

SURVIVORS IN TRANSITION

England & Wales · Charity number 1159782

Details

Other names	SIT
Status	Registered
Legal form	CIO
Registered	2015-01-05
Register	View on the Charity Commission register

Contact

Address	84 Fore Street Ipswich IP4 1LB
Phone	01473232499
Website	http://www.survivorsintransition.co.uk

Activities

Objects: TO PROMOTE AND PROTECT THE GOOD HEALTH OF MEN AND WOMEN WHO HAVE EXPERIENCED ANY FORM OF CHILDHOOD SEXUAL ABUSE THROUGH THE PROVISION OF A SUPPORT CENTRE FOR SUCH SUPPORT AND COUNSELLING AS DEEMED APPROPRIATE.

Activities: Survivors In Transition supports survivors of all ages, of all genders who have experienced any form of sexual violence or sexual abuse regardless of when this happened or whether it has been reported or not. We do this through a range of trauma-informed one to one and group interventions.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Cambridgeshire
- Essex
- Norfolk
- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£547,008	£980,535	£164,804	16
2023-12-31	£497,071	£939,541	£238,682	15
2022-12-31	£730,535	£702,850	£282,270	13
2021-12-31	£581,506	£533,089	£254,585	13
2020-12-31	£426,241	£438,715	-	-

Trustees

Name	Role	Appointed
ALISON MANN		2014-09-24
ANDREW DEWHURST		2017-06-06
Damien Ribbans		2023-09-01
Dr EMMA MARRIOTT		2014-09-24
Dr Vanessa Webb		2022-08-01
Samantha Jover		2023-09-01
Simon Patrick Tucker		2024-05-01

SURVIVORS IN TRANSITION

England & Wales - Charity number 1159782

Accounts

Charity Registration No. 1159782

SURVIVORS IN TRANSITION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

SURVIVORS IN TRANSITION

LEGAL AND ADMINISTRATIVE INFORMATION

CEO

Fiona Ellis (OBE)

Trustees

Andrew Dewhurst
Emma Marriott
Kate Hughes (Resigned October 2024)
Alison Mann
Mark Davies (Resigned May 2024)
Vanessa Webb
Samantha Jover
Damien Ribbans
Simon Tucker (Appointed May 2024)

Trustee advisors

Charlotte Johns
Kerri Read

Charity number

1159782

Principal address

84 Fore Street
Ipswich
Suffolk
IP4 1LB

Independent examiner

Helen Rumsey FCA
Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich Suffolk
IP1 1QJ

Bankers

Lloyds Bank Plc
1 Legg Street
Chelmsford
Essex
CM1 1JS

SURVIVORS IN TRANSITION

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SURVIVORS IN TRANSITION

FOREWORD

FOR THE YEAR ENDED 31 DECEMBER 2024

In 2024 SiT consistently provided a quality experience to survivors of sexual abuse, this was demonstrated through a consistent 90% satisfaction rate across the year. The Charity's funding increased on the previous year and SiT was able to preserve reserve levels and worked through a new risk based reserves formula whilst maintaining service levels. Our vision remains "to provide a safe, supportive environment to build self-esteem and independence to ensure that every survivor of sexual violence and abuse who accesses our service lives healthier and happier lives". During this year, due to the permanent closure of Suffolk Rape Crisis and other demands we changed the objective of SiT to be inclusive of all survivors of sexual violence. Survivors In Transition supports all survivors of all ages, of all genders who have experienced any form of sexual violence or sexual abuse regardless of when this happened or whether it has been reported or not. We do this through a range of trauma informed, psycho-educational activities including one to one and group therapy, counselling, advocacy, research and training to become empowered and improve self esteem and resilience. We continued to deliver trauma specialist services against the agreed strategic plan, concentrating on three priority areas (Services and Support, Impact and Influence and Advance and Enhance).

In 2024 SiT continued to deliver support and therapeutic services from the centre in Ipswich. Clients were given the option of receiving support either in person or remotely depending on their circumstances.

The Charity continued to receive funding from Suffolk and North East Essex ICB to provide support and counselling services and service referrals from the Mental Health Trust. We continued under commissioning arrangements to run the Norfolk and Suffolk SARCs Talking Therapies service on behalf of NHS England. The service enables us to deliver up to 12 sessions of talking therapy using a range of modalities to individuals who have accessed support at their local SARC for sexual violence or assault in the last year. We are also appreciative of the Ministry of Justice and Suffolk Police and Crime Commissioner for their support of SiT, without which we would not be able to provide the range of services to the number of survivors that we do, both organisations reprofiled funding from Suffolk Rape Crisis to SiT. In 2024 we received many referrals, continued to meet critical KPIs and managed our waiting list despite picking up additional demand.

In 2024 the Board met on 6 occasions. The Trustees play a critical role in working with the Chief Executive to set the strategic direction for the organisation, to ensure financial stability and to monitor the quality of our provision. During the period the Board saw the departure of Mark Davies as Finance Trustee and welcomed Simon Tucker to manage the financial elements of the Charity, and sadly saw the departure of Kate Hughes as Chair after 10 years involvement, to pursue her PhD. SiT is indebted to the role and stewardship of Kate over this period.

Management and the Trustees worked to improve the net of income over expenditure in 2024 and are pleased to report that that key metric improved to minus £4,672 (2023: minus £121,968).

Thanks go to the Board of Trustees, Fiona Ellis the Chief Executive and her team for their passion, commitment, and hard work during a demanding year.

Simon Tucker
Finance Trustee



Date: **21st August 2025**

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees present their report and accounts for the year ended 31 December 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Charities Act 2011 and the Statement of Recommended Practice FRS102 SORP - updated October 2019.

Structure, governance and management

Governing document

Survivors in Transition (SiT) is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission in January 2015 under charity number 1159782. It is governed by a foundation model constitution. The charity meets the definition of a public benefit entity and the Board of Trustees have paid due regard to guidance published by the Charity Commission on the public benefit of the Charity.

Trustees

Kate Hughes (Chair)	PR / Marketing & Operations (resigned October 2024)
Dr Emma Marriott	Clinical Lead
Alison Mann	Service User
Andrew Dewhurst	Strategy / Business Development
Mark Davies	Finance (resigned May 2024)
Dr Vanessa Webb	Safeguarding
Sam Jover	Equality, Diversity & Inclusion
Damien Ribbans	Impact & young people
Simon Tucker	Finance (appointed May 2024)

Organisational structure

The charity Trustees are responsible for the general control and management of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits.

The Trustees meet eight weekly and are responsible for all decisions taken in relation to the running of the organisation and its services. The day-to-day management of the centre, facilities and projects is delegated to the staff overseen by the CEO.

The strategic plan was reviewed against 2024 performance and continues to be a living document across the organisation. The Service User Group (SUG) is an integral part of the planning and governance of SiT, in 2024 the group met to discuss and feedback ideas on funding and projects.

Recruitment and appointment of Trustees

We review our recruitment of Trustees' process annually and refresh the Trustee selection, handbook and induction processes annually. The existing Trustees are responsible for the recruitment of new Trustees. Vacant Board positions are advertised using social media and other channels. We seek to identify people who have a personal interest in the work of SiT and are willing to volunteer to help our broader work. Potential trustees are invited to attend Trustees' meetings as observers and are given more details of the charity's aims and activities and, if all agree, they are then proposed as new Trustees at the subsequent Trustees' meeting. This process allows due consideration of the person's eligibility, personal competence, specialist knowledge and skills. New Trustees are then expected to follow an induction programme.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

Risk management

The Trustees have assessed the risks the Charity faces and have drawn up a risk register which identifies the major risks by area of activity, the nature of those risks, the likelihood of the risks happening, and the measures taken to manage them. The risk register is reviewed by way of a standing item at Trustees' meetings.

The Trustees are satisfied that systems are in place, or arrangements are in hand, to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the organisation are kept under review. Appropriate Disclosure and Barring (DBS) checks, supported by annually reviewed policies, are made for all those who work with service users.

Objectives and activities

In 2024 the Board reviewed and amended the Charity's objects to accurately reflect the work of the organisation and the organisation's strategic aims.

Survivors In Transition supports all survivors of all ages, of all genders who have experienced any form of sexual violence or sexual abuse regardless of when this happened or whether it has been reported or not. We do this through a range of trauma informed, psycho-educational activities including one to one and group therapy, counselling, advocacy, research and training to become empowered and improve self-esteem and resilience.

Strategic plan

SiT's CEO, Trustees and staff, with the valued input of our volunteers, ex-service users and beneficiaries of the services provided have developed this plan. It has been written for all of the SiT team and for all supporters who have an interest in seeing the organisation succeed. This document doesn't sit on a shelf, we revisit it as a team regularly – it's designed to be transferable and a constant work in progress. All reviews, meetings and processes link back to the plan and it is reviewed continually. In addition to this we produce monthly operations reports for the Board which demonstrate performance against objectives and an annual summary.

Operational priorities and activities

Over the next five years, SiT will concentrate on the following three focus areas:

1. Directly supporting survivors (Services & Support)
2. Raising Awareness of CSA and its impacts (Impact & Influence)
3. Advance & Enhance SiT through Governance, Strategic Oversight and taking care of Our People

In addition, we have the following strategies:

Finance & Funding
Digital
Research
Environment
Social Impact
EDI

Use of volunteers

All our Trustees give their time voluntarily. We encourage all service users who have completed interventions to be involved in voluntary activities and to share their skills with others. In 2024 we did not utilise the services of any other volunteers. All those volunteers working with service users are DBS checked and receive a robust induction and appropriate training.

Future developments

The charity continues to grow and seek new funding sources to meet the needs of our service users.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

Activities and achievements

How our activities deliver public benefit:

The charity carries out a wide range of activities in pursuance of its charitable aims. The Trustees consider that these activities summarised below, provide benefit to both survivors of sexual violence and our wider community.

We continue to perform well and meet identified targets despite the growing demand for our service. We continue to respond effectively and efficiently and as an organisation, we continue to focus on what survivors of sexual abuse want rather than what we think they want. Our focus remains firmly on the individual and how they make sense of the world. During this period, we received 1291 referrals from a range of referrers including self, this is a small increase from the previous year despite the closure of a local service – this is due to effective screening of those who were accessing both and a period of 3 months pausing referrals from the mental health trust due to funding negotiations. Of those survivors engaging with SiT, 77% identified as female, 22% as male and 4% as other including transgender or non binary.

Survivors are referred to SiT from across the county, with the majority living in Ipswich, Suffolk Coastal or Bury St Edmunds.

In line with SiT's primary objectives, 97% of survivors reported that they felt listened to, believed and respected.

Regular activities

In 2024, activity has been delivered from our premises in Ipswich with clients being offered the choice of receiving support either in person or online or over the phone. SiT continued to provide daily support from 9 am to 5 pm Monday to Friday. During the year over 400 survivors regularly received support through group and 1:1 interventions. SiT's wellbeing and therapeutic practitioners offer a range of interventions post-referral and assessment.

In developing our service offer we are pleased to work in partnership with other local charities and the statutory sector across Suffolk. In collaboration with local statutory partners, the charity delivered Trauma Informed Practice training to professionals across Suffolk including police officers and practitioners in maternity services.

Financial review

Income increased by £158,290 over the previous year. Statutory funding sources –ICS, Ministry of Justice and the Police and Crime Commissioner – in the form of grants and contracts remain our main source of income. Total incoming resources for the year 1st January to 31st December 2024 amounted to £975,863 compared to £817,573 for the year 1st January to 31st December 2023. Net expenditure has improved markedly compared to the prior year with just a small deficit of £4,672 being reported for 2024 compared to £121,968 in 2023.

Reserves policy and going concern

At the year end, the charity had cash at the bank of £369,537, £116,651 of which was held in separate reserve accounts. Unrestricted funds totalled £87,383 at the year end and Restricted funds totalled £77,421.

The Charity's reserves policy target is to hold three months of operating costs. In the event of a significant drop in funding, the Trustees consider reserves at this level to be sufficient for the Charity's current activities to continue whilst consideration is given to ways in which additional funds can be raised. At the year end, free reserves fell short of this target by £203,974. The Charity is looking to rectify this position through growth in income and has seen positive steps towards this since the year end.

This combined with the Charity's reserves policy and significant cash reserves provides the basis for the charity to be considered a going concern.

Principal funding sources

Suffolk Police & Crime Commissioner
NHS England
NHS Suffolk and North East Essex Integrated Care Board
Ministry of Justice

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

Investment policy and objectives

The charity has no long-term investments. Our cash reserves are held in a deposit account. The interest earned is considered by the Trustees as an unrestricted income source.

Pay policy

The salary of the CEO is determined by the Board using relevant benchmarks. The remuneration of all other staff is set by the CEO according to industry norms and performance metrics.

Approved by the Trustees and signed on their behalf by:



Simon Tucker
Finance Trustee

..... **21st August** 2025

SURVIVORS IN TRANSITION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SURVIVORS IN TRANSITION

I report to the Trustees on my examination of the accounts of Survivors in Transition (the Charity) for the year ended 31 December 2024.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Having satisfied myself that the accounts of the Charity are not required to be audited and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(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 and Wales (ICAEW), 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:

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. ; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Helen Rumsey FCA

Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich
IP1 1QJ

Dated: 22nd August 2025

SURVIVORS IN TRANSITION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 As restated £
<u>Income from:</u>					
Donations and legacies	3	302,728	165,315	468,043	307,412
Charitable activities	4	322,958	175,867	498,825	484,413
Other trading activities	5	7,580	-	7,580	19,235
Investments	6	1,415	-	1,415	6,513
Total income		634,681	341,182	975,863	817,573
<u>Expenditure on:</u>					
Raising funds	7	1,611	-	1,611	15,771
Charitable activities	8	690,133	288,791	978,924	923,770
Total expenditure		691,744	288,791	980,535	939,541
Net income/(expenditure)		(57,063)	52,391	(4,672)	(121,968)
Transfers between funds		-	-	-	-
Net movement in funds		(57,063)	52,391	(4,672)	(121,968)
Fund balances at 1 January 2024		144,446	25,030	169,476	291,444
Fund balances at 31 December 2024		87,383	77,421	164,804	169,476

SURVIVORS IN TRANSITION

BALANCE SHEET

AS AT 31 DECEMBER 2024

		2024		2023	
	Notes	£	£	£	As restated £
Fixed assets					
Tangible assets	14		<u>46,223</u>		<u>43,416</u>
			46,223		43,416
Current assets					
Debtors	15	48,250		30,654	
Cash at bank and in hand	16	<u>369,537</u>		<u>290,672</u>	
		417,787		321,326	
Creditors: amounts falling due within one year	17	<u>299,206</u>		<u>195,266</u>	
Net current assets			<u>118,581</u>		<u>126,060</u>
Total assets less current liabilities			<u>164,804</u>		<u>169,476</u>
Funds of the charity					
Restricted funds	20		77,421		25,030
Unrestricted funds			87,383		144,446
			<u>164,804</u>		<u>169,476</u>

Approved by the Board of Trustees on 21st August 2025 and signed on their behalf by:



Simon Tucker
Finance Trustee

SURVIVORS IN TRANSITION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2024

	Note	2024 £	2023 £
Cash flow from operating activities	22	89,928	(368,955)
Cash flow from investing activities			
Purchase of tangible fixed assets		(12,478)	(13,929)
Interest received		1,415	6,513
		<u>(11,063)</u>	<u>(7,416)</u>
Increase / (decrease) in cash & cash equivalents in the year		<u>78,865</u>	<u>(376,371)</u>
Cash & cash equivalents at the beginning of the year		290,672	667,043
Total cash & cash equivalents at the end of the year		<u><u>369,537</u></u>	<u><u>290,672</u></u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Charities Act 2011 and UK Generally Accepted Accounting Practice as it applies from October 2019.

The charity is a Public Benefit Entity as defined by FRS 102. The accounts have been prepared on the historical cost convention. The principal accounting policies adopted are set out below.

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 pound.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2015 which has since been withdrawn.

1.2 Going concern

The accounts have been prepared on the going concern basis as the Trustees consider there to be sufficient funding to ensure the Charity meets its current liabilities as they fall due and there are no material uncertainties regarding the going concern status of the charity. The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Details of the nature and purpose of each fund is set out in Note 20.

1.4 Incoming resources

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement. Resources relating to a specific time period are recognised over that period.

Income from charitable activities is accounted for when earned, receipt is probable and the amount can be quantified with reasonable accuracy.

1.5 Resources expended

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies (Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold property improvements	20% reducing balance basis
Office equipment	20% reducing balance basis
Computer equipment	20% - 50% reducing balance basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the charity estimates the recoverable amount of the cash-generating unit to which the asset belongs.

1.8 Cash and cash equivalents

Cash and short-term deposits in the balance sheet comprise cash at bank and in hand and short-term deposits with an original maturity of three months or less.

1.9 Operating leases

Rentals payable under operating leases are charged against income on a straight-line basis over the lease term.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

1.12 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measure at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies (Continued)

1.12 Financial instruments (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest rate method.

2 Critical estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3	Income from donations and legacies	Unrestricted	Restricted	Total	Total
		funds	funds	2024	2023
		£	£	£	£
	Grants	263,540	165,315	428,855	305,882
	Donations and legacies	39,188	-	39,188	1,530
		<u>302,728</u>	<u>165,315</u>	<u>468,043</u>	<u>307,412</u>

4	Income from charitable activities	Unrestricted	Restricted	Total	Total
		funds	funds	2024	2023
		£	£	£	As restated £
	Suffolk Police and Crime Commissioner	-	127,500	127,500	139,390
	Suffolk County Council	-	18,742	18,742	2,500
	NHS West Suffolk CCG	137,538	-	137,538	153,458
	NHS Suffolk & North East Essex (Maternity)	-	29,625	29,625	50,000
	NHS England	185,420	-	185,420	139,065
		<u>322,958</u>	<u>175,867</u>	<u>498,825</u>	<u>484,413</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

5 Other trading activities	Unrestricted funds	Restricted funds	Total 2024	Total 2023
	£	£	£	£
Community fundraising	-	-	-	1,156
Other income	7,580	-	7,580	18,079
	<u>7,580</u>	<u>-</u>	<u>7,580</u>	<u>19,235</u>
6 Investment income	Unrestricted funds	Restricted funds	Total 2024	Total 2023
	£	£	£	£
Bank interest	1,415	-	1,415	6,513
	<u>1,415</u>	<u>-</u>	<u>1,415</u>	<u>6,513</u>
7 Expenditure on raising funds			Total 2024	Total 2023
			£	£
Support costs allocated to activities:				
Advertising			1,611	15,771
			<u>1,611</u>	<u>15,771</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

8 Expenditure on charitable activities

Therapy and counselling

	Total 2024	Total 2023
	£	£
Costs directly allocated to activities:		
Wages and salaries	336,215	227,061
Social security	28,930	14,034
Pension costs	7,823	3,513
Counselling Activities	295,544 102	292,482 -
Travel costs	1,199	2,988
Research costs	-	19,420
	669,813	559,498
Support costs allocated to activities:		
Wages and salaries	146,729	183,207
Social security	16,514	20,680
Pension costs	5,081	5,082
Staff expenses	8,939	8,804
Bookkeeper fees	2,949	10,776
Events and conferences	360	16,742
Rent and rates	15,000	15,000
Utilities	9,913	4,858
Cleaning	3,845	4,989
Training	1,204	4,689
Recruitment	3,055	2,583
Insurance	3,257	3,296
Subscriptions	2,424	1,403
Print, postage and stationery	4,138	5,824
Telephone	8,230	8,393
Computer costs	47,977	33,967
Repairs and renewals	1,250	7,343
Entertaining and gratuities	3,752	1,388
Bank charges	87	94
Depreciation	9,506	10,467
(Profit)/loss on disposal of fixed assets	163	3,284
Governance costs	10,400	7,369
Venue / Room hire	4,236	3,753
General expenses	100	281
	309,110	364,272
	978,924	923,770

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated proportionately to total direct costs allocated to each project area.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

9 Governance costs	Total 2024	Total 2023
	£	£
Independent examination fees	4,044	4,116
Accountancy fees	4,079	2,520
Professional fees	2,277	733
	<u>10,400</u>	<u>7,369</u>

10 Independent examiner's remuneration	2024	2023
	£	£
Independent examination fees	4,044	4,116
Payroll	2,639	2,520
Advisory	1,440	-
	<u>8,123</u>	<u>6,636</u>

11 Employees	2024	2023
	£	£
Employment costs		
Wages and salaries	482,944	410,268
Social security costs	45,445	34,714
Pensions	12,904	8,595
	<u>541,293</u>	<u>453,577</u>

The number of employees who earned £60,000 per annum or more during the year was as follows:

	2024	2023
£70,001 - £80,000	1	1

Number of employees

	2024	2023
The average monthly number of employees during the year was:	16	14

Key management remuneration

Total remuneration paid to key management personnel during the year was £90,640 (2023: £89,336).

12 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The charge for the year in respect of the defined contribution scheme was £12,904 (2023: £8,595).

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

13 Trustees

During the year, no trustees received any remuneration or reimbursement for expenses incurred in the performance of their duties (2023: £nil).

One Trustee, Kate Hughes, benefitted from use of the charity's health cash plan. During the year £267 was paid to Kate Hughes through the plan (2023: £nil).

During the year, donations from Trustees totaled £26,000. There were no conditions or restrictions attached to these donations.

14 Tangible fixed assets

	Leasehold property improvements	Office equipment	Computer equipment	Total
	£	£	£	£
Cost				
At 1 January 2024	22,175	13,373	39,585	75,134
Additions	-	2,392	10,086	12,478
Disposals	-	-	(438)	(438)
At 31 December 2024	22,175	15,765	49,233	87,174
Depreciation				
At 1 January 2024	13,391	5,866	12,461	31,719
Charge for the year	1,757	1,594	6,156	9,506
Eliminated on disposal	-	-	(274)	(274)
At 31 December 2024	15,148	7,460	18,343	40,952
Carrying amount				
At 31 December 2023	8,783	7,507	27,124	43,416
At 31 December 2024	7,027	8,305	30,890	46,223

15 Debtors

	2024	2023
	£	As restated £
Amounts falling due within one year:		
Debtors	70	-
Prepayments and accrued income	48,130	30,654
	48,250	30,654

16 Cash at bank and in hand

	2024	2023
	£	£
Cash at bank	252,886	175,401
Cash reserves	116,651	115,271
	369,537	290,672

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

17 Creditors

	2024	2023
	£	£
Amounts falling due within one year:		
Other creditors	30,132	9,098
PAYE	15,793	10,433
Pensions	2,747	1,957
Accruals	5,484	7,771
Deferred income	245,051	166,007
	<u>299,206</u>	<u>195,266</u>

	2024	2023
	£	£
Reconciliation of deferred income		
Deferred income at 1 January	166,007	488,415
Amount released to Statement of Financial Activities	(154,545)	(339,414)
Amount deferred in the year	233,589	17,006
Deferred income at 31 December	<u>245,051</u>	<u>166,007</u>

18 Analysis of net assets between funds

For the year ended 31 December 2024

	Unrestricted £	Restricted £	Total £
Fund balances at 31 December 2024 are represented by:			
Tangible assets	46,223	-	46,223
Net current assets/(liabilities)	41,160	77,421	118,581
	<u>87,383</u>	<u>77,421</u>	<u>164,804</u>

For the year ended 31 December 2023

	Unrestricted As restated £	Restricted As restated £	Total As restated £
Fund balances at 31 December 2023 are represented by:			
Tangible assets	43,416	-	43,416
Net current assets/(liabilities)	101,030	25,030	126,060
	<u>144,446</u>	<u>25,030</u>	<u>169,476</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

19 Operating lease commitments

Lessee

At the reporting date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024 £	2023 £
Within one year	15,624	16,151
Between two and five years	11,250	26,250
In over five years	-	-
	<u>26,874</u>	<u>42,401</u>

Operating lease payments recognised as an expense in the period totaled £15,624 (2023: £16,067).

20 Restricted funds

For the year ended 31 December 2024

	Balance at 1 January 2024 As restated £	Income £	Expenditure £	Transfers £	Balance at 31 December 2024 £
Suffolk Police & Crime Commissioner	25,030	127,500	(82,440)	-	70,090
Suffolk County Council	-	18,743	(11,410)	-	7,332
Ministry of Justice	-	151,815	(151,815)	-	-
Turning Point	-	2,500	(2,500)	-	-
Rope Trust	-	3,500	(3,500)	-	-
SNEE/ICB Maternity	-	29,625	(29,625)	-	-
Suffolk Community Foundation	-	7,500	(7,500)	-	-
	<u>25,030</u>	<u>341,182</u>	<u>(288,791)</u>	<u>-</u>	<u>77,421</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

20 Restricted funds (continued)

For the year ended 31 December 2023

	Balance at 1 January 2023	Income As restated	Expenditure	Transfers	Balance at 31 December 2023 As restated
	£	£	£	£	£
Suffolk Police & Crime Commissioner	-	139,390	(114,360)	-	25,030
Suffolk County Council	-	2,500	(2,500)	-	-
Big Lottery	-	51,750	(51,750)	-	-
Ministry of Justice	-	204,794	(204,794)	-	-
Turning Point	-	7,500	(7,500)	-	-
	-	405,934	(380,904)	-	25,030

Suffolk Police & Crime Commissioner

To provide services to victims of crime. Through delivery of therapeutic services (groups and 1:1) to victims of sexual abuse in Suffolk.

Suffolk County Council

Recovery Grant - to provide counselling and therapy to survivors of sexual abuse who also present with drug & alcohol dependencies.

Big Lottery

Funding to cover the salaries and associated costs of the Project Manager and Therapeutic Lead, Head of Operations along with half of the costs associated to the CEO.

Ministry of Justice

Support fund to provide emotional and practical support for victims of rape and other forms of sexual abuse.

Turning Point

Grant to provide specialist trauma informed interventions for adult survivors of sexual abuse who present with drug/alcohol through either 1:1 therapy or group therapy.

Rope Trust

Grant to provide support to individuals living in Ipswich and south-east Suffolk via referrals made by local support agencies.

SNEE/ICB Maternity

Funding towards maternity care. Their funding supports initiatives aimed at improving maternal health, maternity services, and women's healthcare.

Suffolk Community Foundation

Grant towards the cost of counselling and therapy to aid the prevention and reduction of serious violence to improve outcomes for young people.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

21 Related parties

There were no current year or prior year related party transactions, besides those disclosed in note 13.

22 Cash flow from operating activities

	2024	2023
	£	As restated £
Net movement in funds	(4,672)	(121,968)
Adjustments for:		
Depreciation for the year	9,506	10,467
(Gain)/loss on disposal of tangible fixed assets	164	3,284
Interest received	(1,415)	(6,513)
	<u>3,583</u>	<u>(114,730)</u>
Movements in working capital:		
(Increase)/ decrease in debtors	(17,596)	86,354
Increase/ (decrease) in creditors	103,940	(340,578)
	<u>89,928</u>	<u>(368,955)</u>
Net generated from operating activities	<u>89,928</u>	<u>(368,955)</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

23. Prior period adjustment

Changes to the Statement of Financial Activities

	As previously reported	Adjustment	As restated 31 December 2023
	£	£	£
Income from:			
Charitable activities	459,383	25,030	484,413

Changes to the Balance Sheet

	As previously reported	Adjustment	As restated 31 December 2023
	£	£	£
Current assets			
Accrued income	-	25,030	25,030

Notes to reconciliation

The above adjustment relates to:

- i) Income relating to the year ended 31 December 2023 not initially recognised.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

24 Prior year comparative statement of financial activities

	Unrestricted funds	Restricted funds	Total 2023 As restated
	£	£	£
<u>Income from:</u>			
Donations and legacies	43,368	264,044	307,412
Charitable activities	342,523	141,890	484,413
Other trading activities	19,235	-	19,235
Investments	6,513	-	6,513
Total income	411,639	405,934	817,573
<u>Expenditure on:</u>			
Raising funds	15,771	-	15,771
Charitable activities	542,866	380,904	923,770
Total expenditure	558,637	380,904	939,541
Net income/(expenditure)	(146,998)	-	(121,968)
Transfers between funds	-	-	-
Net movement in funds	(146,998)	25,030	(121,968)
Fund balances at 1 January 2023	291,444	-	291,444
Fund balances at 31 December 2023	144,446	25,030	169,476

SURVIVORS IN TRANSITION

England & Wales - Charity number 1159782

Accounts

Charity Registration No. 1159782

SURVIVORS IN TRANSITION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

SURVIVORS IN TRANSITION

LEGAL AND ADMINISTRATIVE INFORMATION

CEO	Fiona Ellis (OBE)
Trustees	Andrew Dewhurst Emma Marriott Kate Hughes (Chair) Alison Mann Mark Davies Vanessa Webb Samantha Jover (appointed 1 st September 2023) Damien Ribbans (appointed 1 st September 2023)
Trustee advisors	Charlotte Johns Kerri Read
Charity number	1159782
Principal address	84 Fore Street Ipswich Suffolk IP4 1LB
Independent examiner	Helen Rumsey FCA Ensors Accountants LLP Connexions 159 Princes Street Ipswich Suffolk IP1 1QJ
Bankers	Lloyds Bank Plc 1 Legg Street Chelmsford Essex CM1 1JS

SURVIVORS IN TRANSITION

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Statement of financial activities	8
Balance sheet	9
Statement of cash flows	10
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SURVIVORS IN TRANSITION

CHAIR'S STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2023

In 2023 SiT consistently provided a quality experience to survivors of sexual abuse. The Charity's funding increased on the previous year and SiT was able to conserve cash reserves whilst maintaining service levels. Our vision remains "to provide a safe, supportive environment to build self-esteem and independence to ensure that every survivor of sexual violence and abuse who accesses our service lives healthier and happier lives". We continued to deliver trauma informed services against the agreed strategic plan, concentrating on three priority areas (Services and Support, Impact and Influence and Advance and Enhance the Charity).

In 2023 SiT continued to deliver support and therapeutic services from the centre in Ipswich. Clients were given the option of receiving support either in person or remotely depending on their circumstances. Services were delivered either in person or via digital technology. During 2023 SiT continued to develop and refine our support service aimed at young people – Tope - a self-referral, 13 years-plus service. We are thankful for the support of Suffolk Police and Crime Commissioner and Ministry of Justice who provided funding for this important project.

We remain grateful to funding partners in particular The Big Lottery and Lloyds Bank Foundation. The Charity continued through funding from Suffolk and North East Essex ICS to provide support and counselling services. We continued under commissioning arrangements to run the Norfolk and Suffolk SARCs Talking Therapies service on behalf of NHS England. The service enables us to deliver 12 sessions of talking therapy using a range of modalities to individuals who have accessed support at their local SARC for sexual violence or assault in the last year. We are also appreciative of the Ministry of Justice and Suffolk Police and Crime Commissioner for their support of SiT, without which we would not be able to provide the range of services to the number of survivors that we do.

In 2023 the Board met via Zoom/in person on 5 occasions. The Trustees play a critical role in working with the Chief Executive to set the strategic direction for the organisation, to ensure financial stability and to monitor the quality of our provision. During the period the Board welcomed two new Trustees.

I would like to publicly congratulate our CEO and cofounder Fiona on the awarding of the OBE in recognition for her service to survivors of childhood sexual abuse. Fiona was presented with award by King Charles at Buckingham Palace in November.

Finally I would like to thank all my fellow Trustees, Fiona Ellis the Chief Executive and her team for their passion, commitment, and hard work during a demanding year.



Kate Hughes
Chair of Survivors in Transition

24th June 2024
Date:

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees present their report and accounts for the year ended 31 December 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Charities Act 2011 and the Statement of Recommended Practice FRS102 SORP - updated October 2019.

Structure, governance and management

Governing document

Survivors in Transition (SiT) is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission in January 2015 under charity number 1159782. It is governed by a foundation model constitution. The charity meets the definition of a public benefit entity and the Board of Trustees have paid due regard to guidance published by the Charity Commission on the public benefit of the Charity.

Trustees

Kate Hughes (Chair)	PR / Marketing & Operational Link	
Dr Emma Marriott	Clinical Lead	
Alison Mann	Service User Involvement	
Andrew Dewhurst	Strategy / Business Development	
Mark Davies	Finance	
Dr Vanessa Webb	Safeguarding, Commissioning & Contracts	
Sam Jover	Equality, Diversity & Inclusion	(appointed 1 st September 2023)
Damien Ribbans	Impact & young people	(appointed 1 st September 2023)

Organisational structure

The charity Trustees are responsible for the general control and management of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits.

The Trustees meet eight weekly and are responsible for all decisions taken in relation to the running of the organisation and its services. The day-to-day management of the centre, facilities and projects is delegated to the staff overseen by the CEO. In 2023 SiT employed 12 full time and 2 part time staff.

The Chair and CEO meet fortnightly to discuss operational issues against the strategic plan. The strategic plan was reviewed against 2023 performance and continues to be a living document across the organisation. The Service User Group (SUG) is an integral part of the planning and governance of SiT. In 2023 the group met to discuss and feedback ideas on funding and projects.

Recruitment and appointment of Trustees

We review our recruitment of Trustees' process annually and have refreshed the Trustee selection, handbook and induction processes. The existing Trustees are responsible for the recruitment of new Trustees. Vacant Board positions are advertised using social media and other channels. We seek to identify people who have a personal interest in the work of SiT and are willing to volunteer to help our broader work. Potential trustees are invited to attend Trustees' meetings as observers and are given more details of the charity's aims and activities and, if all agree, they are then proposed as new Trustees at the subsequent Trustees' meeting. This process allows due consideration of the person's eligibility, personal competence, specialist knowledge and skills. New Trustees are then expected to follow an induction programme.

Risk management

The Trustees have assessed the risks the charity faces and have drawn up a risk register which identifies the major risks by area of activity, the nature of those risks, the likelihood of the risks happening, and the measures taken to manage them. The Chair of Trustees and the CEO review the risk register monthly at their operational meetings and update the Trustees accordingly, by way of standing item at Trustees' meetings.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees are satisfied that systems are in place, or arrangements are in hand, to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the organisation are kept under review. Appropriate Disclosure and Barring (DBS) checks, supported by annually reviewed policies, are made for all those who work with service users.

Objectives and activities

In 2023 the Board reviewed and amended the Charity's objects to accurately reflect the work of the organisation and the organisation's strategic aims.

"To help relieve the suffering and distress of persons of all ages and all genders who have suffered any form of sexual violence or abuse, and to advance the education of the public in the subject of sexual violence and its effects."

SIT STRATEGIC PLAN SHORT VERSION 2023



Strategic plan

SiT's CEO, Trustees and staff, with the valued input of our volunteers, ex-service users and beneficiaries of the services provided have developed this plan. It has been written for all of the SiT team and for all supporters who have an interest in seeing the organisation succeed. This document doesn't sit on a shelf, we revisit it as a team regularly – it's designed to be transferable and a constant work in progress. All reviews, meetings and processes link back to the plan and it is reviewed continually. In addition to this, we produce monthly operations reports for the board which demonstrate performance against objectives and an annual summary.

Operational Priorities and Activities:

Over the next five years, SiT will concentrate on the following three focus areas:

1. Directly supporting survivors (Services & Support)
2. Raising Awareness of CSA and its impacts (Impact & Influence)
3. Advance & Enhance SiT through Governance, Strategic Oversight and taking care of Our People (Advance & Enhance)

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

In addition, we have the following strategies:

Finance & Funding
Digital
Research
Environment
Social Impact

Use of volunteers

All our Trustees give their time voluntarily. We encourage all service users who have completed interventions to be involved in voluntary activities and to share their skills with others. All those volunteers working with service users are DBS checked and receive a robust induction and appropriate training.

Future developments

The charity continues to grow and seek new funding sources to meet the needs of our service users. During the year the charity continued to develop the young persons' service Tope – a self-referral, 13 years plus service. In addition, the charity continued to provide a Talking Therapies service aimed at supporting individuals who have accessed support at their local SARC for sexual violence or assault in the last year.

Activities and achievements

How our activities deliver public benefit

The charity carries out a wide range of activities in pursuance of its charitable aims. The Trustees consider that these activities, summarised below, provide benefit to both survivors of sexual violence and our wider community.

We continue to perform well and meet identified targets despite the growing demand for our service. We continue to respond effectively and efficiently and as an organisation we continue to focus on what survivors of sexual abuse want rather than what we think they want. Our focus remains firmly on the individual and how they make sense of the world. During this period, we received 1,121 referrals from a range of referrers including self; this is a slight decrease on the previous year. Of those survivors engaging with SiT, 74% identified as female, 24% as male and 2% as non-binary.

Survivors are referred to SiT from across the county, with the majority living in Ipswich, Suffolk Coastal or Bury St Edmunds. Most clients were referred to SiT by the local mental health trust NSFT (42%), GPs (15%), Social Care (2%), SARc/IVSA/police (4%), self-referral (24%) or other (13%).

In line with SiT's primary objectives, 98% of survivors reported that they felt listened to, believed and respected.

2023 was another year of growth for the Tope project. Over the year the service received 27 referrals and the support team and sub-contracted therapists delivered 11 assessments and 133 sessions. Clients to the service rated the support they received as either good or excellent, reporting they felt listened to, believed and respected.

Regular activities

In 2023, activity has been delivered from our premises in Ipswich with clients being offered the choice of receiving support either in person or online. SiT continued to provide daily support from 9 am to 5 pm Monday to Friday. During the year over 350 survivors regularly received support through group and 1:1 interventions. SiT's wellbeing and therapeutic practitioners offer a range of interventions post-referral and assessment.

Research

The beginning of the year saw the publication of the third report of our 'Focus on Survivors' research programme. The study was carried out in conjunction with the University of Suffolk and was launched at a conference held at the university in January 2023. The report which was well received, highlighted the cost to the country's health service of the delayed disclosure of childhood sexual abuse. This information is key in establishing the importance of funding trauma-informed therapeutic services by statutory funders.

<https://survivorsintransition.co.uk/research/>

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

In developing our service offer we are pleased to work in partnership with other local charities and the statutory sector across Suffolk. In collaboration with local statutory partners, the charity delivered Trauma Informed Practice training to professionals across Suffolk including police officers and practitioners in maternity services.

Financial review

Income increased by £62,008 over the previous year. Statutory funding sources –ICS, Ministry of Justice and the Police and Crime Commissioner – in the form of grants and contracts remain our main source of income (88% of the total). The remaining income from trusts and foundations amounted to 11% with a further 1% from bank interest. Total incoming resources for the year 1st January to 31st December 2023 amounted to £792,543 compared to £730,535 for the year 1st January to 31st December 2022.

Reserves policy and going concern

At the year end, the charity had cash at the bank of £290,672, £115,271 of which was held in separate reserve accounts. Unrestricted funds totalled £144,446 at the year end. The Charity's reserve policy is to hold three months' of operating costs in reserves. Per the Budget for 2024, this equates to £213,895. Reserves at the year end are £69,449 below this amount. The Charity is working to rectify this shortfall. In the event of a significant drop in funding, the Trustees consider reserves at this level to be sufficient for the Charity's current activities to continue whilst consideration is given to ways in which additional funds can be raised.

This combined with the Charity's reserves policy and significant cash reserves provides the basis for the charity to be considered a going concern.

Principal funding sources

Suffolk Police & Crime Commissioner
The Big Lottery Fund
NHS England
NHS Suffolk and North East Essex Integrated Care Board
Ministry of Justice
Lloyds Bank Foundation

Investment policy and objectives

The charity has no long-term investments. Our cash reserves are held in a deposit account. The interest earned is considered by the Trustees as an unrestricted income source.

Pay policy

The salary of the CEO is determined by the Board using relevant benchmarks. The remuneration of all other staff is set by the CEO according to industry norms and performance metrics.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

Statement of Trustees' responsibilities

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

The law applicable to charities in England and Wales requires the charity 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 of the charity 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 accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:



Kate Hughes

Chair of Trustees

Board of Trustees

..... 24th June 2024

SURVIVORS IN TRANSITION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SURVIVORS IN TRANSITION

I report to the Trustees on my examination of the accounts of Survivors in Transition (the Charity) for the year ended 31 December 2023.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). You are satisfied that the Charity is not required by charity law to be audited and have chosen instead to have an independent examination.

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 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 2011 Act.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales (ICAEW).

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 in 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.

Helen Rumsey FCA

Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich
Suffolk
IP1 1QJ

Dated: 2nd July 2024
.....

SURVIVORS IN TRANSITION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 DECEMBER 2023

		Unrestricted funds	Restricted funds	Total 2023	Total 2022 (as restated)
	Notes	£	£	£	£
<u>Income from:</u>					
Donations and legacies	3	43,368	264,044	307,412	263,702
Charitable activities	4	342,523	116,860	459,383	461,579
Other trading activities	5	19,235	-	19,235	4,248
Investment income	6	6,513	-	6,513	1,006
Total income		411,639	380,904	792,543	730,535
<u>Expenditure on:</u>					
Raising funds	7	15,771	-	15,771	17,426
Charitable activities	8	542,866	380,904	923,770	685,424
Total expenditure		558,637	380,904	939,541	702,850
Net income/(expenditure)		(146,998)	-	(146,998)	27,685
Transfers between funds		-	-	-	-
Net movement in funds		(146,998)	-	(146,998)	27,685
Fund balances at 1 January 2023		291,444	-	291,444	263,759
Fund balances at 31 December 2023		144,446	-	144,446	291,444

SURVIVORS IN TRANSITION

BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	£	2023 £	£	2022 (as restated) £
Fixed assets					
Tangible assets	14		43,416		43,237
			43,416		43,237
Current assets					
Debtors	15	5,624		117,008	
Cash at bank and in hand	16	290,672		667,043	
		296,296		784,051	
Creditors: amounts falling due within one year	17	195,266		535,844	
Net current assets			101,030		248,207
Total assets less current liabilities			144,446		291,444
Funds of the charity					
Restricted funds	20		-		-
Unrestricted funds			144,446		291,444
			144,446		291,444

Approved by the Board of Trustees on **24th June 2024** and signed on their behalf by:



.....
Kate Hughes
Trustee

SURVIVORS IN TRANSITION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2023

	Note	2023 £	2022 £
Cash flow from operating activities	22	(368,955)	432,758
Cash flow from investing activities			
Purchase of tangible fixed assets		(13,929)	(15,069)
Interest received		6,513	1,006
		<u>(7,416)</u>	<u>(14,063)</u>
Increase / (decrease) in cash & cash equivalents in the year		<u>(376,371)</u>	<u>418,695</u>
Cash & cash equivalents at the beginning of the year		667,043	248,348
Total cash & cash equivalents at the end of the year		<u>290,672</u>	<u>667,043</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Charities Act 2011 and UK Generally Accepted Accounting Practice as it applies from October 2019.

The charity is a Public Benefit Entity as defined by FRS 102. The accounts have been prepared on the historical cost convention. The principal accounting policies adopted are set out below.

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 pound.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2015 which has since been withdrawn.

1.2 Going concern

The accounts have been prepared on the going concern basis as the Trustees consider there to be sufficient funding to ensure the Charity meets its current liabilities as they fall due and there are no material uncertainties regarding the going concern status of the charity. The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Details of the nature and purpose of each fund is set out in Note 20.

1.4 Incoming resources

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement. Resources relating to a specific time period are recognised over that period.

Income from charitable activities is accounted for when earned, receipt is probable and the amount can be quantified with reasonable accuracy.

1.5 Resources expended

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies (Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold property improvements	20% reducing balance basis
Office equipment	20% reducing balance basis
Computer equipment	20% - 50% reducing balance basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the charity estimates the recoverable amount of the cash-generating unit to which the asset belongs.

1.8 Cash and cash equivalents

Cash and short-term deposits in the balance sheet comprise cash at bank and in hand and short-term deposits with an original maturity of three months or less.

1.9 Operating leases

Rentals payable under operating leases are charged against income on a straight-line basis over the lease term.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

1.12 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measure at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies (Continued)

1.12 Financial instruments (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measure at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest rate method.

2 Critical estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3	Income from donations and legacies	Unrestricted	Restricted	Total	Total
		funds	funds	2023	2022
		£	£	£	£
	Grants	41,838	264,044	305,882	262,517
	Donations and legacies	1,530	-	1,530	1,185
		<u>43,368</u>	<u>264,044</u>	<u>307,412</u>	<u>263,702</u>
4	Income from charitable activities	Unrestricted	Restricted	Total	Total
		funds	funds	2023	2022
		£	£	£	£
	Suffolk Police and Crime Commissioner	-	114,360	114,360	76,890
	Suffolk County Council	-	2,500	2,500	10,000
	NHS West Suffolk CCG	153,458	-	153,458	213,625
	NHS Suffolk & North East Essex	50,000	-	50,000	-
	NHS Ipswich & East Suffolk CCG	-	-	-	22,000
	NHS England	139,065	-	139,065	139,064
		<u>342,523</u>	<u>116,860</u>	<u>459,383</u>	<u>461,579</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

5 Other trading activities	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Community fundraising	1,156	-	1,156	491
Other income	18,079	-	18,079	3,757
	<u>19,235</u>	<u>-</u>	<u>19,235</u>	<u>4,248</u>
6 Investment income	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Bank interest	6,513	-	6,513	1,006
	<u>6,513</u>	<u>-</u>	<u>6,513</u>	<u>1,006</u>
7 Expenditure on raising funds			Total 2023	Total 2022
			£	£
Support costs allocated to activities:				
Advertising			15,771	17,426
			<u>15,771</u>	<u>17,426</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

8 Expenditure on charitable activities	Therapy and counselling	Total 2023	Total 2022
	£	£	£
Costs directly allocated to activities:			
Wages and salaries	227,061	227,061	180,311
Social security	14,034	14,034	9,567
Pension costs	3,513	3,513	3,705
Counselling	292,482	292,482	162,399
Activities	-	-	100
Travel costs	2,988	2,988	4,017
Research costs	19,420	19,420	10,000
	559,498	559,498	370,099
Support costs allocated to activities:			
Wages and salaries	183,207	183,207	149,017
Social security	20,680	20,680	17,108
Pension costs	5,082	5,082	3,278
Staff expenses	8,804	8,804	4,004
Bookkeeper fees	10,776	10,776	10,998
Events and conferences	16,742	16,742	-
Rent and rates	15,000	15,000	15,028
Utilities	4,858	4,858	4,246
Cleaning	4,989	4,989	3,720
Training	4,689	4,689	10,576
Recruitment	2,583	2,583	5,045
Insurance	3,296	3,296	2,762
Subscriptions	1,403	1,403	2,650
Print, postage and stationery	5,824	5,824	3,175
Telephone	8,393	8,393	9,955
Computer costs	33,967	33,967	48,110
Repairs and renewals	7,343	7,343	6,723
Entertaining and gratuities	1,388	1,388	1,439
Bank charges	94	94	130
Depreciation	10,467	10,467	9,550
(Profit)/loss on disposal of fixed assets	3,284	3,284	-
Governance costs	7,369	7,369	6,895
Venue / Room hire	3,753	3,753	473
General expenses	281	281	443
	364,272	364,272	315,325
	923,770	923,770	685,424

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated proportionately to total direct costs allocated to each project area.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

9 Governance costs	Total 2023	Total 2022
	£	£
Independent examination fees	4,116	3,630
Accountancy fees	2,520	3,122
Professional fees	733	143
	<u>7,369</u>	<u>6,895</u>

10 Independent examiner's remuneration	2023	2022
	£	£
Independent examination fees	4,116	3,630
Payroll	2,520	1,756
Advisory	-	372
	<u>6,636</u>	<u>5,758</u>

11 Employees	2023	2022
	£	£
Employment costs		
Wages and salaries	410,268	329,328
Social security costs	34,714	26,675
Pensions	8,595	6,983
	<u>453,577</u>	<u>362,986</u>

The number of employees who earned £60,000 per annum or more during the year was as follows:

	2023	2022
£60,001 - £70,000	-	1
£70,001 - £80,000	1	-

Number of employees

	2023	2022
The average monthly number of employees during the year was:	14	13

Key management remuneration

Total remuneration paid to key management personnel during the year was £89,336 (2022: £80,004).

12 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The charge for the year in respect of the defined contribution scheme was £8,595 (2022: £6,983).

13 Trustees

None of the trustees (or any persons connected with them) received any remuneration or reimbursed expenses during this year or the prior year. No donations were made by Trustees during the current or prior year.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

14 Tangible fixed assets

	Leasehold property improvements	Office equipment	Computer equipment	Total
	£	£	£	£
Cost				
At 1 January 2023	22,175	10,492	40,761	73,429
Additions	-	2,881	11,048	13,929
Disposals	-	-	(12,224)	(12,224)
At 31 December 2023	22,175	13,373	39,585	75,134
Depreciation				
At 1 January 2023 (as restated)	11,194	4,276	14,721	30,192
Charge for the year	2,197	1,590	6,680	10,467
Eliminated on disposal	-	-	(8,940)	(8,940)
At 31 December 2023	13,391	5,866	12,461	31,719
Carrying amount				
At 31 December 2022 (as restated)	10,981	6,216	26,040	43,237
At 31 December 2023	8,783	7,507	27,124	43,416

15 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Debtors	-	107,710
Prepayments	5,624	9,298
	5,624	117,008

16 Cash at bank and in hand

	2023	2022
	£	£
Cash at bank	175,401	542,923
Cash reserves	115,271	124,120
	290,672	667,043

17 Creditors

	2023	2022
	£	£
Amounts falling due within one year:		
Other creditors	9,098	20,750
PAYE	10,433	8,438
Pensions	1,957	2,915
Accruals	7,771	15,326
Deferred income	166,007	488,415
	195,266	535,844

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

17 Creditors (continued)

Reconciliation of deferred income	2023	2022
	£	£
Deferred income at 1 January	488,415	63,753
Amount released to Statement of Financial Activities	(339,414)	(63,753)
Amount deferred in the year	17,006	488,415
Deferred income at 31 December	<u>166,007</u>	<u>488,415</u>

18 Analysis of net assets between funds

For the year ended 31 December 2023

	Unrestricted £	Restricted £	Total £
Fund balances at 31 December 2023 are represented by:			
Tangible assets	43,416	-	43,416
Net current assets/(liabilities)	<u>101,030</u>	<u>-</u>	<u>101,030</u>
	<u>144,446</u>	<u>-</u>	<u>144,446</u>

For the year ended 31 December 2022

	Unrestricted (as restated) £	Restricted £	Total (as restated) £
Fund balances at 31 December 2022 are represented by:			
Tangible assets	42,459	778	43,237
Net current assets/(liabilities)	<u>248,985</u>	<u>(778)</u>	<u>248,207</u>
	<u>291,444</u>	<u>-</u>	<u>291,444</u>

19 Operating lease commitments

Lessee

At the reporting date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023 £	2022 £
Within one year	16,151	16,067
Between two and five years	26,250	41,250
In over five years	<u>-</u>	<u>-</u>
	<u>42,401</u>	<u>57,317</u>

Operating lease payments recognised as an expense in the period totalled £16,067 (2022: £15,499).

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

20 Restricted funds

For the year ended 31 December 2023

	Balance at 1 January 2023	Income	Expenditure	Transfers	Balance at 31 December 2023
	£	£	£	£	£
Suffolk Police & Crime Commissioner	-	114,360	(114,360)	-	-
Suffolk County Council	-	2,500	(2,500)	-	-
Big Lottery	-	51,750	(51,750)	-	-
Ministry of Justice	-	204,794	(204,794)	-	-
Turning Point	-	7,500	(7,500)	-	-
	-	380,904	(380,904)	-	-

For the year ended 31 December 2022

	Balance at 1 January 2022	Income	Expenditure	Transfers	Balance at 31 December 2022
	£	£	£	£	£
Suffolk Police & Crime Commissioner	-	76,890	(76,890)	-	-
Suffolk County Council	17,060	10,000	(27,060)	-	-
Big Lottery	18,391	77,625	(96,016)	-	-
Ministry of Justice	-	124,514	(124,514)	-	-
	35,451	289,029	(324,480)	-	-

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

20 Restricted funds (continued)

Suffolk Police & Crime Commissioner

To provide services to victims of crime. Through delivery of therapeutic services (groups and 1:1) to victims of sexual abuse in Suffolk.

Suffolk County Council

Recovery Grant - to provide counselling and therapy to survivors of sexual abuse who also present with drug & alcohol dependencies.

Big Lottery

Funding to cover the salaries and associated costs of the Project Manager and Therapeutic Lead, Head of Operations along with half of the costs associated to the CEO.

Ministry of Justice

Support fund to provide emotional and practical support for victims of rape and other forms of sexual abuse.

Turning Point

Grant to provide specialist trauma informed interventions for adult survivors of sexual abuse who present with drug/alcohol through either 1:1 therapy or group therapy.

21 Related parties

There were no current year or prior year related party transactions.

22 Cash flow from operating activities

	2023	2022
	£	£
Net movement in funds	(146,998)	27,685
Adjustments for:		
Depreciation for the year	10,467	9,550
(Gain)/loss on disposal of tangible fixed assets	3,284	
Interest received	(6,513)	(1,006)
	<u>(139,761)</u>	<u>36,229</u>
Movements in working capital:		
(Increase)/ decrease in debtors	111,384	(59,193)
Increase/ (decrease) in creditors	(340,578)	455,722
	<u>(368,955)</u>	<u>432,758</u>
Net generated from operating activities	<u>(368,955)</u>	<u>432,758</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

23 Prior year comparative statement of financial activities

	Unrestricted funds (as restated)	Restricted funds	Total 2022 (as restated)
	£	£	£
<u>Income from:</u>			
Donations and legacies	61,563	202,139	263,702
Charitable activities	374,689	86,890	461,579
Other trading activities	4,248	-	4,248
Investment income	1,006	-	1,006
Total income	441,506	289,029	730,535
<u>Expenditure on:</u>			
Raising funds	17,426	-	17,426
Charitable activities	360,944	324,480	685,424
Total expenditure	378,370	324,480	702,850
Net income/(expenditure)	63,136	(35,451)	27,685
Transfers between funds	-	-	-
Net movement in funds	63,136	(35,451)	27,685
Fund balances at 1 January 2022	228,308	35,451	263,759
Fund balances at 31 December 2022	282,270	-	291,444

SURVIVORS IN TRANSITION

England & Wales - Charity number 1159782

Accounts

Charity Registration No. 1159782

SURVIVORS IN TRANSITION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

SURVIVORS IN TRANSITION

LEGAL AND ADMINISTRATIVE INFORMATION

CEO

Fiona Ellis

Trustees

Andrew Dewhurst
Emma Marriott
Kate Hughes (Chair)
Alison Mann
Mark Davies
Allison Chaplin (resigned 1 August 2022)
Vanessa Webb (appointed 1 August 2022)

Trustee advisors

Emma Bond
Charlotte Johns
Kerri Read

Charity number

1159782

Principal address

84 Fore Street
Ipswich
Suffolk
IP4 1LB

Independent examiner

Helen Rumsey FCA
Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich
Suffolk
IP1 1QJ

Bankers

Lloyds Bank Plc
1 Legg Street
Chelmsford
Essex
CM1 1JS

SURVIVORS IN TRANSITION

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SURVIVORS IN TRANSITION

CHAIR'S STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022

In 2022 SiT consistently provided a quality experience to survivors of sexual abuse. The Charity's funding increased on the previous year and SiT was able to continue to grow reserves whilst maintaining service levels. Our vision remains "to provide a safe, supportive environment to build self-esteem and independence to ensure that every survivor of sexual violence and abuse who accesses our service lives healthier and happier lives". We continued to deliver services against the agreed strategic plan, concentrating on three priority areas (Services & Support, Impact & Influence and Developing & Strengthening the Charity).

In 2022 SiT moved from remote working to delivering support and therapeutic services from the centre in Ipswich. Services were delivered either in person or via digital technology. During 2022 SiT continued to develop and refine our support service aimed at young people – Tope - a self-referral, 13 years plus service. We are thankful for the support of Suffolk Police and Crime Commissioner and Ministry of Justice who provided funding for this important project.

We remain grateful to funding partners in particular The Big Lottery. The Charity continued to receive statutory funding from the NHS, for the first half of the year this was from two local CCGs – West Suffolk, and Ipswich and East Suffolk CCGs - and from 1st July 2022 Suffolk and North East Essex ICS to provide support and counselling services. In April 2022 we were commissioned by NHS England to run the Norfolk and Suffolk SARCs Talking Therapies service. The service enables us to deliver 12 weeks of talking therapy using a range of modalities to individuals who have accessed support at their local SARC for sexual violence or assault in the last year. We are also appreciative of the Ministry of Justice and Suffolk Police and Crime Commissioner for their support of SiT, without which we would not be able to provide the range of services to the number of survivors that we do.

In 2022 the Board met via Zoom/in person on 6 occasions plus 1 Board strategy away day. The Trustees play a critical role in working with the Chief Executive to set the strategic direction to ensure financial stability and to monitor the quality of our provision. One Trustee resigned from the Board and one new Trustee joined during the period.

I would like to thank all my fellow Trustees, Fiona Ellis the Chief Executive and her team for their passion, commitment, and hard work during a challenging year.



Kate Hughes
Chair of Survivors in Transition

Date: ...10 July 2023.....

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees present their report and accounts for the year ended 31 December 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Charities Act 2011 and the Statement of Recommended Practice FRS102 SORP - updated October 2019.

Structure, governance and management

Governing document

Survivors in Transition (SiT) is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission in January 2015 under charity number 1159782. It is governed by a foundation model constitution. The charity meets the definition of a public benefit entity and the Board of Trustees have paid due regard to guidance published by the Charity Commission on the public benefit of the Charity.

Trustees

Kate Hughes (Chair)	PR / Marketing & Operational Link
Dr Emma Marriott	Clinical Lead
Alison Mann	Service User Involvement
Andrew Dewhurst	Strategy / Business Development
Mark Davies	Finance
Dr Vanessa Webb	Safeguarding, Commissioning & Contracts

Organisational structure

The charity Trustees are responsible for the general control and management of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits.

The Trustees meet eight weekly and are responsible for all decisions taken in relation to the running of the organisation and its services. The day-to-day management of the centre, facilities and projects is delegated to the staff overseen by the CEO. In 2022 SiT employed 12 full time and 2 part time staff.

The Chair and CEO meet weekly to discuss operational issues against the strategic plan. The strategic plan was reviewed against 2022 performance and continues to be a living document across the organisation. The Service User Group (SUG) is an integral part of the planning and governance of SiT. In 2022 the group resumed meeting to discuss and feedback ideas on funding and projects.

Recruitment and appointment of Trustees

We review our recruitment of Trustees' process annually and have refreshed the Trustee selection, handbook and induction processes. The existing Trustees are responsible for the recruitment of new Trustees. We seek to identify people who have a personal interest in the work of SiT and are willing to volunteer to help our broader work. Potential trustees are invited to attend Trustees' meetings as observers and are given more details of the charity's aims and activities and, if all agree, they are then proposed as new Trustees at the subsequent Trustees' meeting. This process allows due consideration of the person's eligibility, personal competence, specialist knowledge and skills. New Trustees are then expected to follow an induction programme.

Risk management

The Trustees have assessed the risks the charity faces and have drawn up a risk register which identifies the major risks by area of activity, the nature of those risks, the likelihood of the risks happening, and the measures taken to manage them. The Chair of Trustees and the CEO review the risk register monthly at their meetings and update the Trustees accordingly, by way of standing item at Trustees' meetings.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees are satisfied that systems are in place, or arrangements are in hand, to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the organisation are kept under review. Appropriate Disclosure and Barring (DBS) checks, supported by annually reviewed policies, are made for all those who work with service users.

Objectives and activities

SiT's charitable objective

To promote and protect the good health of men and women and young people 13+ who have experienced any form of childhood sexual abuse through the provision of a support centre for such support and counselling as deemed appropriate.

Our objectives

1. Directly supporting adult survivors of childhood sexual abuse (Services and Support)
2. Raising awareness of childhood sexual abuse and its impact (Influence)
3. Conducting & supporting research and education
4. Developing and strengthening the charity

Strategic plan

SiT has a duty to ensure that it is able to meet its charitable objectives in the most effective way possible. In order to do this, our strategic plan is based on a number of factors. Amongst these factors are:

- Changes in the wider environment in which SiT operates
- Opportunities for growth and collaborative working that are or become available
- SiT's own strengths and weaknesses.

Use of volunteers

All our Trustees give their time on a voluntary basis. We encourage all service users who have completed interventions to be involved in voluntary activities and to share their skills with others. We have scaled back our use of volunteers since Covid-19.

Future developments

The charity continues to grow and seek new funding sources to meet the needs of our service users. During the year the charity continued to develop the young persons' service Tope – a self-referral, 13 years plus service. In addition, the charity launched Talking Therapies a service aimed to support individuals who have accessed support at their local SARC for sexual violence or assault in the last year.

Activities and achievements

How our activities deliver public benefit

The charity carries out a wide range of activities in pursuance of its charitable aims. The Trustees consider that these activities, summarised below, provide benefit to both survivors of sexual violence and our wider community.

We continue to perform well and meet identified targets despite the growing demand for our service and impact of Covid-19 on service delivery. We continue to respond effectively and efficiently and as an organisation we continue to focus on what survivors of sexual abuse want rather than what we think they want. Our focus remains firmly on the individual and how they make sense of the world. During this period, we received 663 referrals from a range of referrers including self; this is a slight decrease on the previous year. Of those survivors engaging with SiT, 73% identified as female, 25% as male and 2% as non-binary.

Survivors are referred to SiT from across the county, with the majority living in Ipswich (40%), Suffolk Coastal or Bury St Edmunds. Most clients were referred to SiT by the local mental health trust NSFT (30%), GPs 4% Social 1% SARc/IVS police 4%, DV services 1% victim support 1% and remainder 8% or were self-referrals (29%).

In line with SiT's primary objectives, over 90% of survivors reported that they felt listened to, believed and respected.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2022

Talking Therapies clients are referred from Norfolk and Suffolk SARC's. From April-December 2022 we received 236 referrals, delivered 174 assessments and 684 therapeutic sessions.

2022 was a year of growth for the Tope service. Following the removal of Covid-19 restrictions the charity started working with clients in house as well as operating an online chat service. The project leader also presented to local schools and colleges. Over the year the service received 26 referrals and the support team and sub-contracted therapists delivered 11 assessments and 148 sessions.

Regular activities

In 2022, with the ending of Covid-19 restrictions activity has resumed being delivered in person from our premises in Ipswich with clients being offered the choice of receiving support either in person or online. SiT continued to provide daily support from 9am to 5pm Monday to Friday. During the year over 500 survivors regularly received support through group and 1:1 interventions. SiT's support workers and therapeutic practitioners offer a range of interventions post referral and assessment.

Partnership working

In developing our service offer we are pleased to work in partnership with other local charities and the statutory sector across Suffolk. In collaboration with local statutory partners the charity delivered Trauma Informed Practice training to professionals across Suffolk including police officers and practitioners in maternity services.

Financial review

Income increased by £149,029 over the previous year. Statutory funding sources –ICS, Ministry of Justice and the Police and Crime Commissioner – in the form of grants and contracts remain our main source of income (88% of total). The remaining income from trusts and foundations amounted to 12%. Total incoming resources for the year 1st January to 31st December 2022 amounted to £730,535 compared to £581,506 for the year 1st January to 31st December 2021.

Reserves policy and going concern

At the year end the charity had cash at bank of £667,043, £124,120 of which was held in separate reserves accounts. Unrestricted funds totalled £282,270 at the year end. The Trustees have reviewed the reserves of the charity in 2022 and have achieved the objective of holding three months' operating costs. In the event of a significant drop in funding, the Trustees consider reserves at this level to be sufficient for the Charity's current activities to continue whilst consideration is given to ways in which additional funds can be raised.

Principal funding sources

Suffolk Police & Crime Commissioner
The Big Lottery Fund
Ipswich & East Clinical Commissioning Group
West Suffolk Clinical Commissioning Group
Suffolk and North Essex Integrated Care System
Ministry of Justice

Investment policy and objectives

The charity has no long-term investments. Our cash reserves are held in a deposit account. The interest earned is considered by the Trustees as an unrestricted income source.

Pay policy

The salary of the CEO is determined by the Board using relevant benchmarks. The remuneration of all other staff is set by the CEO according to industry norms and performance metrics.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

Statement of Trustees' responsibilities

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

The law applicable to charities in England and Wales requires the charity 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 of the charity 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 accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:



Kate Hughes

Chair of Trustees

Board of Trustees

10 July 2023

SURVIVORS IN TRANSITION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SURVIVORS IN TRANSITION

I report to the Trustees on my examination of the accounts of Survivors in Transition (the Charity) for the year ended 31 December 2022.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). You are satisfied that the Charity is not required by charity law to be audited and have chosen instead to have an independent examination.

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 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 2011 Act.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales (ICAEW).

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 in 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.

Helen Rumsey FCA

Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich
Suffolk
IP1 1QJ

Dated: 11th July 2023

SURVIVORS IN TRANSITION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 DECEMBER 2022

		Unrestricted funds	Restricted funds	Total 2022	Total 2021
	Notes	£	£	£	£
<u>Income from:</u>					
Donations and legacies	3	61,563	202,139	263,702	272,038
Charitable activities	4	374,689	86,890	461,579	302,416
Other trading activities	5	4,248	-	4,248	7,052
Investment income	6	1,006	-	1,006	-
Total income		441,506	289,029	730,535	581,506
<u>Expenditure on:</u>					
Raising funds	7	17,426	-	17,426	1,467
Charitable activities	8	360,944	324,480	685,424	531,622
Total expenditure		378,370	324,480	702,850	533,089
Net income/(expenditure)		63,136	(35,451)	27,685	48,417
Transfers between funds		-	-	-	-
Net movement in funds		63,136	(35,451)	27,685	48,417
Fund balances at 1 January 2022		219,134	35,451	254,585	206,168
Fund balances at 31 December 2022		282,270	-	282,270	254,585

SURVIVORS IN TRANSITION

BALANCE SHEET

AS AT 31 DECEMBER 2022

		2022		2021	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	14		<u>34,063</u>		<u>28,544</u>
			34,063		28,544
Current assets					
Debtors	15	117,008		57,815	
Cash at bank and in hand	16	<u>667,043</u>		<u>248,348</u>	
		784,051		306,163	
Creditors: amounts falling due within one year	17			<u>80,122</u>	
Net current assets			<u>248,207</u>		<u>226,041</u>
Total assets less current liabilities			<u>282,270</u>		<u>254,585</u>
Funds of the charity					
Restricted funds	20		-		35,451
Unrestricted funds			<u>282,270</u>		<u>219,134</u>
			<u>282,270</u>		<u>254,585</u>

Approved by the Board of Trustees on 10 July 2023 and signed on their behalf by:



.....
Kate Hughes
Trustee

SURVIVORS IN TRANSITION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2022

	Note	2022 £	2021 £
Cash flow from operating activities	22	433,764	56,150
Cash flow from investing activities			
Purchase of tangible fixed assets		<u>(15,069)</u>	<u>(14,550)</u>
		(15,069)	(14,550)
Increase / (decrease) in cash & cash equivalents in the year		<u>418,695</u>	<u>41,600</u>
Cash & cash equivalents at the beginning of the year		248,348	206,748
Total cash & cash equivalents at the end of the year		<u>667,043</u>	<u>248,348</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Charities Act 2011 and UK Generally Accepted Accounting Practice as it applies from October 2019.

The charity is a Public Benefit Entity as defined by FRS 102. The accounts have been prepared on the historical cost convention. The principal accounting policies adopted are set out below.

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 pound.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2015 which has since been withdrawn.

1.2 Going concern

The accounts have been prepared on the going concern basis as the Trustees consider there to be sufficient funding to ensure the Charity meets its current liabilities as they fall due and there are no material uncertainties regarding the going concern status of the charity. The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Details of the nature and purpose of each fund is set out in Note 20.

1.4 Incoming resources

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement. Resources relating to a specific time period are recognised over that period.

Income from charitable activities is accounted for when earned, receipt is probable and the amount can be quantified with reasonable accuracy.

1.5 Resources expended

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies (Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold property improvements	20% reducing balance basis
Office equipment	20% reducing balance basis
Computer equipment	20% - 50% reducing balance basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the charity estimates the recoverable amount of the cash-generating unit to which the asset belongs.

1.8 Cash and cash equivalents

Cash and short-term deposits in the balance sheet comprise cash at bank and in hand and short-term deposits with an original maturity of three months or less.

1.9 Operating leases

Rentals payable under operating leases are charged against income on a straight-line basis over the lease term.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

1.12 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measure at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies (Continued)

1.12 Financial instruments (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measure at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest rate method.

2 Critical estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3	Income from donations and legacies	Unrestricted	Restricted	Total	Total
		funds	funds	2022	2021
		£	£	£	£
	Grants	60,378	202,139	262,517	241,536
	Donations and legacies	1,185	-	1,185	30,502
		<u>61,563</u>	<u>202,139</u>	<u>263,702</u>	<u>272,038</u>
4	Income from charitable activities	Unrestricted	Restricted	Total	Total
		funds	funds	2022	2021
		£	£	£	£
	Suffolk Police and Crime Commissioner	-	76,890	76,890	76,616
	Suffolk County Council	-	10,000	10,000	10,500
	Ipswich Borough Council	-	-	-	2,000
	NHS West Suffolk CCG	213,625	-	213,625	60,000
	NHS Ipswich & East Suffolk CCG	22,000	-	22,000	152,300
	NHS England	139,064	-	139,064	-
	Partnerships	-	-	-	1,000
		<u>374,689</u>	<u>86,890</u>	<u>461,579</u>	<u>302,416</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

5 Other trading activities	Unrestricted funds	Restricted funds	Total 2022	Total 2021
	£	£	£	£
Community fundraising	491	-	491	1,500
Room hire	-	-	-	4,185
Other income	3,757	-	3,757	1,367
	<u>4,248</u>	<u>-</u>	<u>4,248</u>	<u>7,052</u>
6 Investment income	Unrestricted funds	Restricted funds	Total 2022	Total 2021
	£	£	£	£
Bank interest	1,006	-	1,006	-
	<u>1,006</u>	<u>-</u>	<u>1,006</u>	<u>-</u>
7 Expenditure on raising funds			Total 2022	Total 2021
			£	£
Costs directly allocated to activities:				
Cost of goods sold			-	-
			<u>-</u>	<u>-</u>
Support costs allocated to activities:				
Advertising			17,426	1,467
			<u>17,426</u>	<u>1,467</u>
			<u>17,426</u>	<u>1,467</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

8 Expenditure on charitable activities	Therapy and counselling £	Total 2022 £	Total 2021 £
Costs directly allocated to activities:			
Wages and salaries	180,311	180,311	92,177
Social security	9,567	9,567	4,717
Pension costs	3,705	3,705	2,711
Counselling	162,399	162,399	87,824
Activities	100	100	50
Travel costs	4,017	4,017	4,536
Research costs	10,000	10,000	-
	370,099	370,099	192,015
Support costs allocated to activities:			
Wages and salaries	149,017	149,017	212,794
Social security	17,108	17,108	18,637
Pension costs	3,278	3,278	4,440
Staff expenses	4,004	4,004	2,234
Bookkeeper fees	10,998	10,998	10,080
Rent and rates	15,028	15,028	13,987
Utilities	4,246	4,246	4,138
Cleaning	3,720	3,720	3,179
Training	10,576	10,576	7,555
Recruitment	5,045	5,045	1,709
Insurance	2,762	2,762	2,318
Subscriptions	2,650	2,650	2,672
Print, postage and stationery	3,175	3,175	2,657
Telephone	9,955	9,955	10,094
Computer costs	48,110	48,110	21,059
Repairs and renewals	6,723	6,723	6,007
Entertaining and gratuities	1,439	1,439	641
Bank charges	130	130	142
Depreciation	9,550	9,550	8,856
Governance costs	9 6,895	6,895	6,602
Venue / Room hire	473	473	(194)
General expenses	443	443	-
	315,325	315,325	339,607
	685,424	685,424	531,622

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated proportionately to total direct costs allocated to each project area.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

9 Governance costs	Total 2022	Total 2021
	£	£
Independent examination fees	3,630	3,300
Accountancy fees	3,122	2,346
Professional fees	143	956
	<u>6,895</u>	<u>6,602</u>

10 Independent examiner's remuneration	2022	2021
	£	£
Independent examination fees	3,630	3,300
Payroll	1,756	1,877
Advisory	372	1,212
	<u>5,758</u>	<u>8,410</u>

11 Employees	2022	2021
	£	£
Employment costs		
Wages and salaries	329,328	304,970
Social security costs	26,675	23,354
Pensions	6,983	7,151
	<u>362,986</u>	<u>335,475</u>

There was one employee whose remuneration exceeded £60,000 during 2022 (2021: one).

Number of employees

	2022	2021
The average monthly number of employees during the year was:	13	13

Key management remuneration

Total remuneration paid to key management personnel during the year was £80,004 (2021: £71,827).

12 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The charge for the year in respect of the defined contribution scheme was £6,983 (2021: £7,151).

13 Trustees

None of the trustees (or any persons connected with them) received any remuneration or reimbursed expenses during this year or the prior year. No donations were made by Trustees during the current or prior year.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

14 Tangible fixed assets

	Leasehold property improvements	Office equipment	Computer equipment	Total
	£	£	£	£
Cost				
At 1 January 2022	22,175	6,862	30,219	59,257
Additions	-	3,630	11,439	15,069
Disposals	-	-	(897)	(897)
At 31 December 2022	22,175	10,492	40,761	73,429
Depreciation				
At 1 January 2022	17,623	2,902	10,187	30,712
Charge for the year	2,745	1,374	5,431	9,550
Eliminated on disposal	-	-	(897)	(897)
At 31 December 2022	20,368	4,276	14,721	39,365
Carrying amount				
At 31 December 2021	4,552	3,960	20,032	28,544
At 31 December 2022	1,807	6,216	26,040	34,063

15 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Debtors	107,710	275
Prepayments	9,298	1,790
Accrued Income	-	55,750
	117,008	57,815

16 Cash at bank and in hand

	2022	2021
	£	£
Cash at bank	542,923	124,292
Cash reserves	124,120	124,056
	667,043	248,348

17 Creditors

	2022	2021
	£	£
Amounts falling due within one year:		
Other creditors	20,750	2,921
PAYE	8,438	7,486
Pensions	2,915	1,398
Lease liabilities	-	199
Accruals	15,326	4,365
Deferred Income	488,415	63,753
	535,844	80,122

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

17 Creditors (continued)

Reconciliation of deferred income	2022 £	2021 £
Deferred income at 1 January	63,753	62,500
Amount released to Statement of Financial Activities	(63,753)	(62,500)
Amount deferred in the year	488,415	63,753
Deferred income at 31 December	<u>488,415</u>	<u>63,753</u>

18 Analysis of net assets between funds

For the year ended 31 December 2022

	Unrestricted £	Restricted £	Total £
Fund balances at 31 December 2022 are represented by:			
Tangible assets	33,285	778	34,063
Current assets/(liabilities)	<u>248,985</u>	<u>(778)</u>	<u>248,207</u>
	<u>282,270</u>	<u>-</u>	<u>282,270</u>

For the year ended 31 December 2021

	Unrestricted £	Restricted £	Total £
Fund balances at 31 December 2021 are represented by:			
Tangible assets	27,571	973	28,544
Current assets/(liabilities)	<u>191,563</u>	<u>34,478</u>	<u>226,041</u>
	<u>219,134</u>	<u>35,451</u>	<u>254,585</u>

19 Operating lease commitments

Lessee

At the reporting date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2022 £	2021 £
Within one year	16,067	15,046
Between two and five years	41,250	56,250
In over five years	<u>-</u>	<u>-</u>
	<u>57,317</u>	<u>71,296</u>

Operating lease payments recognised as an expense in the period totaled £15,499 (2021: £15,553).

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

20 Restricted funds

For the year ended 31 December 2022

	Balance at 1 January 2022	Income	Expenditure	Transfers	Balance at 31 December 2022
Suffolk Police & Crime Commissioner	-	76,890	(76,890)	-	-
Suffolk County Council	17,060	10,000	(27,060)	-	-
Big Lottery	18,391	77,625	(96,016)	-	-
Ministry of Justice	-	124,514	(124,514)	-	-
	<u>35,451</u>	<u>289,029</u>	<u>(324,480)</u>	<u>-</u>	<u>-</u>

For the year ended 31 December 2021

	Balance at 1 January 2021	Income	Expenditure	Transfers	Balance at 31 December 2021
Suffolk Police & Crime Commissioner	100,779	76,616	(177,395)	-	-
Suffolk County Council	14,560	10,500	(8,000)	-	17,060
Ipswich Borough Council	-	2,000	(2,000)	-	-
Norfolk Community Foundation	980	-	(980)	-	-
Big Lottery	61,838	103,500	(146,947)	-	18,391
Henry Smith	7,464	8,000	(15,464)	-	-
	<u>185,621</u>	<u>200,616</u>	<u>(350,786)</u>	<u>-</u>	<u>35,451</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

20 Restricted funds (continued)

Suffolk Police & Crime Commissioner

To provide services to victims of crime. Through delivery of therapeutic services (groups and 1:1) to victims of sexual abuse in Suffolk.

Suffolk County Council

Recovery Grant - to provide counselling and therapy to survivors of sexual abuse who also present with drug & alcohol dependencies.

Ipswich Borough Council

Funds received to cover administrative expenditure, specifically expenditure such as rent, utilities, insurance and professional fees.

Norfolk Community Foundation

Funds received to cover administrative expenditure, specifically expenditure such as rent, utilities, insurance and professional fees.

Big Lottery

Funding to cover the salaries and associated costs of the Project Manager and Therapeutic Lead, Head of Operations along with half of the costs associated to the CEO.

Henry Smith

Funding to cover half of the salary and associated costs of the CEO.

21 Related parties

There were no current year or prior year related party transactions.

22 Cash flow from operating activities

	2022 £	2021 £
Net movement in funds	27,685	48,417
Adjustments for:		
Depreciation charge	9,550	8,856
	<u>37,235</u>	<u>57,273</u>
Movements in working capital:		
(Increase)/ decrease in debtors	(59,193)	(2,884)
Increase/ (decrease) in creditors	455,722	1,761
	<u>433,764</u>	<u>56,150</u>
Net generated from operating activities	<u>433,764</u>	<u>56,150</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

23 Prior year comparative statement of financial activities

	Unrestricted funds	Restricted funds	Total 2021
	£	£	£
<u>Income from:</u>			
Donations and legacies	160,538	111,500	272,038
Charitable activities	213,300	89,116	302,416
Other trading activities	7,052	-	7,052
Total income	380,890	200,616	581,506
<u>Expenditure on:</u>			
Raising funds	1,467	-	1,467
Charitable activities	180,836	350,786	531,622
Total expenditure	182,303	350,786	533,089
Net income/(expenditure)	198,587	(150,170)	48,417
Transfers between funds	-	-	-
Net movement in funds	198,587	(150,170)	48,417
Fund balances at 1 January 2021	20,547	185,621	206,168
Fund balances at 31 December 2021	219,134	35,451	254,585

SURVIVORS IN TRANSITION

England & Wales - Charity number 1159782

Accounts

Charity Registration No. 1159782

SURVIVORS IN TRANSITION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

SURVIVORS IN TRANSITION

LEGAL AND ADMINISTRATIVE INFORMATION

CEO

Fiona Ellis

Trustees

Andrew Dewhurst
Emma Marriott
Kate Hughes (Chair)
Alison Mann
Mark Davies
Allison Chaplin

Trustee advisors

Emma Bond
Charlotte Johns
Kerri Read

Charity number

1159782

Principal address

84 Fore Street
Ipswich
Suffolk
IP4 1LB

Independent examiner

Helen Rumsey FCA
Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich Suffolk
IP1 1QJ

Bankers

Lloyds Bank Plc
1 Legg Street
Chelmsford
Essex
CM1 1JS

SURVIVORS IN TRANSITION

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SURVIVORS IN TRANSITION

CHAIR'S STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2021

Whilst Covid-19 and the Government's response to the pandemic continued to impact on how Survivors in Transition (SiT) delivered service, the charity consistently provided a quality experience to survivors of sexual abuse. The Charity's funding increased on the previous year and SiT was able to continue to grow reserves whilst maintaining service levels. Our vision remains "to provide a safe, supportive environment to build self-esteem and independence through a range of effective interventions to ensure every survivor who accesses our service lives healthier and happier lives". We continued to deliver services against the agreed strategic plan, concentrating on three priority areas (Services & Support, Impact & Influence and Developing & Strengthening the Charity).

In 2021 SiT as in the previous year provided support and therapeutic services including groups remotely using digital technology. The Charity did not draw on the Government's furlough scheme or any emergency funding schemes as all staff were able to continue to work remotely.

During 2021 SiT continued to develop and refine our support service aimed at young people – Tope - a self-referral, 13 years plus service. We are thankful for the support of Suffolk Police and Crime Commissioner and Ministry of Justice who provided funding for this important project.

We remain grateful to funding partners in particular The Big Lottery. The Charity continued to receive statutory funding from two local CCGs – West Suffolk, and Ipswich and East Suffolk CCGs to provide support and counselling services. We are also appreciative of the Ministry of Justice and Suffolk Police and Crime Commissioner for their support of SiT, without which we would not be able to provide the range of services to the number of survivors that we do.

In 2021 the Board met via Zoom on 7 occasions. The Trustees play a critical role in working with the Chief Executive to set the strategic direction to ensure financial stability and to monitor the quality of our provision. No new Trustees joined the Board and no Trustees resigned during the period.

I would like to thank all my fellow Trustees, Fiona Ellis the Chief Executive and her team for their passion, commitment and hard work during a challenging year.



Kate Hughes
Chair of Survivors in Transition

Date: 4th August 2022

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees present their report and accounts for the year ended 31 December 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Charities Act 2011 and the Statement of Recommended Practice FRS102 SORP - updated October 2019.

Structure, governance and management

Governing document

Survivors in Transition (SiT) is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission in January 2015 under charity number 1159782. It is governed by a foundation model constitution. The charity meets the definition of a public benefit entity and the Board of Trustees have paid due regard to guidance published by the Charity Commission on the public benefit of the Charity.

Trustees

Kate Hughes (Chair)	PR / Marketing & Operational Link
Dr Emma Marriott	Clinical Lead
Alison Mann	Service User Involvement
Andrew Dewhurst	Strategy / Business Development
Mark Davies	Finance
Allison Chaplin	Safeguarding, Commissioning & Contracts

Organisational structure

The charity Trustees are responsible for the general control and management of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits.

The Trustees meet six weekly and are responsible for all decisions taken in relation to the running of the organisation and its services. The day-to-day management of the centre, facilities and projects is delegated to the staff overseen by the CEO. In 2021 SiT employed 7 full time and 6 part time staff. Due to ongoing Covid restrictions we did not utilise volunteers in the delivery of services.

The Chair and CEO meet weekly to discuss operational issues against the strategic plan. The strategic plan was reviewed against 2021 performance and continues to be a living document across the organisation. The Service User Group (SUG) is an integral part of the planning and governance of SiT, however due to restrictions imposed during the pandemic they were unable to meet to discuss and feedback ideas on funding and projects. It is intended that once Covid-19 restrictions are relaxed the SUG will recommence.

Recruitment and appointment of Trustees

We review our recruitment of Trustees' process annually and have refreshed the Trustee selection, handbook and induction processes. The existing Trustees are responsible for the recruitment of new Trustees. We seek to identify people who have a personal interest in the work of SiT and are willing to volunteer to help our broader work. Potential trustees are invited to attend Trustees' meetings as observers and are given more details of the charity's aims and activities and, if all agree, they are then proposed as new Trustees at the subsequent Trustees' meeting. This process allows due consideration of the person's eligibility, personal competence, specialist knowledge and skills. New Trustees are then expected to follow an induction programme.

Risk management

The Trustees have assessed the risks the charity faces and have drawn up a risk register which identifies the major risks by area of activity, the nature of those risks, the likelihood of the risks happening, and the measures taken to manage them. The Chair of Trustees and the CEO review the risk register monthly at their meetings and update the Trustees accordingly, by way of standing item at Trustees' meetings.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees are satisfied that systems are in place, or arrangements are in hand, to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the organisation are kept under review. Appropriate Disclosure and Barring (DBS) checks, supported by annually reviewed policies, are made for all those who work with service users.

Objectives and activities

SiT's charitable objective

To promote and protect the good health of men and women and young people 13+ who have experienced any form of childhood sexual abuse through the provision of a support centre for such support and counselling as deemed appropriate.

Our objectives

1. Directly supporting adult survivors of childhood sexual abuse (Services and Support)
2. Raising awareness of childhood sexual abuse and its impact (Influence)
3. Conducting & supporting research and education
4. Developing and strengthening the charity

Strategic plan

SiT has a duty to ensure that it is able to meet its charitable objectives in the most effective way possible. In order to do this, our strategic plan is based on a number of factors. Amongst these factors are:

- Changes in the wider environment in which SiT operates
- Opportunities for growth and collaborative working that are or become available
- SiT's own strengths and weaknesses.

Use of volunteers

Volunteers continue to be an important resource in both our therapeutic and support offers. Normally volunteers are involved in most of our activities, however in 2021, as in the previous year, this was changed to reflect Covid-19 restrictions. All our Trustees give their time on a voluntary basis. We encourage all service users who have completed interventions to be involved in voluntary activities and to share their skills with others. All those volunteers working with service users are DBS checked and receive a robust induction and appropriate training.

Future developments

The charity continues to grow and seek new funding sources in order to meet the needs of our service users. During the year the charity launched a helpline aimed to support young people called Tope - a self-referral, 13 years plus service.

Activities and achievements

How our activities deliver public benefit

The charity carries out a wide range of activities in pursuance of its charitable aims. The Trustees consider that these activities, summarised below, provide benefit to both survivors of sexual violence and our wider community.

We continue to perform well and meet identified targets despite the growing demand for our service and impact of Covid-19 on service delivery. We continue to respond effectively and efficiently and as an organisation we continue to focus on what survivors of sexual abuse want rather than what we think they want. Our focus remains firmly on the individual and how they make sense of the world. During this period, we received 681 referrals from a range of referrers including self; this is a 40% increase on the previous year. Of those survivors engaging with SiT, 75% identified as female, 24% as male and 1% as transgender.

Survivors are referred to SiT from across the county, with the majority living in Ipswich, Suffolk Coastal or Bury St Edmunds. Most clients were referred to SiT by the local mental health trust NSFT (40%), GPs / Health (19%) or were self-referrals (21%).

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

Regular activities

In 2021, activity has been delivered largely remotely online rather than from our premises in Ipswich. However, SiT continued to provide daily support from 9am to 5pm Monday to Friday. During the week over 350 survivors regularly receive support through group and 1:1 interventions. SiT's support workers and therapeutic practitioners offer a range of interventions post referral and assessment.

Partnership working

In developing our service offer we are pleased to work in partnership with other local charities and the statutory sector across Suffolk.

Financial review

Income increased by £155,265 over the previous year. Statutory funding sources – CCGs, Ministry of Justice and the Police and Crime Commissioner remain our main source of income. Total incoming resources for the year 1st January to 31st December 2021 amounted to £581,506 compared to £426,241 for the year 1st January to 31st December 2020.

Reserves policy and going concern

At the year end the Charity had cash at bank of £248,348, £124,056 of which was held in separate reserves accounts. Unrestricted funds totaled £219,134 at the year end. The Trustees have reviewed the reserves of the charity in 2021 and have achieved the objective of holding three months' operating costs. In the event of a significant drop in funding, the Trustees consider reserves at this level to be sufficient for the Charity's current activities to continue whilst consideration is given to ways in which additional funds can be raised.

All the Charity's funders are pleased with the measures that the Charity has put in place to support clients during the ongoing pandemic and have confirmed funding for 2022. This combined with the Charity's reserves policy and significant cash reserves provides the basis for the charity to be considered a going concern.

Principal funding sources

Suffolk Police & Crime Commissioner
The Big Lottery Fund
Ipswich & East Clinical Commissioning Group
West Suffolk Clinical Commissioning Group
Ministry of Justice

Investment policy and objectives

The charity has no long-term investments. Our cash reserves are held in a deposit account. The interest earned is considered by the Trustees as an unrestricted income source.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

Statement of Trustees' responsibilities

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

The law applicable to charities in England and Wales requires the charity 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 of the charity 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 accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf by:



Kate Hughes
Chair of Trustees
Board of Trustees

..... 4th August 2022

SURVIVORS IN TRANSITION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SURVIVORS IN TRANSITION

I report to the Trustees on my examination of the accounts of Survivors in Transition (the Charity) for the year ended 31 December 2021.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). You are satisfied that the Charity is not required by charity law to be audited and have chosen instead to have an independent examination.

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 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 2011 Act.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales (ICAEW).

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 in 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.

Helen Rumsey FCA

Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich
Suffolk
IP1 1QJ

Dated: 15th August 2022

SURVIVORS IN TRANSITION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 DECEMBER 2021

		Unrestricted funds	Restricted funds	Total 2021	Total 2020
	Notes	£	£	£	£
<u>Income from:</u>					
Donations and legacies	3	160,538	111,500	272,038	199,569
Charitable activities	4	213,300	89,116	302,416	223,000
Other trading activities	5	7,052	-	7,052	3,672
Total income		380,890	200,616	581,506	426,241
<u>Expenditure on:</u>					
Raising funds	6	1,467	-	1,467	4,419
Charitable activities	7	180,836	350,786	531,622	434,296
Total expenditure		182,303	350,786	533,089	438,715
Net income/(expenditure)		198,587	(150,170)	48,417	(12,474)
Transfers between funds		-	-	-	-
Net movement in funds		198,587	(150,170)	48,417	(12,474)
Fund balances at 1 January 2021		20,547	185,621	206,168	218,642
Fund balances at 31 December 2021		219,134	35,451	254,585	206,168

SURVIVORS IN TRANSITION

BALANCE SHEET

AS AT 31 DECEMBER 2021

		2021		2020	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	13		28,544		22,850
			28,544		22,850
Current assets					
Debtors	14	57,815		54,931	
Cash at bank and in hand	15	248,348		206,748	
		306,163		261,679	
Creditors: amounts falling due within one year	16	80,122		78,361	
Net current assets			226,041		183,318
Total assets less current liabilities			254,585		206,168
Funds of the charity					
Restricted funds	19	35,451		185,621	
Unrestricted funds		219,134		20,547	
			254,585		206,168

4th August 2022

Approved by the Board of Trustees on and signed on their behalf by:



.....
Kate Hughes
Trustee

SURVIVORS IN TRANSITION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2021

	Note	2021 £	2020 £
Cash flow from operating activities	21	56,150	24,512
Cash flow from investing activities			
Purchase of tangible fixed assets		(14,550)	(22,514)
Sale proceeds from disposal of tangible fixed assets		-	-
		<u>(14,550)</u>	<u>(22,514)</u>
Increase / (decrease) in cash & cash equivalents in the year		<u>41,600</u>	<u>1,998</u>
Cash & cash equivalents at the beginning of the year		206,748	204,750
Total cash & cash equivalents at the end of the year		<u><u>248,348</u></u>	<u><u>206,748</u></u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Charities Act 2011 and UK Generally Accepted Accounting Practice as it applies from October 2019.

The charity is a Public Benefit Entity as defined by FRS 102.

The accounts have been prepared on the historical cost convention. The principal accounting policies adopted are set out below.

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 pound.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2015 which has since been withdrawn.

1.2 Going concern

The accounts have been prepared on the going concern basis as the Trustees consider there to be sufficient funding to ensure the Charity meets its current liabilities as they fall due and there are no material uncertainties regarding the going concern status of the charity. The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Details of the nature and purpose of each fund is set out in Note 19.

1.4 Incoming resources

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement. Resources relating to a specific time period are recognised over that period.

Income from charitable activities is accounted for when earned, receipt is probable and the amount can be quantified with reasonable accuracy.

1.5 Resources expended

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies (Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold property improvements	20% reducing balance basis
Office equipment	20% reducing balance basis
Computer equipment	20% - 50% reducing balance basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the charity estimates the recoverable amount of the cash-generating unit to which the asset belongs.

1.8 Cash and cash equivalents

Cash and short-term deposits in the balance sheet comprise cash at bank and in hand and short-term deposits with an original maturity of three months or less.

1.9 Operating leases

Rentals payable under operating leases are charged against income on a straight-line basis over the lease term.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

1.12 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies (Continued)

1.12 Financial instruments (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measure at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest rate method.

2 Critical estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3	Income from donations and legacies	Unrestricted funds	Restricted funds	Total 2021	Total 2020
		£	£	£	£
	Grants	130,036	111,500	241,536	192,980
	Donations and legacies	30,502	-	30,502	6,589
		<u>160,538</u>	<u>111,500</u>	<u>272,038</u>	<u>199,569</u>

4	Income from charitable activities	Unrestricted funds	Restricted funds	Total 2021	Total 2020
		£	£	£	£
	Suffolk Police and Crime Commissioner	-	76,616	76,616	60,000
	Suffolk County Council	-	10,500	10,500	7,000
	Ipswich Borough Council	-	2,000	2,000	8,000
	NHS West Suffolk CCG	60,000	-	60,000	60,000
	NHS Ipswich & East Suffolk CCG	152,300	-	152,300	88,000
	Partnerships	1,000	-	1,000	-
		<u>213,300</u>	<u>89,116</u>	<u>302,416</u>	<u>223,000</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

5 Other trading activities	Unrestricted funds	Restricted funds	Total 2021	Total 2020
	£	£	£	£
Community fundraising	1,500	-	1,500	3,419
Room hire	4,185	-	4,185	40
Other income	1,367	-	1,367	213
	<u>7,052</u>	<u>-</u>	<u>7,052</u>	<u>3,672</u>
			Total 2021	Total 2020
			£	£
6 Expenditure on raising funds				
Costs directly allocated to activities:				
Cost of goods sold			<u>-</u>	<u>-</u>
			-	-
Support costs allocated to activities:				
Advertising			<u>1,467</u>	<u>4,419</u>
			1,467	4,419
			<u>1,467</u>	<u>4,419</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

7 Expenditure on charitable activities	Therapy and counselling £	Total 2021 £	Total 2020 £
Costs directly allocated to activities:			
Wages and salaries	92,177	92,177	117,539
Social security	4,717	4,717	6,372
Pension costs	2,711	2,711	3,399
Counselling	87,824	87,824	76,116
Activities	50	50	50
Travel costs	4,536	4,536	4,068
	192,015	192,015	207,544
Support costs allocated to activities:			
Wages and salaries	212,794	212,794	111,070
Social security	18,637	18,637	9,207
Pension costs	4,440	4,440	2,524
Staff expenses	2,234	2,234	217
Bookkeeper fees	10,080	10,080	9,780
Rent and rates	13,987	13,987	13,510
Utilities	4,138	4,138	3,391
Cleaning	3,179	3,179	2,806
Training	7,555	7,555	5,242
Recruitment	1,709	1,709	1,125
Insurance	2,318	2,318	2,367
Subscriptions	2,672	2,672	1,093
Print, postage and stationery	2,657	2,657	2,142
Telephone	10,094	10,094	8,315
Computer costs	21,059	21,059	19,776
Repairs and renewals	6,007	6,007	3,588
Entertaining and gratuities	641	641	66
Bank charges	142	142	119
Depreciation	8,856	8,856	14,914
Governance costs	8	6,602	6,516
Venue / Room hire	(194)	(194)	389
(Profit)/Loss on disposal of fixed assets	-	-	1,094
Research costs	-	-	7,501
	339,607	339,607	226,752
	531,622	531,622	434,296

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated proportionately to total direct costs allocated to each project area.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

8 Governance costs	Total 2021	Total 2020
	£	£
Independent examination fees	3,300	1,740
Accountancy fees	2,346	3,775
Professional fees	956	1,001
	<u>6,602</u>	<u>6,516</u>

9 Independent examiner's remuneration	2021	2020
	£	£
Independent examination fees	3,300	1,740
Payroll	1,877	1,589
Advisory	1,212	932
	<u>8,410</u>	<u>4,261</u>

10 Employees	2021	2020
	£	£
Employment costs		
Wages and salaries	304,970	228,609
Social security costs	23,354	15,579
Pensions	7,151	5,924
	<u>335,475</u>	<u>250,112</u>

There was one employee whose remuneration exceeded £60,000 during 2021 (2020: None).

Number of employees

	2021	2020
The average monthly number of employees during the year was:	13	10

Key management remuneration

Total remuneration paid to key management personnel during the year was £71,827 (2020: £65,352).

11 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The charge for the year in respect of the defined contribution scheme was £7,151 (2020: £5,924).

12 Trustees

None of the trustees (or any persons connected with them) received any remuneration or reimbursed expenses during this year or the prior year. No donations were made by Trustees during the current or prior year.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

13 Tangible fixed assets

	Leasehold property improvements	Office equipment	Computer equipment	Total
	£	£	£	£
Cost				
At 1 January 2021	22,175	6,485	16,046	44,706
Additions	-	377	14,173	14,550
Disposals	-	-	-	-
At 31 December 2021	<u>22,175</u>	<u>6,862</u>	<u>30,219</u>	<u>59,257</u>
Depreciation				
At 1 January 2021	14,192	1,983	5,681	21,856
Charge for the year	3,431	919	4,506	8,856
Eliminated on disposal	-	-	-	-
At 31 December 2021	<u>17,623</u>	<u>2,902</u>	<u>10,187</u>	<u>30,712</u>
Carrying amount				
At 31 December 2020	<u>7,983</u>	<u>4,502</u>	<u>10,365</u>	<u>22,850</u>
At 31 December 2021	<u>4,552</u>	<u>3,960</u>	<u>20,032</u>	<u>28,544</u>

14 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Debtors	275	-
Prepayments	1,790	2,931
Accrued Income	<u>55,750</u>	<u>52,000</u>
	<u>57,815</u>	<u>54,931</u>

15 Cash at bank and in hand

	2021	2020
	£	£
Cash at bank	124,292	107,703
Cash reserves	<u>124,056</u>	<u>99,045</u>
	<u>248,348</u>	<u>206,748</u>

16 Creditors

	2021	2020
	£	£
Amounts falling due within one year:		
Other creditors	2,921	5,593
PAYE	7,486	4,334
Pensions	1,398	935
Lease liabilities	199	847
Accruals	4,365	4,152
Deferred Income	<u>63,753</u>	<u>62,500</u>
	<u>80,122</u>	<u>78,361</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

16 Creditors (continued)

Reconciliation of deferred income	2021	2020
	£	£
Deferred income at 1 January	62,500	-
Amount released to Statement of Financial Activities	(62,500)	-
Amount deferred in the year	63,753	62,500
Deferred income at 31 December	<u>63,753</u>	<u>62,500</u>

17 Analysis of net assets between funds

For the year ended 31 December 2021

	Unrestricted £	Restricted £	Total £
Fund balances at 31 December 2021 are represented by:			
Tangible assets	27,571	973	28,544
Current assets/(liabilities)	<u>191,563</u>	<u>34,478</u>	<u>226,041</u>
	<u>219,134</u>	<u>35,451</u>	<u>254,585</u>

For the year ended 31 December 2020

	Unrestricted £	Restricted £	Total £
Fund balances at 31 December 2020 are represented by:			
Tangible assets	21,634	1,216	22,850
Current assets/(liabilities)	<u>(1,087)</u>	<u>184,405</u>	<u>183,318</u>
	<u>20,547</u>	<u>185,621</u>	<u>206,168</u>

18 Operating lease commitments

Lessee

At the reporting date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2021 £	2020 £
Within one year	15,046	8,546
Between two and five years	56,250	-
In over five years	-	-
	<u>71,296</u>	<u>8,546</u>

Operating lease payments recognised as an expense in the period totaled £15,553 (2020: £14,053).

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

19 Restricted funds

For the year ended 31 December 2021

	Balance at 1 January 2021	Income	Expenditure	Transfers	Balance at 31 December 2021
Suffolk Police & Crime Commissioner	100,779	76,616	(177,395)	-	-
Suffolk County Council	14,560	10,500	(8,000)	-	17,060
Ipswich Borough Council	-	2,000	(2,000)	-	-
Norfolk Community Foundation	980	-	(980)	-	-
Big Lottery	61,838	103,500	(146,947)	-	18,391
Henry Smith	7,464	8,000	(15,464)	-	-
	<u>185,621</u>	<u>200,616</u>	<u>(350,786)</u>	<u>-</u>	<u>35,451</u>

For the year ended 31 December 2020

	Balance at 1 January 2020	Income	Expenditure	Transfers	Balance at 31 December 2020
Suffolk Police & Crime Commissioner	70,221	75,000	(44,442)	-	100,779
Suffolk County Council	14,560	4,000	(4,000)	-	14,560
Ipswich Borough Council	-	6,000	(6,000)	-	-
Norfolk Community Foundation	-	980	-	-	980
Big Lottery	61,839	77,625	(77,626)	-	61,838
Henry Smith	7,464	24,000	(24,000)	-	7,464
People's Health Trust	2,002	-	(2,002)	-	-
Ministry of Justice	34,639	-	(34,639)	-	-
Rope Trust	1,344	-	(1,344)	-	-
West Suffolk Community Chest	4,060	-	(4,060)	-	-
	<u>196,129</u>	<u>187,605</u>	<u>(198,113)</u>	<u>-</u>	<u>185,621</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

19 Restricted funds (continued)

Suffolk Police & Crime Commissioner

To provide services to victims of crime. This is used to deliver therapeutic services (groups and 1:1) to victims of sexual abuse in Suffolk.

Suffolk County Council

Recovery Grant - to provide counselling and therapy to survivors of sexual abuse who also present with drug & alcohol dependencies.

Ipswich Borough Council

Funds received to cover administrative expenditure, specifically expenditure such as rent, utilities, insurance and professional fees.

Norfolk Community Foundation

Funds received to cover administrative expenditure, specifically expenditure such as rent, utilities, insurance and professional fees.

Big Lottery

Funding to cover the salaries and associated costs of the Project Manager and Therapeutic Lead, Head of Operations along with half of the costs associated to the CEO.

Henry Smith

Funding to cover half of the salary and associated costs of the CEO.

People's Health Trust

Funding for Community Outreach and Support Worker salary costs.

Ministry of Justice

Rape and Sexual Abuse support fund to provide emotional and practical support for victims of rape and other forms of sexual abuse, which includes funding a specialist CSA worker, group and 1:1 therapeutic support.

Rope Trust

A restricted grant to purchase a defibrillator and associated housing for the center.

West Suffolk Community Chest

To support the provision of services for adult survivors of sexual abuse in Bury St Edmunds.

20 Related parties

There were no current year or prior year related party transactions.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

21 Cash flow from operating activities	2021 £	2020 £
Net movement in funds	48,417	(12,474)
Adjustments for:		
Depreciation charge	8,856	14,914
(Profit)/Loss on disposals	-	1,093
Interest income	-	-
	<u>57,273</u>	<u>3,533</u>
Movements in working capital:		
(Increase)/ decrease in debtors	(2,884)	(48,132)
Increase/ (decrease) in creditors	1,761	69,111
	<u>56,150</u>	<u>24,512</u>
Net generated from operating activities	<u><u>56,150</u></u>	<u><u>24,512</u></u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

22 Prior year comparative statement of financial activities

	Unrestricted funds	Restricted funds	Total 2020
	£	£	£
<u>Income from:</u>			
Donations and legacies	86,964	112,605	199,569
Charitable activities	148,000	75,000	223,000
Other trading activities	3,672	-	3,672
Total income	238,636	187,605	426,241
<u>Expenditure on:</u>			
Raising funds	4,419	-	4,419
Charitable activities	236,183	198,113	434,296
Total expenditure	240,602	198,113	438,715
Net income/(expenditure)	(1,966)	(10,508)	(12,474)
Transfers between funds	-	-	-
Net movement in funds	(1,966)	(10,508)	(12,474)
Fund balances at 1 January 2020	22,513	196,129	218,642
Fund balances at 31 December 2020	20,547	185,621	206,168

SURVIVORS IN TRANSITION

England & Wales - Charity number 1159782

Accounts

Charity Registration No. 1159782

SURVIVORS IN TRANSITION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

SURVIVORS IN TRANSITION

LEGAL AND ADMINISTRATIVE INFORMATION

CEO

Fiona Ellis

Trustees

Andrew Dewhurst
Emma Marriott
Kate Hughes (Chair)
Alison Mann
Mark Davies
David Llewellyn
Allison Chaplin

(Resigned July 2020)

Trustee advisors

Emma Bond
Charlotte Johns
Kerri Read

Charity number

1159782

Principal address

84 Fore Street
Ipswich
Suffolk
IP4 1LB

Independent examiner

Helen Rumsey FCA
Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich Suffolk
IP1 1QJ

Bankers

Lloyds Bank Plc
1 Legg Street
Chelmsford
Essex
CM1 1JS

SURVIVORS IN TRANSITION

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SURVIVORS IN TRANSITION

CHAIR'S STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2020

Whilst Covid-19 and the Government's response to the pandemic impacted on how Survivors in Transition delivered service, the charity adapted quickly and positively to the situation and continued to provide a quality experience to clients. The Charity's funding dropped slightly compared to the previous year however SiT was able to continue to operate and maintain service levels. Our vision remains "to provide a safe, supportive environment to build self-esteem and independence through a range of effective interventions to ensure every survivor who accesses our service lives healthier and happier lives". We continued to deliver the agreed strategic plan, concentrating on four priority areas.

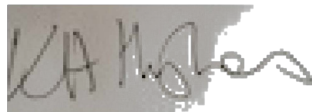
In 2020 SiT provided support and therapeutic services including groups remotely through the use of digital technology. The Charity did not draw on the Government's furlough scheme as all staff were able to continue to work remotely.

2020 was a year when SiT made a new departure, recognising the need to support young people during the pandemic the Board and Chief Executive decided to pilot a self-referral, 13 years plus service – Tope. We are thankful for the support of Hopkins Charitable Fund in providing the initial funding for this important project.

We remain grateful to funding partners in particular The Big Lottery and The Henry Smith Charity. The Charity continued to receive statutory funding from two local CCGs – West Suffolk, and Ipswich and East Suffolk CCGs to provide support and counselling services. We are also appreciative of the Ministry of Justice and Suffolk Police and Crime Commissioner for their support of SiT, without which we would not be able to provide the range of services to the number of survivors that we do.

In 2020 the Board of Trustees met via Zoom on 8 occasions. The Trustees play a critical role in working with the Chief Executive to set the strategic direction to ensure financial stability and to monitor the quality of our provision. No new Trustees joined the Board, however one Trustee, David Llewellyn resigned.

I would like to thank all my fellow Trustees, Fiona Ellis the Chief Executive, her team and our volunteers for their passion, commitment and hard work during a difficult year.



Kate Hughes
Chair of Survivors in Transition

Date: 22/10/2021.....

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

The Trustees present their report and accounts for the year ended 31 December 2020.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Charities Act 2011 and the Statement of Recommended Practice FRS102 SORP - updated October 2019.

Structure, governance and management

Governing document

Survivors in Transition (SiT) is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission in January 2015 under charity number 1159782. It is governed by a foundation model constitution. The charity meets the definition of a public benefit entity and the Board of Trustees have paid due regard to guidance published by the Charity Commission on the public benefit of the Charity.

Trustees

Kate Hughes (Chair)	PR / Marketing & Operational Link
Dr Emma Marriott	Clinical Lead
Alison Mann	Service User Involvement
Andrew Dewhurst	Strategy / Business Development
Mark Davies	Finance
David Llewellyn	Business Development (resigned July 2020)
Allison Chaplin	Safeguarding & Commissioning

Organisational structure

The charity Trustees are responsible for the general control and management of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits.

The Trustees meet six weekly and are responsible for all decisions taken in relation to the running of the organisation and its services. The day-to-day management of the centre, facilities and projects is delegated to the staff overseen by the CEO. In 2020 SiT employed 10 staff as well as 27 volunteers who fulfil various roles within the organisation from welcomers to psychotherapists with caseloads. There have been some changes to the Board of Trustees in 2020, David Llewellyn, Business Development lead, resigned.

The Chair and CEO meet weekly to discuss operational issues against the strategic plan. The strategic plan was reviewed against 2020 performance and continues to be a living document across the organisation. The Service User Group (SUG) is an integral part of the planning and governance of SiT, however due to restrictions imposed during the pandemic they were unable to meet to discuss and feedback ideas on funding and projects. It is intended that once Covid-19 restrictions are relaxed the SUG will recommence.

Recruitment and appointment of Trustees

We review our recruitment of Trustees' process annually and have refreshed the Trustee selection, handbook and induction processes. The existing Trustees are responsible for the recruitment of new Trustees, we seek to identify people who have a personal interest in the work of SiT and are willing to volunteer to help our broader work. Potential trustees are invited to attend Trustees' meetings as observers and are given more details of the charity's aims and activities and, if all agree, they are then proposed as new Trustees at the subsequent Trustees' meeting. This process allows due consideration of the person's eligibility, personal competence, specialist knowledge and skills. New Trustees are then expected to follow an induction programme.

Risk management

The Trustees have assessed the risks the charity faces and have drawn up a risk register which identifies the major risks by area of activity, the nature of those risks, the likelihood of the risks happening, and the measures taken to manage them. The Chair of Trustees and the CEO review the risk register monthly at their meetings

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

and update the Trustees accordingly, by way of standing item at Trustees' meetings. The Trustees are satisfied that systems are in place, or arrangements are in hand, to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the organisation are kept under review. Appropriate Disclosure and Barring (DBS) checks, supported by annually reviewed policies, are made for all those who work with service users.

Objectives and activities

SiT's charitable objective

To promote and protect the good health of men and women who have experienced any form of childhood sexual abuse through the provision of a support centre for such support and counselling as deemed appropriate.

Our objectives

1. Directly supporting adult survivors of childhood sexual abuse (Services and Support)
2. Raising awareness of childhood sexual abuse and its impact (Influence)
3. Conducting & supporting research and education
4. Developing and strengthening the charity

Strategic plan

SiT has a duty to ensure that it is able to meet its charitable objectives in the most effective way possible. In order to do this, our strategic plan is based on a number of factors. Amongst these factors are:

- Changes in the wider environment in which SiT operates
- Opportunities for growth and collaborative working that are or become available
- SiT's own strengths and weaknesses.

Use of volunteers

Volunteers continue to be an important resource in both our therapeutic and support offers. Normally volunteers are involved in most of our activities, however in 2020 this was changed in order to reflect Covid-19 restrictions. All our Trustees give their time on a voluntary basis. We encourage all service users who have completed interventions to be involved in voluntary activities and to share their skills with others. All those volunteers working with service users are DBS checked and receive a robust induction and appropriate training.

Activities and achievements

How our activities deliver public benefit

The charity carries out a wide range of activities in pursuance of its charitable aims. The Trustees consider that these activities, summarised below, provide benefit to both survivors of sexual violence and our wider community.

We continue to perform well and meet identified targets despite the growing demand for our service and impact of Covid-19 on service delivery. We continue to respond effectively and efficiently and as an organisation we continue to focus on what survivors of sexual abuse want rather than what we think they want. Our focus remains firmly on the individual and how they make sense of the world. During this period, we supported 461 survivors, a 15% increase on 2019, through a variety of interventions and support. Of those survivors engaging with SiT, 80% identified as female and 20% as male.

Survivors are referred to SiT from across the county, with the majority living in Ipswich, Suffolk Coastal or Bury St Edmunds. Most clients were referred to SiT by the local mental health trust NSFT (37%), or were self-referrals (17%).

Regular activities

At the start of the pandemic in March 2020 activity switched from our premises in Ipswich to remote online support. However, SiT continued to provide daily support from 9am to 5pm Monday to Friday. During the week over 200 survivors regularly receive support through group and 1:1 interventions. We have support workers and therapeutic practitioners offering a range of interventions post referral and assessment.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

Partnership working

In developing our service offer we are pleased to work in partnership with other local charities and the statutory sector across Suffolk.

Financial review

Income during 2020 declined slightly. Statutory funding sources – CCGs, Ministry of Justice and the Police and Crime Commissioner remain our main source of income. Total incoming resources for the year 1st January to 31st December 2020 amounted to £426,241 compared to £475,905 for the year 1st January to 31st December 2019.

Reserves policy and going concern

At the year end the Charity had total cash at bank of £206,748, £99,045 of which was held in a separate reserves account and unrestricted funds of £20,547. The Trustees have reviewed the reserves of the charity in 2020 and have achieved the objective of holding three months' operating costs. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities whilst consideration is given to ways in which additional funds can be raised.

All the Charity's funders are pleased with the measures that the Charity has put in place to support clients during the ongoing pandemic and have confirmed funding for 2021. This combined with the Charity's reserves policy and significant cash reserves provides the basis for the charity to be considered a going concern.

Principal funding sources

Our main funders included:

Suffolk Police & Crime Commissioner
The Big Lottery Fund
Henry Smith Charity
Ipswich & East Clinical Commissioning Group
West Suffolk Clinical Commissioning Group
Ministry of Justice

Investment policy and objectives

The charity has no long-term investments. Our cash reserves are held in a deposit account. The interest earned is considered by the Trustees as an unrestricted income source.

SURVIVORS IN TRANSITION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

Statement of Trustees' responsibilities

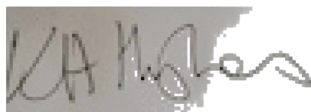
The charity Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity 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 of the charity 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 accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on its behalf by:



Kate Hughes

Chair of Trustees

Board of Trustees

..... 22/10/2021 2021

SURVIVORS IN TRANSITION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SURVIVORS IN TRANSITION

I report to the Trustees on my examination of the accounts of Survivors in Transition (the Charity) for the year ended 31 December 2020.

Responsibilities and basis of report

As the Trustees of the Charity 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 2011 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 2011 Act.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales (ICAEW).

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 in 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.

Helen Rumsey FCA

Ensors Accountants LLP
Connexions
159 Princes Street
Ipswich
Suffolk
IP1 1QJ

Dated: 22nd October 2021

SURVIVORS IN TRANSITION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 DECEMBER 2020

		Unrestricted funds	Restricted funds	Total 2020	Total 2019
	Notes	£	£	£	£
Income from:					
Donations and legacies	3	86,964	112,605	199,569	245,796
Charitable activities	4	148,000	75,000	223,000	221,943
Other trading activities	5	3,672	-	3,672	8,166
Total income		238,636	187,605	426,241	475,905
Expenditure on:					
Raising funds	6	4,419	-	4,419	4,530
Charitable activities	7	236,183	198,113	434,296	326,933
Total expenditure		240,602	198,113	438,715	331,463
Net income/(expenditure)		(1,966)	(10,508)	(12,474)	144,442
Transfers between funds		-	-	-	-
Net movement in funds		(1,966)	(10,508)	(12,474)	144,442
Fund balances at 1 January 2020		22,513	196,129	218,642	74,200
Fund balances at 31 December 2020		20,547	185,621	206,168	218,642

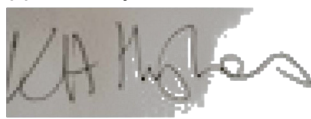
SURVIVORS IN TRANSITION

BALANCE SHEET

AS AT 31 DECEMBER 2020

		2020		2019	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	12		<u>22,850</u>		<u>16,343</u>
			22,850		16,343
Current assets					
Debtors	13	54,931		6,799	
Cash at bank and in hand	14	<u>206,748</u>		<u>204,750</u>	
		261,679		211,549	
Creditors: amounts falling due within one year	15	<u>78,361</u>		<u>9,250</u>	
Net current assets			<u>183,318</u>		<u>202,299</u>
Total assets less current liabilities			<u>206,168</u>		<u>218,642</u>
Funds of the charity					
Restricted funds	18		185,621		196,129
Unrestricted funds			20,547		22,513
			<u>206,168</u>		<u>218,642</u>

Approved by the Board of Trustees on ...22/10/2021..... and signed on their behalf by:



.....
Kate Hughes
Trustee

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS 102, the Charities Act 2011 and UK Generally Accepted Accounting Practice as it applies from October 2019.

The charity is a Public Benefit Entity as defined by FRS 102.

The accounts have been prepared on the historical cost convention. The principal accounting policies adopted are set out below.

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 pound.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2015 which has since been withdrawn.

1.2 Going concern

The accounts have been prepared on the going concern basis as the Trustees consider there to be sufficient funding to ensure the Charity meets its current liabilities as they fall due and there are no material uncertainties regarding the going concern status of the charity.

The impact of the COVID-19 pandemic has been considered and the charity has continued to receive support from its funders, made cost savings where required and has a healthy amount of unrestricted reserves and cash reserves. On this basis the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Details of the nature and purpose of each fund is set out in Note 18.

1.4 Incoming resources

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement. Resources relating to a specific time period are recognised over that period.

Income from charitable activities is accounted for when earned, receipt is probable and the amount can be quantified with reasonable accuracy.

1.5 Resources expended

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies (Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold property improvements	Lease term
Office equipment	20% reducing balance basis
Computer equipment	20% - 50% reducing balance basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the charity estimates the recoverable amount of the cash-generating unit to which the asset belongs.

1.8 Cash and cash equivalents

Cash and short-term deposits in the balance sheet comprise cash at bank and in hand and short-term deposits with an original maturity of three months or less.

1.9 Operating leases

Rentals payable under operating leases are charged against income on a straight-line basis over the lease term.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

1.12 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measure at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies (Continued)

1.12 Financial instruments (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measure at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest rate method.

2 Critical estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3	Income from donations and legacies	Unrestricted funds	Restricted funds	Total 2020	Total 2019
		£	£	£	£
	Grants	80,375	112,605	192,980	243,143
	Donations	6,589	-	6,589	2,653
		<u>86,964</u>	<u>112,605</u>	<u>199,569</u>	<u>245,796</u>

4	Income from charitable activities	Unrestricted funds	Restricted funds	Total 2020	Total 2019
		£	£	£	£
	Suffolk Police and Crime Commissioner	-	60,000	60,000	68,978
	Suffolk County Council	-	7,000	7,000	10,965
	Ipswich Borough Council	-	8,000	8,000	-
	HMP Warren Hill	-	-	-	3,000
	NHS West Suffolk CCG	60,000	-	60,000	30,000
	NHS Ipswich & East Suffolk CCG	88,000	-	88,000	109,000
		<u>148,000</u>	<u>75,000</u>	<u>223,000</u>	<u>221,943</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

5 Other trading activities	Unrestricted funds	Restricted funds	Total 2020	Total 2019
	£	£	£	£
Community fundraising	3,419	-	3,419	7,166
Room hire	40	-	40	985
Other income	213	-	213	15
	<u>3,672</u>	<u>-</u>	<u>3,672</u>	<u>8,166</u>

6 Expenditure on raising funds	Total 2020	Total 2019
	£	£
Costs directly allocated to activities:		
Cost of goods sold	-	2,385
	<u>-</u>	<u>2,385</u>
Support costs allocated to activities:		
Advertising	4,419	2,145
	<u>4,419</u>	<u>2,145</u>
	<u>4,419</u>	<u>4,530</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

7 Expenditure on charitable activities	Therapy and counselling £	Total 2020 £	Total 2019 £
Costs directly allocated to activities:			
Wages and salaries	117,539	117,539	52,611
Social security	6,372	6,372	1,980
Pension costs	3,399	3,399	566
Counselling	76,116	76,116	55,155
Activities	50	50	637
Travel costs	4,068	4,068	3,618
	<u>207,544</u>	<u>207,544</u>	<u>114,567</u>
Support costs allocated to activities:			
Wages and salaries	111,070	111,070	127,752
Social security	9,207	9,207	10,164
Pension costs	2,524	2,524	2,555
Staff expenses	217	217	649
Bookkeeper fees	9,780	9,780	4,050
Rent and rates	13,510	13,510	12,774
Utilities	3,391	3,391	5,992
Cleaning	2,806	2,806	3,119
Training	5,242	5,242	2,275
Recruitment	1,125	1,125	400
Insurance	2,367	2,367	2,238
Subscriptions	1,093	1,093	638
Print, postage and stationery	2,142	2,142	3,154
Telephone	8,315	8,315	3,296
Computer costs	19,776	19,776	14,072
Repairs and renewals	3,588	3,588	6,338
Entertaining and gratuities	66	66	548
Bank charges	119	119	153
Depreciation	14,914	14,914	4,931
Governance costs	8 6,516	6,516	7,268
Venue / Room hire	389	389	-
(Profit)/Loss on disposal of fixed assets	1,094	1,094	-
Research costs	7,501	7,501	-
	<u>226,752</u>	<u>226,752</u>	<u>212,366</u>
	<u>434,296</u>	<u>434,296</u>	<u>326,933</u>

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated proportionately to total direct costs allocated to each project area.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

8 Governance costs	Total 2020	Total 2019
	£	£
Independent examination fees	1,740	5,969
Accountancy fees	3,775	-
Professional fees	1,001	1,299
	<u>6,516</u>	<u>7,268</u>

9 Employees	2020	2019
	£	£
Employment costs		
Wages and salaries	228,609	180,363
Social security costs	15,579	12,144
Pensions	5,924	3,121
	<u>250,112</u>	<u>195,628</u>

There was one employee whose remuneration was between £60,000 and £70,000 during 2020 (2019: One).

Number of employees

	2020	2019
The average monthly number of employees during the year was:	10	8

Key management remuneration

Total remuneration paid to key management personnel during the year was £65,352 (2019: £61,872).

10 Pensions

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The charge for the year in respect of the defined contribution scheme was £5,924 (2019: £3,121).

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration or reimbursed expenses during this year or the prior year. No donations were made by Trustees during the current or prior year.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

12 Tangible fixed assets

	Leasehold property improvements	Office equipment	Computer equipment	Total
	£	£	£	£
Cost				
At 1 January 2020	8,245	8,945	8,877	26,067
Additions	13,930	1,415	7,169	22,514
Disposals	-	(3,875)	-	(3,875)
At 31 December 2020	22,175	6,485	16,046	44,706
Depreciation				
At 1 January 2020	3,192	3,510	3,022	9,724
Charge for the year	11,000	1,255	2,659	14,914
Eliminated on disposal	-	(2,782)	-	(2,782)
At 31 December 2020	14,192	1,983	5,681	21,856
Carrying amount				
At 31 December 2019	5,053	5,435	5,855	16,343
At 31 December 2020	7,983	4,502	10,365	22,850

13 Debtors

	2020	2019
	£	£
Amounts falling due within one year:		
Prepayments	2,931	6,799
Accrued Income	52,000	-
	54,931	6,799

14 Cash at bank and in hand

	2020	2019
	£	£
Cash at bank	107,703	125,734
Cash reserves	99,045	79,016
	206,748	204,750

15 Creditors

	2020	2019
	£	£
Amounts falling due within one year:		
Other creditors	5,593	662
PAYE	4,334	3,748
Pensions	935	645
Lease liabilities	847	981
Accruals	4,152	3,214
Deferred Income	62,500	-
	78,361	9,250

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

15 Creditors (continued)

Reconciliation of deferred income	2020	2019
	£	£
Deferred income at 1 January	-	-
Amount released to Statement of Financial Activities	-	-
Amount deferred in the year	62,500	-
Deferred income at 31 December	<u>62,500</u>	<u>-</u>

16 Analysis of net assets between funds

For the year ended 31 December 2020

	Unrestricted £	Restricted £	Total £
Fund balances at 31 December 2020 are represented by:			
Tangible assets	21,634	1,216	22,850
Current assets/(liabilities)	<u>(1,087)</u>	<u>184,405</u>	<u>183,318</u>
	<u>20,547</u>	<u>185,621</u>	<u>206,168</u>

For the year ended 31 December 2019

	Unrestricted £	Restricted £	Total £
Fund balances at 31 December 19 are represented by:			
Tangible assets	14,823	1,520	16,343
Current assets/(liabilities)	<u>7,690</u>	<u>194,609</u>	<u>202,299</u>
	<u>22,513</u>	<u>196,129</u>	<u>218,642</u>

17 Operating lease commitments

Lessee

At the reporting date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2020 £	2019 £
Within one year	8,546	14,586
Between two and five years	-	10,000
In over five years	<u>-</u>	<u>-</u>
	<u>8,546</u>	<u>24,586</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

18 Restricted funds

For the year ended 31 December 2020

	Balance at 1 January 2020	Income	Expenditure	Transfers	Balance at 31 December 2020
Suffolk Police & Crime Commissioner (1)	70,221	75,000	(44,442)	-	100,779
Suffolk County Council	14,560	4,000	(4,000)	-	14,560
Ipswich Borough Council	-	6,000	(6,000)	-	-
Norfolk Community Foundation	-	980	-	-	980
Big Lottery	61,839	77,625	(77,626)	-	61,838
Henry Smith	7,464	24,000	(24,000)	-	7,464
People's Health Trust	2,002	-	(2,002)	-	-
Ministry of Justice	34,639	-	(34,639)	-	-
Rope Trust	1,344	-	(1,344)	-	-
West Suffolk Community Chest	4,060	-	(4,060)	-	-
	<u>196,129</u>	<u>187,605</u>	<u>(198,113)</u>	<u>-</u>	<u>185,621</u>

For the year ended 31 December 2019

	Balance at 1 January 2019	Income	Expenditure	Transfers	Balance at 31 December 2019
Suffolk Police & Crime Commissioner (1)	39,340	68,978	(38,097)	-	70,221
Suffolk Police & Crime Commissioner (2)	(7,214)	-	-	7,214	-
Suffolk County Council	9,560	10,000	(5,000)	-	14,560
Ipswich Borough Council	(5,842)	8,000	(8,000)	5,842	-
Suffolk Community Foundation	(4,534)	-	-	4,534	-
Big Lottery	40,948	128,583	(107,692)	-	61,839
Henry Smith	6,400	32,000	(30,936)	-	7,464
People's Health Trust	2,002	-	-	-	2,002
Ministry of Justice	-	63,000	(28,361)	-	34,639
Rope Trust	-	1,500	(156)	-	1,344
West Suffolk Community Chest	-	9,060	(5,000)	-	4,060
	<u>80,660</u>	<u>321,121</u>	<u>(223,242)</u>	<u>17,590</u>	<u>196,129</u>

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

18 Restricted funds (continued)

Suffolk Police & Crime Commissioner (1)

To provide services to victims of crime. This is used to deliver therapeutic services (groups and 1:1) to victims of sexual abuse in Suffolk.

Suffolk County Council

Recovery Grant - to provide counselling and therapy to survivors of sexual abuse who also present with drug & alcohol dependencies.

Ipswich Borough Council

Funds received to cover administrative expenditure, specifically expenditure such as rent, utilities, insurance and professional fees.

Norfolk Community Foundation

Funds received to cover administrative expenditure, specifically expenditure such as rent, utilities, insurance and professional fees.

Big Lottery

Funding to cover the salaries and associated costs of the Project Manager and Therapeutic Lead, Head of Operations along with half of the costs associated to the CEO.

Henry Smith

Funding to cover half of the salary and associated costs of the CEO.

People's Health Trust

Funding for Community Outreach and Support Worker salary costs.

Ministry of Justice

Rape and Sexual Abuse support fund to provide emotional and practical support for victims of rape and other forms of sexual abuse, which includes funding a specialist CSA worker, group and 1:1 therapeutic support.

Rope Trust

A restricted grant to purchase a defibrillator and associated housing for the center.

West Suffolk Community Chest

To support the provision of services for adult survivors of sexual abuse in Bury St Edmunds.

19 Related parties

There were no current year or prior year related party transactions.

SURVIVORS IN TRANSITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

20 Prior year comparative statement of financial activities

	Unrestricted funds	Restricted funds	Total 2019
	£	£	£
<u>Income from:</u>			
Donations and legacies	3,653	242,143	245,796
Charitable activities	142,965	78,978	221,943
Other trading activities	8,166	-	8,166
Total income	154,784	321,121	475,905
<u>Expenditure on:</u>			
Raising funds	4,530	-	4,530
Charitable activities	103,691	223,242	326,933
Total expenditure	108,221	223,242	331,463
Net income/(expenditure)	46,563	97,879	144,442
Transfers between funds	(17,590)	17,590	-
Net movement in funds	28,973	115,469	144,442
Fund balances at 1 January 2019	(6,460)	80,660	74,200
Fund balances at 31 December 2019	22,513	196,129	218,642