapeutic Community

During the period Breakthrough began the development phase of a new project to establish a day therapeutic community for survivors with complex emotional needs. The project will offer a structured therapeutic programme for three full days per week for up to 16 people.

It is anticipated that this project will launch at some point in 2023.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2022

Training and Education

During this period, Breakthrough ran fewer training courses than during the previous year. This was due to time constraints imposed by the increase in demand for clinical services. However, the charity decided to focus on a smaller number of bespoke training and education courses for specific businesses and organisations.

These included training delivered online for over 70 staff at a large law firm.

These courses have been well received, and have resulted in further engagements to deliver similar training in the year ahead.

Partnerships

The charity has worked hard to develop a number of partnerships, and to increase participation in local and regional networks.

We have continued to be involved in the Bath and North East Somerset 3rd Sector Group, and have become involved in the regional Sexual Violence Reference Group.

The charity has begun to develop a more collaborative working relationship with NHS services, in particular Avon and Wiltshire Partnership for Mental Health.

We are also part way through a two year charity partnership with RWK Goodman. We are delighted that this has very much been a two-way partnership, with RWK Goodman giving both fundraising and practical volunteering support, and Breakthrough providing training to their staff.

Sadly, one casualty of the pandemic has been the charity's plan to open a support centre in Salisbury in partnership with a local faith community project. Unfortunately, financial pressures due to lockdown have meant that our partner project had to withdraw, so we have not been able to proceed.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2022

Financial Review

Total incoming resources for the period were £199,645 (2021: £157,008). Total resources expended were £164,889 (2021: £87,694). Overall surplus for the period was £34,756 (2021: £69,314).

The charity was successful in grant applications to a number of different funders. These included:

Postcode Local Trust
Foyie Foundation
Arnold Clark Foundation
The Burden Trust
Borges Salmon Charitable Trust
National Lottery
Leathersellers' Company Fund
Desmond Foundation
Denman Charitable Trust
Christadelphian Samaritan Fund
Groundwork
Allen Lane Foundation
Quartet Foundation
Barchester Foundation
Marsh Christian Trust
The Edward Gostling Foundation
Bryan Guinness Charitable Trust
Bristol Pride

Altogether, a total of £156,505 grant funding was raised for a variety of purposes.

Principal funding sources

Funding is primarily derived from grant funding (see above), continuing therapy and support services, donations and sales from its online and physical shop.

Further grant funding will continue to be researched and applied for, however, the board of trustees and senior management team are exploring ways to diversify income streams, to reduce the charity's reliance on grant funding, and develop more sustainable finances.

Reserves policy

The trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of budgeted expenditure. This is being worked towards moving forward and at this level, they feel that they would be able to continue the current activities of the charity in the event of a significant drop in funding. It would obviously be necessary to consider how funding would be replaced or activities changed.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2022

Structure, Governance and Management

Governing document

The charity is controlled by its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

Under the requirements of the Memorandum and Articles of Association the trustees are elected to serve at the Annual General Meeting.

Reference and Administrative Details

Registered Company number

08274282 (England and Wales)

Registered Charity number

1150508

Registered office

Foyer Annex
Dominion Road
Bath
BA2 1DF

Trustees

Dr Fergus Law
Ms Sarah Thomas
Ms Hannah Cox
Mr Jon Bees

Independent Examiner

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice).

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2022

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

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

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

Statement as to disclosure to our Independent Examiners

In so far as the trustees are aware at the time of approving our trustees' annual report:

there is no relevant information, being information needed by the examiner in

- connection with preparing their report, of which the charitable company's examiner is unaware; and

the trustees have taken all steps that they ought to have taken to make themselves

- aware of any relevant information and to establish that the examiner is aware of that information.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by order of the board of trustees on:

17 Sept 2022

and signed on its behalf by:

Signature:

Fergus D Law

Name:

FERGUS D LAW

Trustee

Trauma Breakthrough Ltd.
Statement of Financial Activities (Including Income & Expenditure Account)
for the year ended 31 March 2022

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2022 £	Total Funds 2021 £
Incoming resources	2				
Donations and grants		9,081	156,105	165,186	123,389
Other trading activities		4,593	-	4,593	4,994
Investment activities		15	-	15	26
Charitable activities		29,851	-	29,851	28,599
Total income		43,540	156,105	199,645	157,008
Resources expended	3				
Fundraising trading: cost of goods sold and other costs		852	1,084	1,936	620
Charitable activities		13,671	147,562	161,233	85,242
Governance costs		1,720	-	1,720	1,832
Total expenditure		16,243	148,646	164,889	87,694
Surplus/(deficit)		27,297	7,459	34,756	69,314
Reconciliation of funds					
Total funds brought forward		38,856	40,236	79,092	9,778
Total Funds carried forward		66,153	47,695	113,848	79,092

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

**Trauma Breakthrough Ltd.
Balance Sheet
as at 31 March 2022**

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	5	3,408	3,728
		<u>3,408</u>	<u>3,728</u>
Current assets			
Debtors	6	30,916	5,116
Cash at bank and in hand		83,474	73,426
		<u>114,390</u>	<u>78,542</u>
Creditors: amounts falling due within one year	7	(3,950)	(3,178)
Net current assets		<u>110,440</u>	<u>75,364</u>
Total assets less current liabilities		<u>113,848</u>	<u>79,092</u>
Net assets		<u>113,848</u>	<u>79,092</u>
Funds	8		
Unrestricted funds		66,153	38,856
Restricted funds		47,695	40,236
Total Funds		<u>113,848</u>	<u>79,092</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors/trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

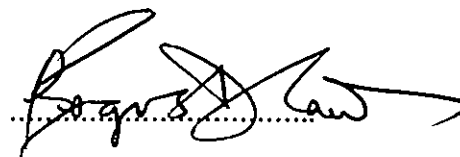
The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

These financial statements were approved by the Trustees on

17 Sep 2022

On behalf of the Trustees

Signature



Name

FEROUS D LAW

Position

Chair of Trustees

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2022

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

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 (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The financial statements have been prepared under the historical cost convention.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2022

Tangible fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £250 are not capitalised. Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - over 3 years, straight line
Office equipment - 20% on a reducing balance basis

Taxation

As a charity, Trauma Breakthrough Ltd. is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

2 Incoming resources	Unrestricted	Restricted	Total	Total
	2022	2022	2022	2021
	£	£	£	£
<i>Donations and grants</i>				
General donations	3,183	-	3,183	3,626
Grants received	400	156,105	156,505	117,892
Regular giving	5,370	-	5,370	1,523
Collections/online cashback donations	128	-	128	348
	9,081	156,105	165,186	123,389
<i>Other trading activities</i>				
Fundraising	3,581	-	3,581	3,062
Web sales	685	-	685	1,514
Shop sales	327	-	327	418
	4,593	-	4,593	4,994
<i>Investment activities</i>				
Interest income	15	-	15	26
	15	-	15	26
<i>Charitable activities</i>				
Online courses	150	-	150	4,141
Training	2,275	-	2,275	600
Supervision	165	-	165	385
Client services therapy	27,261	-	27,261	23,473
	29,851	-	29,851	28,599
Total incoming resources	43,540	156,105	199,645	157,008

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2022

3 Resources expended	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
<i>Fundraising trading: cost of goods sold and other costs</i>				
Online facility fees	141	-	141	245
Bad debts	225	-	225	-
Postage	224	-	224	242
Products for resale	262	-	262	37
Fundraising and event costs	-	1,084	1,084	96
	852	1,084	1,936	620
<i>Charitable activities</i>				
Venue hire - Training venues	-	-	-	(61)
Venue hire - Client services	192	-	192	(144)
Venue hire - equipment costs	-	-	-	-
Sundry equipment/therapy resources	512	-	512	900
Advertising	829	-	829	551
Consultancy	-	-	-	-
Depreciation	483	818	1,301	702
Travel	79	-	79	163
Volunteer/community fund	497	-	497	607
Training course expenses	47	-	47	498
Sundry expenses	2,259	-	2,259	891
Stationery	425	-	425	274
Premises costs	80	18,500	18,580	3,575
Leasehold - Improvements	7	2,220	2,227	1,707
Premises - Repairs & Maintenance	371	-	371	272
Premises - Furniture & Furnishings	91	2,300	2,391	870
Premises - Household & Cleaning	694	121	815	576
Contractors & Outsourced Costs	501	-	501	981
Equipment	468	-	468	501
Employers National Insurance	95	6,300	6,395	779
Pensions costs	38	500	538	323
IT software	575	-	575	362
Salaries	5,259	111,353	116,612	65,561
Staff training	94	1,100	1,194	1,291
Staff supervision	30	2,600	2,630	1,780
Subscriptions & professional fees	44	900	944	1,167
Telephone & internet	1	850	851	1,116
	13,671	147,562	161,233	85,242
<i>Governance costs</i>				
Admin costs	43	-	43	113
Legal fees	-	-	-	500
Accountancy and bookkeeping	624	-	624	426
Independent examiners fees	480	-	480	480
Insurance	573	-	573	313
	1,720	-	1,720	1,832
Total resources expended	16,243	148,646	164,889	87,694

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2022

4 Net Income/(Expenditure)	Total 2022 £	Total 2021 £
-----------------------------------	-----------------------------	-----------------------------

Net income/(expenditure) is stated after charging:

Depreciation	1,301	702
Independent examiners fees	480	480
Salaries and wages	116,612	65,561
	<u>117,092</u>	<u>66,041</u>

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

The average number of employees during the year, calculated on the basis of full time equivalents, was as follows:

Counselling, advice and information	5	2
Administration and support	1	1
	<u>6</u>	<u>3</u>

Trustees' Remuneration, benefits and expenses

No trustees received any remuneration or were reimbursed for expenses.

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2022

5 Tangible Fixed Assets

	Office Equipment £	Computer Equipment £	Total £
Cost			
At 1 April 2021	1,919	2,927	4,846
Additions	-	982	982
	<hr/>	<hr/>	<hr/>
At 31 March 2022	<u>1,919</u>	<u>3,909</u>	<u>5,828</u>
Depreciation			
At 1 April 2021	206	912	1,118
Charge for the year	343	959	1,302
	<hr/>	<hr/>	<hr/>
At 31 March 2022	<u>549</u>	<u>1,871</u>	<u>2,420</u>
Net Book Value			
At 31 March 2022	<hr/> <u>1,370</u>	<hr/> <u>2,038</u>	<hr/> <u>3,408</u>
At 31 March 2021	<hr/> <u>1,713</u>	<hr/> <u>2,015</u>	<hr/> <u>3,728</u>

6 Debtors	2022	2021
	£	£
Trade debtors	27,480	1,603
Prepayments and accrued income	3,436	3,513
	<hr/>	<hr/>
	<u>30,916</u>	<u>5,116</u>

7 Creditors: amounts falling due within one year	2022	2021
	£	£
Trade creditors	252	1,130
Taxes and social security	3,348	1,501
Accruals and deferred income	350	547
	<hr/>	<hr/>
	<u>3,950</u>	<u>3,178</u>

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2022

8 Movement in funds

	1st April 2021	Incoming resources	Resources expended	Balance transfers	31st March 2022
	£	£	£	£	£
Unrestricted funds					
<i>General Fund</i>	38,856	43,539	(16,242)	-	66,153
Restricted funds					
Computer equipment	2,015	-	(818)	-	1,197
Avon & Somerset Police	9,454	53,783	(63,237)	-	-
Souter Charitable Trust	3,477	-	(3,477)	-	-
St Pauls Church, Salisbury	25,290	(23,696)	(1,594)	-	-
Postcode Local Trust	-	24,800	(500)	-	24,300
Foyle Foundation	-	5,000	(5,000)	-	-
Arnold Clark Foundation	-	2,000	(2,000)	-	-
The Burden Trust	-	5,000	(5,000)	-	-
Burges Salmon Charitable Trust	-	200	(200)	-	-
National Lottery	-	41,693	(27,795)	-	13,898
Leathersellers' Company Fund	-	1,500	(1,500)	-	-
Desmond Foundation	-	2,000	(2,000)	-	-
Denman Charitable Trust	-	1,000	(1,000)	-	-
Christadelphian Samaritan Fund	-	400	(400)	-	-
Groundwork	-	1,000	(1,000)	-	-
Allen Lane Foundation	-	7,500	-	-	7,500
Quartet Foundation	-	5,000	(5,000)	-	-
Barchester Foundation	-	500	-	-	500
Marsh Christian Trust	-	350	(350)	-	-
The Edward Gostling Foundation	-	22,775	(22,775)	-	-
Bryan Guinness Charitable Trust	-	5,000	(5,000)	-	-
Bristol Pride	-	300	-	-	300
Total restricted funds	40,236	156,105	(148,646)	-	47,695
Total funds	79,092	199,644	(164,888)	-	113,848

**Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2022**

Purposes of restricted funds:

Avon & Somerset Police	Funding of core salaries
Souter Charitable Trust	core funding costs
St Pauls Church, Salisbury	core funding costs
Postcode Local Trust	core funding costs 2022/23
Foyle Foundation	core funding costs
Arnold Clark Foundation	core funding costs
The Burden Trust	core funding costs
Burges Salmon Charitable Trust	core funding costs
National Lottery	Funding of core salaries
Leathersellers' Company Fund	core funding costs
Desmond Foundation	core funding costs
Denman Charitable Trust	core funding costs
Christadelphian Samaritan Fund	core funding costs
Groundwork	core funding costs
Allen Lane Foundation	Therapeutic Community 2023
Quartet Foundation	core funding costs
Barchester Foundation	Summer 2022 activities
Marsh Christian Trust	core funding costs
The Edward Gostling Foundation	core funding costs
Bryan Guinness Charitable Trust	core funding costs
Bristol Pride	START Programme - LGBT+ Places 2022/23

9 Related party disclosures

There were no related party transactions for the year ended 31st March 2022.

TRAUMA BREAKTHROUGH LTD.

England & Wales - Charity number 1150508

Accounts

Registered number
08274282

Charity Number
1150508

Trauma Breakthrough Ltd.

Report of the Trustees and unaudited Financial Statements

31 March 2021



Trauma Breakthrough Ltd.
Report and financial statements

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Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021.

The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2015).

Objectives and activities

Objectives and aims

Aims:

Trauma Breakthrough, which also works under the name Breakthrough, was founded in 2013. We are a charity based in Bath and operating across the south-west of England. We provide specialist mental health services and support for adult survivors of abuse and all forms of trauma. We also offer training and consultancy to organisations and individuals who want to learn to support survivors more effectively

Our charitable objects are:

To relieve sickness and preserve health. 1) Through the provision of specialist psychotherapy, counselling and support services, residential and non-residential, to adult survivors of childhood abuse and trauma. 2) Through the provision of education and training to churches, other faith-based organisations and the wider communities they serve, to enable them to offer more effective support for survivors of abuse and trauma. 3) Through raising awareness about the impact of trauma amongst the general public, and promoting psychological, emotional and spiritual wellbeing. 4) Any other charitable activity that promotes psychological, emotional and spiritual wellbeing.

Achievement and Performance

During the period the charity has faced many challenges due to the Covid-19 pandemic and the various restrictions and lockdowns. All of our training and fundraising events had to be cancelled, which had significant implications for the charity's income. At the same time we felt it was vital to continue support for vulnerable service users, which necessitated moving all our services online from April to September 2020.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2021

In September 2020 we opened our support centre and offices in Bath, which enabled us to resume seeing service users face to face in a socially distanced setting. The centre was officially opened by the Mayor of Bath and the local Member of Parliament.

Over the course of the year referrals for our services increased by over 500%

Services provided include:

Individual Psychotherapy

Breakthrough offers specialist individual psychotherapy, to help survivors of childhood trauma to deal with some of the long-term effects arising from their experiences.

All of our therapists are trained and experienced in working with survivors of trauma, and they are all accredited by nationally recognised bodies such as the UK Council for Psychotherapy (UKCP), or the British Association for Counselling and Psychotherapy (BACP).

During the period we delivered:

- 206 Individual sessions online.
- 430 individual sessions in person.

Group Psychotherapy

In October 2020 Breakthrough started an ongoing weekly evening psychotherapy group based at the support centre.

In February 2021 a second weekly day-time psychotherapy group was started based at the support centre.

Both groups have space for 10 participants, all of whom are experiencing long-term emotional and social difficulties arising from childhood trauma. These effects include: depression – anxiety – lack of self-esteem – the effects of trauma and abuse – substance misuse – eating disorders – self-harming and other compulsive behaviours – PTSD etc.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2021

Support and Befriending

Sometimes what survivors most need are the simple things. Someone that understands, people who have had similar experiences and come through, a friendly face or a safe place to relax.

Breakthrough's support and befriending service offers supportive contact with our specially trained befrienders and mentors.

We also provided:

- a) An online peer support group (until July 2020) as a space where survivors could share life's challenges and triumphs.
- b) A weekly drop-in session, where survivors can connect socially, play games, do artwork and other activities.
- c) Peer support groups – a safe space to share life's challenges and triumphs with other survivors.
- d) The Den – a safe and comfortable space at the support centre where service users can relax and ground themselves after sessions, or can come in for an hour or two during the day to help them feel safe and supported.
- e) A Facebook group as a place where people can find encouragement, connection and support, wherever they are in the world.

Training

The majority of Breakthrough's training was delivered online, due to the constraints of the Covid-19 pandemic. This training was in the form of a series of two-hour evening seminars, plus a number of half-day in-depth workshops aimed at survivors of trauma and their supporters.

In addition to these, Breakthrough also ran bespoke online training for a number of other organisations, including Bath and North East Somerset 3rd Sector Group compassionate communities volunteers, frontline NHS staff and Nilaari.

During the period Breakthrough delivered 22 online training sessions to 367 people. Breakthrough also delivered two days of in-person training to Hope Centre Salisbury volunteers to 50 people.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2021

Financial Review

Total incoming resources for the period were £157,008 (2020: £50,548). Total resources expended were £87,694 (2020: £50,833). Overall surplus for the period was £69,314 (2020: Deficit £285).

The charity was successful in grant applications to a number of different funders. These included

- The National Lottery Community Fund
- Avon and Somerset Police and Crime Commissioner
- The Charities Aid Foundation
- Yapp Charitable Trust
- Morrisons Foundation
- The Souter Charitable Trust
- Neighbourly Community Fund
- The Truemark Trust
- The Clothworkers' Foundation
- Bath Boules Charitable Trust
- The Screwfix Foundation

Altogether, a total of £117,891.64 grant funding was raised for a variety of purposes.

Principal funding sources

Funding is derived from its continuing therapy support services, donations and sales from its online and physical shop. Grant funding will continue to be researched and applied for.

Reserves policy

The trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be 6 months of budgeted expenditure. This is being worked towards moving forward and at this level, they feel that they would be able to continue the current activities of the charity in the event of a significant drop in funding. It would obviously be necessary to consider how funding would be replaced or activities changed.

Structure, Governance and Management

Governing document

The charity is controlled by its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

Under the requirements of the Memorandum and Articles of Association the trustees are elected to serve at the Annual General Meeting.

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2021

Reference and Administrative Details

Registered Company number

08274282 (England and Wales)

Registered Charity number

1150508

Registered office

Foyer Annex
Dominion Road
Bath
BA2 1DF

Trustees

Dr Fergus Law
Mr Giles Lascelle
Ms Kerry Badger
Ms Hannah Cox
Mr Jon Bees

Independent Examiner

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

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

Trauma Breakthrough Ltd.

Registered number: 08274282

Charity number: 1150508

Report of the Trustees

For the year ending 31 March 2021

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

Statement as to disclosure to our Independent Examiners


In so far as the trustees are aware at the time of approving our trustees' annual report:

- there is no relevant information, being information needed by the examiner in connection with preparing their report, of which the charitable company's examiner is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the examiner is aware of that information.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by order of the board of trustees on: 16th May 2021

and signed on its behalf by:



Trauma Breakthrough Ltd.

Registered number:

08274282

Charity number:

1150508

Independent examiner's report to the trustees of Trauma Breakthrough Ltd

I report on the accounts for the year ended 31st March 2021, which are set out on pages 10 to 18.

Respective responsibilities of trustees and examiner

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

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

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

Basis of independent examiner's report

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

Independent examiner's statement

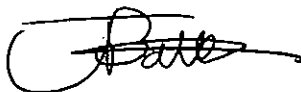
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect, the requirements:

- a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice - Accounting and Reporting by Charities have not been met;
- or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN



Date:

16 MAY 2021

Trauma Breakthrough Ltd.
Statement of Financial Activities (Including Income & Expenditure Account)
for the year ended 31 March 2021

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Incoming resources	2				
Donations and grants		11,197	112,192	123,389	24,883
Other trading activities		4,994	-	4,994	7,565
Investment activities		26	-	26	46
Charitable activities		28,599	-	28,599	18,054
Total income		44,816	112,192	157,008	50,548
Resources expended	3				
Fundraising trading: cost of goods sold and other costs		620	-	620	5,533
Charitable activities		13,286	71,956	85,242	43,439
Governance costs		1,832	-	1,832	1,861
Total expenditure		15,738	71,956	87,694	50,833
Surplus/(deficit)		29,078	40,236	69,314	(285)
Reconciliation of funds					
Total funds brought forward		9,778	-	9,778	10,063
Total Funds carried forward		38,856	40,236	79,092	9,778

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

Trauma Breakthrough Ltd.
Balance Sheet
as at 31 March 2021

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	5	3,728	32
		<hr/>	<hr/>
		3,728	32
Current assets			
Debtors	6	5,116	852
Cash at bank and in hand		73,426	8,974
		<hr/>	<hr/>
		78,542	9,826
Creditors: amounts falling due within one year	7	(3,178)	(80)
Net current assets		<hr/>	<hr/>
		75,364	9,746
Total assets less current liabilities		<hr/>	<hr/>
		79,092	9,778
Net assets		<hr/>	<hr/>
		79,092	9,778
Funds	8		
Unrestricted funds		38,856	9,778
Restricted funds		40,236	-
		<hr/>	<hr/>
Total Funds		79,092	9,778

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors/trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

These financial statements were approved by the Trustees on

16th MAY 2021

On behalf of the Trustees



GILES LASCELLE

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2021

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

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 (FRS102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The financial statements have been prepared under the historical cost convention.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2021

Tangible fixed assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. The costs of minor additions or those costing below £250 are not capitalised. Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life. Impairment reviews are carried out as and when evidence comes to light that the recoverable amount of a functional fixed asset is below its net book value due to damage, obsolescence or other relevant factors.

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - over 3 years, straight line
Office equipment - 20% on a reducing balance basis

Taxation

As a charity, Trauma Breakthrough Ltd. is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

2 Incoming resources	Unrestricted	Restricted	Total	Total
	2021	2021	2021	2020
	£	£	£	£
<i>Donations and grants</i>				
General donations	3,626	-	3,626	3,563
Grants received	5,700	112,192	117,892	21,000
Regular giving	1,523	-	1,523	180
Collections/online cashback donations	348	-	348	140
	11,197	112,192	123,389	24,883
<i>Other trading activities</i>				
Fundraising	3,062	-	3,062	6,388
Auction/sponsorship	-	-	-	100
Referral fees	-	-	-	10
Web sales	1,514	-	1,514	525
Shop sales	418	-	418	542
	4,994	-	4,994	7,565
<i>Investment activities</i>				
Interest Income	26	-	26	46
	26	-	26	46
<i>Charitable activities</i>				
Training	4,141	-	4,141	4,847
Commissioned services	600	-	600	1,200
Supervision	385	-	385	210
Client services therapy	23,473	-	23,473	11,797
	28,599	-	28,599	18,054
Total incoming resources	44,816	112,192	157,008	50,548

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2021

3 Resources expended	Unrestricted	Restricted	Total	Total
	2021	2021	2021	2020
	£	£	£	£
<i>Fundraising trading: cost of goods sold and other costs</i>				
Bank fees	245	-	245	22
Bad debts	-	-	-	196
Postage	242	-	242	148
Products for resale	37	-	37	4,710
Fundraising and event costs	96	-	96	457
	620	-	620	5,533
<i>Charitable activities</i>				
Venue hire - Training venues	(61)	-	(61)	887
Venue hire - Client services	(144)	-	(144)	4,519
Venue hire - equipment costs	-	-	-	375
Sundry equipment/therapy resources	543	357	900	144
Advertising	551	-	551	942
Consultancy	-	-	-	50
Depreciation	238	464	702	148
Travel	163	-	163	205
Volunteer/community fund	607	-	607	217
Training course expenses	498	-	498	139
Sundry expenses	32	859	891	487
Stationery	49	225	274	587
Rent	2,475	1,100	3,575	-
Leasehold - Improvements	-	1,707	1,707	-
Premises - Repairs & Maintenance	-	272	272	-
Premises - Furniture & Furnishings	399	471	870	-
Premises - Household & Cleaning	276	300	576	-
Contractors & Outsourced Costs	981	-	981	-
Equipment	-	501	501	-
Employers National Insurance	779	-	779	-
Pensions costs	323	-	323	-
IT software	-	362	362	137
Salaries	1,807	63,754	65,561	32,393
Staff training	946	345	1,291	490
Staff supervision	1,780	-	1,780	1,040
Subscriptions & professional fees	1,044	123	1,167	565
Telephone & Internet	-	1,116	1,116	114
	13,286	71,956	85,242	43,439
<i>Governance costs</i>				
Admin costs	113	-	113	155
Legal fees	500	-	500	-
Accountancy and bookkeeping	426	-	426	1,053
Independent examiners fees	480	-	480	480
Insurance	313	-	313	173
	1,832	-	1,832	1,861
Total resources expended	15,738	71,956	87,694	50,833

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2021

4 Net Income/(Expenditure)	Total 2021 £	Total 2020 £
Net Income/(expenditure) is stated after charging:		
Depreciation	702	148
Independent examiners fees	480	480
Salaries and wages	65,561	32,393
	<u>66,041</u>	<u>32,873</u>

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

The average number of employees during the year, calculated on the basis of full time equivalents, was as follows:

Counselling, advice and information	2	1
Administration and support	1	1
	<u>3</u>	<u>2</u>

Trustees' Remuneration, benefits and expenses

~~During the year, Mr Giles Lascelle, a trustee of the charity was paid remuneration of £24,368 (2020: £21,856) for therapy services to clients and not related to trustee duties. During the period and in addition to the remuneration the sum of £986 (2020: £480) was paid to Mr Lascelle for general expenses and £1,200 (2020:£800) for supervision services.~~

No other trustees received any remuneration or were reimbursed for expenses.

Trauma Breakthrough Ltd.
Notes to the Accounts
for the year ended 31 March 2021

5 Tangible Fixed Assets

	Office Equipment £	Computer Equipment £	Total £
Cost			
At 1 April 2020	-	448	448
Additions	1,919	2,479	4,398
At 31 March 2021	<u>1,919</u>	<u>2,927</u>	<u>4,846</u>
Depreciation			
At 1 April 2020	-	416	416
Charge for the year	206	496	702
At 31 March 2021	<u>206</u>	<u>912</u>	<u>1,118</u>
Net Book Value			
At 31 March 2021	<u>1,713</u>	<u>2,015</u>	<u>3,728</u>
At 31 March 2020	<u>-</u>	<u>32</u>	<u>32</u>

6 Debtors	2021	2020
	£	£
Trade debtors	1,603	728
Prepayments and accrued income	<u>3,513</u>	<u>124</u>
	<u>5,116</u>	<u>852</u>

7 Creditors: amounts falling due within one year	2021	2020
	£	£
Trade creditors	1,130	-
Taxes and social security	1,501	(448)
Accruals and deferred income	<u>547</u>	<u>528</u>
	<u>3,178</u>	<u>80</u>

Trauma Breakthrough Ltd.
Notes to the Accounts
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8 Movement in funds

	1st April 2020	Incoming resources	Resources expended	Balance transfers	31st March 2021
	£	£	£	£	£
Unrestricted funds					
<i>General Fund</i>	9,778	44,816	(15,738)	-	38,856
Restricted funds					
Computer equipment	-	-	(464)	2,479	2,015
Avon & Somerset Police (1)	-	8,029	(8,029)	-	-
Avon & Somerset Police (2)	-	18,908	(9,454)	-	9,454
Bath Boules Charitable Trust	-	1,750	(1,750)	-	-
Carriers for Causes	-	1,000	-	(1,000)	-
Charities Aid Foundation	-	4,500	(4,500)	-	-
Clothworkers Foundation	-	2,800	(1,321)	(1,479)	-
Morrisons Foundation	-	3,865	(3,865)	-	-
National Lottery	-	35,000	(35,000)	-	-
Pixel Fund	-	2,500	(2,500)	-	-
Screwfix Foundation	-	2,750	(2,750)	-	-
Yapp Charitable Trust	-	2,000	(2,000)	-	-
Souter Charitable Trust	-	3,800	(323)	-	3,477
St Pauls Church, Salisbury	-	25,290	-	-	25,290
Total restricted funds	-	112,192	(71,956)	-	40,236
Total funds	9,778	157,008	(87,694)	-	79,092

Trauma Breakthrough Ltd.
Notes to the Accounts
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Purposes of restricted funds:

Avon & Somerset Police (1) - Therapist salaries, contribution towards IT Software and support costs

Avon & Somerset Police (2) - Further therapist salary support from January 2021

Bath Boules Charitable Trust - 3 month Support Worker costs

Carriers for Causes - Contribution towards new laptop/computer

Charities Aid Foundation - Therapist salaries and IT Support for 3 months

Clothworkers Foundation - Contribution towards IT and Communications costs

Morrison's Foundation - Salaries and venue costs

National Lottery - Clinical director, services manager and therapists, towards 6 months salary costs

Pixel Fund - Partial funding of therapy group project

Screwfix Foundation - Internal building works, decorating and furnishings

Yapp Charitable Trust - Contribution towards salary costs

Souter Charitable Trust - Art project salaries and venue costs

St Pauls Church, Salisbury - Salisbury project

9 Related party disclosures

There were no related party transactions for the year ended 31st March 2021.