

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

Contents

	Page
Report of the trustees	3 - 8
Independent examiner's report	9
Statement of financial activities	10
Balance sheet	11
Notes to the financial statements	12 - 18

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

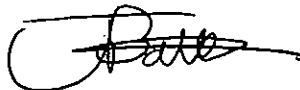
In connection with my examination, no matter has come to my attention:

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

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 2021 £	Restricted 2021 £	Total 2021 £	Total 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 2021 £	Restricted 2021 £	Total 2021 £	Total 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	Total
2021	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
for the year ended 31 March 2021

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
for the year ended 31 March 2021

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.