

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		34,063		28,544
			34,063		28,544
Current assets					
Debtors	15	117,008		57,815	
Cash at bank and in hand	16	667,043		248,348	
		784,051		306,163	
Creditors: amounts falling due within one year	17	535,844		80,122	
Net current assets			248,207		226,041
Total assets less current liabilities			282,270		254,585
Funds of the charity					
Restricted funds	20		-		35,451
Unrestricted funds			282,270		219,134
			282,270		254,585

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 funds	Restricted funds	Total 2022	Total 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 funds	Restricted funds	Total 2022	Total 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	<u>1,006</u>	<u>-</u>	<u>1,006</u>	<u>-</u>
		<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			<u>17,426</u>	<u>1,467</u>
				17,426	1,467
				<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	-
	<u>370,099</u>	<u>370,099</u>	<u>192,015</u>
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	6,895	6,895	6,602
Venue / Room hire	473	473	(194)
General expenses	443	443	-
	<u>315,325</u>	<u>315,325</u>	<u>339,607</u>
	<u>685,424</u>	<u>685,424</u>	<u>531,622</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 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		

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