

# INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

England & Wales · Charity number 1156924

## Details

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**Other names** IRCT

**Status** Registered

**Legal form** CIO

**Registered** 2014-05-06

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Office 1 Shrieves Walk  
Stratford-Upon-Avon  
Warwickshire  
CV37 6GJ

**Phone** 07802195270

**Email** [chair@irct.org.uk](mailto:chair@irct.org.uk)

**Website** [www.irct.org.uk](http://www.irct.org.uk)

## Activities

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**Objects:** 1) FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF AND PROMOTE THE MENTAL AND PHYSICAL HEALTH OF PEOPLE WHO HAVE SUFFERED CHILDHOOD TRAUMA WITH PARTICULAR FOCUS ON THEIR RECOVERY FROM THAT TRAUMA.2) FOR THE PUBLIC BENEFIT TO PROMOTE THE EDUCATION OF THE PUBLIC AND PROFESSIONALS AND SPECIALISTS IN THE FIELD OF CHILDHOOD TRAUMA ON ISSUES RELATING TO THE MENTAL AND PHYSICAL HEALTH OF [CHILDREN AND YOUNG] PEOPLE WHO HAVE SUFFERED CHILDHOOD TRAUMA, INCLUDING THROUGH UNDERTAKING OR PROMOTING RESEARCH AND MAKING THE USEFUL RESULTS OF SUCH PUBLICALLY AVAILABLE.FOR THE PURPOSES OF THESE OBJECTSS "CHILDHOOD TRAUMA" MAY INCLUDE (BUT IS NOT LIMITED TO) SEXUAL ABUSE, PHYSICAL ABUSE, DOMESTIC COMMUNITY AND SCHOOL VIOLENCE, MEDICAL TRAUMA, MOTOR VEHICLE ACCIDENTS, ACTS OF TERRORISM, WAR EXPERIENCES, NATURAL AND MAN-MADE DISASTERS, SUICIDES AND OTHER TRAUMATIC LOSSES."

**Activities:** Ensure that recovery from childhood trauma becomes available for all children by:\*Promoting the right to recovery for children affected by complex trauma\* Lobbying and Campaigning to influence policy and practice\* Education to increase public awareness and promote best practice\* Research to deepen

understanding of childhood trauma, its impact and the nature of healing and recovery

## Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£5,966	£1,485	-	-
2024-05-31	£6,131	£4,193	-	-
2022-11-30	£3,992	£4,518	-	-
2021-11-30	£6,127	£3,363	-	-
2020-11-30	£3,555	£4,323	-	-

## Trustees

Name	Role	Appointed
Sylvia Duncan	Chair	2017-07-30
ANDRE PALMER		2022-04-29
Christopher Richard Bennett		2023-07-14
Claire Agius		2024-11-21
Elizabeth Sarah Darton		2022-11-17
Jonathan David Reid		2019-04-10
Judith Vaughan		2025-02-22

**INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)**

England & Wales - Charity number 1156924

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# Accounts

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**INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)**

**ANNUAL REPORT AND FINANCIAL STATEMENT FROM**

**01.06.24 to 31.05.25**

**Charity Number 1156924**

# INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA

## REPORT OF THE TRUSTEES

### Trustees

The trustees during the period 01.06.24 and 31.05.25 and to the date of this report were:

Mr GJG McAllister *Resigned 18.09.25*

Mrs S Duncan

Mr J Reid

Mr J Fayle *Resigned 18.09.25*

Mr A Palmer

Mrs ES Darton

Mr C Bennett

Ms C Agius *Appointed 21.11.24*

Ms J Vaughan *Appointed 22.02.25*

### Registered Office

Office 1 Shrieves Walk

Stratford upon Avon

Warwickshire CV37 6GJ

# **INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA**

## **REPORT OF THE TRUSTEES**

**FOR THE PERIOD 01.06.24 TO 31.05.25**

The Trustees are pleased to present their Annual Report together with Financial Statement for the purposes of the Charities Commission.

### **Structure, governance and management**

*a) Constitution*

The charity was registered as a charitable company limited by guarantee and was set up by a Memorandum and Articles of Association and became a registered charity on 22 November 2013. The trustees got the approval of the membership to change the registration structure and the charity became a Charitable Incorporated Organisation with voting members other than its charity trustees in accordance with a CIO constitution on 31.08.23

*b) Method of appointment or election of trustees*

The management of the charitable company is the responsibility of the trustees who are elected and co-opted under the terms of the Constitution

*c) Policies adopted for the induction and training of trustees*

New Trustees are on appointment supplied with copies of all documents necessary and relevant guidance in order for them to understand their role. All Trustees have been chosen with a view of them providing the charitable company with a range of skills expedient to setting up, developing and managing the running of the Institute of Recovery from Childhood Trauma (IRCT).

*d) Organisation structure and decision making*

The Board of Trustees meets monthly and between board meetings, necessary decisions taken and actions are the responsibility of the Chair.

*e) Risk assessment*

The trustees have assessed the major risks to which the charitable organisation is exposed, in particular those related to the operations and finances of the charity and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

### **Objectives and activities**

The objects of the Charity are as follows:

\*For the public benefit, to relieve the needs of and promote the mental and physical health of people who have suffered childhood trauma with particular focus on their recovery from that trauma, and

\* For the public benefit to promote the education of the public and professionals and specialists in the field of childhood trauma on issues relating to the mental and physical health of (children and young) people who have suffered childhood trauma, including through undertaking or promoting research and making useful the results of such publically available. For the purposes of these objects "childhood trauma" may include (but is not limited to) sexual, physical and emotional abuse and neglect or exposure to domestic violence and war experiences.

## **REPORT OF THE TRUSTEES**

**FOR THE PERIOD FROM 01.06.24 TO 31.05.25**

### **Achievements and Performance**

#### *Trustees*

We have been fortunate in maintaining a strong core group of trustees during this period. Although we have lost two trustees who found that they could no longer find the necessary time to retain the role, we recruited two new trustees who have filled some skill gaps for the Board. All our trustees are active in taking a lead in their area of expertise and assuming responsibility for delivering on our objectives. We also recruited a volunteer to assist with social media and another to support the administration for the Board of Trustees.

We have the ongoing support of our Patron Baroness Butler Sloss who has generously extended her tenure repeatedly while we search for another Patron from the House of the Lords. However, we are delighted that Munira Wilson, Liberal Democrat MP for Twickenham & Whitton, agreed to become a Patron and support our links with the House of Commons. These links enable us to hold events in the House of Lords and also facilitate our lobbying activities to improve services for traumatised children.

#### *Lobbying*

In July 2023, we were appointed as the Secretariat for the All Party Parliamentary Group (APPG) for Childhood Trauma which offered us the opportunity, together with other likeminded organisations, to bring issues to the attention of MPs from all the political parties and gain support for policy changes. We organised three meetings during 2023 but unfortunately the General Election in July 2024 demanded the dissolution of all the APPGs as well as disrupting the possibility of hosting planned events in Parliament. Following the election of the Labour Government, Wera Hobhouse (Lib Dem MP) who had been the Chair of the APPG for Childhood Trauma, was unsuccessful in reconstituting the APPG so there was no role for IRCT as Secretariat. However, during our tenure as Secretariat, we were able to create links with many organisations with similar ambitions and were able to continue to collaborate on lobbying activities. In the run up to the General Election we were part of the Party Manifesto Influencing Group which included representatives from almost 100 organisations working actively together to influence the manifestos of all the Political Parties. As might be expected, IRCT was continually promoting the importance for all services to be trauma informed.

In July 2024, to inform our lobbying during this period, IRCT prepared a policy document entitled 'Policy Proposals to Promote Healing for Children who have suffered Serious Trauma', which we distributed widely. In this document, we sought to summarise our proposals for policy changes in all areas of children's services. We believed that our recommendations would transform the opportunities for children to heal and recover from trauma they had suffered.

Following the General Election, we continued to be busy with lobbying activities in collaboration with many other national children's charities to promote awareness of the needs of vulnerable and traumatised children and the necessity for all services working with children to be better informed and supported to meet these needs. We have continued to grow these links to enable us to have a louder voice and hopefully more impact in making demands to make children a priority at a local and national level. IRCT was part of the DfE - DHSC Advisory Group updating the Statutory Guidance for promoting the health and

wellbeing of Children in Care and Care leavers. The Children's Wellbeing and Schools Bill was the main focus of our lobbying efforts during the latter part of the financial year as part of a powerful cross sector effort calling to put children's rights at the heart of UK law and place Child Rights Impact Assessments (CRIAs) on a statutory footing. This would create a duty on Ministers to consider children's rights at all times.

Our campaign to reduce and work towards the complete lack of any need to permanently exclude children from school and to create a more inclusive environment has continued to gather momentum and there is now a growing groundswell of opinion that this is an issue that needs to be addressed urgently. We also continued to promote our 'right to recovery' campaign.

### *Events*

Our Events programme for 2024/25 was severely disrupted by the General Election. We were able to hold a postponed Best Practice Forum in the House of Lords in October 2024: 'Creating an Inclusive Environment to promote Recovery from Trauma: Relational Practice in Action'. This included presentations looking at relational trauma informed approaches in educational settings and foster care. The event was very well attended and received. We continued this theme later in the year when we held an event looking at 'Establishing a Complex Trauma Pathway in CAMHS.

We aim to capture the ideas that emerge from our Best Practice Forums and find ways to disseminate the information further. One example of this is the roundtable discussions we have been holding following a Best Practice Forum we held in November 2022 with the aim of establishing some shared principles services can use to help them assess what they are doing is making a positive impact towards helping the children in their care to recover. We are now close to publishing a paper on the results of this.

### *Going Forward*

We will be continuing all our activities and building on our successes to date. Our next campaign is to push for the development of a National Trauma Strategy for England.

**INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA**

**REPORT OF THE TRUSTEES**

**01.06.24 to 31.05.25**

**Financial Statement**

**5419.8**  
**Balance at 31/05/24 5**

**Transactions from 01/06/24 –  
31/05/25**

<b>Income</b>		<b>Expenditure</b>	
<b>Item</b>	<b>Amount</b>	<b>Item</b>	<b>Amount</b>
<b>Conference/Workshop Receipts</b>	<b>673.00</b>	<b>Business Support</b>	<b>823.66</b>
<b>Membership Subscriptions</b>	<b>4473.84</b>	<b>Website Hosting and Support (Wordpress)</b>	<b>288.00</b>
<b>Donations</b>	<b>819.48</b>	<b>Zoom Subscription</b>	<b>155.88</b>
		<b>Trustee expenses</b>	<b>146.83</b>
		<b>Catering costs</b>	<b>70.20</b>
<b>Total</b>	<b>5966.32</b>	<b>Total</b>	<b>1484.57</b>

**Balance at 31.5.25 9856.60**



**INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)**

England & Wales - Charity number 1156924

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# Accounts

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**INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)**

**CHARITY NUMBER 1156924**

**ANNUAL RETURN TO THE CHARITY COMMISSION**

**REPORT OF THE TRUSTEES AND FINANCIAL STATEMENT**

**FOR THE PERIOD DECEMBER 1<sup>ST</sup> 2022 TO MAY 31<sup>ST</sup> 2024**

# **INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA**

## **REPORT OF THE TRUSTEES**

### **FOR THE PERIOD DECEMBER 1<sup>ST</sup> 2022 TO MAY 31<sup>ST</sup> 2024**

#### **Introduction**

IRCT was registered with Company House (Company Number 08786935) on 22.11.13. as a charitable company. On 31.08.24 IRCT changed its status to a Charitable Incorporated Organisation with voting members other than its charity trustees (Charity Number 1156924) The Trustees adopted the new CIO constitution

#### **Trustees**

The existing trustees resigned and were reappointed following the change of registration in accordance with the CIO Constitution and their appointments will be put to the membership at the next AGM for adoption.

The trustees during the period 01.12.22 and 31.05.24 and to the date of this report were:

Mr GJG McAllister

Mrs S Duncan

Mr J Reid

Mr J Fayle

Mr A Palmer

Mrs ES Darton

Mr C Bennett

#### **Registered Office**

The charities registered office address is:

Office 1 Shrieves Walk

Stratford upon Avon

Warwickshire CV37 6GJ

#### **Structure, governance and management**

##### *a) Constitution*

The charity was registered as a charitable company limited by guarantee and was set up by a Memorandum and Articles of Association and became a registered charity on 22 November 2013. The trustees got the approval of the

membership to change the registration structure and the charity became a Charitable Incorporated Organisation with voting members other than its charity trustees in accordance with a CIO constitution on 31.08.23

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New Trustees are on appointment supplied with copies of all documents necessary and relevant guidance in order for them to understand their role. All Trustees have been chosen with a view of them providing the charitable company with a range of skills expedient to setting up, developing and managing the running of the Institute of Recovery from Childhood Trauma (IRCT).

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The Board of Trustees meets monthly and between board meetings, necessary decisions taken and actions are the responsibility of the Chair.

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The trustees have assessed the major risks to which the charitable organisation is exposed, in particular those related to the operations and finances of the charity and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

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## **Achievements and Performance**

### *Trustees*

We have been fortunate in maintaining a strong core group of trustees during this period although we have lost two trustees who found that they could no longer find the necessary time to retain the role. We are continuing our

search to fill some of our skill gaps on the Board of Trustees. All our trustees are active in taking a lead in their area of expertise and assuming responsibility for delivering on our objectives.

We have the ongoing support of our Patron Baroness Butler Sloss who has generously extended her tenure repeatedly while we search for another Patron from the House of the Lords. However, we are delighted that Munira Wilson, Liberal Democrat MP for Twickenham & Whitton, has agreed to become a Patron and support our links with the House of Commons. These links enable us to hold events in the House of Lords and also facilitate our lobbying activities to improve services for traumatised children.

### *Lobbying*

In July 2023, we were appointed as the Secretariat for the All Party Parliamentary Group (APPG) for Childhood Trauma which offers us the opportunity, together with other likeminded organisations, to bring issues to the attention of MPs from all the political parties and gain support for policy changes. We have organised three meetings to date during 2023. The initial meeting in July 2023 was an AGM and introduction on the impact of trauma and the work of IRCT and, in particular, our proposals to the Children's Social Care Review. The second meeting was in November 2023 when professionals with expertise in early years, education, social care, children's mental health and youth justice shared views on the cost of unresolved childhood trauma both to the individuals' concerned and the cost to society financially and with respect to lost potential. In March 2024, a further meeting focused on what is needed in education policy and practice to prevent childhood trauma and promote recovery. Three events per year are planned going forward.

We have been very active in our other lobbying activities in collaboration with many other national children's charities to promote awareness of the needs of vulnerable and traumatised children and the necessity for all services working with children to be better informed and supported to meet these needs. It is our intention to continue to grow these links to enable us to have a louder voice and hopefully more impact. We are currently actively involved alongside others in working with the Department for Education to modify the Statutory Guidance for the provision of Mental Health Services for children in Care and Care Leavers, most of whom have been traumatised.

Our campaign to reduce and work towards the complete lack of any need to permanently exclude children from school is gathering momentum and there is now a growing groundswell of opinion that this is an issue that needs to be addressed urgently. The most recent statistics reveal that there were 9,400 permanent exclusions in 2022/23, a 44% increase since 2021-22.

### *Events*

We have continued to put on events both at the House of Lords and Online as part of our contribution to upskilling the workforce and we have provided some online training to specific organisations online by request. Our events at

the House of Lords are free and therefore accessible but clearly limited in terms of numbers. Online events are easy to organise and can be offered at accessible rates but in person events are proving harder to organise as organisations appear to be investing less in training than was the case before COVID. There is a heavy reliance on online training which, while positive, is not the same as live events, which can provide more in terms of networking and gaining practical experience from workshops etc. We have had to postpone live events we have organised due to lack of take up and we are looking at ways of being able to offer a more accessible service.

In 2023, we organised two Best Practice Forums at the House of Lords and one online event. In April 2023, following the publication of the last Government's response to the Children's Social Care Review, we organised a debate on Social Care Reform, looking at whether 'Stable Homes Built on Love' offered enough to help damaged children recover from trauma. Whilst it was accepted that a secure loving home is essential to help children thrive, it was the unanimous view of those present that much more needs to be available to help children heal and that professionals need to be trained and supported to deliver this. In July 2023, we held an event in collaboration with Mulberry Bush Residential School looking at 'Developing best practice in Therapeutic Childcare' and what is needed to upskill the workforce.

We aim to capture the ideas that emerge from our Best Practice Forums and find ways to disseminate the information further. One example of this is the roundtable discussions we have been holding following a Best Practice Forum we held in November 2022 with the aim of establishing some shared principles services can use to help them assess what they are doing is making a positive impact towards helping the children in their care to recover. We are hoping to publish a paper on the results of this in the near future.

### *Going Forward*

We will be continuing all our activities and building on our successes to date. In addition, we are particularly excited about our decision to create a 'Centre for Recovery from Childhood Trauma' to ensure that recovery from childhood trauma is available for all children and young people. The Centre for Recovery from Childhood Trauma will aim to enhance the work of IRCT through:

- Operating as a network which plays a key role in promoting and facilitating recovery from childhood trauma.
- Encouraging inter-disciplinary research to advance knowledge to support recovery from childhood trauma.
- Providing a hub dedicated to driving research collaborations between universities, organisations, professionals and individuals.
- Disseminating accessible research.

**INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA**  
**FINANCIAL STATEMENT FOR PERIOD 01.12.22 TO 31.05.24**

**Balance at 1.12.22 7093.86**

**Transactions from 1.12.22 - 31.5.24**

<b>Income</b>		<b>Expenditure</b>	
<b>Item</b>	<b>Amount</b>	<b>Item</b>	<b>Amount</b>
Conference/Workshop Receipts	868.02	Business Support	2466.94
Membership Subscriptions	4770.00	Website Hosting and Support (Wordpress)	288.00
Donations	492.71	Zoom Subscription	527.88
		Bank fees Paypal	84.54
		Trustee expenses	524.66
		Catering costs	300.90
<b>Total</b>	<b>6130.73</b>	<b>Total</b>	<b>4192.92</b>

**Balance at 31.5.24 9031.67**