

Gloucestershire Rape and Sexual Abuse Centre

Annual Report

2022/2023



The service

Gloucestershire Rape and Sexual Abuse Centre's services are free, confidential and non-judgemental. They form part of a comprehensive care pathway for survivors of rape and sexual violence, but in particular for women and girls.

The impact of sexual violence is both immediate and long-term. GRASAC's services enable survivors to manage the impact of sexual violence and to move forward from their experiences.

As a service we provide emotional and practical support as well as advocacy for survivors. We provide advice and information to family members, friends and professionals supporting survivors of sexual violence.

OUR AIMS

- To relieve the emotional, psychological and/or physical distress of people who have experienced sexual violence, in particular women and girls.
- To educate the public about the nature and extent of sexual violence and its impact.

**“I am not what
happened to me,
I am who I choose
to become.”**

Foreword by the Co-chairs of the Board of Trustees

On behalf of the board of trustees, it is our privilege and honour to present GRASAC's 2022-23 Annual Report. GRASAC is the only dedicated sexual violence support organisation in the county and continues to be free, confidential and non-judgemental. This annual report demonstrates the breadth of work carried out by committed staff and volunteers on behalf of clients. As a trustee board, we have been particularly moved by the number of compliments and positive feedback that has been received, both from both clients and from professionals that refer into the service and with whom GRASAC works daily, examples and case studies are enclosed with the report.

Recent national statistics show that around 1 in 4 women have been raped or sexually assaulted since the age of 16 years and that the highest number of rapes were recorded by police in the year ending December 2021. The Crime Survey England and Wales (year ending March 2022) found 2.3% of adults aged 16 and over experienced some form of sexual assault in the year, which equates to around 798,000 women (3.3% of women) and 275,000 men (1.2% of men). Of those, about 1.7% experienced unwanted sexual touching and 0.6% experienced rape. The Crime Survey for England and Wales (CSEW) also estimates that fewer than one in five (17%) victims reported their experience of rape or assault by penetration to the police.

The recently published Gloucestershire Sexual Violence Strategy 2023-2026 noted a 28% increase in reported rapes recorded by the Gloucestershire Constabulary in 2019/20 compared with 2018/2019. For the year ending March 2022 (the latest available data, reported March 2023), there were 2,207 sexual offences (more than recorded residential burglaries and drugs offences). Within those, were 847 rape incidents with adult victims recorded by the Constabulary (a 31% rise on the previous year). Taking the national reporting figure of 17%, we can extrapolate that the actual numbers may be around 12,980 sexual assaults including 4,980 rapes. In addition, there were 777 cases of child sexual abuse and 417 cases of child sexual exploitation recorded in Gloucestershire.

The rate of case referral by the Police to the Crown Prosecution Service is 8% nationally, the South West Crown Prosecution Service charging rate for referred cases is 71.1% and the conviction rate for those charged is 68.3%. This means we can broadly estimate that of those rape cases recorded by Gloucestershire Constabulary in the year ending March 2022 (847), 68 will have been referred to the South West Crown Prosecution Service, 48 will have been charged and 33 will have resulted in conviction (which represents 3.9% of the recorded cases which mirrors the national figures). Thus, the criminal justice system continues to fail survivors. The number of sexual offence cases waiting to go to Crown Court nationally now stands at a new record high of 9,324, a 31% increase on the numbers waiting at the same time last year.

Nationally, the majority of victims of sexual offences are women and girls (86% of sexual offences recorded by the police in the year ending March 2022 and 91% of rape offences recorded by the police. This is why it is important that our services are open to all genders, but especially focuses on women and girls.

Irrespective of the gender of the victim, 98.5% of victims identified the perpetrator as being male (male victims 85.6%, female victims 99.0%).

Highlighting that sexual violence remains a gendered issue. The age profile of victimisation by sexual offences is markedly different by gender; boys and men are most victimised before the age of 14 (28.2% of recorded male victim sexual offences) whereas for women and girls the rates of victimisation remain fairly constant from 0-29 years old with female victim sexual offences for 15-19 year olds running at almost 5 times the percentage of the of that age 5.3% of the female population is aged

15-19 years whereas 23.8% of female victim sexual offences came from that age group (the comparable rate for men was just over 2.5 times the population rate). This is why we are so pleased to be able to offer the Phoenix Programme for young women.

As trustees, we sincerely hope that this situation improves, and we will continue to undertake policy work that challenges this appalling situation for survivors.

GRASAC supports all people affected by rape and sexual assault and encourages all users of our services, regardless of gender, sexuality, race or ethnicity – and in particular women and girls from all sections of the community to come forward not only to seek support but to help us to shape services into the future. Your input is invaluable and very much welcomed.

Overview of the year by CEO, Gilli Appleby

I would first like to extend my thanks to the Board of Trustees, volunteers and staff at GRASAC for welcoming me into the organisation and offering me the opportunity to work with such a committed and passionate group of women. Everyone involved is dedicated to supporting and empowering survivors of sexual violence from across the county of Gloucestershire and it has been a privilege to join and be part of the team as we reflect on our achievements and look to the future.

This last financial year we have seen a number of changes in Board membership and key staff. I would particularly like to note the retirement of Mary Robinson as GRASAC trustee and latterly co-chair of the charity, a passionate and dedicated member of the board for many years.

We also said farewell to Maggie Stewart who, as Chief Executive so expertly led the organisation through a period of growth and development, latterly navigating GRASAC through the challenges of the Covid pandemic.

GRASAC has welcomed new trustees Danielle Vincent, Amy Hale and Honor Binning – all of whom come with invaluable expertise including operations management at a senior level, supporting and empowering young people, and representing victims of abuse.

In introducing the Annual Report, on behalf of everyone involved, I would also like to take this opportunity to thank all of our commissioners and funders for their continued support and funding.

Casework

Our Specialist Support Workers deliver up to 20 one-to-one emotional support sessions to our clients.

GRASAC's team of Independent Sexual Violence Advisors provide specialist advocacy support for clients who are navigating or who are thinking of going through the criminal justice system.

Support Pathways

Support is available through our face-to-face and videocall sessions. There are also ongoing telephone, text and email support services available to clients.

Fundraising

The fundraising team is made up of staff and volunteers who have found new and innovative ideas and activities to fundraise for GRASAC.

We were also Hazlewoods Accountants' Charity of the Year who kindly raised a very impressive £50k.

John Lewis donated £1k which funded our the pilot programme for Phoenix Group.

Thanks must also be extended to individuals who have given one-off donations or who donate to us regularly.

Who and how we help

GRASAC supported over

800

people this year

Over

8,500

contacts were made with clients across the service

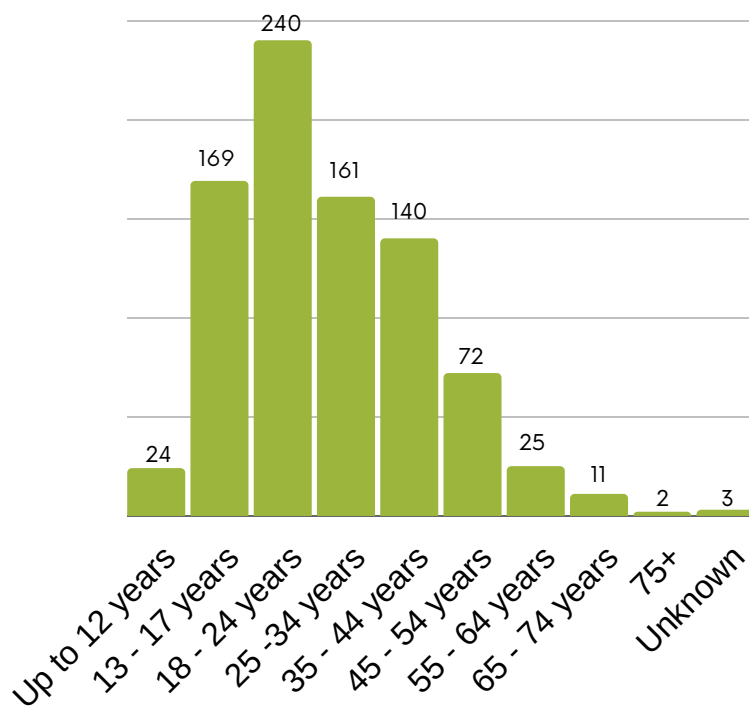
56%

of clients experienced childhood sexual abuse/exploitation

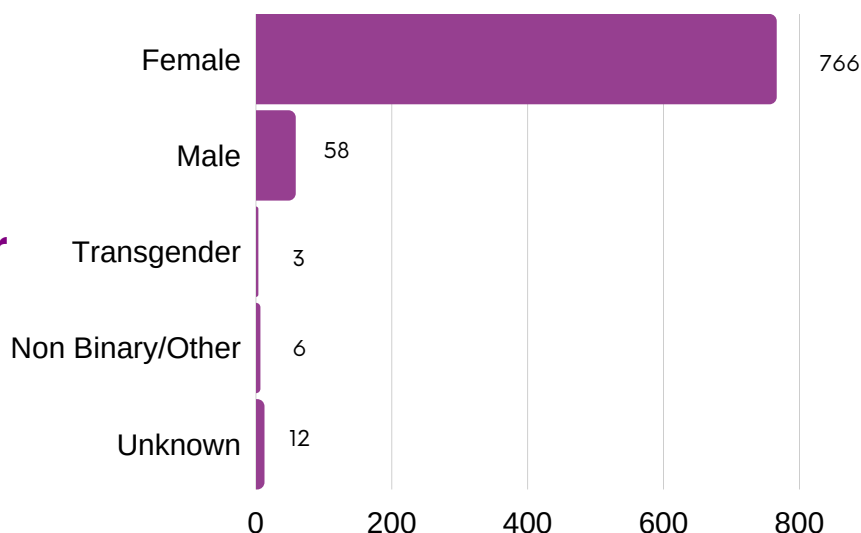
35%

of clients experienced recent sexual abuse

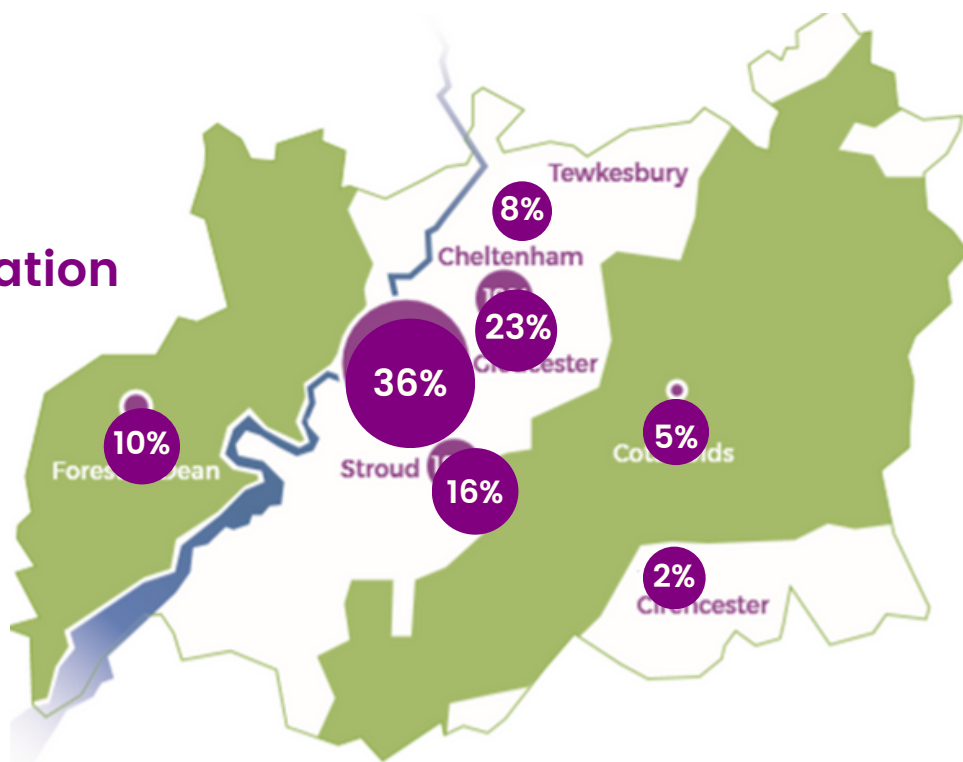
Age



Gender



Location



Who and how we help

Around

10%

of clients identify as being part of the LGBTQ+ community

61%

of clients have depression, anxiety, and/or PTSD

53%

of clients felt they are better able to manage flashbacks, panic attacks and/or anxiety while

68%

of clients felt their ability to take better care of themselves physically and mentally increased

61%

said they're better equipped to manage their depression, suicidal feelings, and self-harm after support

Around

30%

of clients had been subjected to sexual violence at the hands of their current or previous intimate partners

54% of clients have reported their experience of sexual violence to the police

29%

of clients disclosed having a disability

63%

of clients reported they felt more confident in themselves after GRASAC support

Feedback from clients

"I have been given the gift of choice again. I can choose to be in an intimate relationship if I want to be. I can choose to respond or not react. I have now made many healthy choices which have benefited me greatly. Sexual abuse as a child and rape as an adult took away my choices for a while, GRASAC changed that for me"

Emotional Support Client

"Thank you so much for your help. It has been a pleasure knowing you, you have been an amazing support to me.

I'm a little sad our time has come to an end but I'm aware your kindness, knowledge and support is needed by many others and they will be very lucky to have you on their side"

ISVA Support Client

"Thank you so much for all the love and support you have showed me for these 4 years. I couldn't have done it without you. And thank you so much for sitting with me when I was giving evidence. You're the most beautiful soul to ever walk this earth, I really hope you know that. You deserve the world and more for what you do for us survivors"

ISVA Support Client

"I would just like to say a huge thank you. My life has been changed completely I can now see things more clearly and appreciate things in a different way. I can now see a life without fear and without viewing myself as a victim."

Emotional Support Client

Case Study

'I will remember you for the rest of my life...in all the years of hating myself, your words have brought me the closest to being truly kind to myself than anything else I have been told. When I feel destructive, your voice is always in the back of my mind. You have comforted an inner child plagued by fear and anger and being able to tell you anything- even the darkest things that I could not share with anyone else has saved my life more than once. I may still struggle, but parts of me that I thought were broken have been healed. I am so grateful for you and how non-judgemental you have been, your patience, kindness, and genuine care. Thank you for everything'.

This client experienced historic childhood sexual abuse and online grooming. The impact of this trauma was manifested in multiple of different ways - the client was struggling with flashbacks, dissociation, nightmares, PTSD and self-injury. The sessions were focused on building a safe a supportive space, which meant allowing the client to feel that if she did not want to talk, she did not have to. Instead, we would spend time colouring, doing grounding exercises, and writing. As our relationship grew throughout the 24 sessions, the client began to talk about her experiences of historic CSA - this was challenging as the feelings that surfaced were complex and at times overwhelming. The client struggled with issues around self-esteem, also seeking support for an eating disorder and drug misuse whilst working with GRASAC. Gently and at her pace, she began to recognise the heavy feelings of guilt, shame and blame were not her fault; she began to feel that she could see a future, one that she could look forward to and invest in.

We talked about the ending of our sessions, both of us decided that we would meet on the top of a hill that we both knew. My client wrote her hopes and dreams for the future on a balloon and we let it go. She said that it was not the end, it was the beginning of the next chapter of her life.

Feedback from clients

"I would like to thank you so much for your support through this difficult time. You have been an amazing person to talk to and very understanding. It would be very hard without you so I just want to let you know how much it means to me. I will be honest, I don't count on the compensation, and it is not my priority, children are and I need to get stronger for them. I wish you all the best in the New Year and I hope you will continue what you do for those who need it the most. You're support is absolutely priceless and amazing."

ISVA Support Client

I finally had a safe person to discuss uncomfortable, embarrassing or shameful feelings or issues I was having with my body as a result of my trauma. Without this gift, the length and quality of trauma support/sessions, I would probably still be having unsuccessful counselling on and off and no place to talk about the sexual abuse that happened to me when I was 3 years old. I have finally found the missing puzzle pieces; I can now understand my journey and more importantly where I want my journey to go to next."

Emotional Support Client

Case Study

Client in her twenties referred themselves to GRASAC services. Client had been gang raped in a foreign country. Client was not able to pursue a criminal investigation due to the different jurisdiction in the country where the abuse happened. Client also felt that she did not receive sufficient support from services at the time the sexual assault happened. During this process Client's mental health and wellbeing deteriorated. Client was referred to the ISVA service for support through the ongoing investigation in the foreign country as well as the UK. After the Criminal investigation ended in the UK, the client sought emotional support at GRASAC. At this point, Client had a clearer understanding from the ISVA support around what had happened and the difficulties of the investigation moving forward. Client began their healing journey by starting their emotional support with GRASAC. During the Client's 24 sessions of support, they were able to explore the trauma of the sexual assault, re-claim memory, and configure their own toolbox of coping strategies. GRASAC also provided essential advocacy in writing a supporting letter for compensation needs. Through this experience, the Client reflected that GRASAC's emotional support service had made a positive difference to their life, which was evident through Client's newfound confidence and motivation for life. Client is now able to see a future and has cleansed relationships and associations with the foreign country. The therapeutic interventions enabled the Client to challenge unanswered questions and empower herself to seek inner justice.

Financial Overview

In 2022/2023, GRASAC's funders were:



The
Commissioner's
Fund
Breaking the cycle of crime



Ministry
of Justice



We were also the Charity of the Year for Hazlewoods Accountants (to May 2023). We thank all of our funders, donors and individual supporters.

GRASAC statement of income & expenditure for the year ended 31 March 2023

Income From:	Total Funds 2023
Donations	16,162
Police and Crime Commissioner	447,357
NHS/CCG	56,333
Ministry of Justice	110,817
Children in Need	44,253
Lloyds Bank Foundation	27,250
Barnwood Trust	21,912
Other	2,377
TOTAL Income	726,461
Expenditure on:	
Staff Costs	504,168
Support & Development Costs (staff & volunteers)	52,927
Office Costs	66,133
Administrative Costs	29,648
TOTAL Expenditure	652,921
Net Income/(expenditure)	73,540

Trustees

GRASAC's board of trustees meets bi-monthly and is an active team in all aspects of our organisation's work - from policy making to volunteering.

Dr Louise Livesey – Co-Chair

I have a day job teaching Criminology at the University of Gloucestershire. My passion is challenging sexual violence through research, teaching and activism. I joined the trustee board in 2016

Helen Bromley – Co-Chair

I have over 15 years of experience in Human Resources and Organisational Development. I work for a Bristol-based charity.

Nicola Jones

I was joined GRASAC as a trustee in November 2021. Born & raised in Gloucestershire, I worked in public service as a social and community worker, a national and international civil servant, and a women's rights activist, funder, & researcher.

Amy Norton

I am Head of Equality, Diversity and Inclusion at the Office for Students, the independent regulator for higher education in England. I am keen to combine my professional and personal commitment to tackling sexual violence.

Zoe Stoddart

I joined GRASAC as a trustee in June 2022, having previously volunteered for the charity, and worked on the Helpline. My career background is in project management.

Amy Hale

I joined GRASAC as a Trustee in the Autumn of 2022. My day job is in the Civil Service and I've worked in this sector for around 17 years.

Honor Binning

I joined GRASAC as a board member in July 2022. My background is in working with young people: managing mentoring projects and leading on community groups.

Danielle Vincent

I joined GRASAC in 2022. I am a senior associate solicitor in a London law firm specialising in representing sexual abuse survivors (both children and adults) in civil claims.

Julia Davey

Having spent the last 10 years in volunteer management, four of those years at GRASAC, I returned in 2022 as a volunteer group facilitator and as a Trustee.

Contact Details



01452 305421



info@glosrasac.org.uk



www.glosrasac.org



PO Box 3292, Gloucester,
GL1 9HW



@glosrasac



**Gloucestershire Rape
and Sexual Abuse Centre**
here for you

Thank you to our staff
and volunteers who
made this amazing
year possible!

Registered Charity Number: 1155902
Registered Company Number: CE000857

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements
For the Year Ended 31 March 2023

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements For the Year Ended 31 March 2023
Contents

	Page
Charity information	1
Trustees report	2 - 4
Trustees' responsibilities in relation to the financial statements	5
Independent Examiner's report	6
Statement of financial activities	7
Statement of financial position	8
Statement of cash flows	9
Notes to the financial statements	10 - 13

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements For the Year Ended 31 March 2023
Charity Information

Trustees

Trustees who served during the year and up to 31 March 2023

Honor Binning	
Helen Bromley	Co-Chair
Amy Hale	
Dr Nicola Jones	
Dr Louise Livesey	Co-Chair
Amy Norton	
Jessica Smith	
Zoe Stoddart	
Danielle Vincent	
Jo Adams	Resigned August 2022
Mary Robinson	Resigned December 2022
Sally Williamson	Resigned November 2022
Julia Davey	Appointed December 2022
Cate Hemingway	Appointed August 2023
Natalie Limbrick	Appointed July 2023

Key management personnel:

The key management personnel during the financial year

Maggie Stewart / Gilli Appleby	CEO
Magdalena Gulcz-Hayward	Training and Service Manager

Independent Examiner

Griffiths Marshall
Beaumont House
172 Southgate Street
Gloucester
GL1 2EZ

Bankers

Unity Trust Bank
4 Brindley Place
Birmingham
B1 2JB

Registered office

14 Highnam Business Centre
Highnam
Gloucestershire
GL2 8DN

Registered charity number:	1155902
Registered company number:	CE000857

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements For the Year Ended 31 March 2023
Trustees Report

The Trustees present their report and examined financial statements for the year ended 31 March 2023.
The 'charity information' set out on page 1 form part of this report.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Purpose and aims

The charity's purposes, as set out in the objects contained in the company's memorandum of association, are:
To relieve the emotional, psychological and/or physical distress of people who have experienced sexual violence, especially
To educate the public around the nature and extent of sexual violence and its impact on people, especially on women and

GRASAC has four strategic aims:

1. To relieve the emotional, psychological and/ or physical distress of people, especially women and girls, who have
2. To empower people, especially women and girls, to find their own way of living in a future unconnected to their traumatic
3. To educate the public about the nature of sexual violence and its impacts, especially on women and girls.
4. To be part of the movement towards a world free of sexual violence.

The focus of our work

The strategic aims 1 and 2 focus on the services we deliver to survivors. Strategic aims 3 and 4 focus on our work to educate

1. Our services are of high quality: clients must be confident that they will receive an excellent service; we have achieved the
2. We will grow so we can reach under-served women and girls in Gloucestershire who have often waited years to be heard.
3. Our services need to be sustainable: all survivors, especially women and girls, deserve access to stable specialist
4. We need to be informed by the voices of survivors; their experiences and voices must be heard, and we will continue to

Ensuring GRASAC's work is regularly assessed and meets the needs of the clients

The Board of Trustees reviews the business plan three times during each financial year and considers what has been
In this regard, during the financial year 2022-23, the work of the charity was able to return to a mainly office and outreach

Achievements and Performance

This annual report demonstrates the breadth of work carried out by committed staff and volunteers on behalf of clients. As a trustee board, we are particularly moved by the number of compliments and positive feedback received from both clients and from professionals that refer into the service with whom GRASAC works daily.

GRASAC supported in excess of 800 clients in this last year, offering more than 8,500 contacts with clients. We are pleased that 63 percent of GRASAC clients reported they felt more confident in themselves after GRASAC support. A figure we will look to improve on over the coming year.

Our staffing establishment has grown, thanks to increased funding from our funders, so that we have increased our offer of emotional support to both adults from minority groups in our community, and young people. This is further complemented by the successful pilot of the Phoenix Programme: a six-session programme for young girls who have experienced sexual violence. The programme focuses on empowerment, healthy relationships and coping mechanisms. Sessions are held in parallel for their parents and carers (including grandparents) to attend for peer support, a 'safe space' to share their experiences and concerns, and to seek advice and information from the GRASAC staff and volunteers. This programme proved to be a success and will continue.

Additional funding for ISVA (independent sexual violence advisors) has ensured reduced waiting times for those choosing to access the criminal justice system, advocating for, and both practically and emotionally supporting, these clients.

Our focus throughout the year has therefore been on maintaining and developing our services as we emerge from the pandemic. Everyone has worked tirelessly to return to face-to-face services while also recognising the learning through the pandemic. Our new out-of-town accommodation is proving to be a comfortable and positive environment from which to work and offer client-based services.

Financial review

Financial summary

Income in the year totalled £726,461 (2022: £698,180) of which £707,922 (2022: £675,779) came from grant funding from a number of different bodies (see note 3 to the financial statements). These funds were used to provide a range of services, including the Independent Sexual Violence Advisers, one-to-one support, helpline, e-mail, text and on-line support to relieve the trauma and distress of those who have experienced sexual violence.

Expenditure in the year totalled £652,921 (2022: £618,640) of which £652,878 (2022: £615,516) related to charitable activities, the most sizeable being staff costs which totalled £504,168 (2022: £481,169).

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements For the Year Ended 31 March 2023
Trustees Report

Total reserves as at 31 March 2023 were £592,166 (2022: £518,626) of which £254,871 (2022: £238,383) was unrestricted and £337,295 (2022: £280,243) was restricted and unavailable for the general purposes of the charity. Of the unrestricted funds none have been designated (2022: none).

The excess of unrestricted reserves over and above our required reserves level will be committed to operations going forward.

Reserves policy

The level of income retained in reserves is based on a realistic assessment of contractual obligations to staff (i.e. maternity, sickness and redundancy pay), running cost contingencies, winding up and dilapidation costs, risk management and any unanticipated reductions in income.

Due to the nature of GRASACs work, particularly with our vulnerable clients, it is vital that counselling and support are completed for each client in a sensitive and timely manner. Therefore, the running costs contingency is significant and represents an estimate of six months of skeleton operating costs prioritising the continuation and safe ending of one-to-one emotional and support work being actively provided by the organisation. Any clients on our waiting list will be contacted and

Statement on going concern

After reviewing the charity's forecasts and projections and its reserves, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operation for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing its financial statements

The main risk to organisation's ability to continue as a going concern is the loss of significant funding. In order to mitigate this risk, the organisation have implemented a funding plan that increases its work with other funding bodies and diversifies our portfolio of funders. Increased efforts will be made in 2023/24 to grow our networking opportunities across the Gloucestershire community and to seek non-recurrent funds from corporate supporters. We continue to develop the internal structure of the organisation to ensure that it is lean and adaptable and in this regard, appointed a second Team Leader post to further support on a daily basis.

Structure, governance and management

Governing document

The charity is a Charitable Incorporated Organisation. It is a charity registered with the Charity Commission. Anyone aged over 18 years of age can become a member of the charity and there are currently 19 members (11 trustees and 8 volunteers) (2021: 37, 2022: 35).

Appointment of Trustees

Trustees are elected by members of the charity or co-opted and elected at General Meetings. The two volunteer representatives are full trustees but must declare a conflict of interest where there are matters being discussed that relate to their capacity as volunteers.

Trustee induction and training

All new Trustees receive an induction into the work of the charity as well as an introduction into the role of a trustee and its responsibilities. The induction process for new Trustees also includes training and development days. Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

Organisation

The Board of Trustees, which cannot have less than three or more than twelve members, administers the charity. The Board of Trustees normally meets every second month. A CEO is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the CEO has delegated authority, within terms of delegation approved by the Trustees, for operational matters including finance, employment and service delivery related activities.

Conflicts of interest

None of the Trustees receive remuneration or other benefit for their work with the charity. Any connection between a trustee or senior manager and a potential employee, supplier or service provider must be disclosed to the full Board of Trustees in the same way as any other contractual relationship with a related party.

As part of the recruitment process all Trustees complete a Conflict of Interest Statement. In addition a Register of Trustees' Interests is collated and recorded annually. At each Board meeting, all Trustees must declare any changes to their conflicts of interest.

Remuneration policy

The pay of all staff is reviewed annually and are normally (funding permitted) increased in accordance with inflation and annual earnings.

Pay benchmarking is carried out periodically and where required for recruitment of new posts through internet searching for similar posts and discussion with partner agencies delivering sexual violence services across the country in the Rape Crisis network.

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements For the Year Ended 31 March 2023
Trustees Report

Risk management

The Trustees hold a Risk Register documenting the major risks facing the charity along with mitigating actions. This is reviewed on a regular basis as part of the rolling timetable of the Board of Trustees. The following are considered by the Board of Trustees to be 'red' risks meaning that there is a high probability of them occurring and, if this were to happen, there would be a significant impact on the organisation:

- Loss of key personnel

GRASAC has a comprehensive HR policy framework and development plans in place. All key management positions are currently filled. The revised policy and associated contracts of employment stipulate that key personnel have an extended (3 month) notice period which allows sufficient time for recruitment.

- Loss of significant funding

The strategic plan includes a funding plan, which is reviewed by the Board of Trustees in their bi-monthly meetings.

- External strategy

Changes in the external environment due to the elongated health pandemic could not have been foreseen but we are continuing to work with all current funders and potential funders to ensure future financial security. With this exception, we are following the action plan set out in the three year strategy.

Plans for future periods

GRASAC has identified the following strategic priorities for 2023/24:

- to relieve the distress of people who have experienced sexual violence;
- to empower people to find their own way of living in future;
- to educate the public about the nature of sexual violence and its impact; and
- to be part of the movement towards a world free of sexual violence.

By order of the Board of Trustees:



Dr. Louise Livesey
Co Chair of Trustees
10 October 2023

Gloucestershire Rape and Sexual Abuse Centre

Board of Trustees Annual Report and Financial Statements For the Year Ended 31 March 2023

Trustees' responsibilities in relation to the financial statements

The Trustees (who are also directors for the purposes of Company law) are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure for that period. In preparing the 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; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Statement as to disclosure to our Independent Examiner

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 Independent Examiner in connection with preparing their report, of this the Independent Examiner is unaware; and
- The Trustees, having made enquiries of fellow directors and the Independent Examiner that they ought to have individually taken, have each taken all steps that she is obliged to take as a director in order to make herself aware of any information relevant to the Independent Examination and to establish that the Independent Examiner is aware of that information.

By order of the Board of Trustees



Dr. Louise Livesey
12 October 2023

Gloucestershire Rape and Sexual Abuse Centre
Independent Examiner's Report
To the Trustees of Gloucestershire Rape and Sexual Abuse Centre

I report to the trustees on my examination of the financial statements of Gloucestershire Rape & Sexual Abuse Centre (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Stephen Humphries ACA

Independent Examiner

Griffiths Marshall

Beaumont House
172 Southgate Street
Gloucester
GL1 2EZ

Dated

30/11/23

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements
Statement of financial activities for the year ended 31 March 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Income and endowments from:					
Donations	2	14,898	1,264	16,162	21,648
Charitable activities	3	-	707,922	707,922	675,779
Other		-	2,377	2,377	753
		<u>14,898</u>	<u>711,563</u>	<u>726,461</u>	<u>698,180</u>
Expenditure on:					
Raising funds	4	(43)	-	(43)	(3,124)
Charitable activities	5	-	(652,878)	(652,878)	(615,516)
		<u>(43)</u>	<u>(652,878)</u>	<u>(652,921)</u>	<u>(618,640)</u>
Net income/ (expenditure)		14,855	58,685	73,540	79,540
Transfers between funds		1,633	(1,633)	-	-
Net movement in funds		<u>16,488</u>	<u>57,052</u>	<u>73,540</u>	<u>79,540</u>
Reconciliation in funds					
Total funds brought forward		238,383	280,243	518,626	439,086
Total funds carried forward		<u>254,871</u>	<u>337,295</u>	<u>592,166</u>	<u>518,626</u>

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

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements
Statement of Financial Position as at 31 March 2023

	Notes	2023	2022 £
Current assets			
Debtors	10	5,632	1,050
Cash at bank and in hand		606,663	529,607
Total current assets		612,295	530,657
Creditors: amounts falling due within one year	11	(20,129)	(12,031)
Net current assets		592,166	518,626
Net assets		592,166	518,626
The funds of the charity			
Unrestricted funds		254,871	238,383
Restricted income funds		337,295	280,243
Total charity funds		592,166	518,626

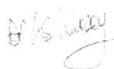
The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

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

The directors 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 and delivered in accordance with the special provisions applicable to companies subject to the small companies regime.

Approved by the Board of Trustees on 18 May 2023 and signed on its behalf by:



Dr. Louise Livesey

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements
Statement of Cash Flows for the year ended 31 March 2023

	Notes	2023 £	2022 £
Cashflows from operating activities			
Net income for the reporting period		73,540	79,540
<i>Adjustments for:</i>			
Decrease/ (increase) in debtors		(4,582)	5,517
Increase/ (decrease) in creditors		8,098	(365)
		<u>77,056</u>	<u>84,692</u>
Change in cash and cash equivalents in the reporting period		77,056	84,692
Cash and cash equivalents at the beginning of the reporting period		529,607	444,915
Cash and cash equivalents at the end of the reporting period		<u>606,663</u>	<u>529,607</u>

1 Summary of significant accounting policies

Charity Information

Gloucestershire Rape and Sexual Abuse Centre is a Charitable Incorporated Organisation (CIO) incorporated in England and Wales. The registered office is 14 Highnam Business Centre, Highnam, Gloucestershire, GL2 8DN.

Accounting Convention

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 (FRS 102) (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.

Gloucestershire Rape and Sexual Abuse Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Going concern

The charity reported a cash inflow of £77,056 (2022: £84,692, inflow) for the year. Closing reserves as at 31 March 2023 were £592,166, (2022: £518,626), of which £254,871 (2022: £238,383) were unrestricted.

The Trustees have reviewed the circumstances of the charity and consider that adequate resources continue to be available to fund the activities of the organisation for the foreseeable future. The Trustees are therefore of the view that the charity is a going concern.

Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Donated services

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

In accordance with the Charities SORP (FRS 102) the general volunteer time is not recognised in the financial statements. Refer to the Trustees' annual report for more information about their contribution.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are amounts which the funder has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following activity headings:

Costs of raising funds and their associated support costs.

Expenditure on charitable activities includes the costs associated with the provision of services to service users along with the production of materials and educational activities undertaken to further the purposes of the charity and their associated support costs.

Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 Income from donations

	2023	2022
		£
Gifts	16,162	21,648
Grants of a general nature	-	-
	<u>16,162</u>	<u>21,648</u>

The Charity benefits greatly from the involvement and enthusiastic support of its many volunteers, details of which are given in our annual report. In accordance with FRS102 and the Charities SORP (FRS102), the economic contribution of general volunteers is not recognised in the accounts.

3 Income from charitable activities

	2023	2022
	£	£
Restricted funds (note 12)		
Police and Crime Commissioner	447,357	410,321
NHS CCG	56,333	114,333
Ministry of Justice	110,817	91,754
Children in Need	44,253	34,371
Lloyds Bank Foundation	27,250	25,000
Barnwood Trust	21,912	-
	-	-
	-	-
Total income from charitable activities	<u>707,922</u>	<u>675,779</u>

4 Expenditure on raising funds

In the year ended 31 March 2022, expenditure of £45 (2022: £3124) was incurred on raising funds, all of which was unrestricted.

There are no support costs associated with these activities in either the current or prior year.

5 Expenditure on charitable activities

	Charitable activities	Support costs	2023 Total	2022 Total
	£	£	£	£
Staff costs	421,699	82,469	504,168	481,169
Support and development (staff and volunteers)	19,630	1,240	20,870	14,826
Travel and subsistence (staff and volunteers)	18,120	494	18,614	13,376
Consultants	-	-	-	1,080
IT and telephone costs	18,750	1,046	19,796	23,906
Rent and office costs	32,680	12,887	45,567	45,479
Insurance	-	770	770	718
Printing, postage and stationery	3,339	1,410	4,749	2,285
Promotion	10,798	-	10,798	3,839
Equipment and maintenance	3,073	612	3,685	9,322
Professional fees	-	9,627	9,627	7,678
Client Support	13,488	-	13,488	7,191
Event costs	-	-	-	3,964
General expenses	-	264	264	124
Governance	-	234	234	269
Bank charges	-	248	248	290
	<u>541,577</u>	<u>111,301</u>	<u>652,878</u>	<u>615,516</u>

6 Independent Examiner's remuneration

	2023	2022
		£
Independent Examination fees	<u>1,440</u>	<u>1,440</u>

7 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

	2023	2022
		£
Salaries and wages	441,804	420,989
Social security costs	36,517	33,185
Pension costs	<u>25,847</u>	<u>26,995</u>
	<u>504,168</u>	<u>481,169</u>

No employees had employee benefits in excess of £60,000 (2022: None). Pension costs are allocated to funds in proportion to the related staffing costs incurred.

For the financial year ended 31 March 2023, the key management personnel of the charity were: Trustees, Director and Service Delivery Manager. The total employee benefits of the key management personnel of the charity were £85,767 (2022: £89,723).

The Trustees were not paid and did not receive any other benefits from employment in the year (2022: £Nil). No trustee received payment for professional or other services supplied to the charity (2022: £Nil).

Gloucestershire Rape and Sexual Abuse Centre
Board of Trustees Annual Report and Financial Statements
Notes to the Accounts for the year ended 31 March 2023

8 Staff numbers

The average headcount for the reporting period was 19 staff (2022: 16). The average number of full-time equivalent employees (including casual and part-time staff) during the year was 17.5 (2022: 14).

The average number of full-time staff was 12 (2022: 7) and the average number of part-time staff was 7 (2022: 9) in the reporting period.

9 Corporation tax

The charity is exempt from tax on income and gains falling within Section 505 of the Taxes Act 1988 or Section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

10 Debtors

	2023 £	2022 £
Prepayments and accrued income	938	550
Other debtors	4,694	500
	<u>5,632</u>	<u>1,050</u>

11 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals	14,526	6,629
Other creditors	5,603	5,402
	<u>20,129</u>	<u>12,031</u>

12 Analysis of charitable funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
Unrestricted fund	238,383	14,898	(43)	1,633	254,871
Restricted funds					
Police and Crime Commissioner	155,374	447,357	(422,871)		179,860
NHS Clinical Commissioning Grp	84,986	56,333	(72,936)		68,383
Ministry of Justice	-	110,817	(110,817)		-
Children in Need	7,683	44,253	(43,822)		8,114
Lloyds Foundation	25,000	27,250			52,250
Groups	7,200	2,377	(1,294)	(1,633)	6,650
Barnwood Trust	-	21,912			21,912
Donations Fluck Fund /John Lewis	-	1,264	(1,138)		126
	-	-			-
Total charity funds	<u>280,243</u>	<u>711,563</u>	<u>(652,878)</u>	<u>(1,633)</u>	<u>337,295</u>

Analysis of charitable funds for year ended 31 March 2022

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
Unrestricted fund	210,411	21,172	(3,124)	9,924	238,383
Restricted funds					
Police and Crime Commissioner	114,269	410,321	(369,216)		155,374
NHS Clinical Commissioning Grp	48,063	114,333	(77,410)		84,986
Ministry of Justice	18,777	91,754	(100,607)	(9,924)	-
Children in Need	11,654	34,371	(38,342)		7,683
Lloyds Foundation	18,750	25,000	(18,750)		25,000
Groups	7,097	753	(650)		7,200
Community Foundation Tampon	-	-	-		-
Tax	4,875	-	(4,875)		-
Donations inc Barnwood Trust (hardship during Covid)	5,190	476	(5,666)		-
Total charity funds	<u>228,675</u>	<u>677,008</u>	<u>(615,516)</u>	<u>(9,924)</u>	<u>280,243</u>

13 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Cash at bank and in hand	254,871	351,792	606,663
Current assets	-	5,632	5,632
Current liabilities	-	(20,129)	(20,129)
	<u>254,871</u>	<u>337,295</u>	<u>592,166</u>

14 Related party transactions

There were no related party transactions in the financial year ended 31 March 2023 (2022: £Nil).

15 Capital commitments

At 31st March 2023, the organisation had £Nil (2022: £Nil) capital commitments.

16 Financial instruments

	2023 £	2022 £
Financial assets		
Cash	606,663	529,607
Other debtors	1,050	1,050
Total financial assets	<u>607,713</u>	<u>530,657</u>
Financial liabilities		
Credit cards	1,653	1,427
Total financial liabilities	<u>1,653</u>	<u>1,427</u>

17 Legal status of the Charity

The charity is a Charitable Incorporated Organisation. In the event of the charity being wound up, the members have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

PRIVATE AND CONFIDENTIAL

Griffiths Marshall
Beaumont House
172 Southgate Street
Gloucester
GL1 2EZ

15 June 2023

Dear Sir

Letter of Representation

We confirm to the best of our knowledge and belief, and having made appropriate enquires of other officials of the charity, the following representations given to you in connection with your preparation of the charity's financial statements for the 31st March 2023.

1. We acknowledge as trustees our responsibility for making accurate representations to you and for the financial statements which you have prepared for the charity. All the accounting records have been made available to you and all the transactions undertaken by the charity have been properly reflected and recorded in the accounting records. All other records and related information, including minutes of all management and trustees' meetings, have been made available to you.
2. The charity has no liabilities or contingent liabilities other than those disclosed in the financial statements.
3. There has been no event since the balance sheet date which requires disclosing or which would materially affect the amounts in the financial statements, other than those already disclosed or included in the financial statements.
4. The charity has had at no time during the year any arrangement, transaction or agreement to provide credit facilities (including loans, quasi-loans or credit transactions) for trustees nor to guarantee or provide security for such matters.
5. We confirm that we have disclosed to you all related party transactions relevant to the charity, and that we are not aware of any further related party matters that require disclose.
6. The charity has not contracted for, nor authorised any capital expenditure other than as disclosed in the financial statements.
8. We confirm that there are no laws or regulations that are central to the charity's ability to conduct its business.
9. We have considered the current position of the charity and its prospective trading in the reasonably foreseeable future and believe that the charity should be classed as a going concern.

Yours faithfully



Trustee

On behalf of the board of trustees of Gloucestershire Rape & Sexual Abuse Centre.