

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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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

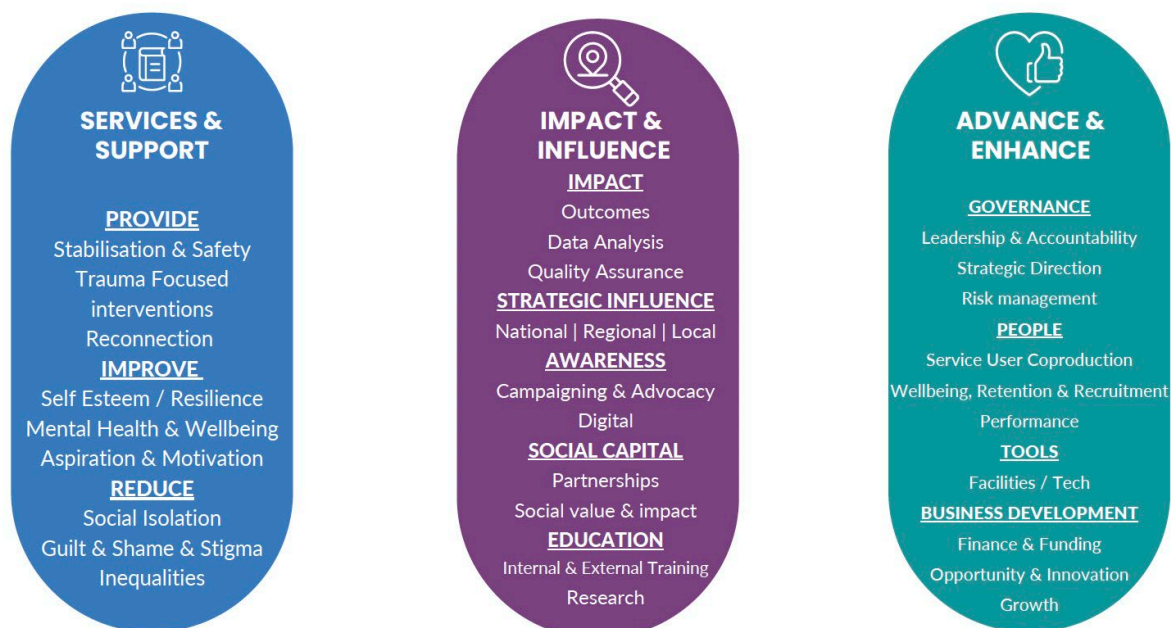
The Trustees are satisfied that systems are in place, or arrangements are in hand, to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the organisation are kept under review. Appropriate Disclosure and Barring (DBS) checks, supported by annually 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

		2023		2022
	Notes	£	£	(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 funds	Restricted funds	Total 2023	Total 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 funds	Restricted funds	Total 2023	Total 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
	<u>559,498</u>	<u>559,498</u>	<u>370,099</u>
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
	<u>364,272</u>	<u>364,272</u>	<u>315,325</u>
	<u>923,770</u>	<u>923,770</u>	<u>685,424</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 2023

9 Governance costs	Total	Total
	2023	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