

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

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### 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

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# SURVIVORS IN TRANSITION

## CONTENTS

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	<b>Page</b>
Foreword	1
Trustees' report	2 - 5
Independent examiner's report	6
Statement of financial activities	7
Balance sheet	8
Statement of cash flows	9
Notes to the accounts	10 – 22

# SURVIVORS IN TRANSITION

## FOREWORD

### FOR THE YEAR ENDED 31 DECEMBER 2024

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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

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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**

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### **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**

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### **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**

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### **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**

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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

		Unrestricted funds	Restricted funds	Total 2024	Total 2023 As restated
	Notes	£	£	£	£
<b><u>Income from:</u></b>					
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
<b>Total income</b>		634,681	341,182	975,863	817,573
<b><u>Expenditure on:</u></b>					
Raising funds	7	1,611	-	1,611	15,771
Charitable activities	8	690,133	288,791	978,924	923,770
<b>Total expenditure</b>		691,744	288,791	980,535	939,541
<b>Net income/(expenditure)</b>		(57,063)	52,391	(4,672)	(121,968)
Transfers between funds		-	-	-	-
<b>Net movement in funds</b>		(57,063)	52,391	(4,672)	(121,968)
Fund balances at 1 January 2024		144,446	25,030	169,476	291,444
<b>Fund balances at 31 December 2024</b>		87,383	77,421	164,804	169,476

# SURVIVORS IN TRANSITION

## BALANCE SHEET

AS AT 31 DECEMBER 2024

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

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**

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	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

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#### 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

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### 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 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 2024	Total 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 funds	Restricted funds	Total 2024	Total 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
	£	£
<b>Costs directly allocated to activities:</b>		
Wages and salaries	336,215	227,061
Social security	28,930	14,034
Pension costs	7,823	3,513
Counselling	295,544	292,482
Activities	102	-
Travel costs	1,199	2,988
Research costs	-	19,420
	<u>669,813</u>	<u>559,498</u>
<b>Support costs allocated to activities:</b>		
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
	<u>309,110</u>	<u>364,272</u>
	<u>978,924</u>	<u>923,770</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 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
	£	£	£	£
<b>Cost</b>				
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
<b>Depreciation</b>				
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
<b>Carrying amount</b>				
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
	£	£
<b>Amounts falling due within one year:</b>		
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
	£	£
<b>Amounts falling due within one year:</b>		
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>

<b>Reconciliation of deferred income</b>	2024	2023
	£	£
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	Restricted	Total
	As restated	As restated	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

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### 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 £
<b>Net movement in funds</b>	(4,672)	(121,968)
<b>Adjustments for:</b>		
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>
<b>Movements in working capital:</b>		
(Increase)/ decrease in debtors	(17,596)	86,354
Increase/ (decrease) in creditors	103,940	(340,578)
	<u>89,928</u>	<u>(368,955)</u>
<b>Net generated from operating activities</b>		

# SURVIVORS IN TRANSITION

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

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### 23. Prior period adjustment

#### Changes to the Statement of Financial Activities

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

#### Changes to the Balance Sheet

	As previously reported	Adjustment	As restated 31 December 2023
	£	£	£
<b>Current assets</b>			
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
	£	£	£
<b><u>Income from:</u></b>			
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
<b>Total income</b>	<b>411,639</b>	<b>405,934</b>	<b>817,573</b>
<b><u>Expenditure on:</u></b>			
Raising funds	15,771	-	15,771
Charitable activities	542,866	380,904	923,770
<b>Total expenditure</b>	<b>558,637</b>	<b>380,904</b>	<b>939,541</b>
<b>Net income/(expenditure)</b>	<b>(146,998)</b>	<b>-</b>	<b>(121,968)</b>
Transfers between funds	-	-	-
<b>Net movement in funds</b>	<b>(146,998)</b>	<b>25,030</b>	<b>(121,968)</b>
Fund balances at 1 January 2023	291,444	-	291,444
<b>Fund balances at 31 December 2023</b>	<b>144,446</b>	<b>25,030</b>	<b>169,476</b>