

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 10<sup>th</sup> 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.

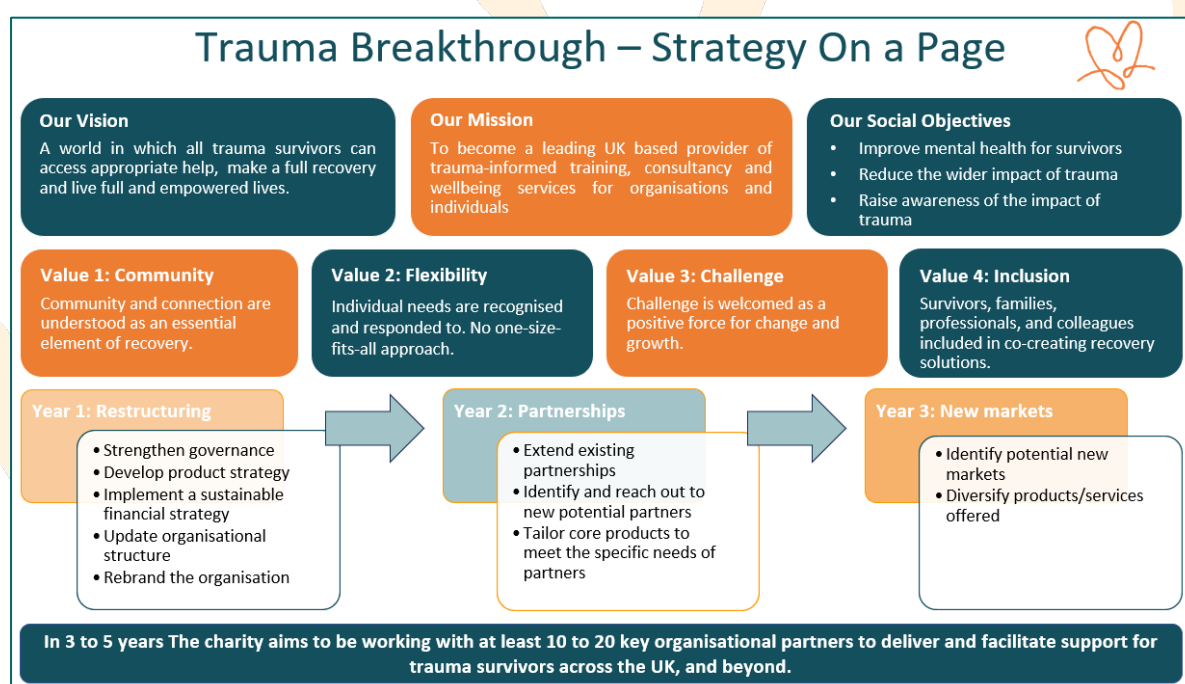
- 1) Through the provision of specialist psychotherapy, counselling and support services, residential and non-residential, to adult survivors of childhood abuse and trauma.
- 2) Through the provision of education and training to churches, other faith-based organisations and the wider communities they 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.

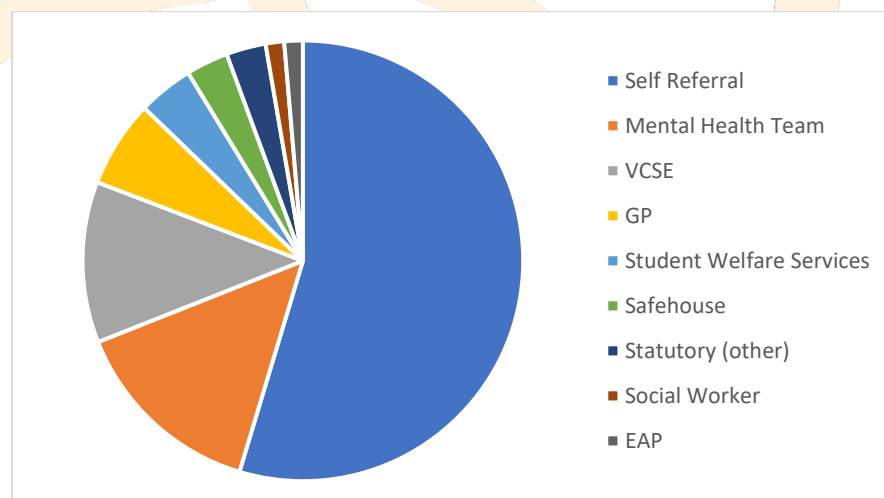
Each referral is triaged by our team and includes comprehensive assessments around risk, presenting needs and other contributing factors so that the best plan can be made adapted to the needs of each person. Support plans can include individual therapy, group psychotherapy, art therapy, coordinated support 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 3<sup>rd</sup> 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~~  
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 £
<b>Incoming resources</b>	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
<b>Total income</b>		<b>81,313</b>	<b>125,758</b>	<b>207,071</b>	<b>199,645</b>
<b>Resources expended</b>	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
<b>Total expenditure</b>		<b>51,929</b>	<b>173,074</b>	<b>225,003</b>	<b>164,889</b>
<b>Surplus/(deficit)</b>		29,384	(47,316)	(17,932)	34,756
<b>Reconciliation of funds</b>					
Total funds brought forward		66,153	47,695	113,848	79,092
<b>Total Funds carried forward</b>		<b>95,537</b>	<b>379</b>	<b>95,916</b>	<b>113,848</b>



**Trauma Breakthrough Ltd.**  
**Balance Sheet**  
**as at 31 March 2023**

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

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.

<b>2 Incoming resources</b>	<b>Unrestricted 2023 £</b>	<b>Restricted 2023 £</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
<b><i>Donations and grants</i></b>				
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
	<b>41,138</b>	<b>125,758</b>	<b>166,896</b>	<b>165,186</b>
<b><i>Other trading activities</i></b>				
Fundraising	5,516	-	5,516	3,581
Web sales	482	-	482	685
Shop sales	162	-	162	327
	<b>6,160</b>	<b>-</b>	<b>6,160</b>	<b>4,593</b>
<b><i>Investment activities</i></b>				
Interest income	102	-	102	15
	<b>102</b>	<b>-</b>	<b>102</b>	<b>15</b>
<b><i>Charitable activities</i></b>				
Online courses	-	-	-	150
Training	9,172	-	9,172	2,275
Supervision	-	-	-	165
Client services therapy	24,741	-	24,741	27,261
	<b>33,913</b>	<b>-</b>	<b>33,913</b>	<b>29,851</b>
<b>Total incoming resources</b>	<b>81,313</b>	<b>125,758</b>	<b>207,071</b>	<b>199,645</b>

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

<b>3 Resources expended</b>	<b>Unrestricted 2023 £</b>	<b>Restricted 2023 £</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
<b><i>Fundraising trading: cost of goods sold and other costs</i></b>				
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
	<b>2,247</b>	<b>-</b>	<b>2,247</b>	<b>1,936</b>
<b><i>Charitable activities</i></b>				
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
	<b>45,412</b>	<b>173,074</b>	<b>218,486</b>	<b>161,233</b>
<b><i>Governance costs</i></b>				
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
	<b>4,270</b>	<b>-</b>	<b>4,270</b>	<b>1,720</b>
<b>Total resources expended</b>	<b>51,929</b>	<b>173,074</b>	<b>225,003</b>	<b>164,889</b>

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

<b>4 Net Income/(Expenditure)</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
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Net income/(expenditure) is stated after charging:

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

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

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
	<hr/> 7	<hr/> 6

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

<b>6 Debtors</b>	<b>2023</b>	<b>2022</b>
	£	£
Trade debtors	10,858	27,480
Prepayments and accrued income	3,575	3,436
	14,433	30,916

<b>7 Creditors: amounts falling due within one year</b>	<b>2023</b>	<b>2022</b>
	£	£
Trade creditors	1,149	252
Taxes and social security	3,492	3,348
Accruals and deferred income	2,305	350
	6,946	3,950

**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
	£	£	£	£	£
<b>Unrestricted funds</b>					
<i>General Fund</i>	66,153	81,313	(51,929)	-	95,537
<b>Restricted funds</b>					
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)	-	-
<b>Total restricted funds</b>	47,695	125,758	(173,074)	-	379
<b>Total funds</b>	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.