

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**

**Contents**

	<b>Page</b>
Report of the trustees	3 - 12
Independent examiner's report	13 - 14
Statement of financial activities	15
Balance sheet	16
Notes to the financial statements	17 - 23



## 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.

A handwritten signature in dark blue ink, appearing to be 'Emily Curtis', with a stylized, flowing script.

**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 3<sup>rd</sup> 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.

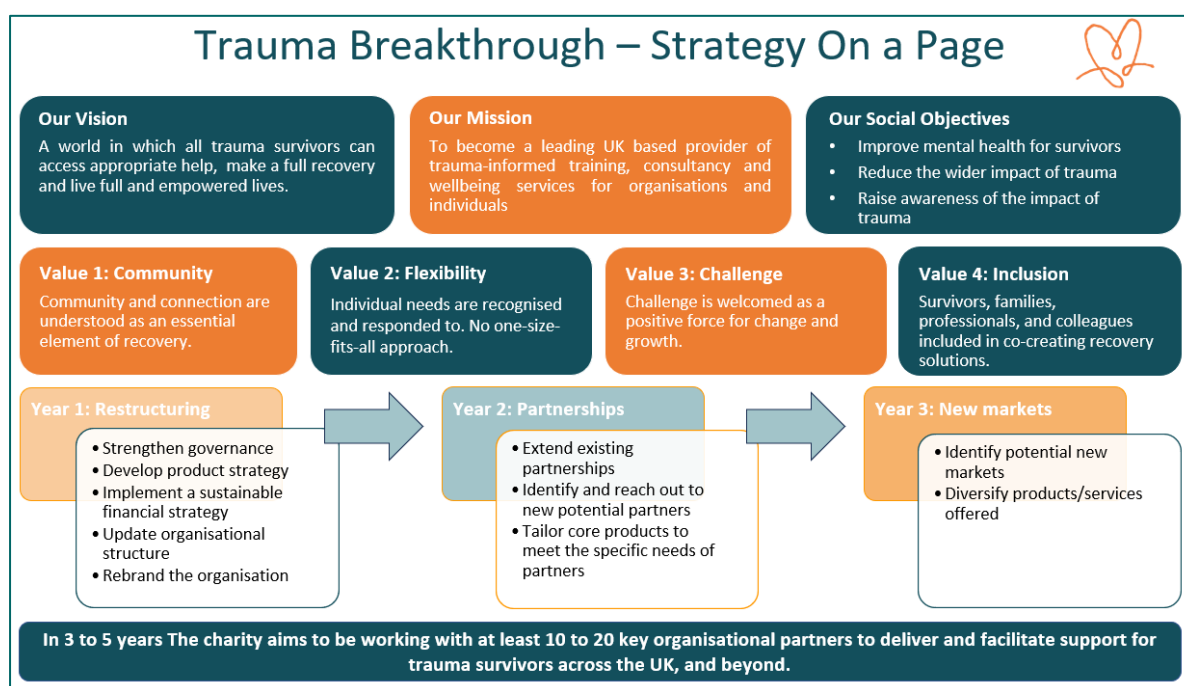
1. Through the provision of specialist psychotherapy, counselling and support services, residential and non-residential, to adult survivors of childhood abuse and trauma.
2. Through the provision of education and training to churches, other faith-based organisations and the wider communities they serve,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

4. 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.

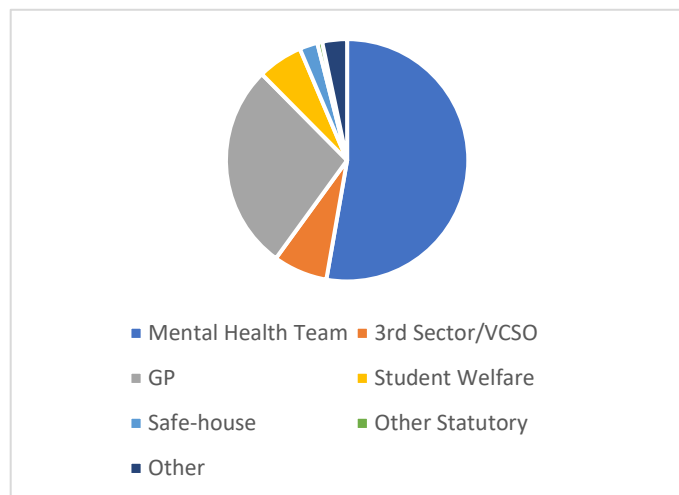


The ever-growing number of referrals has led to a sharp rise in the number of people on our waiting list. Typically, even those in the highest priority groups will wait 6 to 9 months before we are able to see them, with those whose need is assessed as being less urgent having to wait for anything up 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.

<b>Mental Health Team</b>	52.75%
<b>3rd Sector/VCSO</b>	7.25%
<b>GP</b>	27.58%
<b>Student Welfare</b>	6.04%
<b>Safe-house</b>	2.42%
<b>Other Statutory</b>	0.65%
<b>Other</b>	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 3<sup>rd</sup> 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 Kinergety, 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 31<sup>st</sup> 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 £
<b>Incoming resources</b>	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
<b>Total income</b>		<b>89,961</b>	<b>191,668</b>	<b>281,629</b>	<b>207,071</b>
<b>Resources expended</b>	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
<b>Total expenditure</b>		<b>101,671</b>	<b>158,480</b>	<b>260,151</b>	<b>225,003</b>
<b>Surplus/(deficit)</b>		<b>(11,710)</b>	<b>33,188</b>	<b>21,478</b>	<b>(17,932)</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		95,537	379	95,916	113,848
<b>Total Funds carried forward</b>		<b>83,827</b>	<b>33,567</b>	<b>117,394</b>	<b>95,916</b>

**Trauma Breakthrough Ltd.**  
**Balance Sheet**  
**as at 31 March 2024**

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

<b>2 Incoming resources</b>	<b>Unrestricted 2024 £</b>	<b>Restricted 2024 £</b>	<b>Total 2024 £</b>	<b>Total 2023 £</b>
<b><i>Donations and grants</i></b>				
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
	<b>67,225</b>	<b>191,668</b>	<b>258,893</b>	<b>166,896</b>
<b><i>Other trading activities</i></b>				
Fundraising	15,496	-	15,496	5,516
Web sales	520	-	520	482
Shop sales	206	-	206	162
	<b>16,222</b>	<b>-</b>	<b>16,222</b>	<b>6,160</b>
<b><i>Investment activities</i></b>				
Interest income	867	-	867	102
	<b>867</b>	<b>-</b>	<b>867</b>	<b>102</b>
<b><i>Charitable activities</i></b>				
Training	4,497	-	4,497	9,172
Client services therapy	1,150	-	1,150	24,741
	<b>5,647</b>	<b>-</b>	<b>5,647</b>	<b>33,913</b>
<b>Total incoming resources</b>	<b>89,961</b>	<b>191,668</b>	<b>281,629</b>	<b>207,071</b>

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

<b>3 Resources expended</b>	<b>Unrestricted 2024 £</b>	<b>Restricted 2024 £</b>	<b>Total 2024 £</b>	<b>Total 2023 £</b>
<b><i>Fundraising trading: cost of goods sold and other costs</i></b>				
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
	<b>5,892</b>	<b>-</b>	<b>5,892</b>	<b>2,247</b>
<b><i>Charitable activities</i></b>				
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
	<b>91,810</b>	<b>158,480</b>	<b>250,290</b>	<b>218,486</b>
<b><i>Governance costs</i></b>				
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
	<b>3,969</b>	<b>-</b>	<b>3,969</b>	<b>4,270</b>
<b>Total resources expended</b>	<b>101,671</b>	<b>158,480</b>	<b>260,151</b>	<b>225,003</b>

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

<b>4 Net Income/(Expenditure)</b>	<b>Total 2024 £</b>	<b>Total 2023 £</b>
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Net income/(expenditure) is stated after charging:

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

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

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

**7 Debtors**

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

**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
	7,600	6,946

**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
	£	£	£	£	£
<b>Unrestricted funds</b>					
<i>General Fund</i>	95,537	89,961	(101,671)	-	83,827
<b>Restricted funds</b>					
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
<b>Total restricted funds</b>	379	191,668	(158,480)	-	33,567
<b>Total funds</b>	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.