



## **Northamptonshire Rape Crisis**

Charitable Incorporated Organisation

Number : 1156246

### **Annual Report and Accounts For the Year Ended 31st March 2023**

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## **Reference and Administrative Information**

Registered CIO Number : 1156246

Registered Office : 2nd Floor  
Warwick House  
Cliftonville  
Northampton  
NN1 5BE

Trustees :	Blanka Nori	Trustee	(appointed 21.07.20)
		Chair	(appointed 21.01.21)
			(resigned 09.02.23)
	Claire Gogerty	Chair	(appointed 09.02.23)
	Becky Green	Trustee	(appointed 04.12.19)
		Acting Treasurer	(appointed 22.05.21)
			(resigned 21.07.22)
	Lynell Lewis	Trustee	(appointed 21.07.20)
	Donna Marie Durrant	Trustee	(appointed 19.11.21)
	Lisa Cessford	Trustee	(appointed 15.07.21)
			(resigned 15.12.22)
	Karen Howell	Trustee	(appointed 15.12.22)
	Joe Rice	Trustee	(appointed 21.07.22)

Chief Executive Officer : Dawn Thomas

Bankers : The Co-operative Bank  
P.O. Box 250  
Skelmersdale  
WN8 6WT

Independent Examiner : Paul Cummings A.C.A.  
Cheney & Co.  
310 Wellingborough Road  
Northampton  
NN1 4EP

## Annual Report and Accounts For the Year Ended 31st March 2023

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### TRUSTEES REPORT 2022-2023

The Trustees present their report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's governing document 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 (FRS102)" (as amended for accounting periods commencing from 1 January 2016).

#### Objectives

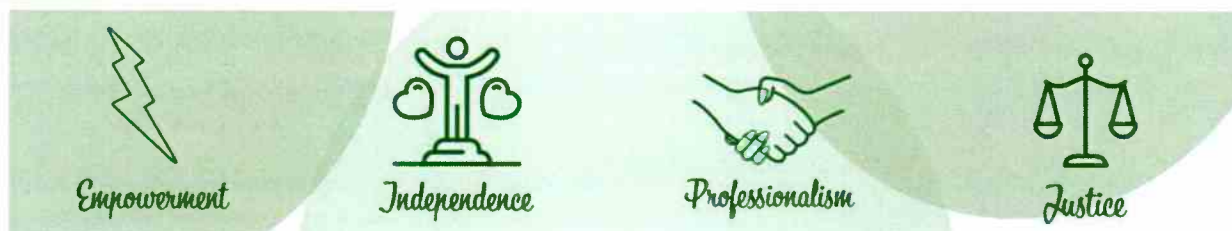
The aims of Northamptonshire Rape Crisis (NRC) are:

- To relieve the distress and trauma of women, men and children who have suffered sexual abuse, rape, incest, domestic abuse, and of the families of such persons who are in need of support and encouragement.
- To promote community education and research in the subject of rape, sexual abuse, domestic abuse and the effects whether physical, medical, psychological or social and to disseminate the vital results provided that no person is identified without prior consent. The charity aims to enable and empower its clients to fulfil the choices they make rather than providing a directive role.

#### Vision

Our vision is a county where everyone can be free from the fear and experience of sexual violence, rape and sexual abuse.

#### Core Values



#### Activities

During 2022/23 the Trustees embarked on the development of a refreshed strategic plan for Northamptonshire Rape Crisis. In the past three years, there has been significant change to the Violence Against Women landscape, changing fundraising challenges and a steady increase in client numbers.

A significant aspect of this is the challenge of rebuilding trust in both the Police and criminal justice system response, in the wake of the high levels of reported violence against women. This lack of trust has been further exacerbated by high profile cases where the perpetrator has been a serving and or former police

officer. In the 12 months preceding September 2022, 70,633 rapes were reported but in the same period charges were brought in just 2,616 rape cases, further eroding trust in the criminal justice system.

In order to achieve our charitable aims and meet our public benefit responsibilities our activities are focused on the provision of a range of services to local survivors of sexual violence, rape and childhood sexual abuse. Our services are open to young people 14+ and any adult who has suffered sexual violence, whether recent or historic, regardless of sex, sexuality or gender identity. These activities include risk and needs assessments, face to face [counselling](#), on-line counselling, telephone counselling and therapeutic [group work](#), drop-in support, email and text support, telephone helpline and practical advocacy. We also undertake safeguarding, signposting and referral and support partners, families and carers who are non-offending.

Our [Independent Sexual Violence Advisor](#) service provides emotional support, advocacy as well as support in understanding and navigating the criminal justice system process.

Support is available either from our centre in Northampton, in confidential online spaces or at a number of locations around the county, this is to ensure maximum accessibility.

We undertake [training](#) and education within the community delivering into [school settings](#), [pubs](#), [clubs](#), [venues](#), the Northamptonshire Police and other agencies.

Responding to the ever-increasing numbers coming forward for support is challenging. Across the year we supported 960 individuals. This equates to a 13% increase on the previous year. This of course puts additional strain on service delivery. Despite this continuing year on year trend, we have maintained a high quality and responsive service for anyone contacting Northamptonshire Rape Crisis at a critical moment in their lives.

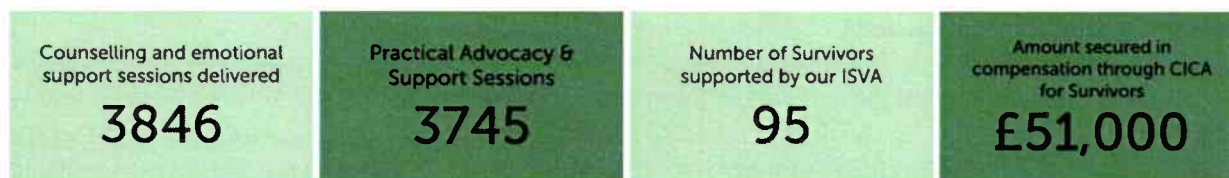
To ensure that the organisation and team are ready to take on these challenges, this year we invested time in developing a three-year plan with support from Lloyds Bank Foundation that will strengthen our ability to respond to the post-covid environment.

During the year, our Chair of Trustees, Blanka Nori, moved on following more than 10 years of service. Blanka has made a significant contribution to the work of NRC over these years, in particular as Chair, Secretary and Treasurer during her tenure. The Board wish to thank her for her commitment and clear leadership.

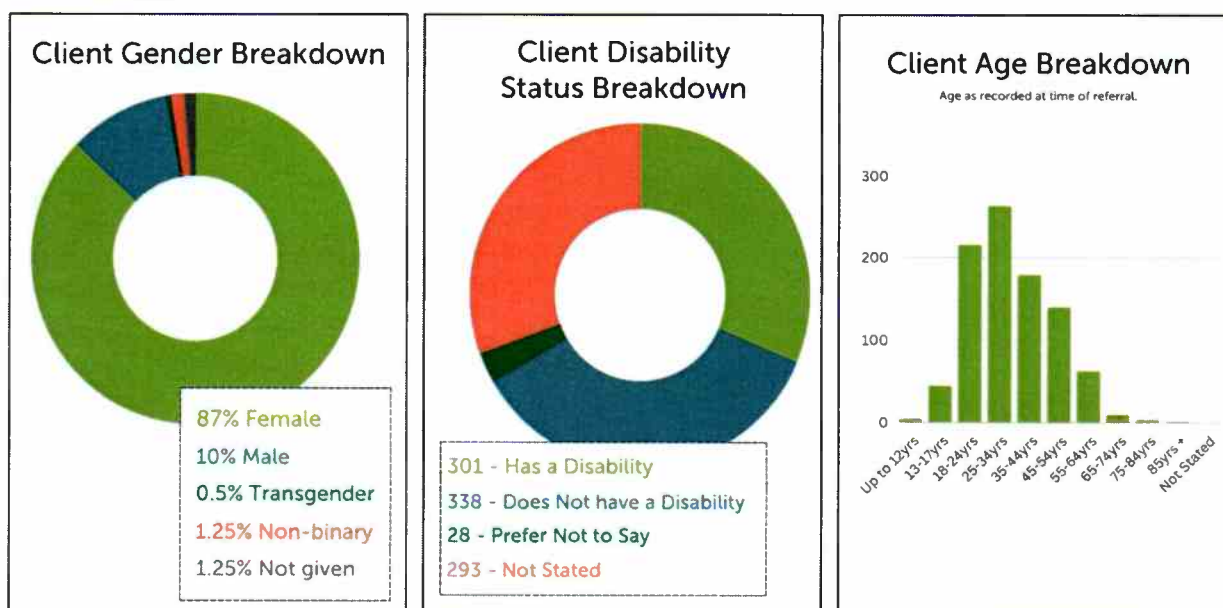
#### **Public Benefit**

The charity continues to work to identify, develop and deliver services to victims of sexual violence. We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. Our services and facilities are monitored and reviewed by the Board of Trustees to ensure they remain fit for purpose and are provided appropriately to enable the furtherance of the charity's objectives and for the public benefit.

### Impact at a Glance



### Client Demographic Data

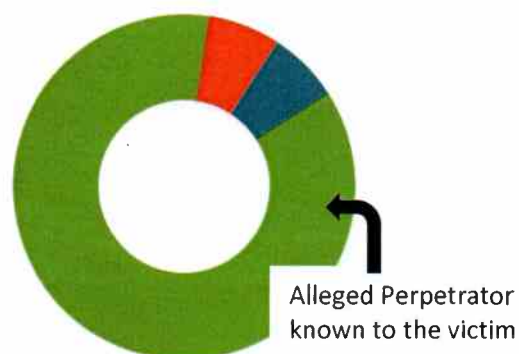


### Alleged Perpetrator Data

86.5% - Alleged perpetrator known to the victim

6.75% - Relationship to the victim Not Stated

6.75% - Alleged perpetrator unknown to the victim



Alleged perpetrator data shows the continued prevalence of sexual assault committed by known individuals, family and friends. Our data shows that this includes people in positions of power and trust.

### **CEO Service Quality Reflections**

From April 2022, as we moved out of Covid pandemic restrictions, we faced another year of new challenges. Identifying when to return the team to the office, when to reintroduce face-to-face counselling and face-to-face emotional support. This developed across the year. Responding to increasing client numbers meant adapting and flexing our response to ensure we continued to meet the needs of clients and staff. We maintained online services where appropriate and by September had established a regular office presence and further built on this through to March 23. Alongside this we have significantly expanded the number of confidential sites across the County where we can provide a safe space to support and meet clients.

We continued to grow our staff team. In response to increasing client numbers we appointed a Service Administrator to assist with managing the 22% increase in client numbers in the past 3 years. Our Service Development Lead role became vacant and we will be recruiting into this critical post. Recruitment has, as for all charities, been a significant challenge in the past 12 months.

There was continued backlog within the court service which was a result of closures due to the pandemic and exacerbated by strikes by the judiciary. Our Independent Sexual Violence team focused on continued emotional and practical support for those awaiting trial. On average, cases now take 3 years to complete.

Despite increased client numbers and new challenges, our response time to referrals has been maintained. During the year, we responded to the growing waiting time between referral and initial assessment/counselling by appointing a second Client Assessor. We will continue to monitor the waiting time as client numbers continue to rise.

We are members of the national organisation Rape Crisis England and Wales (RCEW) and our work is guided by RCEW National Service Standards, as well as our organisational membership of BACP. Our dedicated small staff team, counselling volunteers and NRC's board of trustees continue to work tirelessly to enable us to deliver our services, providing 'best value' for survivors of sexual violence and sexual abuse.

### **Our Services and Activities**

We remain the only, free at the point of access, trauma informed specialist sexual violence service within the county offering support to survivors of sexual violence and sexual abuse, regardless of whether a recent or historic incident(s).

We continue to focus on making our services relevant and accessible to all survivors of sexual violence across Northamptonshire. We anticipate in the coming year to exceed 1,000 clients in a 12-month period.

### **Counselling**

During the year, 11 new volunteer counsellors successfully completed their training and joined us to help meet this sharp increase in service take up. By the end of the year we had 30 active Volunteer Counsellors, all working face-to-face with clients. In addition, funding from the Ministry of Justice enabled us to meet some of this increase in demand through securing additional sessional hours to bring our waiting list down. Our early assessment of self or professional referrals means that we can direct clients to other appropriate services if they are not yet ready to take up our specialist sexual violence support services. This helps us to keep our waiting lists at a manageable length, they currently stand at 110 individuals awaiting allocation on average for 23 weeks, again a legacy of the impact of the pandemic as well as a continuous growth in client numbers.

### **Volunteer Counsellors**

NRC is able to deliver its critical services through a small staff team which are supported by a much larger team of dedicated Volunteer Counsellors. Our Volunteer Counsellors are critical to enabling us to reach out to more people seeking support providing a service free at the point of contact.

#### **What do our Volunteer Counsellors say about working at NRC?**

"NRC puts the client at the heart of everything and to be part of this has been fundamental to the Counsellor I have become"

"Supervision is brilliant for knowledge sharing and ongoing professional development"

"I am very grateful to be able to work within an organisation with high standards and high expectations for staff, which translates into positive outcomes for clients"

### **Group Work and Peer Support**

We reviewed our services for our drop-in offer, we found that post-covid uptake was lower than pre-covid. We explored relevant opportunities for new ways for clients to engage with a refreshed focus on group work and peer support.

All our sessions are facilitated by trained professionals and provide a safe space to discuss specific issues. This creates additional options for those who may be struggling with mental health issues or who are not sure where to turn to for advice and support.

### Independent Sexual Violence Advisor Team

Delays in the court process has further impacted clients seeking justice and support through the reporting and court process. Those involved in the criminal justice process are seeing delays of up to a year. We will continue to support these clients. Prior to the pandemic the support required would on average be delivered across 24 months, this has now increased to, on average, 36 months putting additional pressure on our Independent Sexual Violence Advisor service.

To continue with improving our service development we will be exploring accreditation for our Independent Sexual Violence service in 2023/24.

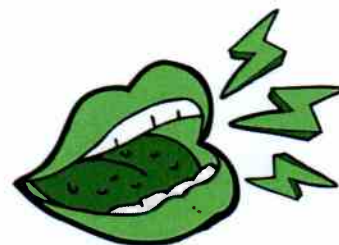
### Shout Up!

Shout Up! increases the skills of workers in the night-time economy to identify and respond to harassment and sexual violence. The scheme was envisioned by Rape Crisis Tyne and Northumberland.

Northamptonshire is the first region outside of Newcastle to roll out Shout Up! Northamptonshire Rape Crisis staff deliver training aims to make venues, bars and clubs safer places for all, creating a culture of zero-tolerance in their approach to sexual harassment.

We trained 18 organisations and currently 10 are live as Shout Up! accredited venues.

The scheme is delivered by the Northamptonshire Rape Crisis staff who are trained in understanding sexual violence and the impact of sexual violence and funded by the Office of the Police, Fire and Crime Commissioner.



### Training

Our 'Understanding the Impact and Consequences of Sexual Violence' was provided across the year to professionals in a number of settings. This included online training on the Impact and Consequences of Sexual Violence to partners such as the Northamptonshire Police and VOICE (Victim and Witness Support), counselling students and Improving Access to Psychological Therapies (IAPT) staff delivering, Talking Therapies.

### Schools Work

We have worked with secondary schools in the Kettering area to deliver training to students on understanding the impact of sexual violence and how to develop healthy relationships. We have identified that this is a critical part of our education and prevention work. We are delighted to have secured funding from the Horner Foundation to extend our work with schools in Kettering and Corby.

### Partnership Working

Working with a range of local stakeholders on issues relating to sexual violence and abuse is key to ensuring we reach out to those who need to not only access our services but to share prevention messages. As a countywide agency we work with partners across Northamptonshire, and in 2022/23 delivered and engaged in the following pieces of work:

- Ongoing involvement in the Northampton Women's Forum.
- An information stand at the Northampton Town Pride event.
- Ongoing involvement in the 16 Days Against Gender Based Violence initiative led by West Northamptonshire Council.
- Supported North Northamptonshire Council to deliver a vigil on the 10<sup>th</sup> December to mark the end of 16 Days Against Gender Based Violence.
- Supported Sexual Violence Awareness Week (February) and No More Week (March)
- Northampton University – Mental Health Awareness Week (May)

### Reclaim the Night

This year the number of people marching and participating in Northampton's Reclaim the night almost doubled, with over 150 individuals taking part. As in previous years the Barry Road Co-Op and Co-Op Pioneers provided us with space to gather and provided hot drinks and a great atmosphere.



The march was led by a group of women drummers and following two banner/placard making workshops, ensured we got the message out there in many ways. The march was extremely well received by the local community and as always incredibly well supported by local partner organisations including VOICE and Northamptonshire Domestic Abuse Services (NDAS).



### The Year Ahead

We know the environment we are working in will change significantly over the next 18 months as the economic climate remains uncertain. By actively implementing our new strategy we will be able to respond to this changing landscape.

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**What our clients say :**

"This was the best thing to happen to me. I feel like I'm quite emptied out of everything that's hurt me, disappointed me, troubled me, tied me up, depressed me, confused me and generally damaged me. Thank you"

[Client Quote]

"I am no longer ashamed of my past abuse. The side effects of my abuse are still there but I accept it, I know I'll have to live with it but I am ok with it and I'm ready to live my life for me and not give my abusers a second of my time"

[Client Quote]

### **Financial Review**

Financial reports are prepared by the Office Manager and reviewed independently by external accountant, Paul Cummings ACA, partner of Cheney and Co.

The Financial position is reviewed monthly by the Treasurer and presented to Trustees at each bi-monthly Board meeting.

Principal sources of ongoing funding for the year have remained consistent with earlier years, with continued substantial support from the Ministry of Justice, West Northants Council, The Henry Smith Charity, Lloyds Bank Foundation and the Brook Trust.

Cost control remains strong with day-to-day resourcing optimised by a mix of full and part time employees and voluntary counsellors. The move to home working as a result of Covid-19 has enabled new technology purchased from Covid-19 support grants. One positive legacy of Covid 19 is our ability to now deliver services both online and face-to-face enabling clients with limited access to transport or care givers easier access to our services.

We remain grateful to all our independent funders, both locally and nationally, who have enabled the charity to continue to grow and provide essential services throughout this period of ongoing economic uncertainty.

Our unrestricted reserves policy is to hold between 4-6 months of expenditure, and this is monitored bi-monthly by the Treasurer with regular updates provided at Board meetings. The reserves policy is reviewed annually alongside the presentation of the budget for the following year to assess if it remains appropriate for the current economic climate and NRC's own circumstances.

### **The Year Ahead**

We anticipate ongoing challenges in the year ahead as we anticipate the balance of returning to face to face, continuing to provide online counselling and support alongside managing increased numbers of clients.

Our focus remains on our four key areas to ensure our services are available to all who need them, both now and for the future:

- Accessibility
- Prevention
- Sustainability
- Governance & Infrastructure

## **Governance**

Northamptonshire Rape Crisis (NRC) was first registered as a charity in June 1987. In March 2014, the Trustees as the only voting members, converted NRC to a Charitable Incorporated Organisation (CIO) which aligned with the organisational needs. The trustees have the discretion to accept as members any person over the age of 16 who supports the objectives of the charity.

The Board comprises up to a maximum of eight Trustees as defined under charity law and those serving during the year are listed on page 3.

During 2022/23, the Board met approximately every two months. Meetings were held both online and in person.

None of the trustees have any beneficial interest in the Charity.

The governance framework comprises the systems, processes and internal controls in place to give assurance to the Board that the Charity is complying with the constitution and meeting the Charity's aims and objectives.

The Board is responsible for the business of the Charity subject to compliance with the provisions of the Charities Act 2011 and the constitution for Northamptonshire Rape Crisis Charitable Incorporated Organisation.

## **Appointing trustees**

New trustees are recruited by the Board based on relevant skills and experience. The recruitment process includes initial screening of CV's, face to face interviews and attending two board meetings initially as an observer, respecting the confidentiality by completing an observer agreement. Suitable trustees are formally appointed at the full committee meeting. In accordance with the requirements of affiliation to Rape Crisis (England and Wales) 75% of trustees on the Board shall be women. In addition, the position of Chair and where applicable Vice Chair of the Board of Trustees must be women. All new trustees are provided with a copy of the constitution, the five-year strategy, annual operational plan and last Trustees' Annual Report. Trustees also receive a copy of the Charity Commission guidance for Trustees. Trustees are encouraged to attend appropriate internal and external training events where these will facilitate their understanding of the role.

## **Leadership**

Operational day to day management of the Charity is delivered under the direction of the CEO who holds significant experience and relevant specialised skills and knowledge for the key operational activities of the Charity.

## **Organisation**

The Board meets bi-monthly to discuss and approve all major strategic decisions and to review operational progress. An independent clerk minutes the meetings and the CEO attends all Board meetings to ensure a good exchange of information and communication between the operation and the board. During the year there are also strategic development days to ensure the strategic direction remains current and relevant.

## **Partnerships**

NRC is based in premises provided by the office of the Northamptonshire Police and Crime Commissioner. This facilitates close working relationships with two other victim focused agencies located within the building: The Sunflower Centre and Voice for Victims. NRC's role as a key partner and provider of essential support services is clear and together with Voice for Victims and The Sunflower Centre, the local high-level domestic abuse agency, we have developed close working relationships with both agencies that benefit our shared client base.

NRC also works with Serenity, Northamptonshire's Sexual Assault Referral Centre (SARC) and is part of the collaboration: Northamptonshire against Domestic Abuse and Sexual Abuse (NADASA). Multi-agency work with both statutory and voluntary agencies continues on a daily basis to enhance the service available to our mutual services users across the county.

## **Risk Assessment and Risk Management**

The Board has a fundamental role to play in overseeing the management of risk for NRC. To enable this, the Trustees have a risk management strategy which comprises:

- Bi-monthly review of the risks the charity may face
- The establishment of systems and procedures to mitigate those risks identified in the plan
- The implementation of procedures designed to minimise any potential impact on the charity should those risks materialise.

The Board of Trustees regularly review the policies and procedures of the organisation in respect of good governance, mitigation of risk and public benefits and is confident that those in place are robust and reflect good practice. These procedures are reviewed annually to ensure they still meet the needs of the charity.

## **Budgetary Control and Reporting**

Financial monitoring and update reports are produced monthly and presented to the Board every two months.

## **Employees**

The company employs 8 full and part time staff together with an average of 28 volunteer counsellors.

## **Going Concern**

The Board are of the opinion that Northamptonshire Rape Crisis Charitable Incorporation Organisation has adequate resources to continue in operational existence for the foreseeable future with due consideration of the recent impact of COVID-19 where initially we saw a decline in clients seeking support. The Board, CEO and the staff team were aware of the increase in demand once we came out of lockdown, we anticipate the increase in demand for services over the next 1-2 years. Consequently, the Board continues to adopt the going concern basis in preparing the financial statements.

## **Trustees' responsibility in relation to the financial statements**

The charity trustees are responsible for preparing the Trustees annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Policies).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which gives a true and fair view of the state of affairs of the charity and of the incoming resources and applicable resources, of the charity for the 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 applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- 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 and 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 Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiner is unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiner.

The Trustee's Report was approved by the Board on 11th September 2023, and signed on their behalf.

*Claire Gogerty*

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Claire Gogerty

Chair

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st March 2023 which are set out on pages 2 to 22.

**Responsibilities and basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination, I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 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 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



Paul Cummings A.C.A.  
Cheney & Co. Accountants  
310 Wellingborough Road,  
Northampton.  
NN1 4EP.

Date :

## (Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST MARCH 2023

	Notes	Unrestricted 2023	Restricted 2023	Total 2023	Unrestricted 2022	Restricted 2022
<b>Income from :</b>						
Donations	1	16,255	-	16,255	16,458	-
Charitable activities	2	43,585	389,894	433,479	20,513	360,534
Investments		3,652	-	3,652	71	-
Other income		-	-	-	-	-
<b>Total income</b>		<b>63,492</b>	<b>389,894</b>	<b>453,386</b>	<b>37,042</b>	<b>360,534</b>
<b>Expenditure on :</b>						
Raising funds		-	-	-	-	-
<b>Charitable activities</b>						
Employment costs	3	8,440	235,342	243,782	9,920	179,511
Recruitment		-	2,732	2,732	-	-
Volunteer expenses		-	1,469	1,469	-	1,790
Volunteer support costs		-	8,293	8,293	-	9,060
Training		-	10,654	10,654	-	19,631
Travel		-	3,454	3,454	-	1,074
DBS checks		-	766	766	-	602
Stationery/postage		-	1,438	1,438	-	1,730
Telephones		-	4,538	4,538	-	3,313
Rent/Rates		-	-	-	-	6,170
Rape Crisis – Safer Streets Project		-	-	-	-	25,000
Group work		-	-	-	-	-
Sundries		1,212	-	1,212	117	-
Repayment of Grant to Children in Need		-	-	-	-	-
Publicity/Marketing		-	9,967	9,967	-	3,254
Cost of generating funds bid writing etc		-	-	-	-	-
Furniture and equipment		-	4,747	4,747	-	2,781
Equipment IT including new website		-	13,538	13,538	-	22,288
Publications/subscriptions		-	1,640	1,640	-	-
Sessional work		-	28,370	28,370	-	5,954
Cleaning		-	1,072	1,072	-	313
Insurance		-	3,080	3,080	-	1,483
Professional fees		-	480	480	12	1,000
Independent examinations		-	600	600	-	705
Office moving costs		-	-	-	-	324
Trustee expenses		-	-	-	-	-
<b>Total expenditure</b>		<b>9,652</b>	<b>332,180</b>	<b>341,832</b>	<b>10,049</b>	<b>285,974</b>
Net income/expenditure		53,840	57,714	111,554	26,993	74,560
Transfer between funds		-	-	-	7,810	(7,810)
Total funds brought forward		172,517	98,291	270,808	137,714	31,541
<b>Total funds carried forward</b>		<b>226,357</b>	<b>156,005</b>	<b>382,362</b>	<b>£172,517</b>	<b>£98,291</b>

All income and expenditure derived from continuing activities

The statement of financial activities includes all gains and losses recognised during the year

**BALANCE SHEET AS AT 31ST MARCH 2023**

	Notes	Unrestricted 2023	Restricted 2023	Total 2023	Unrestricted 2022	Restricted 2022
<b>ASSETS :</b>						
<b>Current Assets</b>						
Sundry debtors	4	-	51,507	51,507	35	8,954
Cash at bank and in hand	5	226,357	116,311	342,668	187,482	121,441
		226,357	167,818	394,175	187,517	130,395
<b>Creditors</b>						
Amounts falling due within one year	6	-	(11,813)	(11,813)	(15,000)	(32,104)
		-	(11,813)	(11,813)	(15,000)	(32,104)
<b>Net Current Assets</b>		226,357	156,005	382,362	172,517	98,291
<b>NET ASSETS</b>		226,357	156,005	382,362	£172,517	£98,291
<b>FUNDS</b>						
	Notes				31.03.23	31.03.22
		£	£		£	£
Unrestricted funds	7-8	266,357	-		226,357	172,517
Restricted funds	9	-	156,005		156,005	98,291
		226,357	156,005		382,362	270,808

Approved by the trustees at a committee meeting held on

and signed on their behalf

*Claire Gogerty*

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 Ms. Claire Gogerty  
 Chair/Trustee

**ACCOUNTING POLICIES  
FOR THE YEAR ENDED 31ST MARCH 2023**

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**PRINCIPAL ACCOUNTING POLICIES**

**Basis of preparation**

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice Charities (SORP) (FRS 102). Accounting and Reporting by Charities issued January 2019, applicable UK Accounting Standard and the Charities Act 2011.

**Ultimate Controlling Party**

NRC is a registered Charitable Incorporated Organisation controlled and managed by the Management Committee/Trustees individually named in the Annual Report.

**Income**

Income is brought into account on a receivable basis.

**Intangible Income**

Intangible income, in the form of donated facilities and voluntary help etc., is not included in the financial statements since it is not considered practicable to quantify such income.

**Expenditure**

Expenditure is stated inclusive of value added tax, and is brought into account in the year in which it is due. Costs are allocated to functional headings on the bases of direct costs plus overheads on a fair and reasonable estimated basis.

**Pensions**

The CIO operates a NEST pension scheme

**Reserves**

The current reserve policy is to maintain a minimum of 6 months average running costs.

**Risk**

The trustees do not believe the CIO is subject to any substantial risk beyond the liabilities disclosed in its Annual Report and Accounts.

The organisation has public, employer liability insurance to protect the CIO in case of a claim.

**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31ST MARCH 2023**

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
<b>1. Donations</b>				
Gilander Foundation	250	-	250	250
Just Giving	310	-	310	5,903
Co-op Community Fund	2,413	-	2,413	-
The Cockerill Masonic Charity	-	-	-	1,000
The Big Give	705	-	705	993
Frances & Augustus Newman Foundation	10,000	-	10,000	-
Allen Lane Foundation	-	-	-	-
George Anson	-	-	-	3,000
JumbleBee Ltd	-	-	-	2,116
Other	2,577	-	2,577	3,196
	<u>16,255</u>	<u>-</u>	<u>16,255</u>	<u>16,458</u>
<b>2. Charitable Activities</b>				
Grants :				
WNC	-	13,890	13,890	2,650
Ministry of Justice	-	219,986	219,986	191,033
NHS-SARC	15,000	-	15,000	15,000
The Brook Trust	-	10,000	10,000	10,000
Lloyds TSB Foundation	27,250	-	27,250	25,000
Northants Police & Crime Commissioner	-	87,464	87,464	89,901
Homer Foundation	-	12,554	12,554	-
Rape Crisis England & Wales	-	-	-	-
The Henry Smith Charity	-	46,000	46,000	44,600
Other income	1,335	-	1,335	2,863
	<u>£43,585</u>	<u>£389,894</u>	<u>£433,479</u>	<u>£381,047</u>

NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED 31ST MARCH 2023

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
<b>3. Employment Costs</b>				
Gross salaries	8,440	211,226	219,666	171,123
Employer NI	-	15,880	15,880	11,915
Employer pension	-	8,236	8,236	6,393
	8,440	235,342	243,782	189,431

No employee earned in excess of £60,000 during the year.

The average number of employees during the year was 7 (2022 – 5)

During the year, the trustees received no remuneration. The total expenses reimbursed to the trustees amounts to Nil (2022 – Nil)

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
<b>4. Debtors</b>				
Sundry	-	32,563	32,563	35
Prepaid	-	18,944	18,944	8,954
	-	51,507	51,507	8,989

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
<b>5. Cash at Bank</b>				
CIO Current No 2 Account	45,038	-	45,038	134,946
CCLA Account	181,319	116,311	297,630	173,977
Cash in hand	-	-	-	-
	226,357	116,311	342,668	308,923

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
<b>6. Creditors amounts falling due within one year</b>				
Other creditors	-	(10,593)	(10,593)	(30,884)
Deferred income	-	-	-	(15,000)
Accruals	-	(1,220)	(1,220)	(1,220)
	-	(11,813)	(11,813)	(47,104)

(Charitable Incorporated Organisation)

## NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2023

	Opening Balance 01.04.22 £	Movement In £	Movement Out £	Transfers £	Closing Balance 31.03.23 £
<b>7. Unrestricted Funds</b>					
General reserve	172,517	63,492	(9,652)	-	226,357

**8. Designated Fund**

There are no designated funds at present.

	Opening Balance 01.04.22 £	Movement In £	Movement Out £	Transfers £	Closing Balance 31.03.23 £
<b>9. Restricted Funds</b>					
Ministry of Justice	68,367	168,305	(140,732)	-	95,940
Ministry of Justice – Male Rape Support Fund	-	51,681	(51,681)	-	-
Northants Police & Crime Comm	10,776	54,901	(20,647)	-	45,030
Greggs Foundation	2,481	-	-	-	2,481
Lloyds Bank Foundation	16,667	-	(16,667)	-	-
Brook Trust	-	10,000	(10,000)	-	-
Henry Smith Charity	-	46,000	(46,000)	-	-
Northants Police & Crime Comm - Safer Streets	-	32,563	(32,563)	-	-
West Northamptonshire Council	-	13,890	(13,890)	-	-
Homer Foundation	-	12,554	-	-	12,554
	98,291	389,894	(332,180)	-	156,005

Ministry of Justice grant is to provide counselling sessions.

Ministry of Justice – Male Rape Support Fund – Towards costs for delivering support and counselling.

Northants Police & Crime Commissioner – Towards an additional ISVA/client assessor for services relating to Domestic and Sexual Violence.

Greggs Foundation – Sexual Violence Group Work and “Power Program” for Women.

Lloyds Bank Foundation – Salary costs for ISVA worker.

Brook Trust – Towards salary costs of Client Assessor.

Henry Smith Charity – Towards CEO salary costs.

Northants Police & Crime Commissioner – Safer Streets – Towards education and awareness of the safety of women at night.

**10. Ultimate Controlling Party**

The Charity is controlled by the board of Trustees who are listed in the Trustees’ Annual Report.