SAFETY NET (UK)

England & Wales · Charity number 1164998

Details

Status	Registered
Legal form	CIO
Registered	2015-12-30
Register	View on the Charity Commission register

Contact

Address	1 Fisher Street Carlisle CA3 8RR
Phone	01228 515859
Email	Office@safetynetuk.org
Website	http://safetynetuk.org/

Activities

Objects: (1)TO RELIEVE THE TRAUMA AND DISTRESS OF VICTIMS, FAMILIES AND FRIENDS THEREOF OF RAPE, INDECENT ASSAULT, SEXUAL ABUSE, SEXUAL HARASSMENT, CHILD SEXUAL ABUSE AND INCEST AND DOMESTIC ABUSE, IN PARTICULAR BY THE PROVISION OF ADVICE, LISTENING AND SUPPORT, IN AND ACROSS THE UK.(2)TO ADVANCE THE EDUCATION OF THE PUBLIC CONCERNING RAPE SEXUAL HARASSMENT AND ABUSE AND DOMESTIC ABUSE AND ITS EFFECT BOTH ON ITS VICTIMS AND ON THE WIDER COMMUNITY.

Activities: We support the recovery of all those affected by rape, exploitation, sexual and domestic abuse across Cumbria. Our holistic and trauma informed services offer advice, support, advocacy and therapy.1:1 work in schools, plus workshops and training.Support groupsTraining and Education.Work in schools.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

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Geography

- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,055,582	£982,476	£527,861	21
2024-03-31	£956,596	£903,231	£454,755	21
2023-03-31	£844,500	£833,623	£401,390	19
2022-03-31	£671,852	£573,373	£390,513	18
2021-03-31	£617,407	£555,410	£292,034	12

Trustees

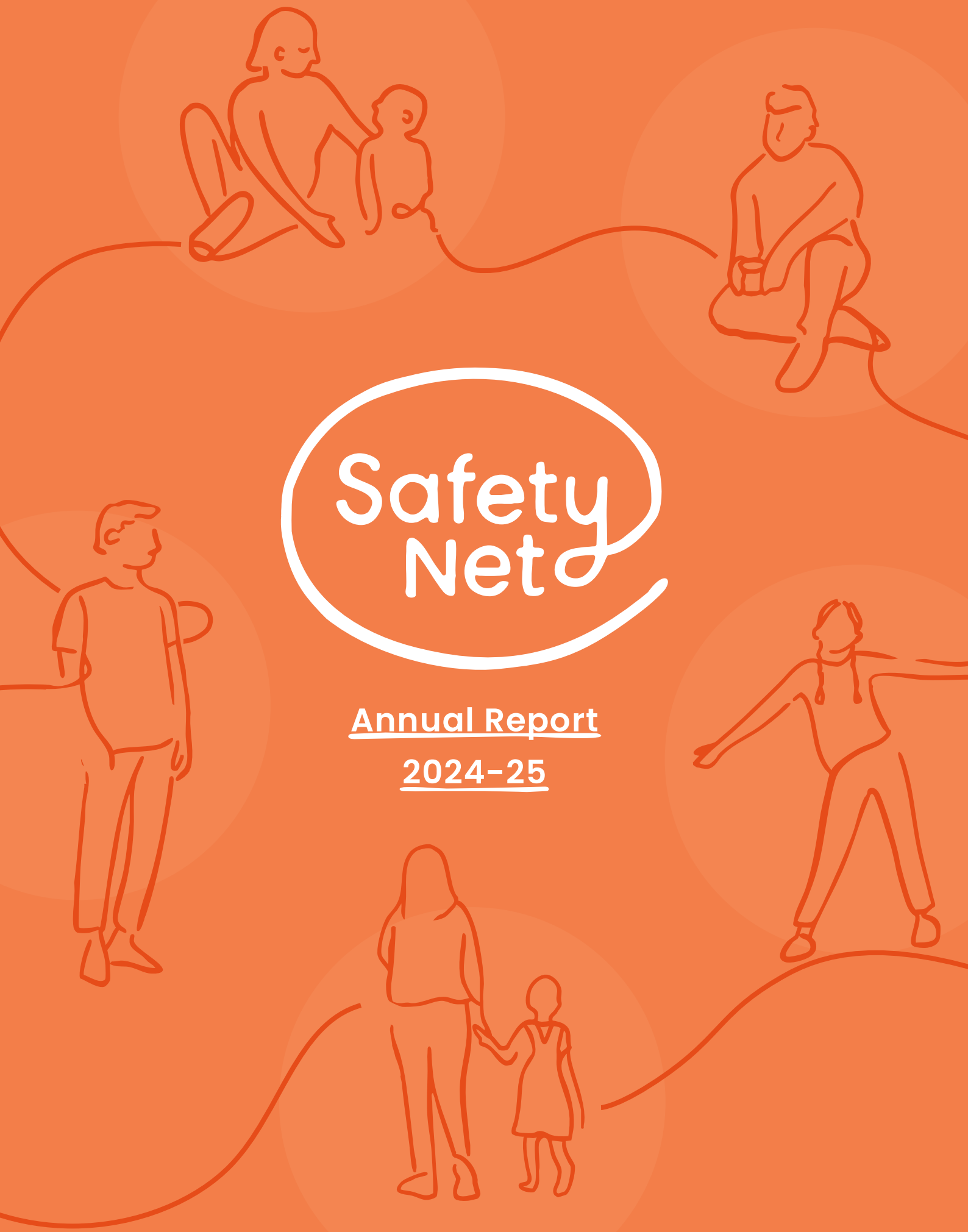
Name	Role	Appointed
Carol Travers		2023-07-01
Charlotte Todhunter		2025-04-16
Dr Kathryn Michelle DIXON		2021-04-01
Mark Hattrick		2021-12-01
Melissa Aurelia		2022-07-19

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SAFETY NET (UK)

England & Wales - Charity number 1164998

Accounts



Safety Net

Annual Report 2024-25

Registered Company: CE005945 · Charity number: 1164998

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Chair's introduction to the annual report

It is with great pride that I present our annual report for 2024 - 2025. This has been a year of both significant achievement and profound challenge. In a time when the need for trauma-informed support has never been greater, Safety Net has continued to be an invaluable lifeline for people across Cumbria.

We supported 18% more survivors of sexual and domestic abuse than last year. Despite this rising demand and the increasing pressures on services nationally, our outcomes remain strong. 80% of adults and 83% of children and young people showed significant improvements in wellbeing and trauma symptoms reduced for 80% of adults and 87% of children and young people. These results speak not only to the professionalism and expertise of our team, but also to the courage and resilience of the individuals and families who turn to us in times of crisis.

The case studies throughout this report illustrate the very real impact of our work. Each one reflects the depth of trauma-informed care delivered by our staff and volunteers. Care that acknowledges pain and builds safety as our service users move towards recovery. Behind every figure and statistic are human stories of survival, hope and the possibility of change.

This year, we were proud to achieve both The Survivors Trust Service Standards Award and One Small Thing's Silver Quality Mark, a recognition of the quality, compassion, and integrity that underpin everything we do. At the same time, we successfully secured over 70% of our funding for 2025–26 in advance, thanks to the commitment of our funders and partners, giving us the stability to plan ahead with confidence.

We also recognise the challenges. Delivering this work can be demanding, both emotionally and practically. The needs of those affected by trauma are complex and often long-term. Yet, time and again, our staff, trustees and volunteers show remarkable dedication, strength and compassion. Their ability to hold hope for others, often when hope feels distant, is what makes Safety Net so extraordinary.

Looking ahead, we remain committed to breaking down barriers so that no one is left behind. We will continue to expand our training programme, strengthen our financial resilience, and extend our reach to those who may find it hardest to access support, including older adults and those in rural communities.

As I reflect on this year, I am reminded of the words of Helen Keller: "*Although the world is full of suffering, it is also full of the overcoming of it.*"

That belief is at the very heart of our work at Safety Net: understanding trauma, supporting people to live with and move beyond it and creating space for recovery and renewed hope.

To everyone who has been part of this journey, our team, our funders, our partners, and above all, the survivors who place their trust in us, thank you. Together, we continue to prove that even in the most demanding times, compassion and connection can transform lives.



Eleanor Hancock,
Chair, Safety Net

"I would recommend Safety Net to anyone struggling like I do as the support you receive is fantastic and everything is explained in simple terms. This makes the whole experience an easy thing to enter into and a good listener is the best thing you can ever have."

– adult service user

Introduction

Safety Net is a charity supporting the recovery of those affected by rape, exploitation, sexual and domestic abuse across Cumbria.

We offer advice, support, counselling and therapy to adults, children and young people, who have been affected by abuse and trauma. Our approach is holistic, inclusive, LGBTQ+ friendly and trauma informed.

We work in partnership with other professionals and community groups, with the aim of improving wellbeing and quality of life.

In this annual report you can learn about our work in 2024-25, and find out how our charity is governed and how our finances are managed.

Safety Net is governed by a Board of Trustees and their details are listed on page **24**. A description of the charity's organisation is given on page **25.** Our bankers, investment advisors and auditors are listed on page **24**. The annual report has been prepared by the Board of Trustees and covers the period of April 2024 to March 2025.

*To protect the identities of our service users, names have been changed in all testimonials and case studies included in this annual report.

Our vision, mission & values

Our vision:

Communities free from abuse.

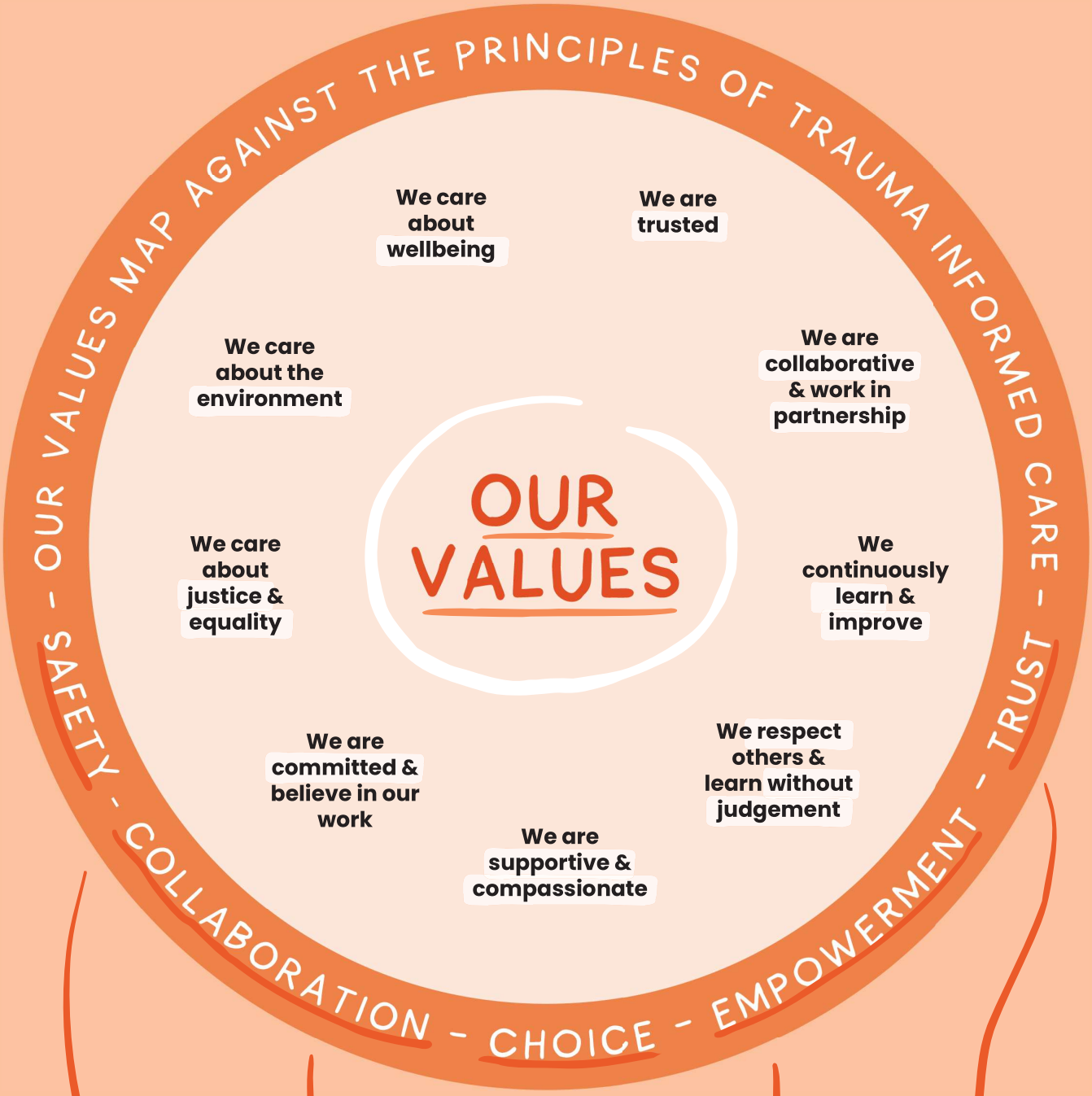
Our mission:

Safety Net supports those affected by rape, exploitation, domestic and sexual abuse across Cumbria.

We offer advice, support, therapy and a safe space to help people recover from the trauma of abuse.

"Everyone I have spoken to or had contact with has been really nice, kind, caring and welcoming. Safety Net was definitely my safe place."

– adult service user



ENSURING PHYSICAL & EMOTIONAL SAFETY.

MAKING DECISIONS WITH THE INDIVIDUAL, & SHARING POWER.

CREATING ENVIRONMENTS WHERE INDIVIDUALS HAVE CHOICE & CONTROL.

CREATING RESPECTFUL ENVIRONMENTS WHERE PERSONAL BOUNDARIES ARE MAINTAINED.

PRIORITISING EMPOWERMENT & SKILL BUILDING.

How we work

We offer a 4-tiered approach, based on a risk and needs-led assessment that combines therapy with wrap-around support.

Tier 1:

Information and advice:

Advice and support to individuals, professionals and family members. Includes signposting to other agencies and services, pre-trial and court procedures advice.

Tier 2:

Emotional and practical support through our Trauma Informed Practitioners:

Help with safety, stabilisation and wellbeing. Includes mindfulness, relaxation, sleep and self-care techniques, plus education on the impact of trauma (up to 12 sessions).

Tier 3:

Trauma-focused counselling or therapy:

Helps service users process and cope with the impacts of trauma. Includes pre-trial therapy.

Tier 4:

Reintegration into the community:

Art therapy groups, a men's group, peer mentoring, befriending and volunteering.

We also deliver prevention and education work, through a whole schools approach. This includes 1:1 support work with children and young people in schools, through our new programme Your Space. The aim is for young people to develop resilience, self-esteem and confidence to tackle situations that are impacting on their wellbeing. These include:

- Relationships with peers / romantic partners, that are unhealthy or abusive
- Family relationships where domestic abuse is prevalent
- Child sexual abuse
- Child sexual exploitation, sexual assault or rape
- Gender identity issues
- Sexuality and sexual health
- Online safety
- Self-harming
- Anxiety / low mood

Sessions are led by our Trauma Informed Practitioners and supported by the therapy team. Within each session, we provide advice, explore healthy relationship skills, and look at safety and coping strategies. We use a range of techniques including mindfulness, creative therapy and multi-sensory resources to support emotional regulation.

Your Space includes peer group sessions, led by our team, that support the Relationships and Sex Education agenda. Topics include:

- Consent
- Sexuality and sexual health
- Online safety
- Sending nude photos
- Pornography
- Healthy relationships
- Toxic masculinity

We also provide training and information to other professionals and parents. This supports safeguarding, Early Help Assessments, and muti-agency meetings.

"My experience at Safety Net was life-changing and that was all down to my therapist."

– adult service user

Our key achievements in 2024 – 2025

This year marked a period of significant progress for Safety Net. We supported 18% more survivors of sexual and domestic abuse across Cumbria, compared to the previous year.

We delivered one-to-one trauma-informed therapy and support to 1,220 people, including:

- 756 adults
- 464 children and young people

We achieved The Survivors Trust Service Standards Award and One Small Thing's Silver Quality Mark. We also opened a new West Cumbria office, providing clients with another dedicated safe space. We secured over 70% of our 2025–26 funding early, thanks to the support of trusts, foundations, and statutory partners.

The voices of those we support remained central to our work. We improved our feedback process to ensure lived experience directly informs service development. This led to the launch of our flexible Trauma-Informed Parenting Support Programme and the further development of peer support initiatives, including a vital group for male survivors of childhood sexual abuse.

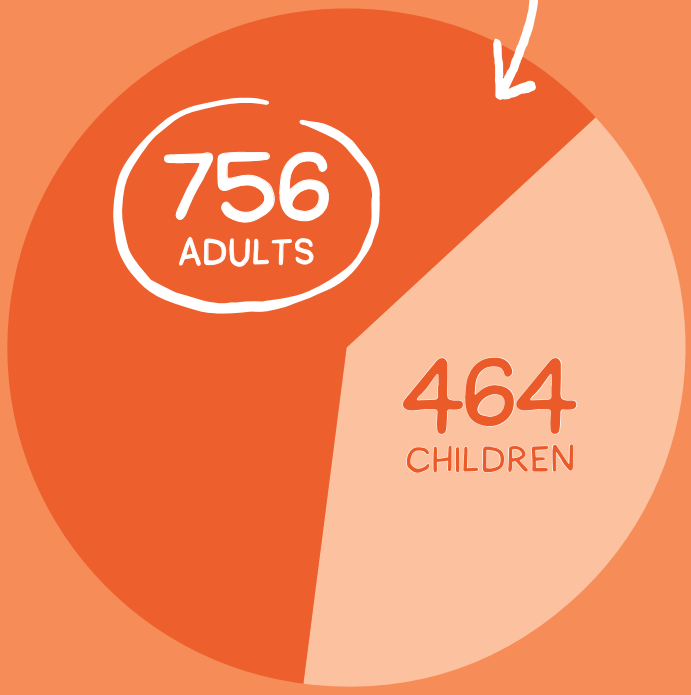
We also invested in our team through training in pre-trial support and trauma-informed practice. We supported professional accreditations and provided learning placements for student social workers and therapists.



Our McKenzie Friend support played a vital role in helping survivors navigate the family court system - a process that can be confusing, overwhelming, and often re-traumatising. McKenzie Friends offer emotional support, help with paperwork, and quietly provide advice during hearings. While they cannot speak on the survivor's behalf without special permission from the judge, their presence alone can make a big difference. They make sure survivors of abuse are not alone when facing one of the most difficult parts of their journey.

In 2024–2025, we provided 65 hours of McKenzie Friend support to 23 clients, helping them understand their legal options, access special measures, and feel safer and more empowered throughout the process.

IN 2024-2025 WE SUPPORTED 1,220 PEOPLE -



194
TEACHERS & OTHER PROFESSIONALS ATTENDED WORKSHOPS / TRAINING

1,666
CHILDREN & YOUNG PEOPLE HAVE ATTENDED PEER GROUP SESSIONS

22,676 →
INTERACTIONS AND SUPPORT ACROSS ALL SERVICES

A **40%**
INCREASE ON THE YEAR BEFORE

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259 →
CLIENTS ACCESSED OUR INFORMATION & ADVICE SERVICE

A **33%**
INCREASE ON THE YEAR BEFORE

Katy – adult therapy case study

Katy, age 39, was referred to Safety Net by Victim Support after experiencing sexual and physical assault by an adult family member. At the time of referral, she was struggling with intense trauma symptoms, including flashbacks, nightmares, and insomnia. Both Katy and Victim Support felt she needed trauma-informed support to help her process the trauma and begin her recovery.

We began by exploring her post-traumatic symptoms and offering psychoeducation about how the brain responds to trauma. Using Carolyn Spring's Survivors Guide, we looked at common triggers and introduced strategies to manage anxiety and distress. Katy learned grounding techniques such as the 5-4-3-2-1 method, which uses the senses to calm the body and mind. We explored breathing exercises and how to regulate the nervous system, helping Katy recognise and shift out of the fight, flight, or freeze response.

We also focused on small, achievable goals. These supported her understanding of the window of tolerance and how to increase it. As part of the work, we explored the disconnect between mind and body that often follows trauma. Katy began journaling as a way to slow down her racing thoughts and create a sense of self-awareness.

Katy engaged with the work wholeheartedly. She reported noticeable improvements in sleep, fewer flashbacks, and a reduction in other trauma symptoms. Her session scores reflected this progress, showing clear evidence of the changes she was experiencing. In her final session, Katy shared that the most significant shift had been visible on her fitness watch, which had tracked a steady improvement in her sleep over the 12 weeks. For her, this was a meaningful sign of recovery.

After 12 sessions, we agreed on a planned closure. Internal referrals were made to the Creative Hub group to help Katy stay connected and avoid isolation, as well as to our in-house counselling service. Katy now feels in a stable place to begin working through not just the recent trauma, but also difficult experiences from childhood. Her journey shows how knowledge, tools, and the right support can help survivors reclaim a sense of safety and control.

Mark - children and young people's therapy case study

Mark was referred to Safety Net by his GP after his mum raised concerns about his escalating behaviour at home. She believed his outbursts were linked to early experiences of witnessing domestic abuse by his father towards her, between the ages of 0 and 3. At the time of referral, Mark was struggling with anger, hitting out at his mum and sister, screaming, slamming doors, and throwing objects. He also expressed sadness and anxiety, particularly around bedtime. His mum was unsure how best to support him and asked for parenting sessions alongside help for Mark.

Following the assessment, we recommended Filial Therapy - a play-based approach that strengthens attachment between children and their caregivers.Over 24 sessions, the family engaged in play observations (with Mark, his mum and his sister), parent-only sessions, and play sessions between Mark and his mum. From the beginning, Mark's mum showed a natural ability to follow his lead and join his imaginative play. Together, we built on these strengths while developing new skills, such as recognising and reflecting Mark's emotions and setting healthy boundaries.

As therapy progressed, Mark began to express himself more openly. His ability to manage frustration and problem-solve independently improved. At the start, he often deferred to his mum when upset; by the end, he was finding his own solutions. A key shift came as his mum learned to give him space to feel and process his emotions, rather than stepping in too quickly to resolve tension. This was a big change for both of them, especially as his behaviour in the past had escalated to violence and threats (e.g. to hurt himself or to tell others his mum had done something to him).

By the end of therapy, Mark said he felt happier at home and at school. His play also appeared less focused on destruction and more centred on rules. His mum said that she felt Mark's behaviour had really improved and that she was hoping to refer her daughter to the service for further support.

Our outcomes - how we achieved our goals in 2024 - 2025

Goal 1:

Effective governance and long-term sustainability

We strengthened our trauma-informed governance and long-term sustainability this year. We continue to be an organisational member of the BACP. We were a pilot organisation for The Survivors Trust service standards inspection and were recognised for our high-quality survivor-centred support. We also gained our Silver Quality Mark from One Small Thing, which is a national benchmark for our trauma-informed support.

We welcomed Eleanor Hancock as our new Chair, bringing over 30 years of trustee experience and a strong background in domestic abuse awareness. We also exceeded our goal of having 25% of trustees with lived experience, bringing vital insight to our leadership team.

Our multi-year business plan and funding strategy helped us secure over 70% of our 2025–26 income early, including support from Global's Make Some Noise, the Charles Hayward Foundation, and the Edward Gostling Legacy Fund. We continue to be commissioned by the Ministry of Justice and the North East and Cumbria Integrated Care Board. Safety Net carefully manages risk through regular trustee meetings, financial checks, a solid reserve policy, and robust business continuity planning. These steps help us stay resilient, trusted, and well-equipped to support our community, now and in the future.

Goal 2:

To challenge inequality and injustice, and campaign to influence strategy and policy

Safety Net continues to challenge inequality, influence policy, and promote trauma-informed practice across Cumbria and beyond. In 2024–25, we worked with The Survivors Trust on national consultations and took an active role in local networks, including the Sexual Violence Strategic Group, Domestic Abuse Networks and Children and Young People's Reference Groups.

We partnered with organisations such as The Birchall Trust, Age UK, and Victim Support to raise awareness and deliver trauma-informed training. As co-leads of Trauma Informed Cumbria and partners to The Bridgeway (Cumbria's Sexual Assault Referral Centre), we championed system-wide change. Survivor voices remain central to our work, informing our strategy, training, and advocacy

through the Client Reference Group and service user feedback.

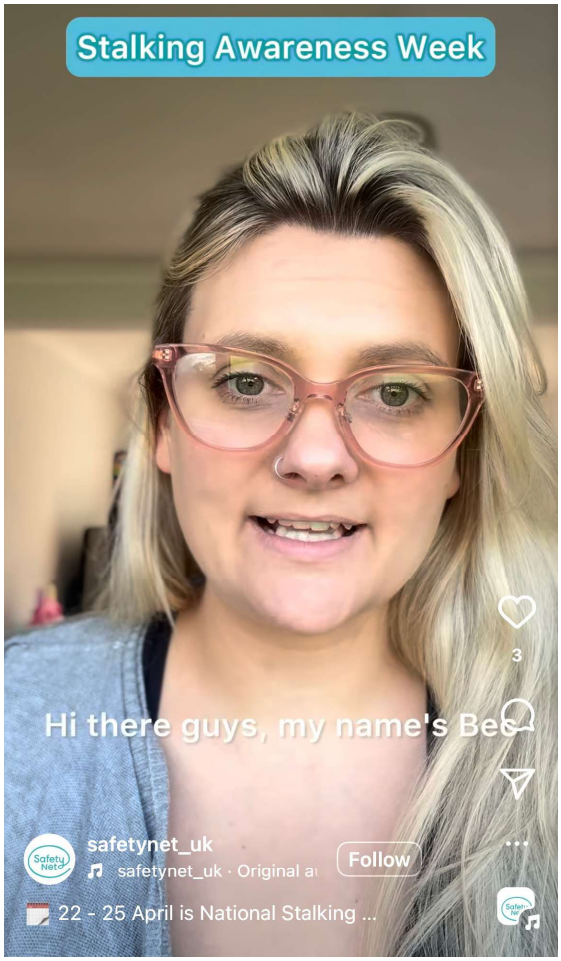
Over the past year, we've taken part in national and local social media campaigns. These efforts reflect our ongoing commitment to tackling inequality and promoting justice.

Key campaigns included:

- **Sexual Abuse and Sexual Violence Awareness Week:** We joined this national campaign to raise awareness and help break the silence around these issues.
- **16 Days of Activism Against Gender-Based Violence:** This global campaign focused on violence against women and girls. Over the 16 days, we shared educational content to show the many forms abuse can take.
- **International Women's Day:** We celebrated the women who inspire us with personal contributions from staff across Safety Net.

Throughout the year, we also worked hard to challenge myths around domestic and sexual abuse and to promote Safety Net's services through effective communications, resulting in the following followers and visitors to our channels:

- **Website** (www.safetynetuk.org): 17,000 visits last year – up 14% from the year before. 13,000 of these were unique visitors, a 10% increase.
- **Facebook:** 1,338 followers – up 12% from 1,200 the year before.
- **Instagram:** 374 followers – a 17% increase from 321 the year before.
- **TikTok:** We launched the channel last year and grew from 15 to 61 followers. Our videos aim to inform and engage a younger Gen Z audience.



Goal 3:

To work collaboratively to deliver trauma-informed, needs-led and accessible services:

Tier 1: Information and advice

In 2024–25, we greatly enhanced our Tier 1 support by introducing a new structured assessment and screening for all referrals. This allowed us to manage rising complexity, assess risk earlier (and more holistically), and provide timely, trauma-informed support before allocation to a practitioner or therapist. We also refined our eligibility criteria and improved referral tools for professionals, including an online readiness questionnaire and updated guidance.

As a result, Tier 1 activity rose significantly, with 10,053 activities recorded - 87% relating to new or returning clients. Of the 1,015 clients with accepted referrals, 87% received substantial Tier 1 support, averaging 8.6 contacts each. Our work with professionals continues to be a central part of Tier 1. In fact, over half of our Tier 1 activities involved external agency input, highlighting our valuable multi-agency partnerships.

We also improved our data quality and were able to identify clear and well-evidenced trends. Key presenting issues were domestic abuse (41%), child sexual abuse (24%), and sexual abuse (52%). This underscores the overlap between different types of abuse and the need for trauma-informed, tailored responses.

Tier 2 and Tier 3: Support and therapy

We supported 603 individuals at Tier 2 and 3 - a 5% increase from last year. This modest growth reflects a more intentional trauma-informed model that places greater emphasis on readiness for recovery. However, it's also important to consider that the intensity and complexity of needs within these tiers have greatly increased. Our staff have prioritised individuals with higher levels of need and trauma, impacting the total volume of individuals that can be supported within these tiers.

To meet the complexity of families coming into our service, we launched a rolling online trauma-informed family support programme. 98% of children and young people in our service present with moderate to high trauma symptoms, so we reviewed our framework to include more parental support. This includes caregiver sessions on trauma, connection, emotional regulation, and monthly listening groups, giving families flexible tools to support recovery.

Tier 4: Reintegration back into the community

Our 21 volunteers provided 264 hours of support, with 111 befriending sessions and 15 peer-led coffee and craft groups held across the year. These included creative activities like needle felting, clay modelling,

and card making, supporting connection and wellbeing.

Our men's peer support group for survivors of childhood sexual abuse continued to meet a critical gap. Across 13 sessions and 39 hours in total, co-facilitated by a therapist and a staff member, participants shared lived experiences and coping strategies. They created space for social interactions and helped reduce feelings of isolation and shame.

We recognise that participation in a group can build up strong emotions or triggers for those with complex trauma. The risk was carefully managed through robust safeguarding processes, clear group agreements co-created with participants, and access to one-to-one support when needed.

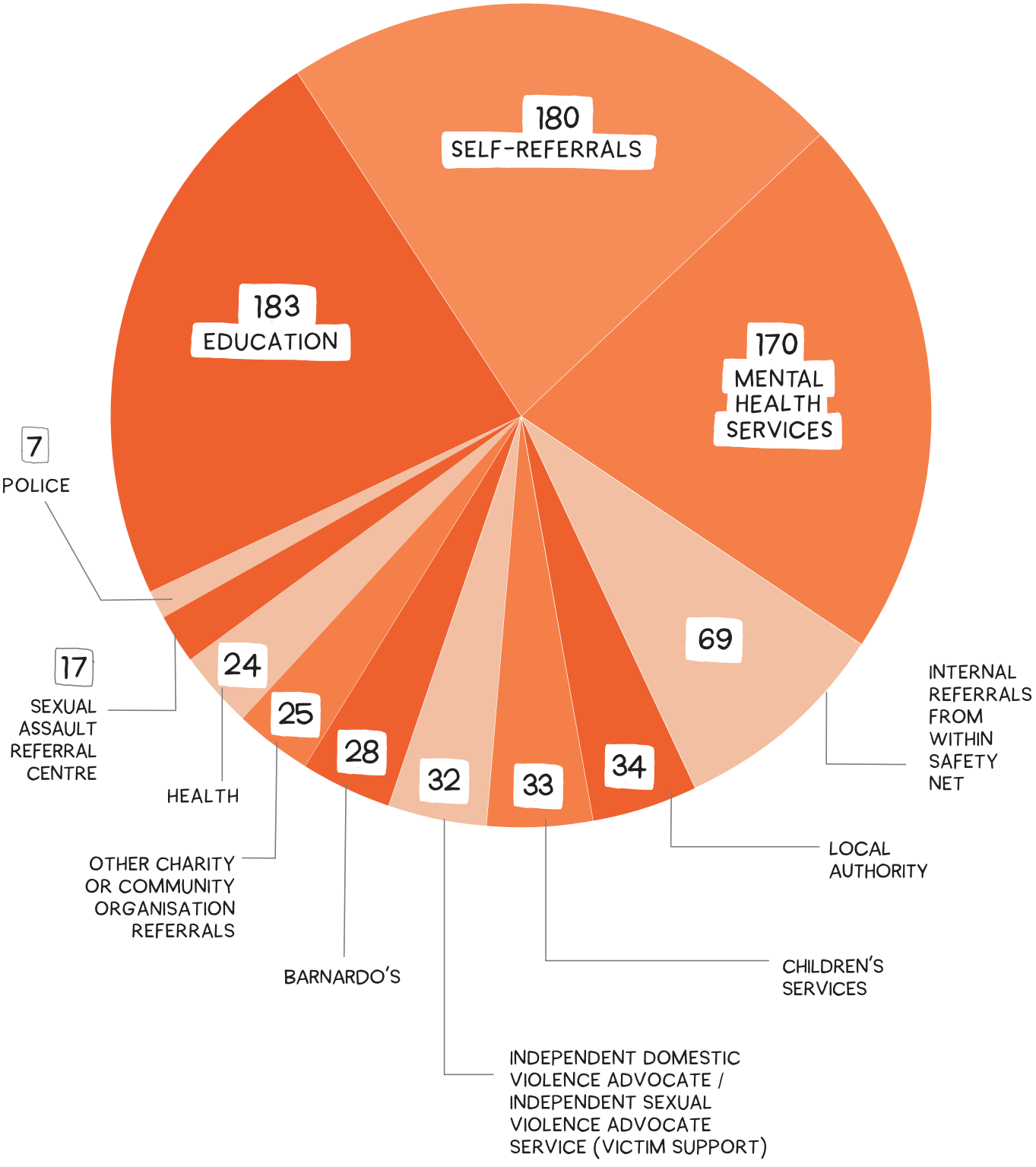
Six additional peer development sessions gave participants the chance to shape the future of the male peer support survivors' group. Together, they began creating a peer-led support toolkit - a leaflet for staff to use when speaking with potential new members. They also reviewed the member agreement and group protocols to reflect what they'd learned so far and to clearly outline what the group offers and how it works. This group also helped embed the survivor voice across the organisation by inviting staff to attend sessions and learn directly from participants.

Our co-production approach means those affected by trauma are not just recipients of our services but active partners in shaping them.

"Safety Net has helped in showing me better coping strategies with PTSD and anxiety. In all my sessions I have felt like I was listened to, and my past trauma was taking very seriously."

- adult service user

REFERRALS 2024-25



Goal 4:

To develop and embed our prevention and early intervention work with young people

In 2024–25, we expanded our prevention work to reach more young people, parents, and teachers. We delivered a whole-school approach in eight schools across Cumbria.

- **1,666 students** took part in workshops on emotional regulation, healthy relationships, toxic masculinity, online safety, and the impact of pornography. These were co-delivered with Ben Oliver from Worth Educating.
- **154 students** were referred for one-to-one support with our trauma-informed practitioners.
- **194 teachers** received RSHE training, with ongoing advice and resources offered throughout the year.
- **Parents** attended sessions on self-harm, online safety, pornography, and emotional regulation.
- **Young people** helped shape the programme through regular feedback and co-production sessions.

The Netflix TV show *Adolescence* sparked national concern about the growing dangers young people face today, particularly the role of the manosphere and the online radicalisation of boys towards violent misogyny. It highlighted the urgent need for early, trauma-informed education. Our work responds directly to these risks - promoting respect, equality, emotional literacy, and digital safety.



"Before the session, I was bad in school now I feel like I'm not bad in school. I was helped to understand how not to get involved in bad situations."

- children and young persons service user

ADULT SERVICES OUTCOMES

The progress shown in our adult service outcomes highlights both the strength of survivors and the impact of our trauma-informed, needs-led support. We track this using validated outcome measures, helping us understand each person's recovery journey.

However, these positive steps must be seen in context. Many clients face complex trauma, systemic inequalities, and the ongoing impact of the cost-of-living crisis. The limitations of readily available mental health support also create substantial barriers. These pressures can affect the pace of recovery, sometimes leading to plateaus or dips in progress.

Despite this, our focus remains clear: to offer consistent, trauma-informed expert care while advocating for systems that better meet the needs of survivors where they are at.

IMPROVED WELLBEING / SYMPTOMS OF TRAUMA

80%

OF ADULT SERVICE USERS EXPERIENCED IMPROVED HEALTH AND WELLBEING.

80%

OF ADULT SERVICE USERS EXPERIENCED REDUCED SYMPTOMS OF TRAUMA.

REDUCED RISK & RISK TAKING BEHAVIOURS

75%

OF ADULT SERVICE USERS FELT THEIR PERSONAL SAFETY HAD IMPROVED.

78%

OF ADULT SERVICE USERS HAD GREATER AWARENESS AROUND ONLINE SAFETY.

IMPROVED EMOTIONAL RESILIENCE

85%

OF ADULT SERVICE USERS FELT THEY HAD BETTER COPING AND SELF CARE STRATEGIES.

81%

OF ADULT SERVICE USERS FELT MORE ABLE TO MAINTAIN RELATIONSHIPS WITH FAMILY AND FRIENDS.

85%

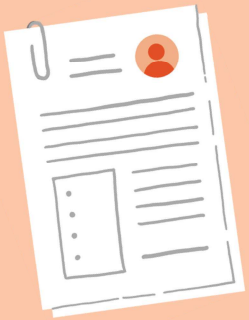
OF ADULT SERVICE USERS HAD IMPROVED ABILITY TO INTERACT SOCIALLY WITH OTHER PEOPLE.

79%

OF ADULT SERVICE USERS HAD BETTER ENGAGEMENT IN PRIVATE LEISURE ACTIVITIES & HOBBIES.

INCREASED

ABILITY TO COPE WITH PRACTICAL TASKS:

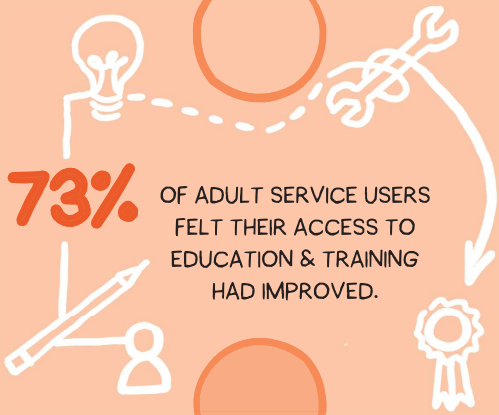


77%

OF ADULT SERVICE USERS FELT MORE ABLE TO SEEK AND MAINTAIN EMPLOYMENT.

77%

OF ADULT SERVICE USERS FELT MORE ABLE TO MANAGE POLICE, CRIMINAL JUSTICE AND COURT PROCEEDINGS.



73% OF ADULT SERVICE USERS FELT THEIR ACCESS TO EDUCATION & TRAINING HAD IMPROVED.



74%

OF ADULT SERVICE USERS REPORTED A POSITIVE IMPACT ON THEIR MANAGEMENT OF HOUSING, FINANCE & BENEFITS.

87%

OF ADULT SERVICE USERS FELT BETTER ABLE TO PARENT & LOOK AFTER CHILDREN.



78%

OF ADULT SERVICE USERS FELT BETTER ABLE TO MANAGE HOUSEHOLD TASKS



For a full breakdown of data, contact Safety Net.

Goal 5:

To embed a culture of continuous improvement and service development informed by service user experiences:

In 2024–25, we strengthened our trauma-informed approach across all areas of the organisation. We achieved the Silver Quality Mark from One Small Thing, recognising our commitment to safe, supportive, and trauma-aware services.

We improved how we gather and use client feedback, ensuring their voices shape our services. Staff received training in pre-trial support, safeguarding, confidentiality, and trauma-informed practice. Our staff away day focused on embedding trauma-informed principles and the five pillars through engaging in a 5 Rhythms dance day.

We supported team development through professional accreditations and specialist training. A trauma-informed practitioner became a qualified psychotherapist, and a therapist gained BACP accreditation. Staff also completed training in child counselling, adolescent trauma, and parent-child therapy.

We supported future professionals by hosting a student social worker and three therapy student placements. We also expanded our student placement offer, helping to build a skilled, trauma-informed workforce.

Goal 6:

To be recognised as a centre of excellence for trauma-informed work in Cumbria

In 2024–25, Safety Net strengthened its role as a centre of excellence for trauma-informed practice in Cumbria. We supported over 200 professionals through four key events, reaching those in health, education, social work, housing, mental health, the voluntary sector, and local councils.

Our Trauma-Informed Strategic Leadership Event brought senior decision-makers together to explore how empathy, safety, and shared responsibility can transform organisations. Dr Sophie Mulvana, Consultant Clinical Psychologist, led reflections on the emotional demands of leadership and modelled trauma-informed values. Leaders were encouraged to begin their trauma-informed self-assessment journey. They were also encouraged to view this cultural change not as a one-off intervention but as an ongoing commitment to well-being, justice, and system-wide learning.

We also ran three Trauma Awareness Training sessions to provide a strong foundation in trauma awareness. These covered trauma's impact on the brain, recognising trauma responses, applying safe, practical tools, and managing vicarious trauma. Participants reported they left feeling better equipped to support others and themselves with compassion and confidence.

CHILDREN & YOUNG PEOPLE OUTCOMES

The children and young people that we supported last year had improved primary trauma and wellbeing outcomes This shows the difference we are making to their lives:

IMPROVEMENT IN WELLBEING / SYMPTOMS OF TRAUMA

83%

OF CHILDREN & YOUNG PEOPLE SHOWED **BETTER HEALTH AND WELLBEING SCORES.**

87%

OF CHILDREN & YOUNG PEOPLE REPORTED **IMPROVEMENT IN SYMPTOMS OF TRAUMA.**

REDUCTION IN RISK & RISK-TAKING BEHAVIOURS

78%

OF CHILDREN & YOUNG PEOPLE REPORTED AN IMPROVEMENT OR NO CHANGE IN THEIR PERSONAL SAFETY.

82%

OF CHILDREN & YOUNG PEOPLE HAD IMPROVED AWARENESS OR NO CHANGE, AROUND ONLINE SAFETY.

IMPROVED EMOTIONAL RESILIENCE

86%

OF CHILDREN & YOUNG PEOPLE REPORTED IMPROVEMENTS IN HOW THEY WERE COPING AND THEIR SELF CARE.

75%

OF CHILDREN & YOUNG PEOPLE REPORTED IMPROVEMENT WITHIN THEIR FAMILY LIFE AND CLOSE RELATIONSHIPS AROUND THEM.

76%

OF CHILDREN & YOUNG PEOPLE REPORTED AN IMPROVEMENT IN THEIR ABILITY TO SOCIALISE WITH THEIR FRIENDS.

80%

OF CHILDREN & YOUNG PEOPLE INDICATED AN IMPROVEMENT IN THEIR SCHOOL LIFE.

For a full breakdown of data, contact Safety Net.

Safety Net UK

A Charitable Incorporated Organisation: details of the charity, its Trustees and advisors. The information below relates to the period ended 31 March.

Trustees:

Biographies of our Trustees can be found on our website.

E Hancock, Chair
Appointed 07/08/2024

J King, Chair
Resigned 17/03/2025

A Kevern
Resigned 19/01/2025

K M Dixon

M Hattrick

M Aurelia

C Todhunter
Appointed 16/04/2025

R Reinbeck
Resigned 13/12/2024

C Travers

Heads of Service:

Jo Birch
Head of Operations

Julia Carver
Head of Strategy and Development

Fionuala Wareing
Head of Clinical Practice

Registered Charity Number:

1164998

Registered Company Number:

CE005945

Registered Office:

1 Fisher Street, Carlisle, Cumbria, CA3 8RR

Auditor:

Dodd & Co Audit Limited, Fifteen Rose Hill, Montgomery Way, Rosehill Estate, Carlisle, Cumbria, CA1 2RW

Banking:

Cumberland Building Society, 38 Fisher Street, Carlisle, Cumbria, CA3 8RQ

Solicitors:

Burnetts, Victoria House, Wavell Drive, Carlisle, Cumbria, CA1 2ST

Constitution:

The charity existed as Safety Net Advice and Support Centre for thirteen years but changed status from an unincorporated association to become a Charitable Incorporated Organisation on 16 January 2017. This new entity, Safety Net (UK) , has a legal identity and the ability to conduct business in its own name. The Trustees and senior management team regularly review the charity's governance, and its policies and procedures, on a rolling programme.

The following information was correct as at 31 March 2025.

Method of appointment or election of Trustees:

Safety Net has a balanced board of five Trustees who have a range of relevant skills and experience. One member of the Trustee board is an ex service user and we intend to increase representation from those with lived experience over time. The strategic management and oversight of the charity is the responsibility of the Trustees, who are elected or co-opted by the Trustee Board. Recent appointments have addressed skills gaps, particularly in the areas of marketing, business development and planning. Furthermore, the Trustees have identified diversification of the demographics of the Board as an area for further development.

Policies adopted for the induction and training of Trustees:

Safety Net's staff and Trustee induction policies are regularly reviewed and uploaded to our Breathe HR system. We have staff/ Trustee policies that are updated on a rolling basis. The charity has an annual strategy day and biannual staff/Trustee training sessions.

Pay policy for staff:

Safety Net is currently reviewing payscales to align with the NHS.

Organisational structure and decision-making:

The strategic management and oversight of the charity is the responsibility of the Trustees. Senior leadership is provided by the Head of Operations, Head of Strategy and Development and Head of Clinical Practice, who attend Trustees Board Meetings. Each Trustee has responsibility for a defined area of Safety Net's activity and is available to senior management for consultation and advice.

Delivering public benefit:

Safety Net's objectives and activities fully reflect the purposes of the charity. There is an inherent public benefit in raising public awareness of the extent of rape, sexual assault and all forms of abuse against children and adults of all genders, so they feel able to talk about their experiences, seek help and access appropriate support. The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and comply with this guidance.

Risk management

The following have been identified by Safety Net Trustees as the key risks

Risk:	Managed by:
Financial stability	We have a clear overall service vision which helps shape our fundraising strategy and we proactively seek a balanced mix of funding sources. We continue to strive to diversify our income, aiming to grow traded and voluntary funding to 5-10% within three years and 20-25% in the long term. To mitigate the impact of reductions in public sector funding and reduced community donations due to the cost-of-living crisis, we are building new partnerships, organising a range of events and seeking sponsorships and corporate donations. We maintain tight budget controls to manage inflation, deliver all contracts effectively and provide high-quality reports for funders, evidencing our cost-effectiveness and social value. Governance is strengthened through independent accountants, a newly established finance committee and a clear reserves policy that is reviewed annually. A full financial audit was undertaken in August 2025.
Operational challenges	We prioritise staff and volunteer wellbeing to ensure organisational resilience. This includes providing trauma-informed clinical supervision and case management to reduce vicarious trauma and prevent burnout, monitoring workloads, and offering competitive salaries and flexible working arrangements. We invest in staff development through ongoing training and clear pathways for progression. To ensure service quality, we are undertaking an ongoing review of our allocations process and our wider service offer to ensure client-centred support is available, even for those on waiting lists. Our strong links with the University of Cumbria, Victim Support, Child and Adolescent Mental Health Services (CAMHS), and other providers support smooth referrals and joint working. We also utilise a dedicated pool of experienced freelance workers to support us during peaks in demand.

Risk:	Managed by:
Competition from other providers	Our position is uniquely comprehensive, as our work spans all genders and age groups, covering the full spectrum of domestic and sexual abuse. We operate a flexible delivery model, using remote services to meet evolving community needs. To secure our position, we monitor national and local policy pressures and maintain active membership of strategic boards to influence policy and represent our beneficiaries. We are also developing strong links with the mayor's office and local councillors to enhance our advocacy work.
Compliance and regulation	We conduct regular internal and external audits and risk assessments to ensure we remain compliant with legal requirements and sector best practice. A rolling review of all policies and procedures is in place. We have appointed a Safeguarding Lead and undertaken a comprehensive review of all safeguarding policies. All staff are required to complete safeguarding training appropriate to their roles, with ongoing training in Domestic Violence and Multi-Agency Risk Assessment Conference (MARAC) also provided. For transparency and accountability, we have an updated complaints procedure published on our website and have established clear processes for Trustee Declarations of Interest.
Service demand	We acknowledge that economic hardship and social issues have heightened demand, straining our resources. We shape our services around data and community needs, managing referrals through a clear triage and case management process. We have developed clear pathways and eligibility criteria for all service users requiring our specialist sexual and domestic abuse services. Our trauma-informed tiered model supports all genders and ages, and we continue to expand our school-based services with a flexible, whole-school approach. A key organisational risk is our current premises. We are actively seeking a larger location to relocate and future-proof Safety Net with the full support of our Board.

Risk:	Managed by:
Organisational Resilience	We are considered a centre of excellence with a strong reputation, supported by a healthy staff retention rate of over 90%. Our quality is demonstrated by working within the British Association for Counselling and Psychotherapy (BACP) ethical frameworks and achieving The Survivors Trust and One Small Thing's Silver Trauma-Informed Quality Assurance Mark. Our Board combines professional expertise in areas like finance, PR and safeguarding with valuable lived experience. We have implemented a new trustee structure with subcommittees and clearly defined roles (Chair, Deputy, Treasurer) to strengthen governance. We are also developing long-term strategic plans and a crisis communication strategy to safeguard our reputation.
Cybersecurity and digital transformation	We use social media platforms like TikTok to raise awareness and promote our mission, supported by a new website and rebranding to improve accessibility and engagement. To protect our systems, we continue to fund IT upgrades and invest in robust cybersecurity measures, including firewalls, encryption, and secure data storage. We provide regular training for all staff and volunteers on cybersecurity best practices and data protection to ensure they can use new tools effectively and safely.
Environmental preparedness	We remain aware of environmental risks and have developed and regularly updated our business disruption plans to address risks, such as flooding. We ensure our services are considered within broader emergency response frameworks through local resilience planning and maintain adequate insurance coverage for our property, operations and liabilities.

Our key challenges in 2024-25

Challenge:	Explanation
Responding to unprecedented and increasingly complex demand	The scale and severity of need in our community is growing, placing immense pressure on our services and staff. This year, we supported 18% more survivors of sexual and domestic abuse compared to last year, the highest number of people in our charity's history. The complexity of cases has intensified. A staggering 82% of adults and 98% of children and young people present with moderate to high trauma symptoms when they are referred to us. This complexity, compounded by the cost-of-living crisis, requires longer and more intensive support, which in turn increases wait times for those in need of help. Our initial contact and assessment services are under immense pressure, with Tier 1 advice and support activity rising significantly to 10,053 recorded activities.
Navigating a volatile funding landscape and rising costs	Ensuring our services are sustainable in the current economic climate is a persistent and significant challenge. We operate in a highly competitive funding environment where reliance on short-term contracts makes long-term strategic planning difficult. While our fundraising has been successful, rising operational costs place additional pressure on our resources, stretching every grant and donation further. Despite these pressures, our robust funding strategy has been critical in meeting this challenge. We successfully secured over 70% of our income for the coming year in advance, providing crucial stability for our services.

Challenge:	Explanation
Ensuring workforce capacity and wellbeing	Meeting the complex needs of our clients requires a highly skilled and resilient workforce, and the recruitment and retention of specialist staff remains a key challenge. There is a persistent shortage of qualified, trauma-informed therapists, particularly in a rural county like Cumbria. Our dedicated team consistently works at full capacity to manage the high volume of cases, making staff wellbeing a critical priority to prevent stress and burnout. To address this, we have invested heavily in our team's professional development, supporting accreditations and advanced training in trauma treatment to build and retain specialist skills within the organisation.
Adapting and developing for future needs	To remain effective, we must continually evolve our services and infrastructure to meet the changing needs of our community. A primary infrastructure challenge is that our main Carlisle office has been outgrown. We are now progressing plans to relocate to a new, more sustainable headquarters that meets our future needs. We face the ongoing challenge of removing barriers to access, especially for older adults and people in rural communities who may struggle to get the support they need. We are developing targeted outreach workshops and information sessions to address this.

Our goals for the future

In 2025-2026, we intend to achieve the following goals:

Goal 1:

Effective governance and long-term sustainability

- Recruit a dedicated Fundraising Manager to lead our fundraising strategy, grow corporate partnerships, and increase fundraising and traded income by 5–10% in two years, and 20–25% long term.
- Appoint a dedicated trainer to expand our income-generating training programmes, contributing to increased financial sustainability.
- Progress plans to relocate to a greener, more sustainable Carlisle HQ in partnership with a local charity.
- Implement an upgraded case management system and a new funding database to improve operational efficiency and data management for fundraising.
- Transition to a CEO-led structure and implement a revised internal structure to support our continued growth and strategic objectives.
- Strengthen our Board of Trustees through a skills audit, targeted recruitment, and regular training and development opportunities.
- Finalise our climate action plan, implement energy-efficient office practices, and promote environmental awareness among staff and service users.

Goal 2:

To challenge inequality and justice, and campaign to influence strategy and policy - both locally and nationally:

- Deliver regular training to police, social workers, and healthcare staff to improve responses to sexual and domestic abuse.
- Advocate for legislative change and engage in national policy discussions to better protect survivors of abuse and challenge systemic inequalities. We will also lend our full support to key national campaigns working towards these goals.
- Use our social media channels to participate in national dialogues and amplify critical policy messages affecting our local communities. Build a strong presence on TikTok and Instagram to engage Gen Z in social justice conversations and expand our reach within this demographic.
- Partner with local organisations and businesses to run public awareness campaigns and community initiatives that inspire action.

Goal 3:

To work collaboratively to deliver trauma-informed, needs-led and accessible services.

- Expand Tier 4 group support beyond Carlisle to reach under-served survivors in West Cumbria and Penrith.
- Work with rural community groups (GPs, churches, schools, libraries) to deliver accessible information sessions and survivor-informed talks. Deliver needs-led outreach workshops for rural communities, including farming families, older adults, and those with limited digital access, to increase service accessibility. Ensure all community engagement in rural areas is trauma-informed and accessible, meeting the specific needs of survivors in isolated communities.
- Continue to embed trauma-informed principles across all services, with regular reviews to maintain best practice. Involve survivors in service design and delivery to ensure they are truly needs-led and increase volunteering opportunities.
- Launch a 12-week Recovery Toolkit Group to support women with practical tools for healing and emotional well-being.
- Improve accessibility by addressing physical, cultural, financial, and digital barriers through outreach, partnerships, and technology.

Goal 4:

To develop and expand our prevention and early intervention work with young people:

- Secure sustainable funding to expand prevention work across more schools in Cumbria through proactively identifying and applying for grants from trusts, foundations, and government bodies.
- Develop a modular menu of workshops on healthy relationships, consent, online safety, and recognising abuse. Available for schools to purchase based on their needs.
- Attract funding and design a specialist support service model for children and families affected by Harmful Sexual Behaviour (HSB).
- Collaborate with The Birchall Trust to co-design and deliver HSB training for frontline professionals.
- Attract funding and conduct a needs assessment to inform a specialist service for Child to Parent Abuse (CAPVA).



Goal 5:

To embed a culture of continuous improvement and service development informed by service user experiences:

- Review and enhance current feedback systems to improve how we collect, analyse, and apply data to service development.
- Regularly evaluate and refine feedback processes with input from staff, volunteers, and participation data to ensure they remain effective and fit for purpose.

Goal 6:

To be recognised as a centre of excellence for trauma informed work in Cumbria.

- Strengthen our leadership in Trauma Informed Cumbria by actively engaging with the strategic steering group and building on our partnership with The Birchall Trust.
- Work towards One Small Thing's Gold Accreditation by deepening trauma-informed practice and embedding user voice in strategic decisions.
- Develop and launch an online training platform to deliver courses on domestic abuse, sexual abuse, and trauma-informed approaches, with targeted marketing across Cumbria and beyond.
- Offer consultation and mentorship to help other organisations embed trauma-informed practices.
- Secure funding to develop and deliver specialist training, including support on vicarious trauma for professionals.

"Totally invaluable. The experience has brought, and continues to bring clarity to my thoughts and subsequent actions in self healing. It has allowed me to comprehend my past and move on from the damage caused."

– adult service user

Investment policy and financial review

Safety Net holds all funding in two accounts with the Cumberland Building Society and relies on a mixture of grants, donations, contracts and local fundraising for income.

It is our intention to maintain a level of reserves to cover 3 months of direct service delivery costs, currently around £843k (24-25) per annum, in case of delay or loss of funding. This would allow the charity to continue service delivery in the short term. (£210,000)

On top of covering the direct delivery costs in the short term, we aim to hold 20% of permanent staff costs around £600,000 (24-25) to cover any redundancy and closure costs in the event of winding up. (£120,000)

A small buffer to cover unexpected costs in relation to the rental property, such as building maintenance, should also be held. (£25,000)

Target: £355,000
Our free reserves excluding permanent endowment: £266,917

"Safety Net has helped in showing me better coping strategies with PTSD and anxiety. In all my sessions I have felt like I was listened to, and my past trauma was taking very seriously."

– adult service user

Annual financial report and statements

Safety Net (UK)
Registration number: 1164998

Annual Report and Financial Statements

31 March 2025

Safety Net (UK)

Trustees' Responsibilities in relation to the Financial Statements

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial 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 these 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that 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 as amended by the Charities Act 2022, the Charity (Accounts and Reports) Regulations and the provisions of the trust deed. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Auditors' Report to the Trustees of

Safety Net (UK)

Opinion

We have audited the financial statements of Safety Net (UK) for the year ended 31 March 2025, set out on pages 7 to 22 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 (FRS 102) The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2025 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to smaller entities; and
- have been prepared in accordance with the requirements of the Charities Act 2011 as amended by the Charities Act 2022.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditors report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Other matters

The prior period financial statements are unaudited.

..... continued

Matters on which we are required to report by exception

In the light of the knowledger and understanding of the Charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees Annual Report.

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Financial Statements is inconsistent in any material respect with the Trustees' Report; or
- sufficient accounting records have not been kept; or
- the Financial Statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but it is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material, if individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further decision of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorresponsibilities. This description forms part of our auditors report.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities Statement set out on page 3, the trustees are responsible for the preparation of the Financial Statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of Financial Statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations we considered the following:

• results of our enquiries of management about their own identification and assessment of the risks of irregularities;
• any matters we identified having obtained and reviewed the charity's documentation of their policies and procedures relating to:
- identifying, evaluating and complying with laws and regulations and whether they are aware iof any instances of non-compliance;
- detecting and responding to risks of fraud and whether they have any knowledge of any actual, suspected or alleged fraud;
- the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
• the matters discussed among the audit team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

..... *continued*

As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud and identified the greatest potential for fraud to be in relation to management override which, in common with all audits under ISAs (UK), we are required to perform specific procedures to respond to this risk.

We also obtained an understanding of the legal and regulatory framework that the company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the Charities Act 2011 as amended by the Charities Act 2022.

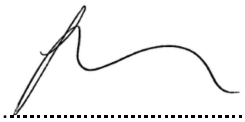
As a result of performing the above, in response to the risks identified, we did not identify any key audit matters related to the potential risk of fraud or non-compliance with laws and regulations. In addition to the above, our procedures to respond to risks identified the following:

• reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
• enquiring of management concerning actual and potential litigation claims;
• performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
• reading minutes of meetings of those charged with governance; and
• in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the rationale of any significant transactions that are unusual or outside the normal course of the charity's work.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Use of our report

This report is made solely to the trustees of Safety Net (UK), as a body. Our audit work has been undertaken so that we might state to the trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Safety Net (UK) and its trustees, for our audit work, for this report, or for the opinions we have formed.



.....

Dodd & Co Audit Limited
Chartered Accountants & Registered Auditors

29 October 2025

FIFTEEN Rosehill
Montgomery Way
Rosehill Estate
CARLISLE
CA1 2RW

Dodd & Co Audit Limited is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

Safety Net (UK)

Statement of Financial Activities for the Year Ended 31 March 2025

	Note	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£	£
Income and endowments from:						
Donations and legacies	2	35,290	5,000	225,000	265,290	64,791
Other trading activities	3	4,997	-	-	4,997	7,604
Investments	4	15,231	-	-	15,231	9,078
Charitable activities	5	78,517	691,547	-	770,064	875,123
Total income and endowments		134,035	696,547	225,000	1,055,582	956,596
Expenditure on:						
Raising funds		34,280	-	-	34,280	24,567
Charitable activities		193,177	755,019	-	948,196	878,664
Total expenditure		227,457	755,019	-	982,476	903,231
Net incoming resources before transfers		(93,422)	(58,472)	225,000	73,106	53,365
Transfers						
Transfers between funds		52,313	(52,313)	-	-	-
Net movements in funds		(41,109)	(110,785)	225,000	73,106	53,365
Reconciliation of funds						
Total funds brought forward		321,678	133,077	-	454,755	401,390
Total funds carried forward		280,569	22,292	225,000	527,861	454,755

The notes on pages 10 to 22 form an integral part of these financial statements.

Safety Net (UK)

Balance Sheet as at 31 March 2025

	Note	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Intangible assets	12		11,955		-
Tangible assets	13		1,697		2,264
			13,652		2,264
Current assets					
Debtors	14	20,919		56,576	
Cash at bank and in hand		674,415		512,358	
		695,334		568,934	
Creditors: Amounts falling due within one year	15	(181,125)		(116,443)	
Net current assets			514,209		452,491
Net assets			527,861		454,755
The funds of the charity:					
Endowment funds			225,000		-
Restricted funds			22,292		133,077
Unrestricted funds					
Unrestricted income funds			280,569		321,678
Total charity funds			527,861		454,755

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Approved by the Board on 29 October 2025 and signed on its behalf by:

E Hancock
Trustee

C Todhunter
Trustee

The notes on pages 10 to 22 form an integral part of these financial statements.

Safety Net (UK)

Cash Flow Statement for the Year Ended 31 March 2025

	2025 £	2024 £
Net cash provided by (used by) operating activities		
Net income for the period	73,106	53,365
Depreciation charges	699	755
Decrease in debtors	35,657	8,139
Increase in creditors	64,682	65,186
	174,144	127,445
Net cash provided by (used in) investing activities		
Purchase of property, plant and equipment	(12,087)	-
	(12,087)	-
Increase in cash	162,057	127,445

The notes on pages 10 to 22 form an integral part of these financial statements.

1 Accounting policies

Statement of compliance

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 as amended by the Charities Act 2022.

The accounts (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 preparing their accounts 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 2005 which has since been withdrawn.

Basis of preparation

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

These financial statements have been prepared on a going concern basis.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 19.

..... *continued*

Income and endowments

Donations and legacies income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability.

Income from Government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Income derived from events is recognised as earned (that is, as the related goods or services are provided).

Investment income is recognised on a receivable basis.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions. Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability.

Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Raising funds are the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Fixed assets

Individual fixed assets costing £1000 or more are initially recorded at cost.

Amortisation

Amortisation is provided on intangible fixed assets so as to write off the cost, less any estimated residual value, over their expected useful economic life as follows:

Website	5 years straight line basis

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Fixtures, fittings and equipment	25% reducing balance

..... *continued*

Cash and Cash Equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £	Total Funds 2024 £
Donations and legacies					
Appeals and donations	8,365	-	-	8,365	9,791
Edward Gostling Foundation	-	-	225,000	225,000	-
	8,365	-	225,000	233,365	9,791
Grants					
Lloyds Bank Foundation	-	-	-	-	25,000
Small grants under £5,000	26,925	5,000	-	31,925	-
Garfield Weston	-	-	-	-	30,000
	26,925	5,000	-	31,925	55,000
	35,290	5,000	225,000	265,290	64,791

Of the donations and legacies income in 2024 £34,971 related to unrestricted funds and £30,000 related to restricted funds.

3 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £	Total Funds 2024 £
Raising funds					
Fundraising	4,997	-	-	4,997	7,604

All of the other trading income in 2024 related to unrestricted funds.

..... *continued*

4 Investments

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £	Total Funds 2024 £
Interest on cash deposits	15,231	-	-	15,231	9,078

All of the investment income in 2024 related to unrestricted funds.

5 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £	Total Funds 2024 £
Charitable activities					
BBC Children in Need	-	8,523	-	8,523	33,879
Ministry of Justice	-	212,294	-	212,294	229,218
Francis C Scott	-	24,200	-	24,200	23,400
Henry Smith Charity	-	75,000	-	75,000	80,000
Copeland Community Fund	-	48,719	-	48,719	26,415
CCF/ Sellafield Family Wellbeing	-	33,100	-	33,100	49,130
Cumbria County Council/ COMF/ MHCLG	32,334	12,550	-	44,884	35,298
PCC Cumbria	-	35,520	-	35,520	157,594
Edward Gostling Foundation	-	-	-	-	25,000
Small grants under £5,000	-	-	-	-	12,500
National Lottery Award for All	-	20,000	-	20,000	10,000
National Lottery Community Fund	-	53,041	-	53,041	48,346
Cumbria Community Foundation	-	10,000	-	10,000	10,000
Together We (Cumbria)	2,393	-	-	2,393	1,813
Masonic Charitable Foundation	-	20,000	-	20,000	20,000
NHS England	-	118,600	-	118,600	99,500
The Birchall Trust	8,100	-	-	8,100	-
Charles Hayward Foundation	-	20,000	-	20,000	-
Leathersellers	20,000	-	-	20,000	-
Other income	15,690	-	-	15,690	13,030
	78,517	691,547	-	770,064	875,123

Of the income from charitable activities in 2024 £25,530 related to unrestricted funds and £849,593 related to restricted funds.

..... *continued*

6 Expenditure

	Raising funds	Charitable activities	Total 2025	Total 2024
	£	£	£	£
Direct costs				
Fundraising costs	34,280	-	34,280	24,567
Tools and materials	-	1,794	1,794	2,076
Wages and salaries	-	543,139	543,139	500,323
Staff NIC (Employers)	-	42,314	42,314	39,179
Staff pensions	-	15,622	15,622	14,623
Birchalls subcontractor for Cumbria PCC	-	78,769	78,769	71,884
External operational resource	-	77,198	77,198	92,341
Staff training	-	7,484	7,484	16,404
Volunteer expenses	-	(384)	(384)	629
Conference costs	-	6,487	6,487	-
Room hire	-	14,504	14,504	7,848
Travel and subsistence	-	18,938	18,938	18,700
Recruitment expenses	-	3,189	3,189	1,914
	34,280	809,054	843,334	790,488
Support costs				
Rent and services	-	22,998	22,998	19,216
Insurance	-	7,900	7,900	6,029
Repairs and maintenance	-	8,269	8,269	3,856
Telephone and fax	-	8,347	8,347	7,278
Office equipment, licences and computer costs	-	10,972	10,972	23,207
Printing, postage and stationery	-	810	810	1,394
Sundry expenses	-	7,417	7,417	6,758
Communications and marketing	-	39,201	39,201	20,987
Accountancy fees	-	3,840	3,840	3,250
The audit of the charity's annual accounts	-	12,000	12,000	-
Independent examiner's fee	-	-	-	750
Legal and professional fees	-	16,877	16,877	19,221
Bank charges	-	(188)	(188)	42
Amortisation of website costs	-	132	132	-
Depreciation of office equipment	-	567	567	755
	-	139,142	139,142	112,743
	34,280	948,196	982,476	903,231

Of the expenditure in 2024 £22,053 related to unrestricted funds and £881,178 related to restricted funds.

..... *continued*

7 Governance costs

	2025	2024
	£	£
Accountancy fees	3,840	3,250
Auditors remuneration	12,000	-
Independent examiner's fee	-	750
Legal and professional fees	16,877	19,221
	32,717	23,221

8 Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2024 - £nil).

During the year ended 31 March 2025, 1 Trustee (2024 - 2) was reimbursed £33 (2024 - £255) for expenses incurred.

9 Net incoming resources

Net incoming resources is stated after charging:

	2025		2024	
	£	£	£	£
Hire of other assets - operating leases		22,998		19,216
The audit of the charity's annual accounts	12,000		-	
		12,000		-
Depreciation of owned assets		567		755
Amortisation		132		-

..... *continued*

10 Employees' remuneration

The monthly average number of persons (including senior management) employed by the charity during the year was as follows:

	2025 No.	2024 No.
Charitable activities	21	21

The aggregate payroll costs of these persons were as follows:

	2025 £	2024 £
Wages and salaries	543,139	500,323
Social security	42,314	39,179
Other pension costs	15,622	14,623
	601,075	554,125

No employee received emoluments of more than £60,000 during the year.

During the period key management remuneration (including trustees) amounted to £139,443 (2024 - £137,674). Safety Net UK has a flat leadership structure consisting of a team of three Heads of Service. Two of these posts are operational and include client based work. One is non operational at a cost of £45,626 (2024 - £44,520). An ex-gratia payment of £6,354 was made to a former employee during the year, following a settlement facilitated by the Advisory, Conciliation and Arbitration Service (ACAS). This has been included within staff costs.

..... *continued*

11 Taxation

The registered charity is exempt from taxation on income and gains.

12 Intangible fixed assets

	Website £
Cost	
Additions	12,087
Amortisation	
Charge for the year	132
Net book value	
As at 31 March 2025	11,955

13 Tangible fixed assets

	Fixtures, fittings and equipment £
Cost	
As at 1 April 2024 and 31 March 2025	18,227
Depreciation	
As at 1 April 2024	15,963
Charge for the year	567
As at 31 March 2025	16,530
Net book value	
As at 31 March 2025	1,697
As at 31 March 2024	2,264

14 Debtors

	2025 £	2024 £
Other debtors	100	-
Prepayments and accrued income	20,819	56,576
	20,919	56,576

..... *continued*

15 Creditors: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	9,479	10,568
Taxation and social security	4,530	9,274
Accruals and deferred income	167,116	96,601
	181,125	116,443

Creditors amounts falling due within one year includes deferred income:

	2025 £	2024 £
As at 1 April 2024	129,600	-
Amount released to incoming resources	(81,600)	-
Amount deferred in the year	83,000	81,600
As at 31 March 2025	131,000	81,600

16 Operating lease commitments

As at 31 March 2025 the charity had total future minimum lease payments under non-cancellable operating leases as follows:

	Land and Buildings		Other	
	2025 £	2024 £	2025 £	2024 £
Within one year	13,000	-	1,379	-
Within two and five years	24,375	-	345	-
	37,375	-	1,724	-

17 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £15,622 (2024 - £14,623).

There were no outstanding or prepaid contributions at either the beginning or end of the financial year.

18 Related parties

Controlling entity

The charity is controlled by the trustees.

..... *continued*

19 Analysis of funds

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
General Funds					
Unrestricted income fund	321,678	134,035	(227,457)	52,313	280,569
Restricted Funds					
Children in Need	4,266	8,523	(12,789)	-	-
Ministry of Justice Rape Support	-	212,294	(212,294)	-	-
Office of the Police, Fire and Crime Commissioner	-	35,520	(35,520)	-	-
Copeland Community Fund	6,634	48,719	(43,144)	-	12,209
Safety Net Fund	52,313	-	-	(52,313)	-
The Henry Smith Charity	-	75,000	(75,000)	-	-
CCF/ Sellafield Family Wellbeing	-	33,100	(33,100)	-	-
Cumbria County Council/COMF/DLUHC	-	12,550	(12,550)	-	-
Francis C Scott Charitable Trust	-	24,200	(14,117)	-	10,083
Edward Gostling Foundation	3,785	-	(3,785)	-	-
National Lottery Community Fund	-	53,041	(53,041)	-	-
Masonic Charitable Foundation	-	20,000	(20,000)	-	-
NHS - Contract	-	95,000	(95,000)	-	-
NHS - Asylum Funding	66,079	23,600	(89,679)	-	-
Charles Hayward Foundation	-	20,000	(20,000)	-	-
National Lottery - Awards for all	-	20,000	(20,000)	-	-
Cumbria Community Foundation	-	10,000	(10,000)	-	-
Hadfield Trust	-	5,000	(5,000)	-	-
	133,077	696,547	(755,019)	(52,313)	22,292
Permanent Endowment					
The Edward Gostling Fund	-	225,000	-	-	225,000
	454,755	1,055,582	(982,476)	-	527,861

..... *continued*

Children in Need - Three year funding (2021-24) This project will deliver specialist support for children and young people who have experienced sexual and/or domestic abuse, violence and exploitation, leading to feeling better, improved relationships and ability to cope.

MOJ (Rape Support Fund) — Contribution towards the provision of support for female and male victims of rape and sexual abuse including child sexual abuse.

Office of the Police, Fire and Crime Commissioner — Funding to provide a counselling service for victims of rape and serious sexual assault in Cumbria.

Safety Net Fund — This is an internal restricted fund and is an accumulation of the small balances of old restricted funds. As agreed, when possible, with funders for repurposing towards our charitable activities.

Henry Smith Charity - Improving Lives - £35,000 received of a 3 year grant of £210,000 that supports the recovery of both adults and children affected by rape, sexual and domestic abuse and/or exploitation across Cumbria.

Henry Smith Charity - £40,000 received for three years (£120,000 in total) towards three years' salary and on costs of a freelance Duty and Assessment Practitioner supporting adults and children affected by rape, sexual and domestic abuse and/or exploitation, and negatively impacted by the COVID-19 pandemic, in Cumbria.

Cumbria Community Foundation / Sellafield (Family Wellbeing) - Funding towards the cost of employing a specialist children and young people's practitioner (CYPP) to work with whole families who have experienced abuse including sexual violence, children sexual abuse, exploitation, rape, on-line abuse and domestic violence in West Cumbria.

Cumberland Council – Award of contract and allocation of funds to enable the Authority to meet its Statutory Duty in respect of Domestic Abuse Supported Accommodation- DASA/ housing related therapeutic support for Cumberland Council area.

Francis C Scott Charitable Trust - To support the costs of early intervention / prevention work Tier 1&2 - a grant of £72,600 over 3 years.

National Lottery (Community Fund) — Partnership project with The Birchall Trust and Safety Net UK for the provision of a collaborative county-wide trauma informed services for people affected by sexual abuse, rape and sexualised violence.

Masonic Charitable Foundation – £60,000 over 3 years towards the employment of a Children and Young People's Practitioner, providing specialist recovery support to those who have experienced sexual or domestic abuse.

NHS North East & North Cumbria Integrated Care Board (the ICB) - The Recipient provides therapeutic support services for victims of sexual assault within North Cumbria.

NHS North East & North Cumbria Integrated Care Board (the ICB) - The Recipient will be working with women and children residing in Cumbria who are seeking Asylum who have been subject to abuse, sexual abuse rape and or exploitation, either in their home country or on their journey to the UK.

Charles Hayward Foundation - Funds towards tier 3 support by a CYP therapist in West Cumbria.

National Lottery (AFA) – Funds to cover volunteers and tier 4 services.

Cumbria Community Foundation - Cost of a CYP therapist in West Cumbria.

Hadfield Trust - support for our Trauma Informed Practioners Project, enabling us to continue delivering our tier one and tier two services.

..... *continued*

Prior period

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General Funds					
Unrestricted income fund	207,770	77,003	(22,053)	58,958	321,678
Restricted Funds					
Children in Need	4,520	33,879	(34,133)	-	4,266
Garfield Weston Foundation	3,908	30,000	(33,908)	-	-
Big Lottery Fund	-	10,000	(10,000)	-	-
Ministry of Justice Rape Support	-	229,218	(230,321)	1,103	-
Cumbria Police and Crime Commissioner	72,222	157,594	(168,971)	(60,845)	-
Copeland Community Fund	19,603	26,415	(39,384)	-	6,634
Safety Net Fund	52,313	-	-	-	52,313
The Henry Smith Charity	30,788	80,000	(110,788)	-	-
CCF/ Sellafield Family Wellbeing	-	59,130	(59,130)	-	-
Cumbria County Council/COMF/DLUHC	336	35,298	(35,634)	-	-
Francis C Scott Charitable Trust	3,977	23,400	(27,786)	409	-
Edward Gosling Foundation	5,953	25,000	(27,168)	-	3,785
National Lottery Community Fund	-	48,346	(48,721)	375	-
Together We (Cumbria)	-	1,813	(1,813)	-	-
Masonic Charitable Foundation	-	20,000	(20,000)	-	-
NHS - Asylum Funding	-	99,500	(33,421)	-	66,079
	193,620	879,593	(881,178)	(58,958)	133,077
	401,390	956,596	(903,231)	-	454,755

20 Transfers

The transfer of £52,313 relates to funds held left over from previous projects, as a number of years have now passed since completion of the projects, the trustees have agreed that the funds can be transferred to unrestricted funds.

..... *continued*

21 Net assets by fund

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Intangible assets	11,955	-	11,955	-
Tangible assets	796	901	1,697	2,264
Current assets	542,943	152,391	695,334	568,934
Creditors: Amounts falling due within one year	(50,125)	(131,000)	(181,125)	(116,443)
Net assets	505,569	22,292	527,861	454,755

Prior period

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Tangible assets	1,062	1,202	2,264	3,019
Current assets	355,459	213,475	568,934	449,628
Creditors: Amounts falling due within one year	(34,843)	(81,600)	(116,443)	(51,257)
Net assets	321,678	133,077	454,755	401,390

Thanks

Thank you to our staff, funders, partners and volunteers for the support we have received in 2024–2025. We could not have run Safety Net without your help.

We would also like to say a very big thank you to our service users. To recover from the trauma of abuse takes huge bravery. Thank you for trusting us and for working so hard to transform your lives.

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Registered charity number: 1164998.

SAFETY NET (UK)

England & Wales - Charity number 1164998

Accounts

Safety Net (UK)

Registration number: 1164998

Annual Report and Financial Statements

31 March 2024

Safety Net (UK)

Contents

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Safety Net (UK)

Trustees' Responsibilities in relation to the Financial Statements

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial 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 these 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that 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 as amended by the Charities Act 2022, the Charity (Accounts and Reports) Regulations and the provisions of the trust deed. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiner's Report to the Trustees of

Safety Net (UK)

I report on the accounts of the charity for the year ended 31 March 2024, which are set out on pages 3 to 18.

Your attention is to drawn to the fact that the Charity has prepared the financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn.

We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2019.

Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

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

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011 as amended by the Charities Act 2022; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....
Martin Borradaile ACA
Dodd & Co Limited
Chartered Accountants

22 October 2024

FIFTEEN Rosehill
Montgomery Way
Rosehill Estate
CARLISLE
CA1 2RW

Safety Net (UK)

Statement of Financial Activities for the Year Ended 31 March 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income and endowments from:					
Donations and legacies	2	34,791	30,000	64,791	63,394
Other trading activities	3	7,604	-	7,604	14,216
Investments	4	9,078	-	9,078	2,112
Charitable activities	5	25,530	849,593	875,123	764,778
Total income		77,003	879,593	956,596	844,500
Expenditure on:					
Costs of generating funds					
Raising funds		10,184	14,383	24,567	22,505
Charitable activities		11,869	866,795	878,664	811,118
Total expenditure		22,053	881,178	903,231	833,623
Net incoming resources before transfers		54,950	(1,585)	53,365	10,877
Transfers					
Gross transfers between funds		58,958	(58,958)	-	-
Net movements in funds		113,908	(60,543)	53,365	10,877
Reconciliation of funds					
Total funds brought forward		207,770	193,620	401,390	390,513
Total funds carried forward		321,678	133,077	454,755	401,390

The notes on pages 5 to 18 form an integral part of these financial statements.

Safety Net (UK)

Balance Sheet as at 31 March 2024

	Note	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	12		2,264		3,019
Current assets					
Debtors	13	56,576		64,715	
Cash at bank and in hand		512,358		384,913	
		568,934		449,628	
Creditors: Amounts falling due within one year	14	(116,443)		(51,257)	
Net current assets			452,491		398,371
Net assets			454,755		401,390
The funds of the charity:					
Restricted funds			133,077		193,620
Unrestricted funds					
Unrestricted income funds			321,678		207,770
Total charity funds			454,755		401,390

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Approved by the Board on 22 October 2024 and signed on its behalf by:

.....

J King
Trustee

.....

E Hancock
Trustee

1 Accounting policies

Statement of compliance

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 as amended by the Charities Act 2022.

The accounts (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 preparing their accounts 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 2005 which has since been withdrawn.

Basis of preparation

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

These financial statements have been prepared on a going concern basis.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 17.

..... continued

Income and endowments

Donations and legacies income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from Government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Income derived from events is recognised as earned (that is, as the related goods or services are provided).

Investment income is recognised on a receivable basis.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions. Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Fixed assets

Individual fixed assets costing £1000 or more are initially recorded at cost.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Fixtures, fittings and equipment	25% reducing balance

Cash and Cash Equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

..... continued

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Donations and legacies				
Appeals and donations	9,791	-	9,791	11,144
Grants				
Lloyds Bank Foundation	25,000	-	25,000	27,250
Garfield Weston	-	30,000	30,000	25,000
	25,000	30,000	55,000	52,250
	34,791	30,000	64,791	63,394

Of the donations and legacies income in 2023 £38,394 related to unrestricted funds and £25,000 related to restricted funds.

3 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Raising funds				
Fundraising	7,604	-	7,604	3,542
Events	-	-	-	10,674
	7,604	-	7,604	14,216

All of the other trading income in 2023 related to unrestricted funds.

4 Investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Interest on cash deposits	9,078	-	9,078	2,112

All of the investment income in 2023 related to unrestricted funds.

..... continued

5 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Charitable activities				
BBC Children in Need	-	33,879	33,879	39,060
Ministry of Justice	-	229,218	229,218	263,065
Francis C Scott	-	23,400	23,400	-
Henry Smith Charity	-	80,000	80,000	80,000
Copeland Community Fund	-	26,415	26,415	42,864
CCF/ Sellafield Family Wellbeing	-	49,130	49,130	34,280
Cumbria County Council/ COMF/ MHCLG	-	35,298	35,298	27,493
PCC Cumbria	-	157,594	157,594	176,086
Edward Gostling Foundation	-	25,000	25,000	10,000
Small grants under £5,000	12,500	-	12,500	15,050
National Lottery Award for All	-	10,000	10,000	10,000
National Lottery Community Fund	-	48,346	48,346	54,910
Cumbria Community Foundation	-	10,000	10,000	10,000
Together We (Cumbria)	-	1,813	1,813	-
Masonic Charitable Foundation	-	20,000	20,000	-
NHS England	-	99,500	99,500	-
Other income	13,030	-	13,030	1,970
	25,530	849,593	875,123	764,778

Of the income from charitable activities in 2023 £17,020 related to unrestricted funds and £747,758 related to restricted funds.

..... continued

6 Total expenditure

	Raising funds	Charitable activities	Total 2024	Total 2023
	£	£	£	£
Direct costs				
Fundraising costs	24,567	-	24,567	22,505
Tools and materials	-	2,076	2,076	4,645
Wages and salaries	-	500,323	500,323	443,180
Staff NIC (Employers)	-	39,179	39,179	32,204
Staff pensions	-	14,623	14,623	11,464
Birchalls subcontractor for Cumbria PCC	-	71,884	71,884	83,686
External operational resource	-	92,341	92,341	71,193
Staff training	-	16,404	16,404	21,776
Volunteer expenses	-	629	629	1,245
Rent and services	-	19,216	19,216	21,800
Insurance	-	6,029	6,029	6,389
Repairs and maintenance	-	3,856	3,856	3,659
Telephone and fax	-	7,278	7,278	7,440
Office equipment, licenses and computer costs	-	23,207	23,207	15,177
Printing, postage and stationery	-	1,394	1,394	2,233
Conference costs	-	-	-	18,837
Sundry expenses	-	6,758	6,758	8,126
Room hire	-	7,848	7,848	7,454
Travel and subsistence	-	18,700	18,700	16,644
Communications and marketing	-	20,987	20,987	7,143
Recruitment expenses	-	1,914	1,914	2,299
Bank charges	-	42	42	97
Depreciation of office equipment	-	755	755	1,006
	24,567	855,443	880,010	810,202
Support costs				
Accountancy fees	-	3,250	3,250	3,250
Independent examiner's fee	-	750	750	750
Legal and professional fees	-	19,221	19,221	19,421
	-	23,221	23,221	23,421
	24,567	878,664	903,231	833,623

Of the expenditure in 2023 £5,082 related to unrestricted funds and £828,541 related to restricted funds.

..... continued

7 Governance costs

	2024	2023
	£	£
Accountancy fees	3,250	3,250
Independent examiner's fee	750	750
Legal and professional fees	19,221	19,421
	23,221	23,421

8 Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £nil).

During the year ended 31 March 2024, 2 Trustees were reimbursed £255 (2023 - £744) for expenses incurred.

9 Net incoming resources

Net incoming resources is stated after charging:

	2024	2023
	£	£
Depreciation of owned assets	755	1,006

..... continued

10 Employees' remuneration

The monthly average number of persons (including senior management) employed by the charity during the year was as follows:

	2024 No.	2023 No.
Charitable activities	21	19

The aggregate payroll costs of these persons were as follows:

	2024 £	2023 £
Wages and salaries	500,323	443,180
Social security	39,179	32,204
Other pension costs	14,623	11,464
	554,125	486,848

No employee received emoluments of more than £60,000 during the year.

During the period key management remuneration (including trustees) amounted to £137,674 (2023 – £111,989). Safety Net UK has a flat leadership structure consisting of a team of three Heads of Service. Two of these posts are operational and include client based work. One is non operational at a cost of £44,520.

..... continued

11 Taxation

The registered charity is exempt from taxation on income and gains.

12 Tangible fixed assets

	Fixtures, fittings and equipment £
Cost	
As at 1 April 2023 and 31 March 2024	18,227
Depreciation	
As at 1 April 2023	15,208
Charge for the year	755
As at 31 March 2024	15,963
Net book value	
As at 31 March 2024	2,264
As at 31 March 2023	3,019

13 Debtors

	2024 £	2023 £
Trade debtors	-	50
Prepayments and accrued income	56,576	64,665
	56,576	64,715

..... continued

14 Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	10,568	7,540
Taxation and social security	9,274	8,013
Other creditors	-	2,289
Accruals and deferred income	96,601	33,415
	116,443	51,257

Creditors amounts falling due within one year includes deferred income:

	2024 £	2023 £
Amount deferred in the year	81,600	-
As at 31 March 2024	81,600	-

15 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £14,623 (2023 - £11,464).

Contributions totalling £nil (2023 - £2,289) were payable to the scheme at the end of the period and are included in creditors.

..... continued

16 Related parties

Controlling entity

The charity is controlled by the trustees.

17 Analysis of funds

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General Funds					
Unrestricted income fund	207,770	77,003	(22,053)	58,958	321,678
Restricted Funds					
Children in Need	4,520	33,879	(34,133)	-	4,266
Garfield Weston	3,908	30,000	(33,908)	-	-
Big Lottery Fund	-	10,000	(10,000)	-	-
Ministry of Justice Rape Support	-	229,218	(230,321)	1,103	-
Cumbria Police and Crime Commissioner	72,222	157,594	(168,971)	(60,845)	-
Copeland Community Fund	19,603	26,415	(39,384)	-	6,634
Safety Net Fund	52,313	-	-	-	52,313
The Henry Smith Charity	30,788	80,000	(110,788)	-	-
CCF/ Sellafield Family Wellbeing	-	59,130	(59,130)	-	-
Cumbria County Council/COMF/DLUHC	336	35,298	(35,634)	-	-
Francis C Scott Charitable Trust	3,977	23,400	(27,786)	409	-
Edward Gosling Foundation	5,953	25,000	(27,168)	-	3,785
National Lottery Community Fund	-	48,346	(48,721)	375	-
Together We (Cumbria)	-	1,813	(1,813)	-	-
Masonic Charitable Foundation	-	20,000	(20,000)	-	-
NHS - Contract	-	-	-	-	-
NHS - Asylum Funding	-	99,500	(33,421)	-	66,079
	193,620	879,593	(881,178)	(58,958)	133,077
	401,390	956,596	(903,231)	-	454,755

..... continued

Children in Need - Three year funding (2021-24) This project will deliver specialist support for children and young people who have experienced sexual and/or domestic abuse, violence and exploitation, leading to feeling better, improved relationships and ability to cope.

Garfield Weston Foundation — Supporting adults and children who have been affected by abuse and trauma in Cumbria.

National Lottery (AFA) – Volunteers/tier 4 services.

National Lottery (Community Fund) — Partnership project with The Birchall Trust and Safety Net UK for the provision of a collaborative county-wide trauma informed services for people affected by sexual abuse, rape and sexualised violence.

MOJ (Rape Support Fund) — Contribution towards the provision of support for female and male victims of rape and sexual abuse including child sexual abuse.

Cumbria Police and Crime Commissioner — Funding to provide a counselling service for victims of rape and serious sexual assault in Cumbria.

Copeland Community Fund - School project for 3 years funding, to work in secondary schools across Copeland, providing prevention & early intervention work. This will include 1:1 support and therapy for students, training and support for staff.

Safety Net Fund — This is an internal restricted fund and is an accumulation of the small balances of old restricted funds. As agreed, when possible, with funders for repurposing towards our charitable activities.

Henry Smith Charity - a grant totalling £120,000 towards three years' continuation funding of the running costs of an organisation that supports the recovery of both adults and children affected by rape, sexual and domestic abuse and/or exploitation across Cumbria.

Henry Smith Charity - £40,000 received for three years (£120,000 in total) towards three years' salary and on costs of a freelance Duty and Assessment Practitioner supporting adults and children affected by rape, sexual and domestic abuse and/or exploitation, and negatively impacted by the COVID-19 pandemic, in Cumbria.

Cumbria Community Foundation / Sellafield (Family Wellbeing) - Funding towards the cost of employing a specialist children and young people's practitioner (CYPP) to work with whole families who have experienced abuse including sexual violence, children sexual abuse, exploitation, rape, on-line abuse and domestic violence in West Cumbria.

Cumberland Council – Award of contract and allocation of funds to enable the Authority to meet its Statutory Duty in respect of Domestic Abuse Supported Accommodation- DASA/ housing related therapeutic support for Cumberland Council area.

Francis C Scott Charitable Trust - To support the costs of early intervention / prevention work Tier 1&2 - a grant of £72,600 over 3 years.

Edward Gosling Foundation - a grant of £25,000 towards your operating costs.

Together we (Cumbria) – Complex cases across project / spot purchase agreement.

Masonic Charitable Foundation – 60,000 over 3 years towards the employment of a Children and Young People's Practitioner, providing specialist recovery support to those who have experienced sexual or domestic abuse.

NHS North East & North Cumbria Integrated Care Board (the ICB) - The Recipient provides therapeutic support services for victims of sexual assault within North Cumbria.

..... continued

NHS North East & North Cumbria Integrated Care Board (the ICB) - The Recipient will be working with women and children residing in Cumbria who are seeking Asylum who have been subject to abuse, sexual abuse rape and or exploitation, either in their home country or on their journey to the UK.

..... continued

Prior period

	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
General Funds					
Unrestricted income fund	141,110	71,742	(5,082)	-	207,770
Restricted Funds					
Children in Need	-	39,060	(34,540)	-	4,520
Garfield Weston	25,000	25,000	(46,092)	-	3,908
Big Lottery Fund	-	20,000	(20,000)	-	-
Ministry of Justice Rape Support	-	263,065	(263,065)	-	-
Cumbria Police and Crime Commissioner	68,550	176,086	(172,414)	-	72,222
Copeland Community Fund	-	42,864	(23,261)	-	19,603
Safety Net Fund	43,943	-	-	8,370	52,313
The Henry Smith Charity	-	80,000	(49,212)	-	30,788
CCF/ Sellafield Family Wellbeing	-	34,280	(34,280)	-	-
Cumbria County Council/COMF/DLUHC	73,538	27,493	(100,695)	-	336
Francis C Scott Charitable Trust	4,502	-	(525)	-	3,977
Small grants under £5,000	8,370	-	-	8,370	-
Edward Gosling Foundation	5,000	10,000	(9,047)	-	5,953
Survivor Journey Research	20,500	-	20,500	-	-
National Lottery Community Fund	-	54,910	(54,910)	-	-
	249,403	772,758	(828,541)	-	193,620
	390,513	844,500	(833,623)	-	401,390

18 Transfers

The following transfers have been made from Unrestrcited funds to fund overspends on the restricted funds:
Ministry of Justice Rape Support - £1,103
Francis C Scott Charitable Trust - £409
National Lottery Community Fund - £375

A transfer of £60,845 was made to Unrestricted funds from Cumbria Police and Crime Commissioner restricted fund. This funding has now ceased, final reports have been submitted to the funder who is satisfied all funding has been appropriately spent.

..... *continued*

19 Net assets by fund

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Tangible assets	1,062	1,202	2,264	3,019
Current assets	355,459	213,475	568,934	449,628
Creditors: Amounts falling due within one year	(34,843)	(81,600)	(116,443)	(51,257)
Net assets	321,678	133,077	454,755	401,390

Prior period

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Tangible assets	1,416	1,603	3,019	4,025
Current assets	257,611	192,017	449,628	427,326
Creditors: Amounts falling due within one year	(51,257)	-	(51,257)	(40,838)
Net assets	207,770	193,620	401,390	390,513

SAFETY NET (UK)

England & Wales - Charity number 1164998

Accounts



Safety Net

Annual report 2022-23

Charitable Incorporated Organisation: CE005945 Charity number: 1164998

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Chair's introduction to the annual report

This has been a challenging year as we all recover from the fallout from the Covid pandemic and cope with rapidly rising inflation, which has had life changing effects for some. During this time, Safety Net has tried to balance the increasing demand for our services in the face of cutbacks in grants and donations. Public services have been overwhelmed due to funding cuts and some have closed. This has resulted in more referrals to us.

Every year the number of people we support increases. During the course of 2022-23 our referrals increased by a third. As public services have suffered Safety Net has stepped in and this year, we supported 998 people including 396 children. As we have expanded our school service to 10 schools across Cumbria, referrals to this service have increased by 98%.

The case studies throughout this report vividly demonstrate the incredible trauma informed support clients have received in these increasingly challenging climates. None of this essential help could have been delivered without the self-less work of our staff, Trustees and volunteers, all of whom are firmly committed to making a difference to those we help. I extend a big thank you to them all.

Safety Net would not be able to function without the continued support of our financial providers and partners. These range from nationally recognised funders, such as Children in Need and Lloyds Bank, to commissioned services provided by the Police and Crime Commissioner and the Ministry of Justice. It's important to not forget our local fundraising champions, who take part in sponsored events such as the Great North Run. All these generous contributions have made it possible for us to offer high quality support to our community and to put the sparkle back into people's lives - a huge thank you to everyone for this support.

This year we say farewell to two of our Trustees: Vanessa Corbishley, who took on the vital role of HR Trustee, has stepped down as she has now taken up a full-time job in the NHS, and Elaine McGregor who is commencing a well-earned retirement. I would like to thank them both for all the time, commitment and expert knowledge they have brought to our Board. I am indebted to Elaine, who as Vice Chair, has given me such vital support and help.

We also welcomed new Trustees, James King as treasurer, Carol Travers who will take up Elaine's portfolio, Rachel Rheinbach and Eleanor Hancock. We are very fortunate to have recruited colleagues of such high professional calibre, with a depth of experience to strengthen our Board.

This will be my final introduction to our Annual Report as I intend to

retire at the end of 2023. I have had the honour and privilege of being a Trustee at Safety Net for 9 years and for the last 3 years have led the Board as Chair; now it is time for me to go, safe in the knowledge that I leave behind an organisation which is financially secure, with a keen and committed workforce and a high performing Board of Trustees.

Last year I ended my report by referring to Nelson Mandala's words "it is in our hands to make a difference". He also said "It always seems impossible until it is done."

Safety Net provides help that empowers clients to change their impossible into the achievable, supporting them to live safe and fulfilling lives.



Linda Vance
Chair

Introduction

Safety Net is a charity supporting the recovery of those affected by rape, exploitation, sexual and domestic abuse across Cumbria. We offer advice, support, counselling and therapy to adults, children and young people who have been affected by abuse and trauma.

Our approach is holistic, inclusive, LGBTQ+ friendly and trauma informed. We work in partnership with other professionals and community groups, with the aim of improving wellbeing and quality of life.

In this annual report you can learn about our work in 2022 – 2023, and find out how our charity is governed and how our finances are managed.

Safety Net is governed by a Board of Trustees, and their details are listed on page 23. A description of the charity's organisation is given on page 24. Our bankers, investment advisors and independent examiners are listed on page 23. The annual report has been prepared by the Board of Trustees and covers the period of April 2022 to March 2023.

***To protect the identities of our service users, names have been changed in all testimonials and case studies included in this annual report.**

Our vision, mission & values

Our vision:

Communities free from abuse.

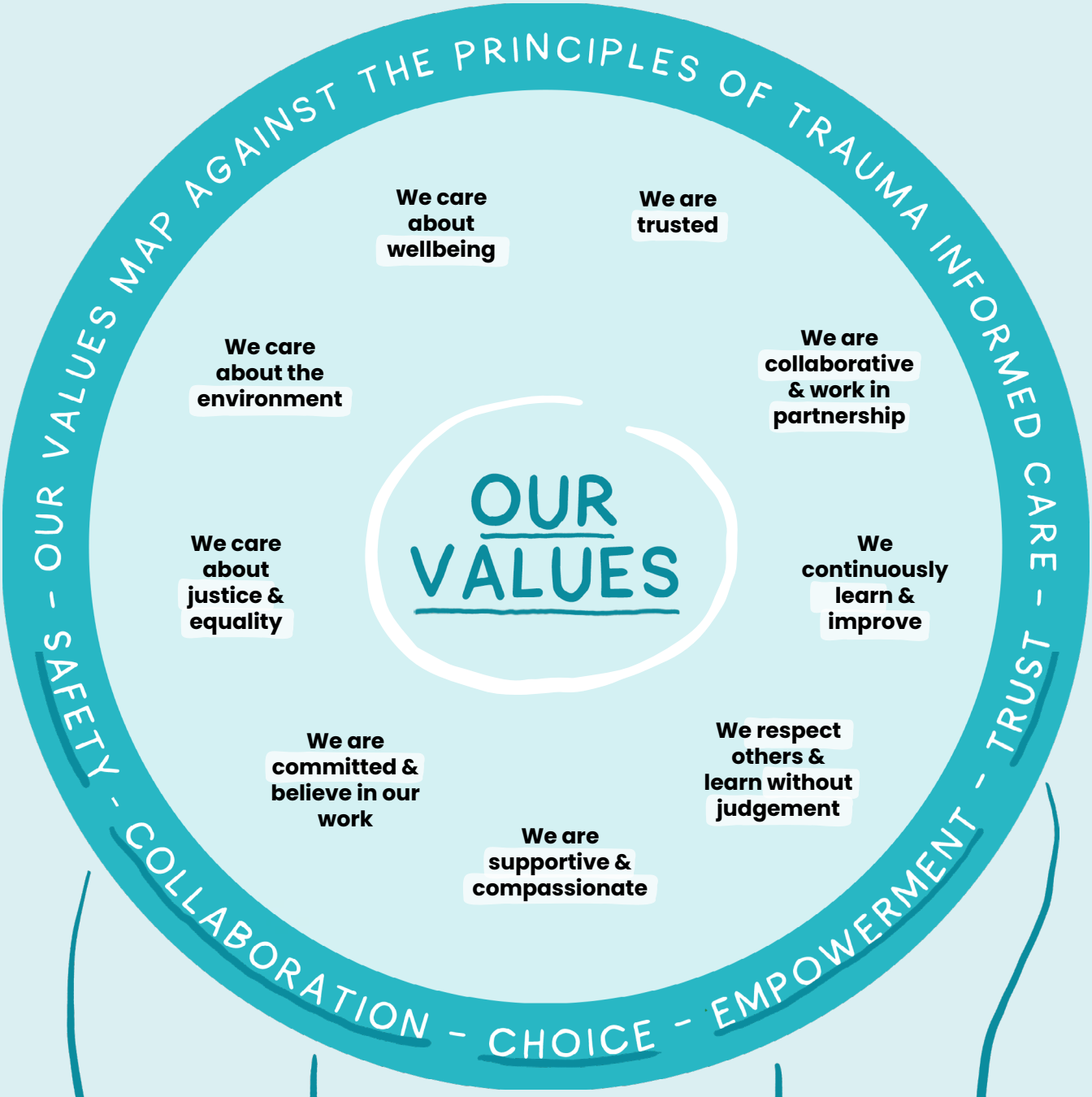
Our mission:

Safety Net supports those affected by rape, exploitation, domestic and sexual abuse across Cumbria.

We offer advice, support, therapy and a safe space to help people recover from the trauma of abuse.

"Safety Net has been a big part of life and I'm extremely grateful for the help and support I have received. If it wasn't for Safety Net I wouldn't have made it through the bad time I was going through."

– T*, adult service user



ENSURING PHYSICAL & EMOTIONAL SAFETY.

MAKING DECISIONS WITH THE INDIVIDUAL, & SHARING POWER.

CREATING ENVIRONMENTS WHERE INDIVIDUALS HAVE CHOICE & CONTROL.

CREATING RESPECTFUL ENVIRONMENTS WHERE PERSONAL BOUNDARIES ARE MAINTAINED.

PRIORITISING EMPOWERMENT & SKILL BUILDING.

How we work

We offer a tiered service to adults and children from across Cumbria.

Tier 1:

Information and advice:

Advice and support to individuals, professionals and family members. Includes signposting to other agencies and services, pre-trial and court procedures advice.

Tier 2:

Emotional and practical support through our Trauma Informed Practitioners:

Help with safety, stabilisation and wellbeing. Includes mindfulness, relaxation, sleep and self-care techniques, plus education on the impact of trauma (up to 12 sessions).

Tier 3:

Trauma-focused counselling or therapy:

Helps service users process and cope with the impacts of trauma. Includes pre-trial therapy.

Tier 4:

Reintegration into the community:

Art therapy groups, a men's group, peer mentoring, befriending and volunteering.

We also deliver prevention and education work.

We offer a whole school approach, which includes 1:1 support work with children and young people, through our new programme Your Space. The aim is for young people to develop resilience, self-esteem and confidence to tackle situations that are impacting on their wellbeing. These include:

- Relationships with friends
- Relationships with romantic partners
- Family breakdown
- Sexuality and sexual health issues
- Gender identitiy issues
- Online safety
- Self-harming
- Anxiety and low mood

Sessions are led by our Trauma Informed Practitioners and supported by the therapy team.

Within each session, we provide advice, explore healthy relationship skills and coping strategies. We use a range of techniques including mindfulness and creative therapy.

We also deliver peer group sessions that support the Relationships and Sex Education agenda. Topics include:

- Consent
- Online safety
- Sending nude photos
- Pornography
- Healthy relationships

We also provide training and information to other professionals. This supports safeguarding, Early Help Assessments, and muti-agency meetings.

"Excellent, I'm so grateful to have been able to access such a brilliant service - thank you so much for helping me when I really needed it, it's not something I will ever forget. You made one of the worst times in my life bearable."
– H*, Adult service user

Our key achievements in 2022 – 2023

Every year the number of people we support increases. 2022 - 2023 was no exception – our referrals increased by a third. Despite these increased pressures, the outcomes of our service users have improved across almost all areas (see page 30 for information). This shows the real difference we are making to the lives of local people.

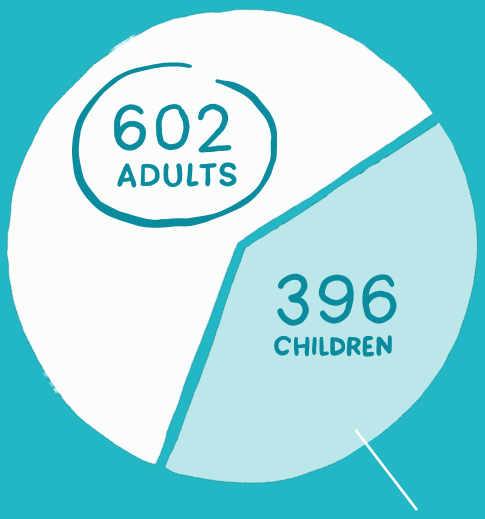
There are many reasons why the number of people we are helping is increasing every year:

- We've expanded our schools service to 10 schools across Cumbria, so referrals for young people have increased by 98%.
- Public services are overwhelmed due to funding cuts, and some have closed. This has resulted in more referrals.
- Safety Net's profile has improved due to our communications and partnership working.
- National campaigns are raising the awareness of domestic and sexual abuse, so more people understand about the impact of abuse.

"I could sit and write a book on the whole experience, it has been life changing... I am so excited for my future now. My therapist was absolutely amazing and the whole experience will stay with me for the rest of my life."

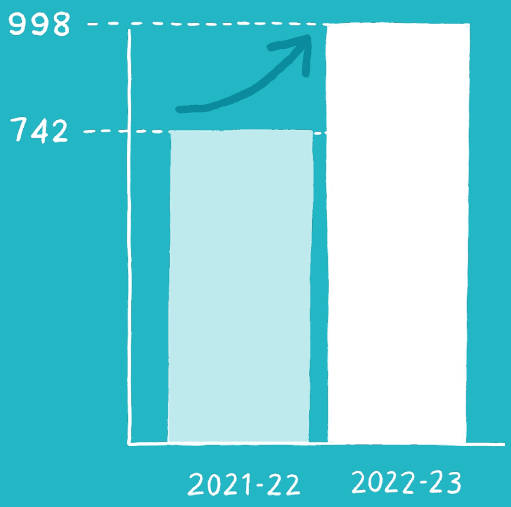
– A*, adult service user

IN 2022-2023 WE SUPPORTED 998 PEOPLE -



- OF WHICH 292 WERE IN SCHOOLS

... AN INCREASE OF 33% FROM THE YEAR BEFORE:



13553

INTERACTIONS ACROSS ALL SERVICES

260

PROFESSIONALS ATTENDED WORKSHOPS / TRAINING

710

ENQUIRIES FOR INFORMATION AND ADVICE

1412

YOUNG PEOPLE ATTENDED PEER GROUP SESSIONS

Adult case study: Poppy

In July 2022, Poppy reached out to Safety Net, seeking help after enduring years of domestic abuse from her ex-partner, who was also the father of her child. Despite reporting the abuse to the police, no action was taken, and she found herself entangled in family court battles as her ex-partner sought access to their son. A non-molestation order was put in place, but it was a distressing and anxiety-inducing situation for Poppy, who constantly feared running into her ex and his partner while out with her son.

Laura, Safety Net's Trauma Informed Practitioner supported Poppy with eight sessions of tier 2 support. At the outset, Poppy described feeling constantly on edge, so the sessions focused on empowering her with coping strategies, anxiety management techniques, and psychoeducational insights into the impact of domestic abuse trauma. Together, they practiced breathing and grounding exercises, granting Poppy a sense of control over her emotions and their physical impact.

A significant breakthrough for Poppy was being able to openly discuss the sexual abuse she had endured within her relationship. This not only provided relief but also offered validation and belief in her experiences. As the sessions progressed, efforts were made to bolster Poppy's confidence by highlighting her strengths and encouraging self-compassion, a recurring theme in their discussions.

Gradually, Poppy's feelings of vigilance and anxiety diminished substantially. The most momentous change came in regards to her sense of safety. She achieved a major milestone during Christmas when she experienced no contact or issues with her ex-partner or his family. This peaceful period allowed Poppy and her son to enjoy a happy time together without the looming fear of her ex-partner trying to see their child during the holidays.

Additionally, Poppy's engagement in leisure activities improved significantly. She regained her passion for attending dog shows and started enjoying nights out with friends once more.

After completing the eight support sessions, Poppy felt equipped to manage and rationalise her thoughts and feelings better, marking a positive turning point in her journey towards healing and recovery.

Children and young people's case study: Nieve

Nieve was referred to Safety Net for children and young people's therapy by her mum. Several years of sexual abuse by a family friend (followed by a police investigation and criminal trial) had had a big impact on her daughter. Her mum felt that she kept a lot to herself and was struggling to process all that had happened.

Our children and young people's therapist Lorna began working with Nieve in March 2022, using an Integrative Holistic Play Therapy approach. This involved working non-directively with Nieve, giving her the opportunity to explore the themes that were most important to her. Nieve most often chose to communicate through talking, but she sometimes also used art materials and therapy toys. Themes were revisited throughout the process including safety and boundaries, authenticity and masking, control and autonomy, anger, relationships, pressure and expectations.

At times Lorna took on a more directive approach, supporting creative activities that allowed for the expression of anger and relaxation, as well as educational work around trauma. She also facilitated a joint session between Nieve and her mum, which Nieve had requested, to support her to express the impact of the abuse she had experienced.

Over the course of sessions, Lorna observed an increase in Nieve's ability to share more of her feelings and her life. This was hugely significant, due to the years of silence and isolation she had to endure as a result of the abuse. Therapy also enabled Nieve to place her trust in another person.

Nieve found therapy really helpful and expressed anxiety around ending as she felt she had only just begun her journey. Lorna offered Nieve an additional block of four therapy sessions to support her over the festive period, and the option for her to re-refer into the service after three months once her sessions had ended. She also referred Nieve to Barnardos Link Service as a source of on-going emotional support.

How we achieved our goals in 2022 - 2023

Goal 1:

Effective governance and long-term sustainability:

Safety Net is a member organisation of The Survivors Trust and accredited against membership standards. Our organisation is a pilot for The Survivors Trust's UCAS accredited inspection process. We are also organisational members of the British Association of Counselling and Psychotherapy, and work within their ethical framework.

In 2022, we finalised funding for the next financial year, and created a new, four-year business strategy. This explains our plans for changing the way that Safety Net is funded over time. Our aim is to create more of our own income through selling training and events and community fundraising. This will give us a greater amount of financial stability over time.

We made progress in these areas by developing training and a community fundraising plan. We also recruited a Volunteer Coordinator and a team of volunteers who can support us with fundraising.

Goal 2:

To challenge inequality and injustice, and campaign to influence strategy and policy:

In 2022 – 2023, we gave evidence to the following government consultations. This ensured we have a voice in national strategy and guidance. We also made sure the final guidance was reflected through our services:

- Tackling Violence Against Women and Girls Strategy.
- Supporting Male Victims positioning statement.
- Tackling Domestic Abuse Plan.
- Violence Against Women and Girls Commissioning Toolkit.
- Relationships and Sex and Health Education Statutory Guidance.

We are linked in with many local decision-making groups. The groups influence local policy decisions around domestic abuse and sexual violence. This helps Safety Net to represent the voice of our service users, and to ensure domestic and sexual abuse remains high on the political agenda.

Over the last year, we got involved in national and local social media campaigns, demonstrating our commitment to inequality and justice. These included:

16 Days of Action Against Gender-Based Violence:

This campaign takes place in late November and early December every year, and it's led by the United Nations. We created social media content explaining the facts on gender-based violence.



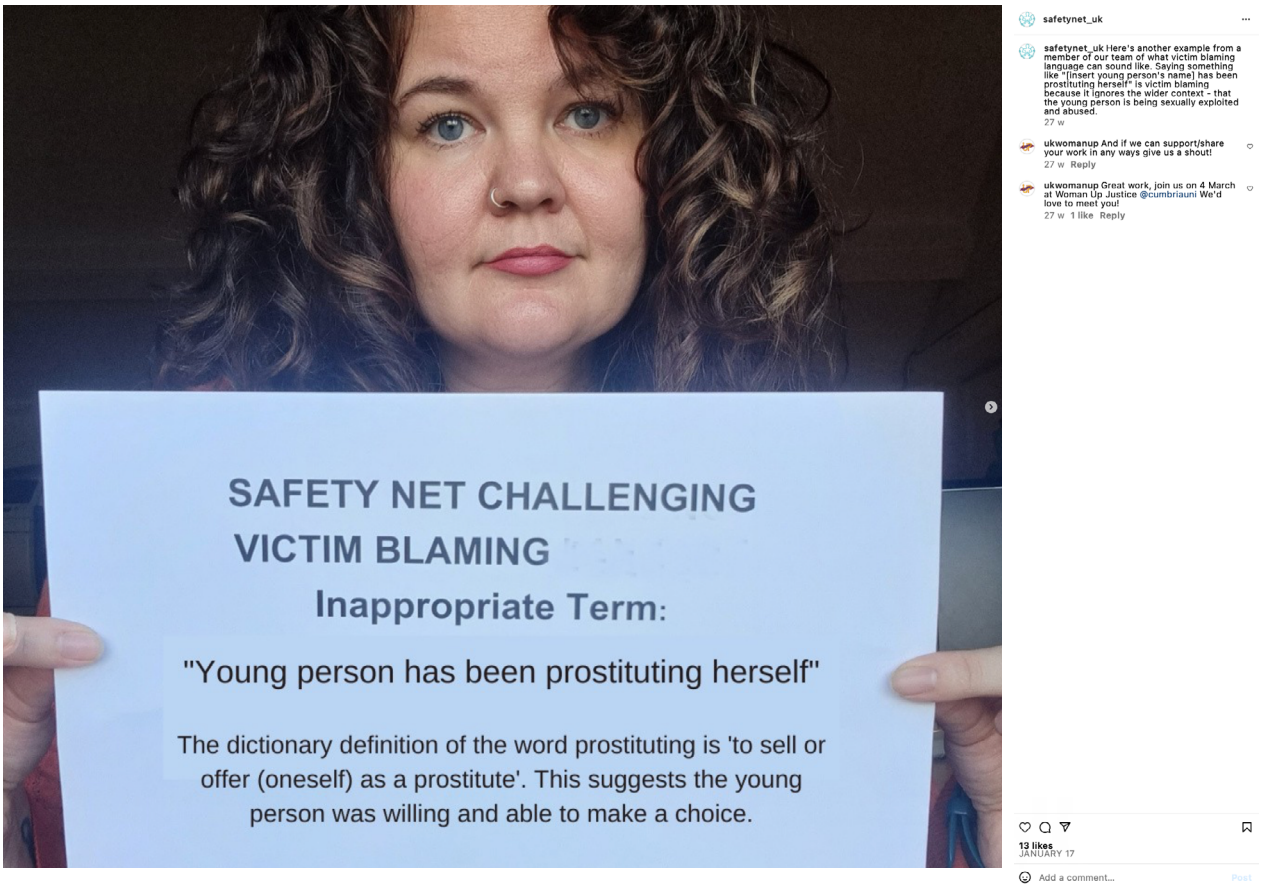


Two campaigns for North West Sexual Violence Week:

These took place in early November. We created social media content explaining the impact of sexual violence on male victims:







We also created a campaign on the negative effects of victim blaming. The aim was to show how language can be used to blame victims, rather than making perpetrators accountable:

We generated 7912 views on social media as a result of these two campaigns.

Throughout the year, we also worked hard to challenge misconceptions around domestic and sexual abuse and to promote Safety Net's services through effective communications:

- www.safetynetuk.org: 9100 visitors - 30% increase from the year before, when it was 7000.
- Facebook: 1127 followers - 12.7% increase from year before when it was 1000.
- Instagram: 264 followers - 50% increase from year before when it was 175.
- Twitter: reduction in followers from 1110 to 967 (13%). Twitter has removed inactive accounts resulting in a drop in followers.

"From my first telephone conversation after seeing my GP, to my last session, it's all been very helpful and each time I felt so much better."

– S*, Adult service user

Goal 3:

To work collaboratively to deliver trauma-informed, needs-led and accessible services:

Last year we adapted our services to ensure they remain as accessible as possible. We did this by providing a mix of online and face to face work. This is in line with feedback from service users and supports those living in remote areas. We also promoted self-care advice through social media and online resources.

We also worked closely with referring partners partner (see diagram, right).

The number of people we served increased dramatically last year. This demonstrates the accessibility of our services - as well as the level of need in our local area.

Tier 1: Information and advice

- We received 708 contacts via our information and advice service. This is an increase of 84% on last year, when we were contacted 384 times.
- 287 people received short term support (less than three sessions). This is an increase of 45% on last year, when we helped 197.
- We provided wrap around support including help with benefits, housing, food bank referrals and cost of living grants - a total of 13,553 phone calls and interactions across all services. This is a 38% increase on last year when we had 9827 interactions across all services.

Tier 2 and Tier 3: Support and therapy

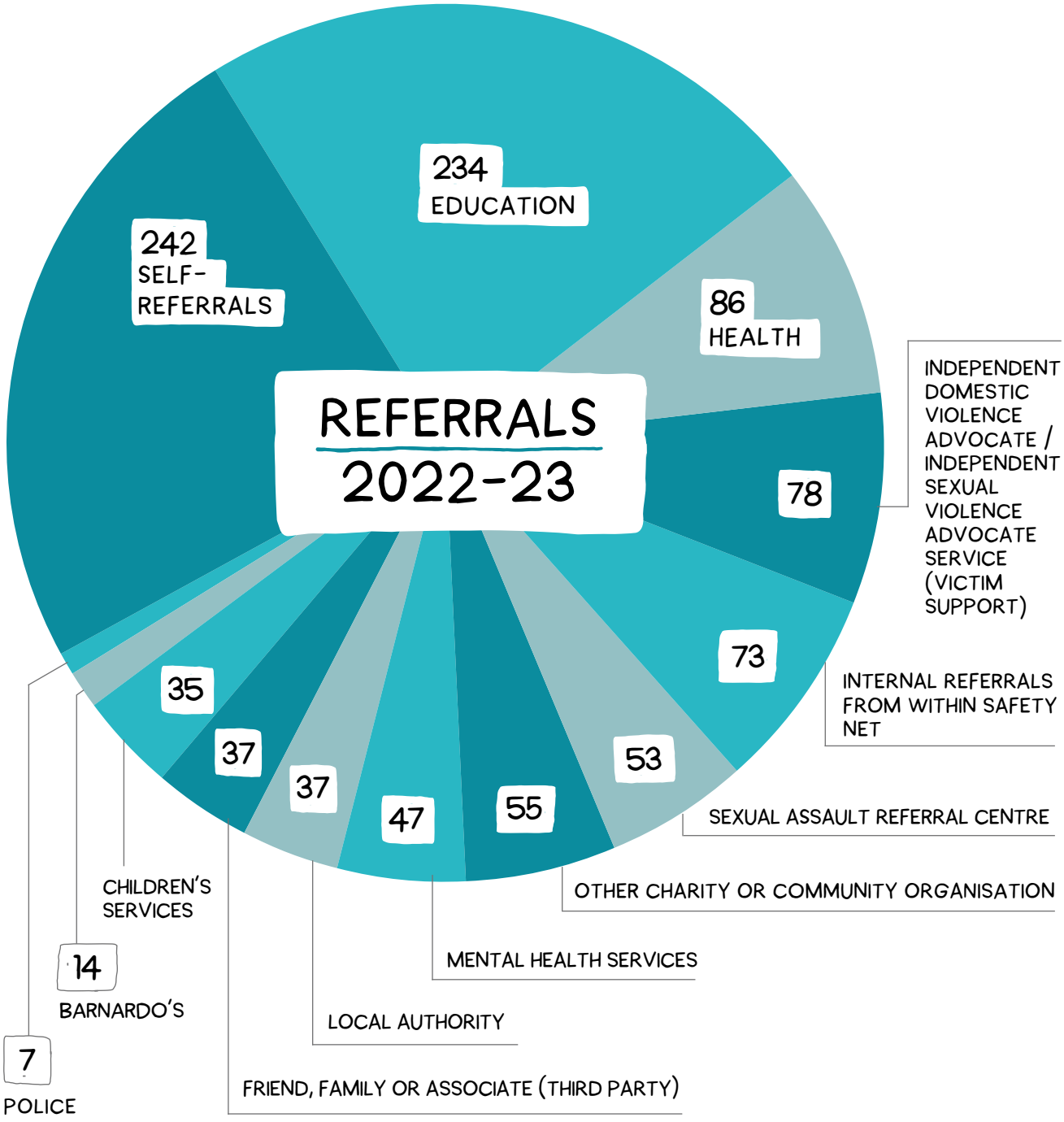
- 438 people received either tier 2 or tier 3 support. This is an increase of 25% on last year, when we helped 350.
- 135 people were supported through pre-trial therapy. This is an increase of 14% on last year, when we helped 118.

Tier 4: Reintegration back into the community

Our Tier 4 services support service users to reintegrate back into communities, supported by a team of volunteer befrienders and a dedicated Volunteer Coordinator. This creates social networks for ongoing support. All volunteers receive induction, monthly supervision, and clinical and wellbeing support. Many are ex-service users.

There were 14 volunteers during 2022 – 2023, providing 583 hours of support:

- 8 have moved on to either education or training.
- 2 have taken full time positions at Safety Net.
- 1 is now a trustee for Safety Net.



Our volunteers supported:

- 22 peer-led coffee and craft groups, aimed at women. 15 women benefitted from these groups last year.
- A monthly men's group, attended by an average of eight men each time.
- 72 befriending sessions across the year, equating to 150 hours of befriending support. A total of 12 people benefitted from this vital service across the year.
- Set up of Walk and Talk groups, run by a volunteer and staff member.
- Admin support (part time). The volunteer completed 75 hours of office support, and there is the potential of this becoming an employed role in the future.

ADULT SERVICES OUTCOMES

IMPROVED WELLBEING / SYMPTOMS OF TRAUMA

77%

HAD IMPROVED HEALTH & WELLBEING.
(71% IN 2021-22)

79%

HAD REDUCED SYMPTOMS OF TRAUMA.
(78% IN 2021-22)

REDUCED RISK & RISK TAKING BEHAVIOURS

79%

FELT THEIR PERSONAL SAFETY HAD IMPROVED
(75% IN 2021-22)

80%

HAD GREATER AWARENESS AROUND ONLINE SAFETY
(66% IN 2021-22).

IMPROVED EMOTIONAL RESILIENCE

81%

FELT THEY HAD BETTER COPING AND SELF-CARE STRATEGIES
(79% IN 2021-22).

78%

FELT MORE ABLE TO MAINTAIN RELATIONSHIPS WITH FAMILY AND FRIENDS
(72% IN 2021-22).

78%

HAD IMPROVED ABILITY TO INTERACT SOCIALLY WITH OTHER PEOPLE
(71% IN 2021-22).

79%

HAD BETTER ENGAGEMENT IN PRIVATE LEISURE ACTIVITIES / HOBBIES
(75% IN 2021-22).

For a full breakdown of data, contact Safety Net.

INCREASED

ABILITY TO COPE WITH PRACTICAL TASKS

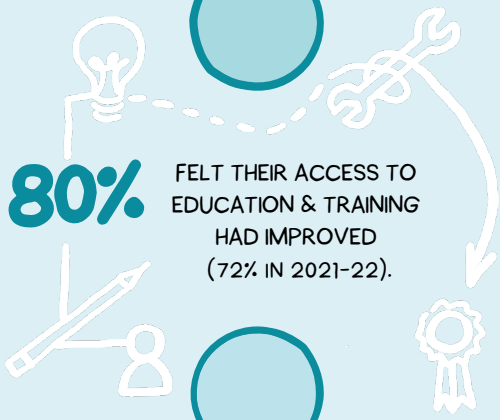


87%

FELT MORE ABLE TO SEEK & MAINTAIN EMPLOYMENT
(64% IN 2021-22).

70%

FELT MORE ABLE TO MANAGE POLICE, CRIMINAL JUSTICE, & COURT PROCEEDINGS
(66% IN 2021-22)



80% FELT THEIR ACCESS TO EDUCATION & TRAINING HAD IMPROVED
(72% IN 2021-22).



77%

REPORTED A POSITIVE IMPACT ON THEIR MANAGEMENT OF HOUSING, FINANCES, & BENEFITS
(74% IN 2021-22).

73%

FELT BETTER ABLE TO PARENT & LOOK AFTER CHILDREN
(79% IN 2021-22).



77%

FELT BETTER ABLE TO MANAGE HOUSEHOLD TASKS
(70% IN 2021-22)



Goal 4:

To develop and embed our prevention and early intervention work with young people:

We wanted to do more to prevent domestic and sexual violence occuring in future. With this in mind, last year we increased the amount of prevention and support work we did with schools. We're now supporting 10 schools across the county.

In 2022-2023, 292 children and young people were referred for direct support via our schools project, Your Space:

Ages:

- 30 aged 11 to 12
- 244 aged 13 to 17
- 16 aged 18 to 19
- 2 age unknown

1412 other children and young people attended peer group education sessions in school.

In addition, 60 teachers received training on relationship and sex education issues related to our work.

CHILDREN & YOUNG PEOPLE OUTCOMES

Like our adult service users, the children and young people that we supported last year had improved symptoms of trauma across almost all outcome measures.

IMPROVED WELLBEING / SYMPTOMS OF TRAUMA

79% HAD **IMPROVED HEALTH & WELLBEING** (78% IN 2021-22).

80% HAD **REDUCED SYMPTOMS OF TRAUMA** (65% IN 2021-22).

REDUCED RISK & RISK-TAKING BEHAVIOURS

74% FELT THEIR PERSONAL SAFETY HAD IMPROVED (73% IN 2021-22).

81% HAD GREATER AWARENESS AROUND ONLINE SAFETY (62% IN 2021-22).

IMPROVED EMOTIONAL RESILIENCE

75% FELT THEY HAD BETTER COPING AND SELF-CARE STRATEGIES (55% IN 2021-22).

76% FELT MORE ABLE TO MAINTAIN RELATIONSHIPS WITH FAMILY AND FRIENDS (76% IN 2021-22).

79% HAD IMPROVED ABILITY TO SOCIALISE WITH THEIR FRIENDS (74% IN 2021-22).

83% INDICATED AN IMPROVEMENT IN THEIR SCHOOL LIFE, 10% REPORTED NO CHANGE. (78% IN 2021-22).

For a full breakdown of data, contact Safety Net.

Safety Net UK

A Charitable Incorporated Organisation: details of the charity, its Trustees and advisors. The information below relates to the period ended 31 March 2023.

Trustees:

Biographies of our Trustees can be found here.

Ms L M Vance:
Appointed January 2017

Mr A Kevern:
Appointed August 2020

Ms E McGregor:
Appointed August 2020

Ms K Dixon:
Appointed April 2021

Ms V Corbishley:
Appointed July 2021

Mr M Hattrick:
Appointed January 2022

Heads of Service:

Jo Birch
Head of Operations

Julia Carver
Head of Strategy and Development

Fionuala Wareing
Head of Clinical Practice

Registered Charity Number:

1164998

Registered Company Number:

CE005945

Registered Office:

1 Fisher Street, Carlisle, Cumbria, CA3 8RR

Independent Examiner:

Dodd and Co Limited, FIFTEEN Rosehill, Montgomery Way, Rosehill Estate, Carlisle, Cumbria, CA1 2RW

Banking:

Cumberland Building Society, 38 Fisher Street, Carlisle, Cumbria, CA3 8RQ

Solicitors:

Burnetts, Victoria House, Wavell Drive, Carlisle, Cumbria, CA1 2ST

Constitution:
The charity existed as Safety Net Advice and Support Centre for thirteen years but changed status from an unincorporated association to become a Charitable Incorporated Organisation on 16 January 2017. This new entity, Safety Net (UK, has a legal identity and the ability to conduct business in its

own name. The Trustees and senior management team regularly review the charity's governance, and its policies and procedures, on a rolling programme.

Method of appointment or election of Trustees:

Safety Net has a balanced board of six Trustees who have a range of relevant skills and experience. One member of the Trustee board is an ex service user and we intend to increase representation from those with lived experience over time. The strategic management and oversight of the charity is the responsibility of the Trustees, who are elected or co-opted by the Trustee Board. Recent appointments have addressed skills gaps, particularly in the areas of marketing, business development and planning. Furthermore, the Trustees have identified diversification of the demographics of the Board as an area for further development.

Policies adopted for the induction and training of Trustees:

Safety Net has an agreed staff and Trustee induction policy and checklist and provide induction training and ongoing staff/Trustee development days. We have a staff/Trustee policy handbook which is updated on a rolling basis. The charity has an annual strategy day, and biannual staff/Trustee training sessions. In 2022-2023 we commissioned a new employee assistance programme and developed a new staff charter.

Pay policy for staff:

Safety Net has agreed pay scales for staff. In 2022 – 2023, the Board supported a cost of living increase of 5%, provided as a one off payment.

Organisational structure and decision-making:

The strategic management and oversight of the charity is the responsibility of the Trustees. Senior leadership is provided by the Head of Operations, Head of Strategy and Development and Head of Clinical Practice, who attend Trustees Board Meetings. Each Trustee has responsibility for a defined area of Safety Net's activity and is available to senior management for consultation and advice.

Delivering public benefit:

Safety Net's objectives and activities fully reflect the purposes of the charity. There is an inherent public benefit in raising public awareness of the extent of rape, sexual assault and all forms of abuse against children and adults of all genders, so they feel able to talk about their experiences, seek help and access appropriate support. The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and comply with this guidance.

Risk management

The following have been identified by Safety Net Trustees as the key risks facing the charity. Our full risk assessment is reviewed at every meeting.

Risk:	Managed by:
Loss of significant funding	• We work hard to develop and maintain a diverse funding mix. A key goal is to increase our voluntary funding and traded income to 5 – 10% of total income over the next three years, and 20 – 25% income over the longer term. • We have insight of changing political priorities and landscapes and how we can influence and access service delivery and funding. We are linked in with the right boards and partnerships. • Our reporting to existing funders and commissioners is of a consistently high standard. We have invested in a new impact report this year and sent it to all funders. • Senior staff are identifying and pursuing new income streams and diversification opportunities in this changing landscape.
Loss of key staff	• Safety Net invests in its staff team, with regular reviews for skills gaps, succession planning, personal and professional development. • We have an excellent support and supervision structure, to assist staff with increasingly complex cases and demands. • We have excellent levels of staff retention – with staff engagement surveys, flexible working, and follow-on actions plans. • We 'grow our own' experienced practitioners and currently have three trainee therapists embedded within the team. • We have an experienced bank pool of freelance therapists.
Competition from other providers	• We are uniquely positioned, working as we do with all genders and ages, across all forms of domestic and sexual abuse. • We have a flexible delivery model with increased outreach via remote service delivery.

	• We are always over-subscribed; we work in a field where there is no shortage of need. • Our schools project provides vital support for staff and school children – a growing area of need.
Damage to reputation	• We have comprehensive policies and procedures which are live documents, supporting and structuring our day-to-day work. • We have an experienced and knowledgeable Board who know the organisation well and take an active governance role. • We have dedicated specialists in health and safety and safeguarding. • We regularly review internal and external safeguarding policies, procedures, and training to ensure compliance and best practice. • We work within BACP ethical frameworks, and are working towards One Small Thing's silver trauma informed quality assurance mark, to ensure a quality service. • We have freelance communications support that can provide crisis communications in the event of an incident reaching the press.
Rising costs due to cost of living	• We are working hard to mitigate rising costs by pursuing new funding and income streams and diversification opportunities. • Looking at cost efficiencies around energy consumption, travel and office costs (potentially sharing future office space). • Providing wraparound support, food bank referrals, financial support to those in need.

Our key challenges in 2022-2023

Managing increased demand:

We do not have enough funding to comfortably meet increased demand and our current staff resources are very over-stretched as a result. There's been a 33% increase in referrals over the last year, including a 98% increase in our children and young people's referrals due to the expansion of our schools' work across 10 high schools in Cumbria. In addition, the closure of other public services and charities has resulted in increased need for wraparound support, including advice and information, as well as support with benefits, housing, mental health needs, food bank referrals and cost of living grants.

There's also been an increase in pre-trial therapy referrals. The courts are still managing a back log of cases from Covid-19, and cases are taking much longer to get to court. Clients are requiring more sessions pre and post-trial to effectively support them.

We are using our freelance capacity to manage our waiting lists and the adult therapy list has been reduced to less than 100 very recently, but some clients are still waiting 6-12 months to access services. Discussions have been held about the possibility of pausing acceptance of new referrals as a short-term measure to manage demand for the service.

Lack of capacity within the staff team:

Because our team is always working at capacity, there is very little 'give' in the system. If someone is off sick or a member of staff leaves, this adds pressure on the whole team. We have invested in staff wellbeing, increasing support for all staff and volunteers through clinical supervision, improved line management and flexible working, along with a new Employee Assistance package. We have also reviewed and developed a staff charter. Recognising that the cost of living crisis is adding to pressures, Trustees awarded all employed staff a 5% one off cost of living payment in 2022-2023 to support the team during these difficult financial times.

Staff recruitment challenges:

There is a shortage of highly qualified adult, children and young people therapists in Cumbria. Recruitment takes longer than notice periods which has an impact on the team and waiting lists. The continual recruitment process adds additional costs and pressure to the service.

Increased staffing and overhead costs:

National Insurance has increased

and overheads have increased by at least one third. Additionally, more new recruits have decided that they want a better work life balance following the pandemic, and as a result, part time workers have increased. This results in both increased start-up costs (£2000 for each new member of staff) as well as an increase in line management, caseload management and HR requirements.

Challenges of embedding a new management structure:

Over the last two years we have embedded a new senior management structure, with three Head roles reporting into the Trustee Board. This has taken some time to embed, primarily due to time restraints and a lack of operational managers providing support to the senior management team. We have recently appointed two senior practitioners to provide support around operational management and will be recruiting another senior practitioner to manage our expanding school's work. We are also looking to recruit a business manager to support with the development of our funding strategy.

Partnership and commissioning changes:

There has recently been a reorganisation of local government as well as the introduction of integrated care boards. This has resulted in some uncertainty around future partnership structures, and this could influence our future funding. Some local areas are also pursuing commissioning practices which can disadvantage smaller organisations and present increased opportunities for generic or larger organisations, as well as those who are based out of county. We are beginning to look at our traded income generation strategy as a way of mitigating this.

Funding challenges:

Applying for funding is becoming more competitive and time consuming. We are having to apply to more and more funders which is placing greater pressure on senior managers and operational support. The reliance on a mix of funding streams results in complex data management, meaning we invest a lot of time meeting the varied requirements of funders to demonstrate impact. These all require bespoke responses and take up a lot of staff time. It's also challenging to apply for specific funding to cover the management and business support of a charity. Although we do add management overheads to all applications, we rarely receive full cost recovery on applications. This results in an overstretched senior team and little scope or funding for middle management and other support costs.

Increasing amounts of mental health issues:

The cost-of-living crisis has led to a reduction in living standards that affects people's physical and mental health, and exacerbates existing conditions. Growing up in poverty can harm children's life chances and limit

their opportunities. It can hold them back in education, and / or lead to worse physical and mental health outcomes. We have seen a huge increase in the number of children and young people being referred in for services.

Crisis services continue to be overstretched with many clients being referred on to recovery support too early or asked to self-refer as part of their recovery journey. This can often lead to the re-traumatisation of the client.

Complexity of cases:

An increase in the complexity of client cases has meant we are spending longer time supporting some clients and this impacts on our waiting lists. Staff need increased expertise in a range of areas and need to liaise with specialist services to provide wrap-around support and specialist interventions. This impacts on our capacity.

Trustee board:

Our Trustee board will be undergoing extensive change over the coming months, with both our Chair and Vice Chair retiring later this year. We are undertaking continuity planning to manage this, and recruiting to vacant positions. The change will enable us to diversify representation amongst the board, to include an increase in board members with lived experience and representation from younger people aged 18 - 24.

Our goals for the future

Goal 1:

Effective governance and long-term sustainability:

- Recruit new Trustees to replace those who are leaving, and diversify our Trustee Board.
- Increase voluntary funding and traded income to 5 – 10% of total income over the next three years, and 20 – 25% income over the longer term.
- Move our office to a greener and more sustainable building, with more outdoor space.
- Recruit management posts to support the senior leadership team – including business manager and office manager.

Goal 2:

To challenge inequality and justice, and campaign to influence strategy and policy - both locally and nationally:

- Keep up-to-date with national best practice, and contribute to national and local policy and strategy.
- Embed relationships with the two new Local Authorities across Cumbria and the Integrated Care Board (health).

Goal 3:

To work collaboratively to deliver trauma-informed, needs-led and accessible services:

- Raise the profile of our services among minoritised communities, with a particular focus on older women.
- Develop two new housing projects: one supporting women and children in a refugee hostel, and one supporting people living in short-term accommodation.
- Develop and expand our tier 1 work. This includes sessions for service users to support with practical issues, and skills-based courses to encourage coping skills and improve health and wellbeing. We will also provide surgery slots for professionals who need advice and support.
- Create more volunteer and peer-led group work and befriending. This includes building a larger pool of trained befrienders with lived experience of abuse.
- Develop our online tools and resources, sharing more information to more people through our website and social media.

Goal 4:

To develop and expand our prevention and early intervention work with young people:

- Develop our schools service and roll it out across more schools in Cumbria.

Goal 5:

To embed a culture of continuous improvement and service development informed by service user experiences:

- Ensure that we do more to include the voices of service users in shaping our services.
- Ensure at least 25% of the board is made up of trustees with lived experience.
- Develop and expand our pool of volunteers with lived experience, to shape service delivery.
- Develop and recruit young ambassadors to support the development of services for younger women aged 16-25.
- Work collaboratively with staff, volunteers and ambassadors to provide internal and external training around trauma and recovery work.
- Embed a culture of development and continue to prioritise staff wellbeing, to retain staff and support internal talent acquisition.

Goal 6:

To be recognised as a centre of excellence for trauma informed work in Cumbria:

- Work in partnership with The Birchall Trust to deliver and expand Trauma Informed Cumbria, including the 2023 Trauma Informed Cumbria conference.
- Achieve One Small Thing's silver trauma-informed quality assurance mark over the next year, and achieve the gold quality assurance mark the year after.

"Safety Net has walked with me through the hardest journey I couldn't walk on my own, I recommend to anyone that is struggling to give Safety Net a chance."
– R*, Adult service user

Investment Policy and Financial Review

Safety Net holds all funding in two accounts with the Cumberland Building Society and relies on a mixture of grants, donations, contracts and local fundraising for income.

Reserves policy:

It is our intention to maintain the level of unrestricted funds balance of no less than 25% of the total annual operating costs.

Public benefit:

The Trustees have considered the guidance issued by the Charity Commission in respect of public benefit and believe that the operations and activities of the charity comply with this guidance.

Financial review:

Total income received for the period was £844,500 (2022 - £671,852), of which £764,778 (2022 - £628,496) was directly attributable to charitable activities undertaken. Expenditure for the period totalled £833,623 (2022 - £573,373) resulting in an overall surplus of £10,877 (2022 - £98,479).

Of the reported surplus, £66,660 was attributable to unrestricted funds with a deficit against restricted funds of £55,783. The results left the charity with total reserves of £401,390, of which £207,770 is unrestricted and £193,620 being held with restriction.

The results leave the charity with £206,354 free reserves (2022 - £139,222) which is in line with the stated reserves policy of 25% of the charity's total annual operating costs.

Annual financial report and statements

Safety Net (UK)

Registration number: 1164998

Annual financial report and statements

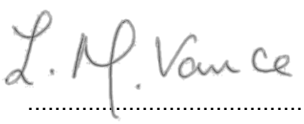
31 March 2023

Reference and administrative details

Charity name	Safety Net (UK)	
Charity registration number	1164998	
Principal office	1 Fisher Street CARLISLE CA3 8RR	
Registered office	1 Fisher Street CARLISLE CA3 8RR	
Trustees (By the end of the 2023 - 24 financial year, we will have eight Trustees in post, as three are retiring in this year.)	L M Vance, Chair	(Retired 30 November 2023)
	A Kevern	
	E McGregor	(Retired 31 July 2023)
	K M Dixon	
	V A Corbishley	(Retired 31 July 2023)
	M Hattrick	
	M Aurelia	(Appointed 19 July 2022)
	E Hancock	(Appointed 11 April 2023)
	J King	(Appointed Treasurer 11 April 2023)
	R Reinbeck	(Appointed 1 July 2023)
	C Travers	(Appointed 1 July 2023)
Solicitor	Burnetts Victoria House Wavell Drive CARLISLE CA1 2ST	
Bankers	Cumberland Building Society 38 Fisher Street CARLISLE CA3 8RQ	
Accountant	Dodd & Co Limited FIFTEEN Rosehill Montgomery Way Rosehill Estate CARLISLE CA1 2RW	

Trustees' report
for the year ended 31 March 2023

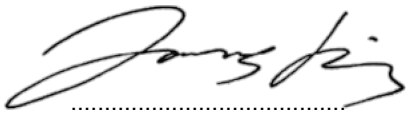
Approved by the Trustees and signed on their behalf by:



.....

L M Vance
Trustee

Date:....25.11.23.....



.....

J King
Trustee

Date:.....25.11.23.....

Our Trustees and Trustees' responsibilities statement

Our Trustees are named in the details of the charity, its Trustees and advisers section on page 23. Please check out more about them on our website www.safetynetuk.org/

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Current law requires the Trustees to prepare financial statements for each financial year. Under current law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material
- departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to
- presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. 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 order of the members of the board of Trustees and signed on their behalf by:



Ms L M Vance
(Chair of Trustees)
Date approved:

James King
(Treasurer)

Independent examiner's report to the trustees of Saftey Net (UK)

I report on the accounts of the charity for the year ended 31 March 2023, which are set out on pages 38 to 51

Your attention is to drawn to the fact that the Charity has prepared the financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn.

We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2019.

Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

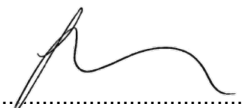
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....

Joanne Thomlinson FCA
Dodd & Co Limited
Chartered Accountants

Date:....13/12/2023.....

FIFTEEN Rosehill
Montgomery Way
Rosehill Estate
CARLISLE
CA1 2RW

Safety Net (UK)

Statement of financial activities for the year ended 31 March 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Income and endowments from:					
Donations and legacies	3	38,394	25,000	63,394	32,399
Other trading activities	4	14,216	-	14,216	10,845
Investments	5	2,112	-	2,112	112
Charitable activities	6	17,020	747,758	764,778	628,496
Total income		71,742	772,758	844,500	671,852
Expenditure on:					
Raising funds		2,672	19,833	22,505	15,397
Charitable activities		2,410	808,708	811,118	557,976
Total expenditure		5,082	828,541	833,623	573,373
Net incoming resources before transfers		66,660	(55,783)	10,877	98,479
Transfers					
Gross transfers between funds		-	-	-	-
Net movements in funds		66,660	(55,783)	10,877	98,479
Reconciliation of funds					
Total funds brought forward		141,110	249,403	390,513	292,034
Total funds carried forward		207,770	193,620	401,390	390,513

The notes on pages 40 to 47 form an integral part of these financial satements .

Safety Net (UK)

Balance sheet
as at 31 March 2023

	Note	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	13		3,019		4,025
Current assets					
Debtors	14	64,715		61,682	
Cash at bank and in hand		384,913		365,644	
		449,628		427,326	
Creditors: Amounts falling due within one year	15	(51,257)		(40,838)	
Net current assets			398,371		386,488
Net assets			401,390		390,513
The funds of the charity:					
Restricted funds			193,620		249,403
Unrestricted funds					
Unrestricted income funds			207,770		141,110
Total charity funds			401,390		390,513

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Approved by the Board on 25/11/23 and signed on its behalf by:

L M Vance
Trustee

J King
Trustee

Notes to the financial statements for the year ended 31 March 2023

1 General information

The Charity is a Charitable Incorporated Organisation.The members of the charity are the Trustees named on page 2. In the event of the charity being wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The principal activity of the charity is to provide support to those affected by rape, exploitation, sexual and domestic abuse across North and West Cumbria.

2 Accounting policies

Statement of compliance

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The accounts (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 preparing their accounts 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 2005 which has since been withdrawn.

Basis of preparation

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

These financial statements have been prepared on a going concern basis.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 18.

..... *continued*

Income and endowments

Donations and legacies income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from Government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income derived from events is recognised as earned (that is, as the related goods or services are provided).

Investment income is recognised on a receivable basis.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions. Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Fixed assets

Individual fixed assets costing £1000 or more are initially recorded at cost.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Office equipment	25% reducing balance

Cash and Cash Equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

Notes to the financial statements for the year ended 31 March 2023

..... *continued*

3 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Donations and legacies				
Appeals and donations	11,144	-	11,144	4,899
Grants				
Lloyds Bank Foundation	27,250	-	27,250	25,000
Coronavirus Grants	-	-	-	2,500
Garfield Weston	-	25,000	25,000	-
	27,250	25,000	52,250	27,500
	38,394	25,000	63,394	32,399

Of the donations and legacies income in 2022 £4,899 related to unrestricted funds and £27,500 related to restricted funds.

4 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Raising funds				
Fundraising	3,542	-	3,542	10,845
Events	10,674	-	10,674	-
	14,216	-	14,216	10,845

Of the other trading income in 2022 £7,645 related to unrestricted funds and £3,200 related to restricted funds.

5 Investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Interest on cash deposits	2,112	-	2,112	112

All of the investment income in 2022 related to unrestricted funds.

..... continued

6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Charitable activities				
BBC Children in Need	-	39,060	39,060	17,263
Ministry of Justice	-	263,065	263,065	224,462
Francis C Scott	-	-	-	17,000
Henry Smith Charity	-	80,000	80,000	40,000
Copeland Community Fund	-	42,864	42,864	21,342
CCF/ Sellafield Family Wellbeing	-	34,280	34,280	33,600
Cumbria County Council/ COMF/ MHCLG	-	27,493	27,493	81,688
PCC Cumbria	-	176,086	176,086	135,871
PCC Cumbria Survivor Research	-	-	-	22,000
CCC Household Support Fund	-	-	-	900
Edward Gostling Foundation	-	10,000	10,000	5,000
Small grants under £5,000	15,050	-	15,050	4,000
HQ Central	-	-	-	15,350
National Lottery Award for All	-	10,000	10,000	10,000
National Lottery Community Fund	-	54,910	54,910	-
Cumbria Community Foundation	-	10,000	10,000	-
Other income	1,970	-	1,970	20
	17,020	747,758	764,778	628,496

Of the income from charitable activities in 2022 £19,370 related to unrestricted funds and £609,126 related to restricted funds.

7 Total expenditure

	Raising funds £	Charitable activities £	Total 2023 £	Total 2022 £
Direct costs				
Employee related costs	-	486,848	486,848	324,203
Other employee costs	-	196,843	196,843	140,099
Estate costs	-	39,288	39,288	28,772
Supplies and services costs	22,505	64,718	87,223	57,237
	22,505	787,697	810,202	550,311
Support costs				
Supplies and services costs	-	23,421	23,421	23,062
	-	23,421	23,421	23,062
	22,505	811,118	833,623	573,373

Of the expenditure in 2022 £15,397 related to unrestricted funds and £557,976 related to restricted funds.

Notes to the financial statements for the year ended 31 March 2023

..... *continued*

8 Governance costs

	2023	2022
	£	£
Accountancy fees	3,250	3,250
Independent examiner's fees	750	750
Legal and professional fees	19,421	19,062
	23,421	23,062

9 Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £nil).

During the year ended 31 March 2023, 3 Trustees were reimbursed £744 (2022 - £nil) for expenses incurred.

10 Net incoming resources

Net incoming resources is stated after charging:

	2023	2022
	£	£
Depreciation of owned assets	1,006	1,342

..... *continued*

11 Employees' remuneration

The monthly average number of persons (including senior management) employed by the charity during the year was as follows:

	2023 No.	2022 No.
Charitable activities	19	15

The aggregate payroll costs of these persons were as follows:

	2023 £	2022 £
Wages and salaries	443,180	297,493
Social security	32,204	19,611
Other pension costs	11,464	7,099
	486,848	324,203

No employee received emoluments of more than £60,000 during the year.

During the period key management remuneration (including trustees) amounted to £111,989 (2022 – £41,969). For 2022-23 Safety Net UK introduced a flat leadership and operational management structure consisting of a team of three managers at a cost of £60,874 (2022, £41,969).

Notes to the financial statements for the year ended 31 March 2023

..... *continued*

12 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are appliedexclusively to charitable purposes.

13 Tangible fixed assets

	Fixtures, fittings and equipment £
Cost	
As at 1 April 2022 and 31 March 2023	18,227
Depreciation	
As at 1 April 2022	14,202
Charge for the year	1,006
As at 31 March 2023	15,208
Net book value	
As at 31 March 2023	3,019
As at 31 March 2022	4,025

14 Debtors

	2023 £	2022 £
Trade debtors	50	58,432
Prepayments and accrued income	64,665	3,250
	64,715	61,682

15 Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	7,540	16,375
Taxation and social security	8,013	8,315
Other creditors	2,289	1,956
Accruals and deferred income	33,415	14,192
	51,257	40,838

..... *continued*

16 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £11,464 (2022 - £7,099).

Contributions totalling £2,289 (2022 - £nil) were payable to the scheme at the end of the period and are included in creditors.

Notes to the financial statements for the year ended 31 March 2023

..... *continued*

17 Related parties

Controlling entity

The charity is controlled by the trustees.

18 Analysis of funds

	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
General Funds					
Unrestricted income fund	141,110	71,742	(5,082)	-	207,770
Restricted Funds					
Children in Need	-	39,060	(34,540)	-	4,520
Garfield Weston	25,000	25,000	(46,092)	-	3,908
Big Lottery Fund	-	20,000	(20,000)	-	-
Ministry of Justice Rape Support	-	263,065	(263,065)	-	-
Cumbria Police and Crime Commissioner	68,550	176,086	(172,414)	-	72,222
Copeland Community Fund	-	42,864	(23,261)	-	19,603
Safety Net Fund	43,943	-	-	8,370	52,313
The Henry Smith Charity	-	80,000	(49,212)	-	30,788
CCF/ Sellafield Family Wellbeing	-	34,280	(34,280)	-	-
Cumbria County Council/COMF/DLUHC	73,538	27,493	(100,695)	-	336
Francis C Scott Charitable Trust	4,502	-	(525)	-	3,977
Small grants under £5,000	8,370	-	-	(8,370)	-
Edward Gosling Foundation	5,000	10,000	(9,047)	-	5,953
Survivor Journey Research	20,500	-	(20,500)	-	-
National Lottery Community Fund	-	54,910	(54,910)	-	-
	249,403	772,758	(828,541)	-	193,620
	390,513	844,500	(833,623)	-	401,390

..... *continued*

Children in Need - Three year funding (2021-24) This project will deliver specialist support for children and young people who have experienced sexual and/or domestic abuse, violence and exploitation, leading to feeling better, improved relationships and ability to cope.

Garfield Weston Foundation — Funding for management, admin staffing costs (core costs).

National Lottery (AFA) – volunteers/tier 4 services.

MOJ (Rape Support Fund) — Contribution towards the provision of support for female and male victims of rape and sexual abuse including child sexual abuse.

Cumbria Police and Crime Commissioner — Funding to provide a counselling service for victims of rape and serious sexual assault in Cumbria.

Copeland Community Fund/Sellafield - School project for 3 years funding, to work in secondary schools across Copeland, providing prevention & early intervention work. This will include 1:1 support and therapy for students, training and support for staff.

Safety Net Fund — This is an internal restricted fund and is an accumulation of the small balances of old restricted funds. As agreed, when possible with funders for repurposing towards our charitable activities.

Henry Smith Charity - £40,000 received for three years (£120,000 in total) towards three years' salary and on costs of a project providing tier 1&2 advice and support for children and young people and adults who have experienced rape sexual and domestic abuse across North and West Cumbria.

Henry Smith Charity - £40,000 received for three years (£120,000 in total) towards three years' salary and on costs of a freelance Duty and Assessment Practitioner supporting adults and children affected by rape, sexual and domestic abuse and/or exploitation, and negatively impacted by the COVID-19 pandemic, in Cumbria.

Cumbria Community Foundation - Sellafield (Family Wellbeing) - Funding towards the cost of employing a specialist children and young people's practitioner (CYPP) to work with whole families who have experienced abuse including sexual violence, children sexual abuse, exploitation, rape, on-line abuse and domestic violence in West Cumbria.

Cumberland Council – DLUHC housing related support.

Carlisle Eden Mind Ltd/ CYA - 1:1 support for young people identified as in need of specialist trauma support and counselling as a result of being affected by rape, CSE, domestic or sexual abuse.

Francis C Scott Charitable Trust - To support the costs of early intervention work Tier 1&2 (3 years).

Edward Gosling Foundation - Contribution towards a Child and Young People's Practitioner Project 2023-2024 to support CYP who have experienced sexual violence, child sexual abuse, exploitation, rape, on-line abuse, and domestic violence.

PCC Cumbria Survivor Research - To understand their whole experience of coming forward to report the assault or abuse and of accessing services (Bridgeway, health, criminal justice, social care).

National Lottery (Community Fund) — Partnership project with The Birchall Trust and Safety Net UK for the provision of a collaborative county-wide trauma informed services for people affected by sexual abuse, rape and sexualised violence.

..... continued

Prior period

	At 1 April 2021	Incoming resources	Resources expended	Transfers	At 31 March 2022
	£	£	£	£	£
General Funds					
Unrestricted income fund	124,481	32,026	(15,397)	-	141,110
Restricted Funds					
Children in Need	7,710	17,263	(24,973)	-	-
CCF Schools	7,040	-	-	(7,040)	-
Garfield Weston	25,000	-	-	-	25,000
Big Lottery Fund	-	10,000	(10,000)	-	-
Ministry of Justice Rape Support	-	224,462	(244,462)	-	-
Cumbria Police and Crime Commissioner	60,388	135,871	(127,709)	-	68,550
Copeland Community Fund	-	21,342	(21,342)	-	-
CCF Household Support Fund	-	900	-	(900)	-
Safety Net Fund	23,694	-	-	20,249	43,943
The Henry Smith Charity	2,309	40,000	(40,000)	(2,309)	-
CCF/ Sellafield Family Wellbeing	-	33,600	(33,600)	-	-
Cumbria County Council/COMF/DLUHC	-	81,688	(8,150)	-	73,538
Francis C Scott Charitable Trust	6,452	17,000	(18,950)	-	4,502
Lloyds Bank Foundation	7,878	25,000	(25,000)	(7,878)	-
Small grants under £5,000	5,500	3,200	(330)	-	8,370
Edward Gosling Foundation	-	5,000	-	-	5,000
Survivor Journey Research	-	22,000	(1,500)	-	20,500
Covid Fund	21,582	2,500	(21,960)	(2,122)	-
	167,553	639,826	(557,976)	-	249,403
	292,034	671,852	(573,373)	-	390,513

19 Transfers

A transfer of £8,370 has been made from Small grants under £5,000 to Safety Net Fund. This is an accumulation of the small balances of old restricted funds, agreed when possible with funders for repurposing towards our charitable activities.

Notes to the financial statements for the year ended 31 March 2023

..... *continued*

20 Net assets by fund

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Tangible assets	1,416	1,603	3,019	4,025
Current assets	257,611	192,017	449,628	427,326
Creditors: Amounts falling due within one year	(51,257)	-	(51,257)	(40,838)
Net assets	207,770	193,620	401,390	390,513

Prior period

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Tangible assets	1,888	2,137	4,025	5,367
Current assets	180,060	247,266	427,326	310,891
Creditors: Amounts falling due within one year	(40,838)	-	(40,838)	(24,224)
Net assets	141,110	249,403	390,513	292,034

Thanks and acknowledgements

Thank you to our staff, partners and volunteers for the support we have received in 2022 – 2023. We could not have run Safety Net without you.

Thank you to our funders:
North Cumbria Place Community Mental Health Transformation (for refugee support), plus our funders below:

SUPPORTED BY BBC CHILDREN IN NEED

PCC CUMBRIA Peter McCall

FAMILY WELLBEING TRANSFORMING WEST CUMBRIA

The Henry Smith Charity founded in 1628

Cumberland Council

COMMUNITY FUND

CUMBRIA COMMUNITY FOUNDATION

LLOYDS BANK FOUNDATION England & Wales

Garfield Weston FOUNDATION

Francis Scott Trust

The Edward Gostling Foundation Enhancing Quality of Life for People in Need

Ministry of Justice

COPELAND COMMUNITY FUND

We would also like to say a very big thank you to our service users. To recover from the trauma of abuse takes huge bravery. Thank you for trusting us and for working so hard to transform your lives.

Safety Net
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Carlisle
CA3 8RR

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© Safety Net (UK) 2023.
Registered charity number: 1164998.

SAFETY NET (UK)

England & Wales - Charity number 1164998

Accounts

Safety Net

2021/22

Registered Charity: 1164998
Registered Company: CE005945

Annual Report

"Making a Difference"

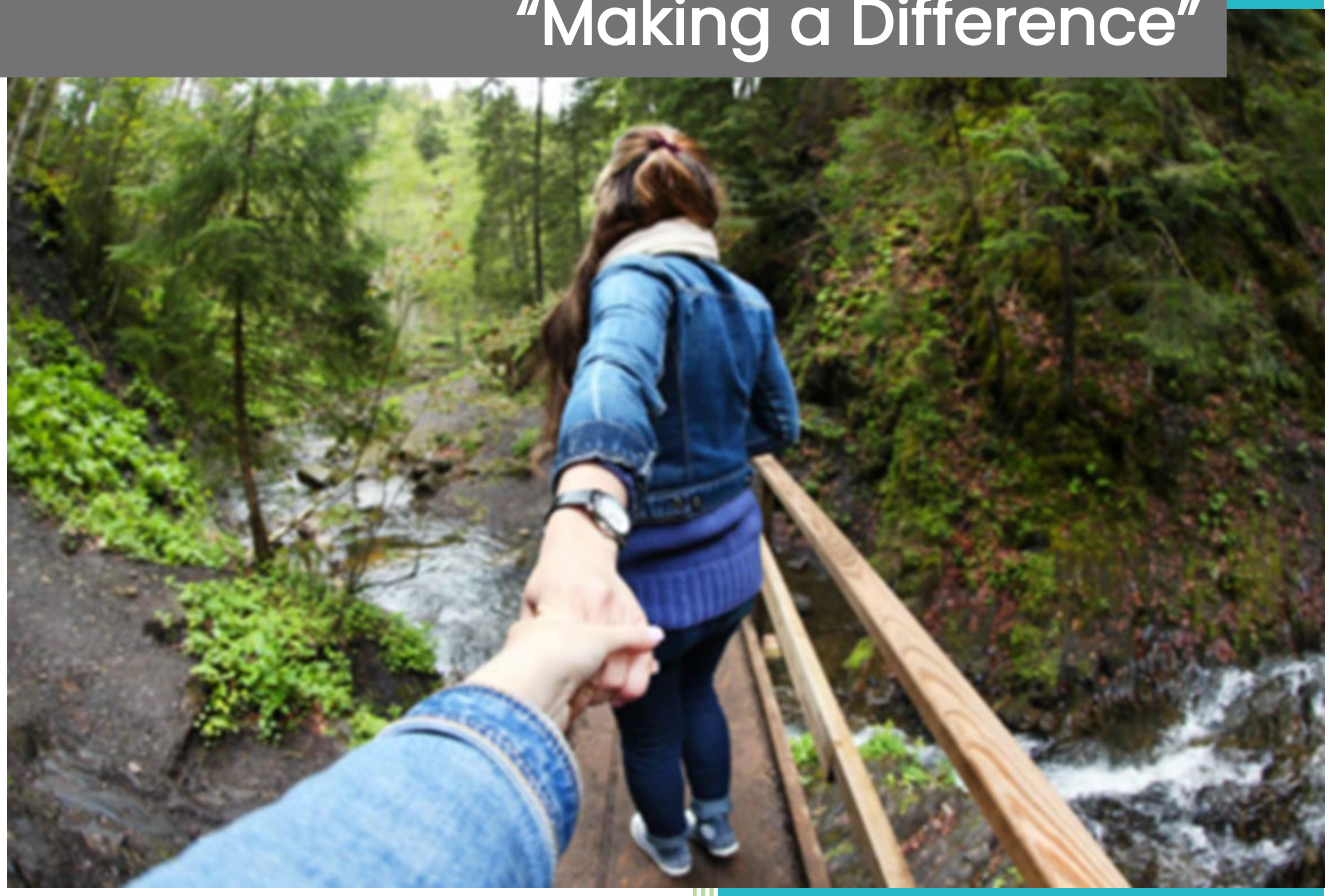


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SAFETY NET (UK)

A Charitable Incorporated Organisation

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS

For period ended 31 March 2022

Trustees

Biographies of our trustees can be found here: https://www.safetynetuk.org/our-team

Ms L M Vance: Appointed January 2017
Mr A Kevern: Appointed August 2020
Ms E McGregor: Appointed August 2020
Ms K Dixon: Appointed April 2021
Ms V Corbishley: Appointed July 2021
Mr M Hattrick: Appointed January 2022
Ms C J Green: Appointed 16 January 2017 (Resigned: December 2021)
Ms G Maietta: Appointed 13 August 2020 (Resigned: December 2021)
Mr R Wood: Appointed 13 August 2020 (Resigned: September 2021)

Head of Service

Jo Birch
Head of Operations
Julia Carver
Head of Strategy and Development
Fionuala Wareing
Head of Clinical Practice

Registered Charity Number

1164998

Registered Company Number

CE005945

Registered Office

1 Fisher Street, Carlisle, Cumbria, CA3 8RR

Independent Examiner

Armstrong Watson Audit Limited, Fairview House,
Victoria Place, Carlisle, Cumbria, CA1 1HP

Banking

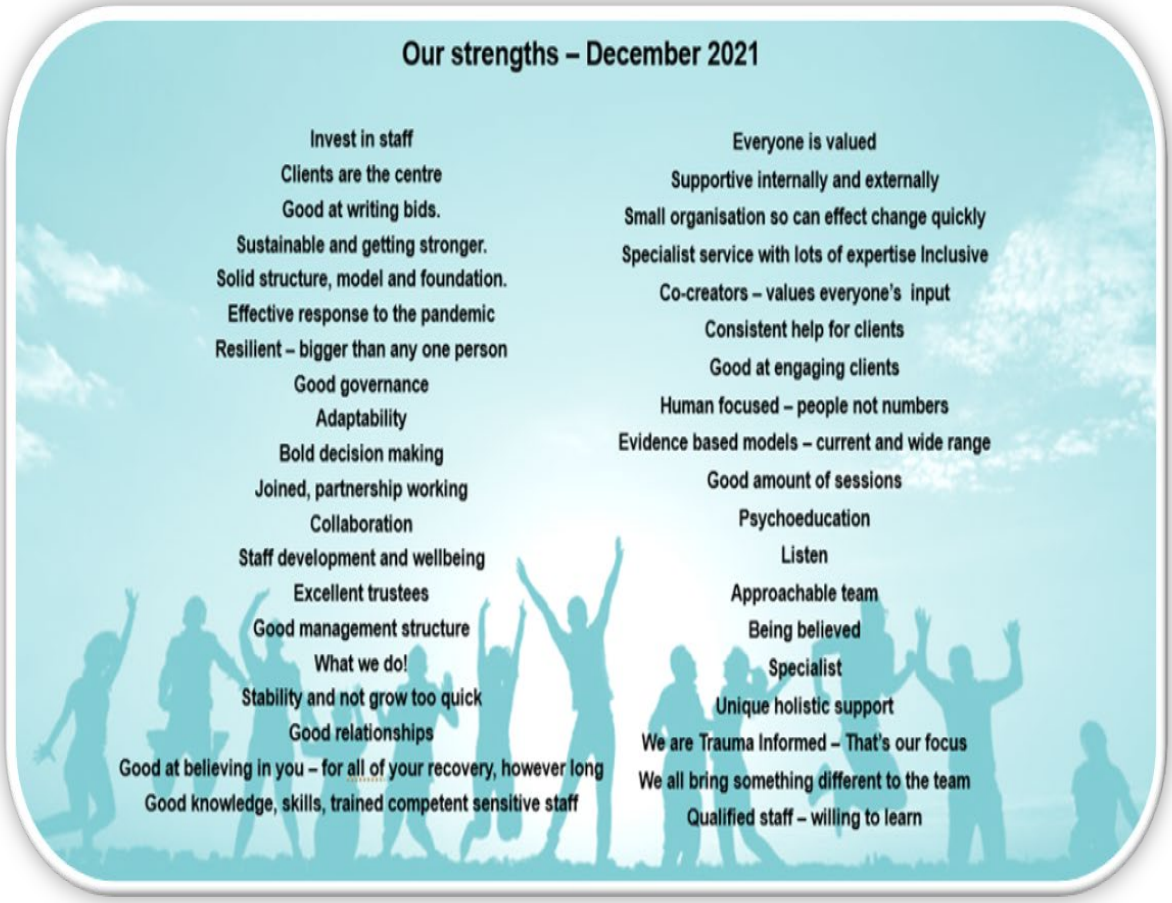
Cumberland Building Society, 38 Fisher Street, Carlisle, Cumbria, CA3 8RQ

Solicitors

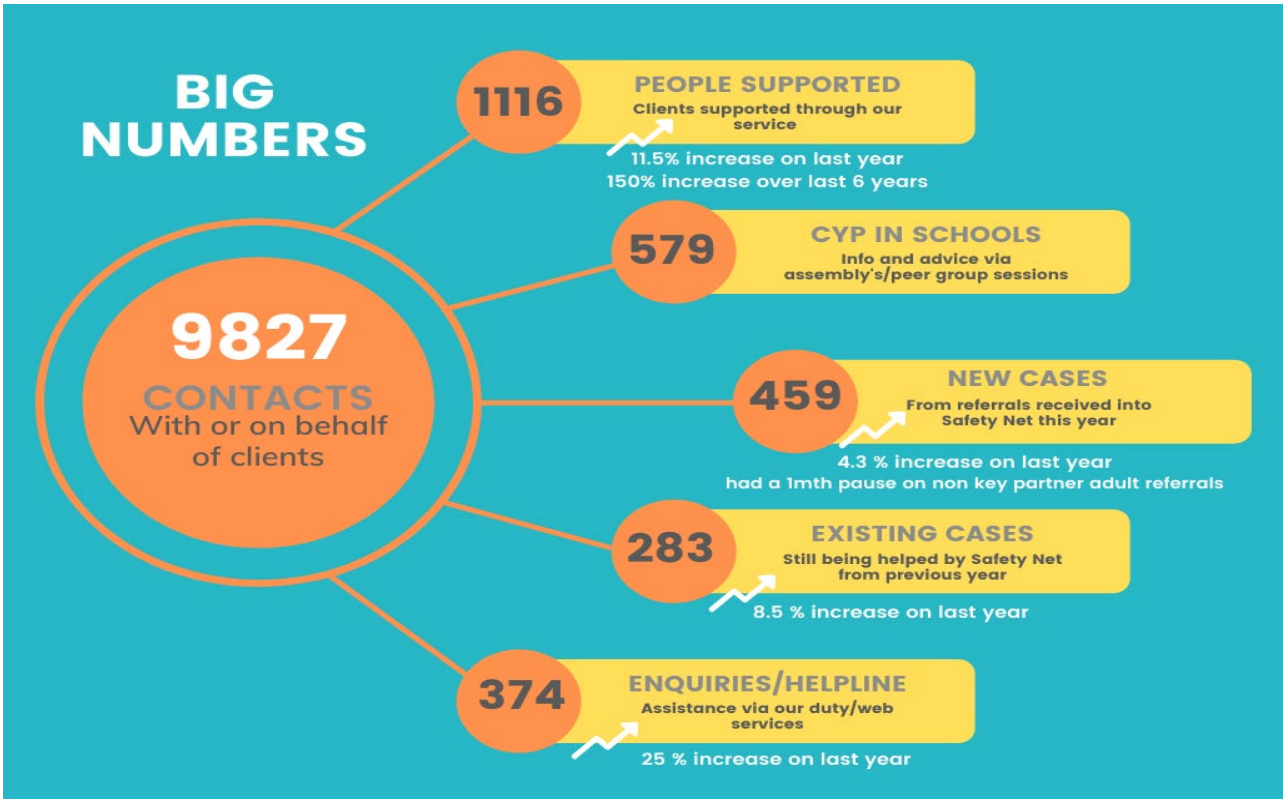
Burnetts, Victoria House, Wavell Drive, Carlisle, Cumbria, CA1 2ST

Our Strengths

In December 2021 we asked our trustees and the team what they thought our strengths were?



The year in summary: April 2021 – March 2022



CHAIR'S INTRODUCTION TO ANNUAL REPORT

I am proud to have completed my first year as Chair and would like to start by saying how honoured I was to assume this role following the excellent work done by our previous Chair, Chris Armstrong. During his years in office, he skilfully steered Safety Net through good and bad times, coping with the demands of the Covid crisis, providing support and guidance to all. I would like to extend my personal thanks and best wishes to him for all the help and wise counsel he has given me in assuming the role of Chair; he has left Safety Net in a very good place and will be a very hard act to follow.

This year has been marked by the slow recovery from the pandemic. It is clear that this will continue for some time as Covid continues to strike and outbreaks cause set backs on the road to normality. Safety Net has been able to adapt and change to face challenges which no one could have foreseen two years ago. Our delivery model has been altered to offer a mix of face to face and online assistance in accordance with our client's wishes; their feedback suggests that 60% prefer a combination of styles with a mix of both virtual and face to face sessions.

The theme of our annual report this year is "Making a Difference". By reflecting on the past and putting into practice the lessons we have learnt we are endeavouring to meet the challenges of the post pandemic era and make that difference to the community we serve. We have installed a new duty helpline, increased our pre-trial work, school pathways and have invested in improving our website to enhance our social media presence. Operating in a rural community we are acutely aware of the hidden minority who suffer in silence and actively seek out to help them through our engagement with marginalised groups. Our men's section has developed and become embedded over the year. As highlighted by our report we have provided wrap around support to 1116 clients this year. Despite these heavy demands I am pleased to note that feedback shows us that 77% of adults and 78% of children and young people have said that we have made a positive impact on their lives.

This could not have been done without the help and support of all those who work for Safety Net –Trustees, staff and volunteers in whatever capacity all share a resolute commitment to our vision.

This year we said farewell to three Trustees; Ron Wood who relocated to the North East on his retirement, Gio Maietta who has become a member of staff at Safety Net and Carol Green, a founder trustee who retired after many years in post. Their advice and help to the Board and all at Safety Net has been invaluable and I would like to thank them for giving their time and for their commitment. I am pleased to offer a warm welcome to three new Trustees; Vanessa Corbishley, Mark Hattrick and Kathryn Dixon, each bring a wealth of experience and I look forward to working with them over the coming years.

Good governance is fundamental to a charity's success; it enables and supports compliance with the law and relevant regulations and promotes a culture in which everything works towards fulfilling a charities vision. In December 2021 the Board adopted the Small Charities Governance Code to ensure that we are acting in line with best practice.

I hope that the changes we have made will place us in a much better place to face the challenges of the future. You will see from the report that demand for our services is at a record high and cases continue to rise, with a long waiting list for help. We are adapting our methods to ensure that by keeping in contact with those on the lists and by being flexible we can still provide interim care and help to them so that they do not feel forgotten.

I would like to thank all those who have contributed to Safety Net with grants, donations and the raising of money through events. As a charity we are dependant for financial support on their generosity and without this assistance we would cease to exist, leaving vulnerable adults and children and young people in North and West Cumbria without specialist support and therapy.

Finally, I would like to thank everyone who has worked with us this year; our staff and volunteers who continue to do so, sometimes in difficult circumstances when resources are tight, and our clients who place their trust in us to support them through really difficult times in their lives in the hope and expectation that Safety Net can and will make a difference.

In the words of Nelson Mandela, “We can change the world and make it a better place. It is in our hands to make a difference”. At Safety Net we commit to making that difference for all those we help.

L. M. Vance.



As the ‘Cumbria Rape & Sexual Violence Partnership’ with The Birchall Trust we received an award from the office of The High Sheriff of Cumbria citing “*The award recognises the great and valuable contribution to enhancing the life of your community and* ***making a difference*** *to people’s lives”*.

Helen, one of our therapists accepting the award.

One of our Fundraisers



OUR VISION, MISSION AND VALUES

Our Vision

Our vision is for communities free from abuse.

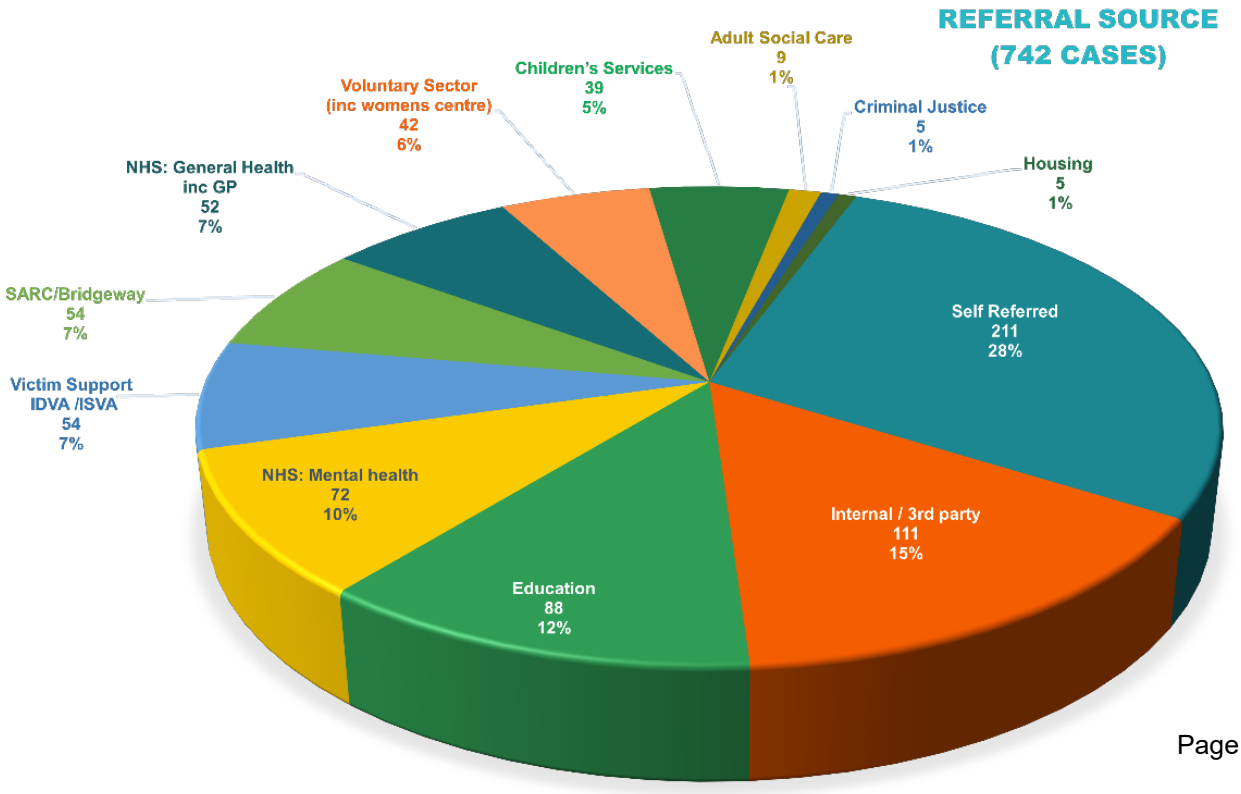
Our Mission Statement

Safety Net supports those affected by rape, exploitation, sexual and domestic abuse across North and West Cumbria. We offer advice, support, therapy and a safe space to help people recover from the trauma of abuse.

Our Values



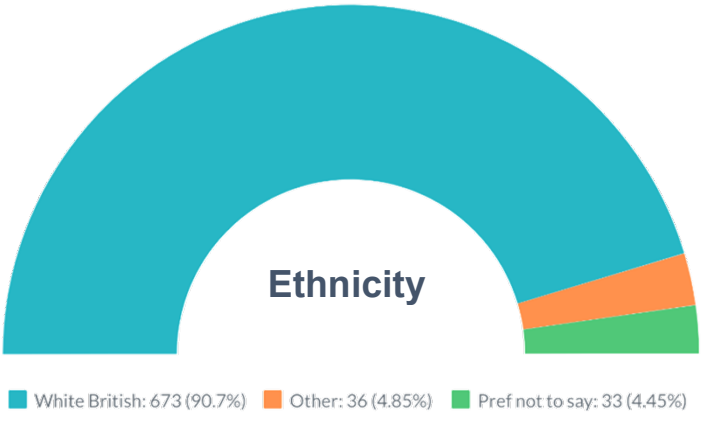
OUR WORK

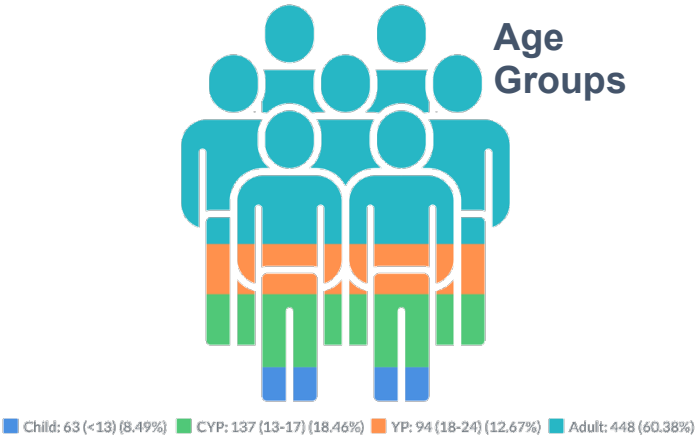


Delivery

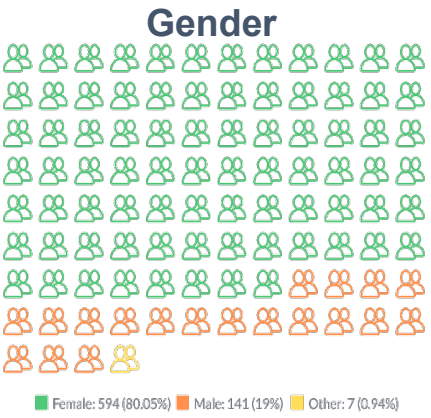
Our core service takes a holistic, and trauma-informed approach, we often work with whole families to help them understand both the impact of trauma and what the individual needs from them in order to recover.

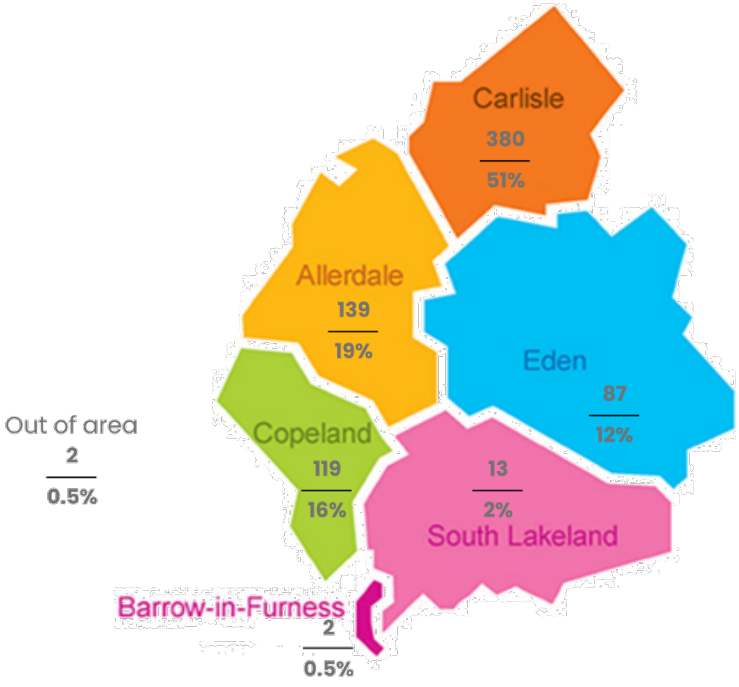
We are an organisational member of British Association for Counselling and Psychotherapy (BACP) and work within the BACP ethical framework, therapists are accredited to BACP or equivalent and we are also Members of The Survivors Trust, a national sexual abuse umbrella organisation. All our work takes place in psychologically-informed environments, designed to put our clients at ease.





The demographics haven't changed that much from last year.





We deliver services across Cumbria. Primarily Allerdale, Copeland, Carlisle and Eden with some domestic abuse work in the south of the county and some in the border region.

Our model of working; how we achieve our objectives

Tier 1: Immediate information, advice, and advocacy

Providing advice around court procedures, pre-trial advice and support, linking you in with and liaising with other agencies and services, as well as advice and support to professionals and family members (up to 3 sessions).

Tier 2: Short term, trauma-informed stabilisation work

As well as practical support with housing, benefits, court procedures and your health needs, our specialist practitioners can provide strategies to improve your safety and ability to cope. This can include mindfulness, relaxation, sleep and self-care techniques, as well as psycho-educational work on the impact trauma has on the brain and on the body (up to 12 sessions on average).

Tier 3: Longer term counselling and therapeutic support

We have a team of specialist trained therapists and counsellors who work within a trauma-informed model. Our counsellors and therapists provide a safe, trusting, non-judgemental and confidential space where you can build a therapeutic relationship with your counsellor to explore how your trauma is impacting your life now. The duration of this support is adjusted according to need (max of 20-25 sessions on average).

Tier 4: Recovery community and relationship building

We work in partnership with other charities, groups, gyms and clubs to support integration back into the community, helping you to build social networks and relationships. We also have peer mentors and befrienders to support you when you have finished therapy or support at Safety Net. Our work in this area includes an arts and crafts group, and a specific men's group, managed by volunteers, many of whom have been clients.

Training, education and awareness raising

Increased awareness of the psychological and emotional impact of domestic violence and sexual abuse through education and training.



Case Studies

Maya's story

Maya was a vulnerable young woman with a complex past. As a child she had endured Female Genital Mutilation (FGM) and enduring childhood sexual abuse, she had been shunned by her family. After moving to the UK, she experienced another abusive relationship, involving both rape and domestic abuse, and her two youngest children were taken into care. All of this left Maya struggling with Post Traumatic Stress Disorder (PTSD) symptoms, depression, guilt, shame plus very low feelings of self-worth.

Sessions explored these feelings of intense guilt and sadness, how she punished herself further by avoiding eating and self-care, and how this was counterproductive to her overall goals. We worked with the domestic abuse she had experienced, looking at the controlling dynamics of domestic abuse and how it can leave victims feeling helpless without their abusers, and unable to consider a life without them. We looked at her own anxieties that had built up as a parent, which were exacerbated by both the family court process itself, as well as her ex's criticism of her parenting.

Hannah's story

Hannah is a 13-year-old who had witnessed domestic abuse between her Dad and Mum from an early age, she still has some contact with Dad. Hannah was referred into Safety Net by the local authority Child and Adolescent Mental Health Service (CAMHS). When Hannah came to Safety Net, she was anxious, and she had high scores on the trauma symptom check list, and she was really struggling with going to school. She was terrified of getting anything wrong, so much so that she couldn't engage in what was happening around her, or the work she was being asked to do.

We started 1:1 Zoom sessions with Hannah during the pandemic which moved into 1:1 face to face sessions later on. Mum attended some of the sessions with Hannah and we also supported Mum. Hannah was very quiet and reserved on the calls, and she often found it easier to use the chat function than to speak to the camera, or to speak 'through' her teddies and soft toys. We used the whiteboard on Zoom to draw pictures together, but Hannah found it extremely difficult to even put one mark on the board. Our work with Hannah was specifically to provide her with the skills to cope with school and the family dynamics with seeing her Dad, and she said that she had found these sessions useful.

It was clear to our team that there were other issues affecting Hannah, so with our support, her Mum put her forward for an autism assessment. Hannah was given a diagnosis of autism, whilst this made sense to her Mum, it understandably left Hannah feeling very anxious.

Hannah is now receiving specialist support from CAMHS and her Mum is planning to refer her back to Safety Net to work on the trauma in the future. Hannah's Mum was really happy with the support she received from Safety Net, in particular, she found it really helpful to gain an understanding of the impact of trauma on the brain and the dynamics of domestic abuse. Her Mum is now able to separate which of Hannah's behaviours are a trauma response, and which are due to her autism diagnosis. Hannah's Mum can now communicate better with her, and she understands why she behaves in certain ways and also how to respond to avoid an escalation. Finally, her Mum has stopped blaming herself for the impact of the abuse on Hannah, and she no longer feels like "*a bad parent*".

What our clients say

Excerpts from some of our feedback forms:

I've absolutely loved my time with Safety Net. My counsellor is a very kind and caring person and I felt like I was listened to but also that she was honest with me when she needed to be which is fantastic. I feel like I really am a different person from when I started my time with her. It's been a very wholesome experience. I would highly recommend people use this service.

I was never made to feel judged which was a huge weight off my shoulders.

Overall, between initial contact with Safety net and actually beginning Counselling took a long time but I was appreciative of the intermediate contact given to me whilst awaiting my counselling to commence.

Safety net helped all of my family, they have helped us all move forward and live with the sexual abuse my daughter suffered by a family member.

I am very grateful to have had the chance to work through my trauma and understand it more. Although anxiety is still quite high it pre-dates the trauma. I felt understood, valued, believed and listened to throughout the whole process.

The support was done without overwhelming me with too much information or handouts. During Covid I feel as though I've been able to keep my head above water due to my phone calls.

This has been a superb experience. I was tentative because my experiences were so long ago, and my memories have been repressed, but I genuinely felt heard and believed when I contacted Safety Net.

Everything was explained clearly to me, whether that was in the initial assessment, or during therapy sessions. I felt heard, and able to make sense of my trauma and how it had affected me.

I found my therapist non-judgemental and very understanding. He gave me explanations such as Stockholm syndrome which helped me to understand why I felt compelled to defend my abuser. I enjoyed the inner child work and still talk to my photo of me at 5 years old. This has really helped me to heal and become strong. I really appreciate your organisation helping me when the extremely violent abuse I suffered was forty years ago. Thank you.

Safety Net did not have to do much to improve on my experiences with other services, but you have surpassed my expectations. I was listened to and believed with compassion and understanding.

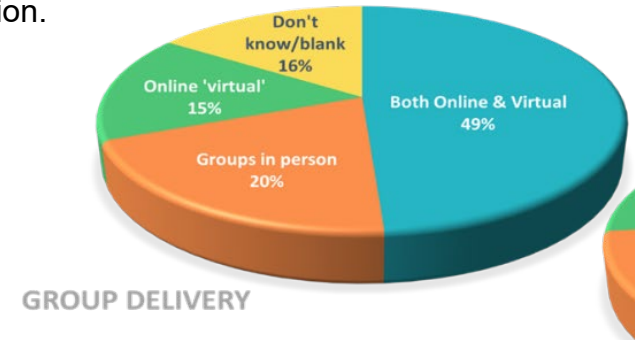
I just wanted to say a massive thank you to my counsellor for his support and kind genuine manner. Along with the more recent issues he has helped me deep dive into old traumas and find resolution, I finally have understanding and have now moved past some things that have held me back for years.

OVERVIEW AND ACHIEVEMENTS

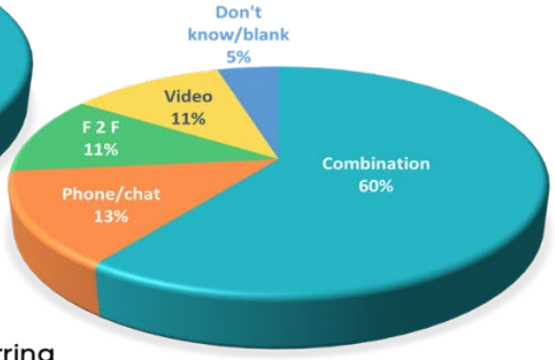
COVID Legacy

As restrictions have lifted, we have flexed and adapted our service delivery to meet the needs of our clients. The pandemic and our online work has also driven many positive changes to our service delivery, many of which are here to stay. We have been able to:

- Offer flexibility – with a mix of online and face to face work.
- Improve accessibility to our most vulnerable clients.
- Extended services to those in the most remote parts of the county.
- Offer regular sessions to those service users with disabilities who often find it hard to get to our offices.
- Reduced travel time has increased the number of sessions we can provide.
- Reduced our office overheads.
- Reduced travel costs for staff and clients.
- Reduced our carbon footprint.
- Embedded effective communication across the team including daily briefings, weekly online meetings.
- Embedded wellbeing and team support and an increase line management and clinical supervision.



GROUP DELIVERY

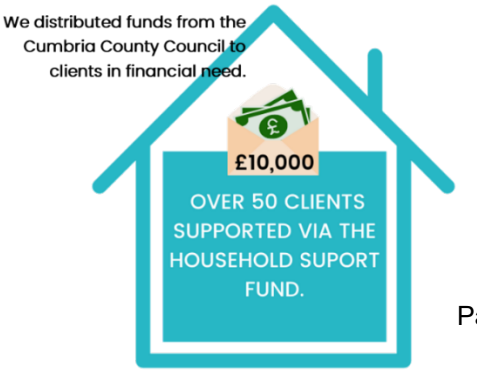


SESSION DELIVERY

A combination of styles seems to suit our clients better, with over 60% overall preferring a mix of both online and virtual methods of delivery.

Key successes

- We can demonstrate positive outcomes and have excellent client and professional feedback. 77% of adults and 78% of Child & Young Person (CYP) clients showed improvements on wellbeing scores, 81% of adults improved on trauma scores and 64% of CYP.
- We continue to provide wrap around support with– 9827 contacts across all services. Staff have supported clients with benefits, housing needs, more complex mental health needs, food bank referrals. We have supported 384 people via our new duty/helpline service with a range of enquiries and have employed a new Duty and Assessment Worker to manage this service.



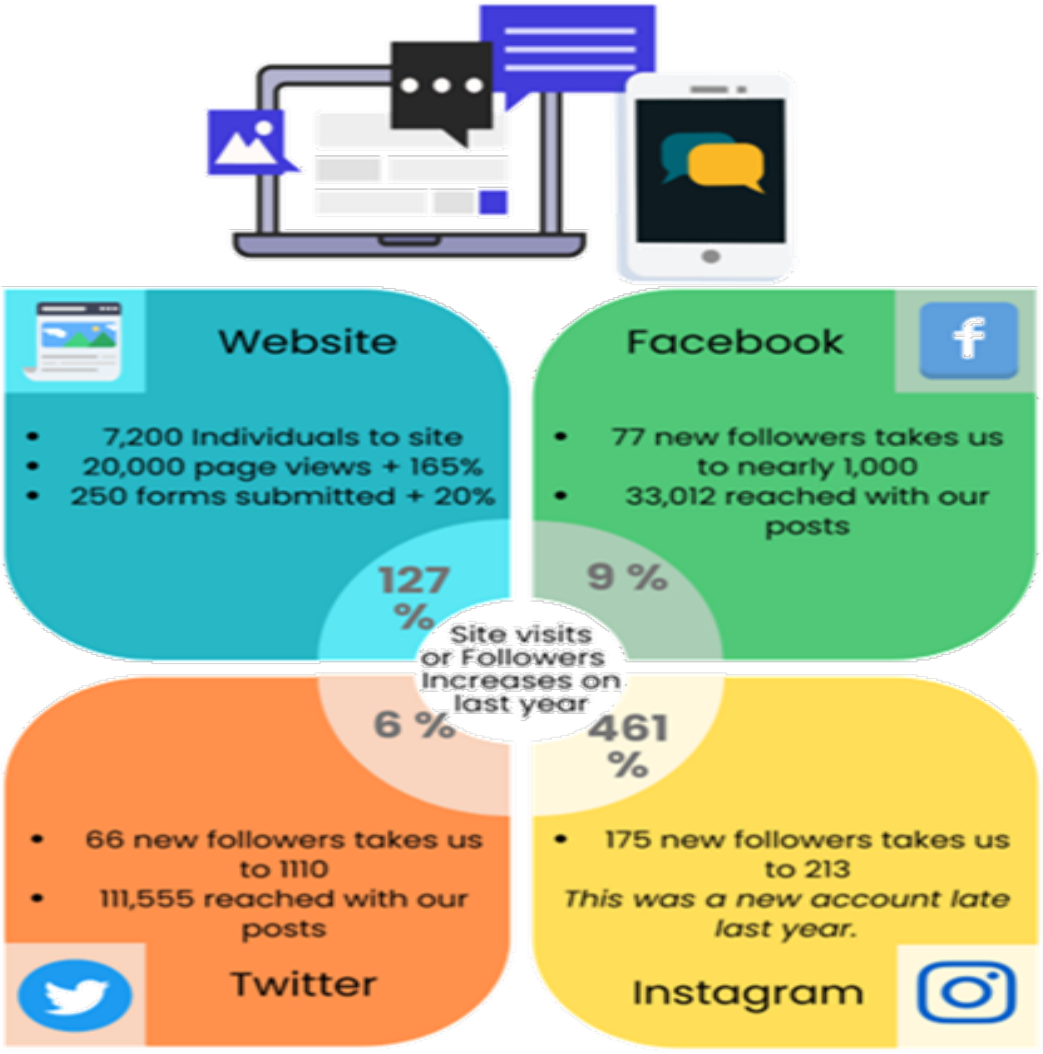
- We have two practitioners training as counsellors in psychotherapy, one as a cognitive analytic therapist, and another two starting in September 2022. Two of the team are also starting McKenzie Friend Training to provide our family court base support.
- We have a multi-disciplinary team consisting of social workers, mental health workers as well as therapists, play therapists and equine therapist.
- We have been able to take a social work student, supporting our vision of a trauma informed society.
- As restrictions have lifted, we have flexed and adapted our service delivery to meet the needs of our clients. We offer a mix of online and face to face work which has improved accessibility to our most vulnerable clients, extended services to those in the most remote parts of the county. We offer regular sessions to those service users with disabilities who often find it hard to get to our offices.
- This year we have recruited a team of volunteers supported by a dedicated coordinator, we are developing support and services delivered by our volunteers including befriending, peer mentoring, a men's group, craft groups, and walking leaders.



WEBSITE AND SOCIAL MEDIA

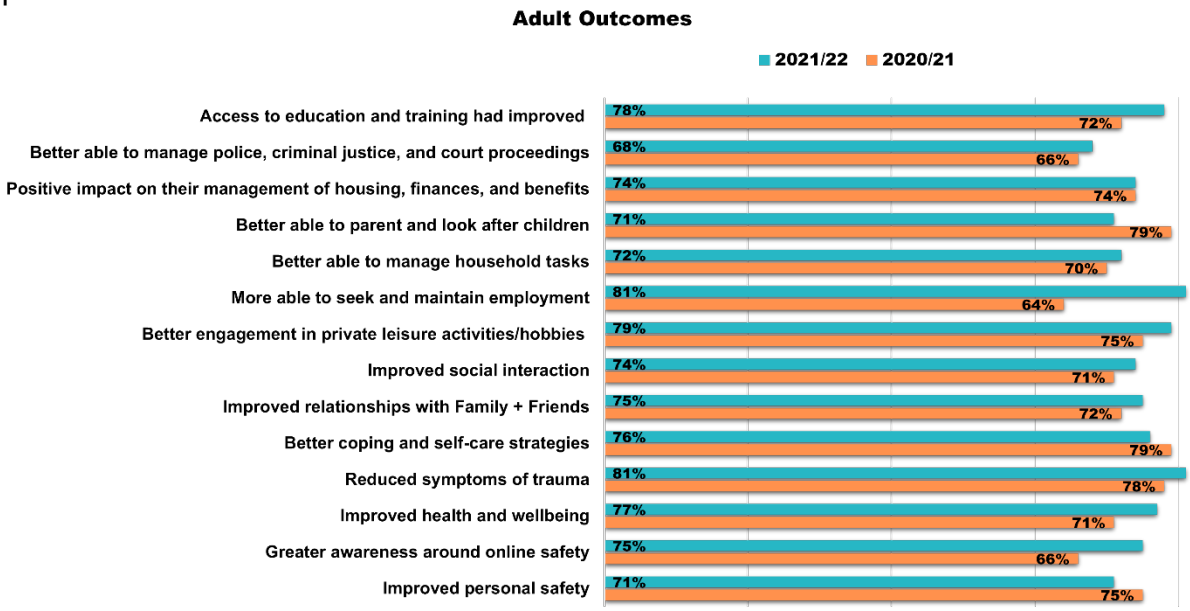
- We have improved our website so that we can deliver tools and resources to those who need it.
- Our contact pages provide another format that the community can use to contact us.
- Our social media presence and content has greatly increased our reach to our communities.

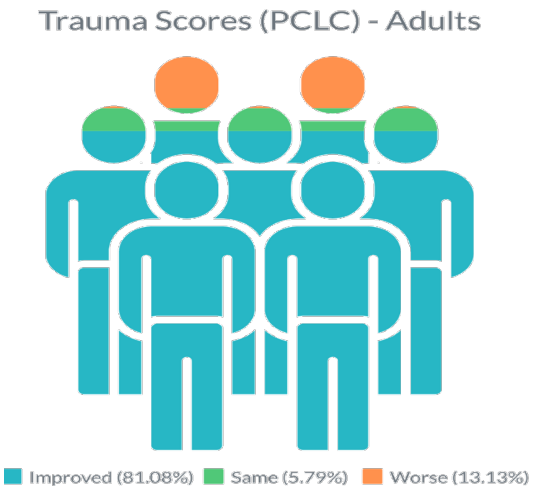
Website: www.safetynetuk.org/
LinkedIn: www.linkedin.com/company/safety-net-uk
Facebook: www.facebook.com/safetynetnorth
Instagram: www.instagram.com/safetynet_uk/
Twitter: twitter.com/safetynetnorth

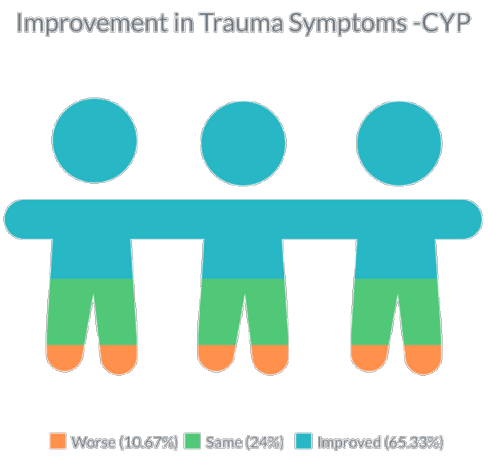


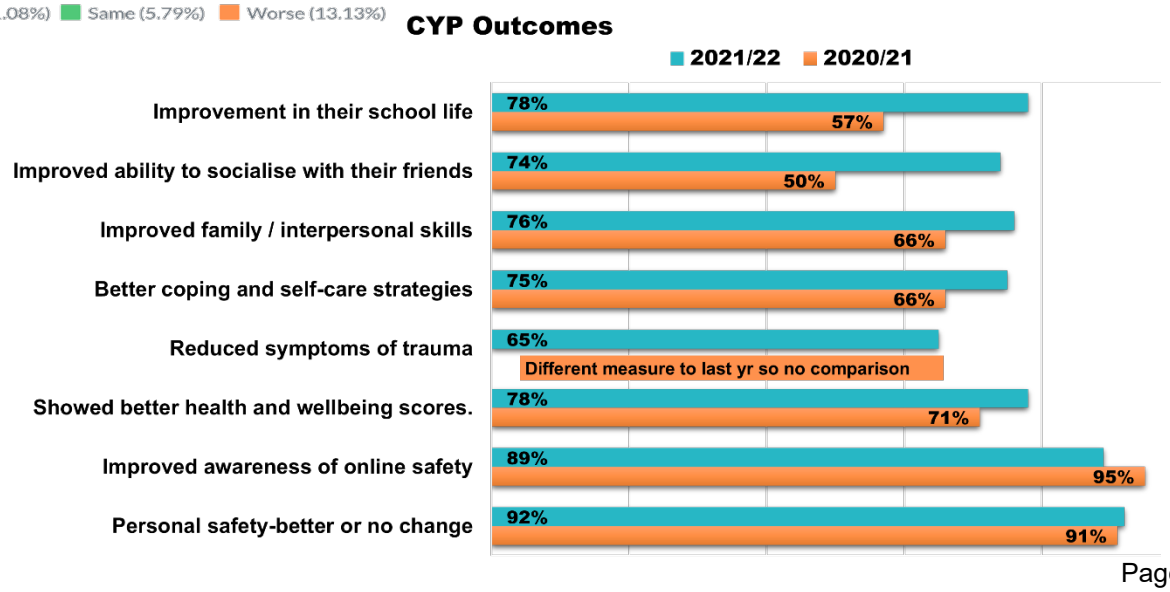
OUR OUTCOMES

Despite the uncertainties caused by the pandemic we can demonstrate improvements across all outcome scores, with clients improving in all health and trauma scales. 77% of adults and 78% of CYP clients showed improvements on wellbeing scores, 81 % of adults improved on trauma scores and 64% of CYP. We also know the risk has increased for many CYP and additionally that their mental health has suffered, 64% of CYP showed improvement in trauma scores compared to 81% of adults.









STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The charity existed as Safety Net Advice and Support Centre for thirteen years but changed status from an unincorporated association to become a Charitable Incorporated Organisation on 16 January 2017. This new entity, Safety Net (UK), has a legal identity and the ability to conduct business in its own name. The Trustees and senior management team regularly review the charity's governance, and its policies and procedures, on a rolling programme.

Method of appointment or election of Trustees

Safety Net has a balanced board of seven Trustees who have a range of relevant skills and experience. The strategic management and oversight of the charity is the responsibility of the Trustees, who are elected or co-opted by the Trustee Board. Recent appointments have addressed skills gaps, particularly in the areas of marketing, business development and planning. Furthermore, the Trustees have identified diversification of the demographics of the Board as an area for further development.

Policies adopted for the induction and training of Trustees

Safety Net has an agreed staff and Trustee induction policy and checklist and provide induction training and ongoing staff/Trustee development days. We have a staff/Trustee policy handbook which is updated on a rolling basis. The charity has an annual strategy day, and biannual staff/Trustee training sessions.

Pay policy for staff

We agreed pay scales and in 21/22 we have implemented a new pay structure to ensure we remain competitive which will enable us to recruit and retain staff and provide development and training pathways.

Organisational structure and decision-making

The strategic management and oversight of the charity is the responsibility of the Trustees. We have recently reviewed our structure and divided the Chief Officer functions into Head of Operations, Head of Strategy and Development and Head of Clinical Practice who attend Trustees Board Meetings. Each Trustee has responsibility for a defined area of Safety Net's activity and is available to senior management for consultation and advice.

Delivering public benefit

Safety Net's objectives and activities fully reflect the purposes of the charity. There is an inherent public benefit in raising public awareness of the extent of rape, sexual assault and all forms of abuse against children and adults of all genders, so they feel able to talk about their experiences, seek help and access appropriate support. The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and comply with this guidance.

RISK MANAGEMENT

The following have been identified by Safety Net Trustees as the key risks facing the charity. Our full risk assessment is reviewed at every meeting.

Risk:	Managed by:
Loss of significant funding	• We work hard to develop and maintain a diverse funding mix. • We have insight of changing political priorities and how we can influence and access service delivery and funding. • Developing our community fund-raising capacity after lockdown is important. • Our reporting to existing funders and commissioners is of a consistently high standard. • Senior staff are identifying and pursuing new income streams and diversification opportunities in this changing landscape.
Loss of key staff	• Safety Net invests in its staff team, with regular reviews for skills gaps, succession planning, personal and professional development. • We have an excellent support and supervision structure, to assist staff with increasingly complex cases and demands. • We have excellent levels of staff retention – with staff engagement surveys, flexible working, and follow-on actions plans. • We have an experienced bank pool of freelance therapists.
Competition from other providers	• We are uniquely positioned working as we do with all genders and ages, across all forms of domestic and sexual abuse. • We have a flexible delivery model with increased outreach via remote service delivery. • We are always over-subscribed; we work in a field where there is no shortage of need. • Our schools project can restart providing vital support for staff and school children.
Damage to reputation	• We have comprehensive policies and procedures which are live documents, supporting and structuring our day-to-day work. • We have an experienced and knowledgeable Board who know the organisation well and take an active governance role. • We have dedicated specialists in health and safety and safeguarding. • We regularly review internal and external safeguarding policies, procedures, and training to ensure compliance and best practice. • We work within BACP ethical frameworks to ensure a quality service.
Impact of Covid-19	• We have regular communication with all staff and the Board covering operational requirements, financial implications, and staff wellbeing issues. • We are following government guidance on safely returning to work, whilst building service resilience for any future outbreaks. • Children and young people referrals are increasing since schools have opened, we are recruiting and training to meet demand.

OUR CHALLENGES

- Our team is always working at capacity so if we have sickness in the team or a member of staff leaves there is no give in the system which adds pressure to the whole team. Covid is still affecting staff and clients, placing additional strain on our service.
- Recruitment takes longer than notice periods which has an impact on the team and waiting lists There is a noticeable shortage of highly qualified adult and children and young people therapists in Cumbria, exacerbating an already difficult recruiting situation.
- We lost 6 weeks staff time last year due to COVID.
- Our waiting lists are currently longer than ever with some clients waiting 6-12 months to access services, this has put additional stress on the clients and the team.
- The potential of stress and burnout to staff, especially when working at capacity remains a real challenge. We have invested in staff wellbeing ensuring effective communication and support for all staff and volunteers, including additional clinical supervision, line management and flexible working, and have together developed a staff charter.
- Crisis services have been pushed over the last 2 years and clients are being referred on to recovery support too early, the number of clients with complex needs continues to increase.
- Increasing number of pre-trial clients. With courts being shut and now having a back log of cases - cases are taking much longer to get to court, clients need more sessions and support post trial.
- The pandemic has reduced substantially our community fundraising plans, training and group work during 2021-22, the plan is to develop this area of work in 22-23, in partnership with The Birchall Trust.
- We paused our schools work during most of 2021-22, we have re-opened the schools pathways and 1;1 work in schools from October 21 .
- Monitoring and applying for funding is more competitive and very time consuming which is putting a huge amount of pressure on managers and operational support.
- Increased staffing/ overhead costs - NI has increased and overheads by at least 1/3. We have around £2000 per start-up costs for each new member of staff.

OUR FUTURE PLANS

Our future plans 2022

2019-22 have been unprecedented years, we have learnt a great deal, re-shaped delivery, reviewed how we operate, survived, grown and developed despite many obstacles. During 2020-21 we embedded our new structure and began to recover from the global pandemic and the impact this had on our clients, the team, and the wider service. We now want to plan and look to the future.

Many of our goals are not new, they have been embedded over the seven years since we trialled our model and way of working with the support of key funders who believed in the services we offered.

Our key outcomes are outlined below. To shape our plans, we have had a series of sessions with Trustees, staff and volunteers and have asked our service uses how best they would like to see services delivered. These goals form the basis of our strategy for the next 3 years 2022- 2025. Each area will be supported by an operation/project plan.

Our main goals

1. **Ensuring effective governance and financial management to support and the long-term sustainability of the service:**
   - Strong governance and effective leadership and a skilled board that includes those with lived experience of domestic and sexual abuse.
   - We will keep up to date with national, regional, local strategy and how it might inform service delivery and funding.
   - We aim to achieve The Survivors Trust Quality Mark.
   - Embed a funding strategy that includes mixed income generation including longer term contracts and trust and foundation funding and community fundraising and training income streams.
   - Increase income generation from community fundraising / training - with an aim of increasing to around 5-10% of total income.
   - Find a greener building/headquarters.
   - Continue to increase profile and reach via our website and social media platforms.

2. **To keep challenging ourselves and to embed a culture of continuous improvement and development by**:
   - Making sure clients voices are heard.
   - Embed training and CPD and Learning and development pathways.
   - Retention and recruitment of staff – We will continue to support internal staff training and CPD by implementing a full training programme and by supporting individual training requests based on our annual appraisal process.
   - Commitment to staff wellbeing.

3. **To work in partnership to deliver high quality trauma informed and accessible services**:
   - Identify emerging gaps.
   - Offer a mix of online / face to face work . Based on a client survey move towards 50/50 mix of online and face to face work.
   - Supporting marginalised groups.
   - Embed our duty and assessment service – including short term interventions, information and advice and helpline for both clients and professionals.
   - Develop and expand our group work.
   - Embed our Tier 4 support – Volunteers / reintegration back into the community work - More peer led 1:1 group work, befriending, peer support and other volunteer opportunities.
   - Develop of prevention work - working in more schools providing peer support / 1:1 support for CYP, staff and professional support and training.

4. **To be a Centre of Excellence: In partnership with The Birchall Trust, be recognised strategic leads for trauma informed support and therapy services for domestic and sexual /domestic abuse across Cumbria:**
   - Raising our profile and reach.
   - Working in partnership.
   - Influence policy and strategy in Cumbria, regionally and nationally.
   - We will continue to work in partnership to ensure that sexual violence and abuse remains a priority on the strategic agenda in Cumbria.

INVESTMENT POLICY

Safety Net holds all funding in two accounts with the Cumberland Building Society and relies on a mixture of grants, donations, contracts and local fundraising for income.

FINANCIAL REVIEW

Expenditure

The year started with an opening reserve balance of £292.03k of which £167.6k were restricted funds (previous year £255k with £159.2k restricted funds).

For the year to 31 March 2022 the excess of income over expenditure stood at just under £98.4k. The closing reserves stood at £390.5k of which £249.4k were restricted, leaving an unrestricted carry-forward reserve balance of £141.1k which is just over 25% of the annual expenditure for the year just ending.

Going concern

For the year to 31 March 2022 the staff and management ensured the provision of services continued without interruption, using technology and remote access, they met the needs of their clients. During this period, the fundraising team continued securing funds to support the remote working of all 19 staff, without a need to rely on the brought-forward reserves to support the charitable activities for the year. Considering the level of reserves and some of the recent successful grant applications, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Funding

- Ministry of Justice (MOJ) and Police and Crime Commissioner (PCC) contracts represented 57% of our total income in 2021/22, we were fortunate to have received an additional £38,660 to support our men's work across the county. The remaining 43% was made up from grants from trusts and foundations. Our community fundraising element in 2021/22 was still small due to COVID restrictions, we did have one big Murder Mystery event in November 2021 which raised over £3,000. We will start to increase and develop our community funding stream in 22-23 as restrictions are eased, with an aim of increasing to around 5-10% of total income.
- We have identified our financial needs over the next three years for our current practice. Safety Net has secured funding of around 95% of its core activity for 2022/23. We do have challenges ahead to overcome in that our commissioned services, with the MOJ and PCC, will be coming to an end in 2024, re-commissioning of these services will start in November 2023. We have a small shortfall for 2022/23 but we have applications in progress to address this. We also apply to smaller trusts and foundations to support project work.
- We will continue to work with the sector to pressure commissioners and funders to provide longer term funding to provide stability, sustainability and security for our staff team. Without this we are always at risk of losing staff who we have already invested in with training and development.

Reserves Policy

It is our intention to maintain the level of unrestricted funds balance of no less than 25% of the total annual operating costs.

Public benefit

The Trustees have considered the guidance issued by the Charity Commission in respect of public benefit and believe that the operations and activities of the charity comply with this guidance.

OUR TRUSTEES AND TRUSTEES' RESPONSIBILITIES STATEMENT

Our Trustees are named in the '**reference and administrative details of the charity, its Trustees and advisers'** section at the beginning of this report. Please check out more about them on our website www.safetynetuk.org/

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Current law requires the Trustees to prepare financial statements for each financial year. Under current law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material
- departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. 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 order of the members of the board of Trustees and signed on their behalf by:

L M Vance

Ms L M Vance
(Chair of Trustees)

Ade Kevern

Ade Kevern
(Trustee)

Date approved: 15/11/22

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Independent examiner's report to the Trustees of Safety Net (UK) ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the period ended 31 March 2022.

Responsibilities and basis of report

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 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 Association of Chartered Certified Accountants, 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 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the CIO and the Charity's Trustees as a body, for my work or for this report.

Signed: Karen Rae Dated: 5 December 2022

Karen Rae FCCA

Armstrong Watson Audit Limited Carlisle

SAFETY NET

(A Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES

(INCORPORATING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2022

The notes on pages 26 to 43 form part of these financial statements.

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	*Total funds 2021 £*
Income from:					
Donations and grants	3	**24,249**	**636,626**	**660,875**	*566,468*
Charitable activities	4	**20**	**-**	**20**	*13,842*
Fundraising	5	**7,645**	**3,200**	**10,845**	*32,300*
Investments	6	**112**	**-**	**112**	*98*
Other income	7	**-**	**-**	**-**	*4,699*
Total income		**32,026**	**639,826**	**671,852**	*617,407*
Expenditure on:					
Raising funds	8	**15,397**	**-**	**15,397**	*17,634*
Charitable activities	9	**-**	**557,976**	**557,976**	*537,776*
Total expenditure		**15,397**	**557,976**	**573,373**	*555,410*
Net movement in funds		**16,629**	**81,850**	**98,479**	*61,997*
Reconciliation of funds:					
Total funds brought forward		**124,481**	**167,553**	**292,034**	*230,037*
Net movement in funds		**16,629**	**81,850**	**98,479**	*61,997*
Total funds carried forward		**141,110**	**249,403**	**390,513**	*292,034*

The Statement of financial activities includes all gains and losses recognised in the period.

SAFETY NET
(A Charitable Incorporated Organisation)
REGISTERED NUMBER: CE005945

BALANCE SHEET AS AT 31 MARCH 2022

The notes on pages 26 to 43 form part of these financial statements.

	Note		2022 £		2021 £
Fixed assets					
Tangible assets	13		**4,025**		*5,367*
			4,025		*5,367*
Current assets					
Debtors	14	**61,682**		*36,436*	
Cash at bank and in hand		**365,644**		*274,455*	
		427,326		*310,891*	
Creditors: amounts falling due within one year	15	**(40,838)**		*(24,224)*	
Net current assets			**386,488**		*286,667*
Total assets less current liabilities			**390,513**		*292,034*
Total net assets			**390,513**		*292,034*
Charity funds					
Restricted funds	16		**249,403**		*167,553*
Unrestricted funds	16		**141,110**		*124,481*
Total funds			**390,513**		*292,034*

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

L M Vance

.....

Ms L M Vance

(Chair of Trustees)

A Kevern

.....

Mr A Kevern

(Trustee)

Date: 15/11/22

SAFETY NET

(A Charitable Incorporated Organisation)

STATEMENT OF CASH FLOWS

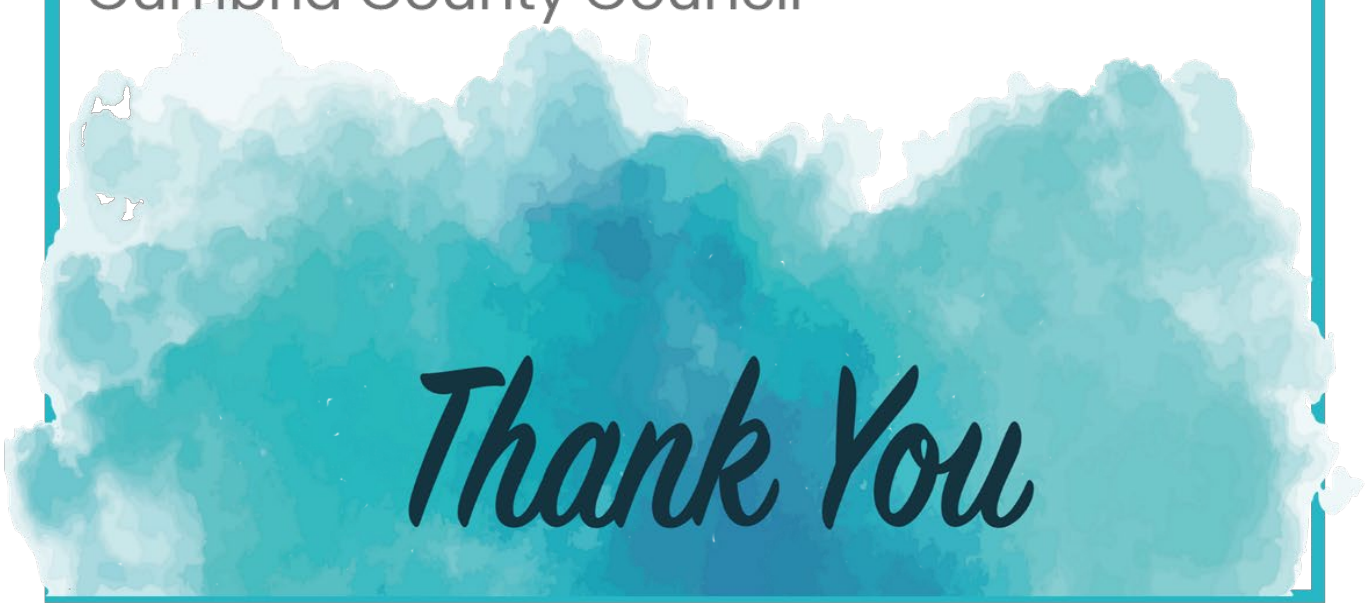
FOR THE YEAR ENDED 31 MARCH 2022

The notes on appendix 1 pages 26 to 43 form part of these financial statements.

	Note	2022 £	*2021 £*
Cash flows from operating activities			
Net cash used in operating activities	19	**91,189**	*99,909*
Cash flows from investing activities			
Net cash provided by investing activities		**-**	*-*
Cash flows from financing activities			
Net cash provided by financing activities		**-**	*-*
Change in cash and cash equivalents in the period		**91,189**	**99,909**
Cash and cash equivalents at the beginning of the period		**274,455**	*174,546*
Cash and cash equivalents at the end of the period	20	**365,644**	*274,455*

THANK YOU TO ALL OUR MAJOR SUPPORTERS AND FUNDERS

Office of Police and Crime Commissioner
Ministry of Justice
Big Lottery Fund
BBC Children in Need
Cumbria Community Foundation
Francis C Scott Charitable Trust
Garfield Weston
Lloyds Bank Foundation
Copeland Community Fund
Family Wellbeing (Funded by Sellafield)
The Henry Smith Charity
Cumbria Youth Alliance
Cumbria County Council



NOTES TO THE FINANCIAL STATEMENTS

SAFETY NET (UK)
(A Charitable Incorporated Organisation)
FOR THE YEAR ENDED 31 MARCH 2022

1. General information

The Charity is a Charitable Incorporated Organisation. The members of the charity are the Trustees named on page 2. In the event of the charity being wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The principal activity of the charity is to provide support to those affected by rape, exploitation, sexual and domestic abuse across North and West Cumbria.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Safety Net (UK) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.3 Expenditure

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. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2. Accounting policies (continued)

2.4 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.5 Tangible fixed assets and depreciation

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities incorporating income and expenditure account.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, on a reducing balance basis.

Depreciation is provided on the following basis:

Office equipment	- 25% Reducing Balance

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

2.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.8 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2. Accounting policies (continued)

2.10 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.11 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the period.

2.12 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and grants

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Donations			
Other	4,899	-	**4,899**
Grants			
BBC Children in Need	-	17,264	**17,264**
National Lottery Award for All	-	10,000	**10,000**
Ministry of Justice	-	224,462	**224,462**
Francis C Scott	-	17,000	**17,000**
Lloyds Bank Foundation	-	25,000	**25,000**
Henry Smith Charity	-	40,000	**40,000**
Copeland Community Fund	-	21,342	**21,342**
CCF/ Sellafield Family Wellbeing	-	33,600	**33,600**
Cumbria County Council/ COMF/ MHCLG	-	81,688	**81,688**
PCC Cumbria	-	135,870	**135,870**
PCC Cumbria Survivor Research	-	22,000	**22,000**
CCC Household Support Fund	-	900	**900**
Coronavirus Grants	-	2,500	**2,500**
Edward Gostling Foundation	-	5,000	**5,000**
Small grants under £5,000	4,000	-	**4,000**
HQ Central	15,350	-	**15,350**
	24,249	636,626	**660,875**

3. Income from donations and grants (continued)

	Unrestricted funds 2021 £	*Restricted funds 2021 £*	*Total funds 2021 £*
Donations			
Other	*888*	-	*888*
Grants			
BBC Children in Need	-	*33,864*	*33,864*
Garfield Weston	-	*25,000*	*25,000*
Ministry of Justice	-	*136,080*	*136,080*
Henry Smith Charity	-	*40,000*	*40,000*
Lloyds Bank Foundation	-	*25,000*	*25,000*
PCC Cumbria	-	*133,225*	*133,225*
Coronavirus Grants	-	*172,411*	*172,411*
	888	*565,580*	*566,468*

4. Income from charitable activities

	Unrestricted funds 2022 £	**Total funds 2022 £**
Income from charitable activities - Recovery services for those affected by rape or sexual abuse	20	**20**

	Unrestricted funds 2021 £	*Total funds 2021 £*
Income from charitable activities - Recovery services for those affected by rape or sexual abuse	*13,842*	*13,842*

5. Income from other trading activities Income from fundraising events

	Unrestricted funds	Restricted funds	Total funds
	2022 £	2022 £	2022 £
Fundraising	7,645	3,200	**10,845**

	Unrestricted funds 2021 £	*Restricted funds 2021* £	*Total funds 2021* £
Fundraising	*26,800*	*5,500*	*32,300*

6. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £
Bank interest receivable	112	**112**

	Unrestricted funds 2021 £	*Total funds 2021* £
Bank interest receivable	*98*	*98*

7. Other incoming resources

	Total funds 2022 £
Coronavirus Job Retention Scheme (CJRS)	-

	Unrestricted funds 2021 £	*Total funds 2021 £*
Coronavirus Job Retention Scheme (CJRS)	*4,699*	*4,699*

8. Expenditure on raising funds

Fundraising costs

	Unrestricted Fund 2022 £	Total funds 2022 £
Fundraising costs	15,397	**15,397**

	Unrestricted funds 2021 £	*Total funds 2021 £*
Fundraising costs	*17,634*	*17,634*

9. Analysis of expenditure on charitable activities Summary by fund type

	Restricted funds 2022 £	Total funds 2022 £
Recovery services for those affected by rape, exploitation, domestic and sexual abuse	557,976	**557,976**

	Restricted funds 2021 £	*Total funds 2021 £*
Recovery services for those affected by rape, exploitation, domestic and sexual abuse	*537,776*	*537,776*

Summary by expenditure type

	Staff costs 2022 £	Depreciation 2022 £	Other costs 2022 £	Total funds 2022 £
Recovery services for those affected by rape, exploitation, domestic and sexual abuse	324,203	1,342	232,431	**557,976**

	Staff costs 2021 £	*Depreciation 2021 £*	*Other costs 2021 £*	*Total funds 2021 £*
Recovery services for those affected by rape or sexual abuse	*298,042*	*1,789*	*237,945*	*537,776*

10. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £
Recovery services for those affected by rape, exploitation, domestic and sexual abuse	534,914	23,062	**557,976**

	Activities undertaken directly	Support costs	Total funds
	2021 £	*2021* £	*2021* £
Recovery services for those affected by rape, exploitation, domestic and sexual abuse	*507,857*	*29,919*	*537,776*

10. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2022 £	*Total funds 2021 £*
Staff costs	**324,203**	*298,042*
Depreciation	**1,342**	*1,789*
External operational resource	**49,524**	*72,445*
Insurance	**6,086**	*4,987*
Telephone	**5,471**	*3,366*
Rent and services	**12,905**	*20,313*
Postage and stationery	**661**	*550*
Maintenance	**8,623**	*11,765*
Website costs	**-**	*518*
Recruitment expenses	**2,398**	*3,053*
Training costs	**17,970**	*10,929*
Travelling expenses	**2,451**	*68*
Volunteers expenses	**2,719**	*4,455*
Miscellaneous expenses	**24,232**	*7,290*
Office equipment, licenses and computer costs	**10,689**	*23,839*
Birchalls subcontractor for Cumbria PCC	**65,037**	*44,408*
Room hire	**550**	*-*
Bank charges	**53**	*40*
	534,914	*507,857*

Analysis of support costs

	Total funds 2022 £	*Total funds 2021 £*
Accountancy fees	**4,000**	*4,000*
Legal and professional fees	**19,062**	*25,919*
	23,062	*29,919*

11. Staff costs

	2022 £	*2021* *£*
Wages and salaries	**297,493**	*274,169*
Social security costs	**19,611**	*17,165*
Contribution to defined contribution pension schemes	**7,099**	*6,708*
	324,203	*298,042*

The average number of persons employed by the Charity during the year was as follows:

	2022 No.	*2021* *No.*
Employees	**15**	*12*

No employee received remuneration amounting to more than £60,000 in either year.

During the period key management remuneration (including trustees) amounted to £41,969 (2021 - £43,808).

12. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2021 - £NIL)*.

During the year ended 31 March 2022, no Trustee expenses have been incurred *(2021 - £NIL)*.

13. Tangible fixed assets

	Office equipment £
Cost or valuation	
At 1 April 2021	**18,227**
At 31 March 2022	**18,227**
Depreciation	
At 1 April 2021	**12,860**
Charge for the year	**1,342**
At 31 March 2022	**14,202**
Net book value	
At 31 March 2022	**4,025**
At 31 March 2021	*5,367*

14. Debtors

	2022 £	*2021 £*
Due within one year		
Trade debtors	**58,432**	*33,306*
Prepayments and accrued income	**3,250**	*3,130*
	61,682	*36,436*

15. Creditors: Amounts falling due within one year

	2022 £	*2021 £*
Trade creditors	**16,375**	*12,642*
Other taxation and social security	**8,315**	*-*
Other creditors	**1,956**	*262*
Accruals and deferred income	**14,192**	*11,320*
	40,838	*24,224*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

16. Statement of funds

Statement of funds - current period

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/(out) £	Balance at 31 March 2022 £
Unrestricted funds					
General Funds	**124,481**	**32,026**	**(15,397)**	**-**	**141,110**
Restricted funds					
Children in Need	**7,710**	**17,263**	**(24,973)**	**-**	**-**
Cumbria Community Foundation	**7,040**	**-**	**-**	**(7,040)**	**-**
Schools Garfield Weston	**25,000**	**-**	**-**	**-**	**25,000**
Big Lottery Fund	**-**	**10,000**	**(10,000)**	**-**	**-**
Ministry of Justice Rape Support	**-**	**224,462**	**(224,462)**	**-**	**-**
Cumbria Police and Crime Commissioner	**60,388**	**135,871**	**(127,709)**	**-**	**68,550**
Copeland Community Fund	**-**	**21,342**	**(21,342)**	**-**	**-**
CCF Household Support Fund	**-**	**900**	**-**	**(900)**	**-**
Safety Net Fund	**23,694**	**-**	**-**	**20,249**	**43,943**
The Henry Smith Charity	**2,309**	**40,000**	**(40,000)**	**(2,309)**	**-**
CCF/ Sellafield Family Wellbeing	**-**	**33,600**	**(33,600)**	**-**	**-**
Cumbria County Council/ COMF/ DLUHC	**-**	**81,688**	**(8,150)**	**-**	**73,538**
Francis C Scott Charitable Trust	**6,452**	**17,000**	**(18,950)**	**-**	**4,502**
Lloyds Bank Foundation	**7,878**	**25,000**	**(25,000)**	**(7,878)**	**-**
Small grants under £5,000	**5,500**	**3,200**	**(330)**	**-**	**8,370**
Edward Gosling Foundation	**-**	**5,000**	**-**	**-**	**5,000**
Survivor Journey Research	**-**	**22,000**	**(1,500)**	**-**	**20,500**
Covid Fund	**21,582**	**2,500**	**(21,960)**	**(2,122)**	**-**
	167,553	**639,826**	**(557,976)**	**-**	**249,403**
Total of funds	**292,034**	**671,852**	**(573,373)**	**-**	**390,513**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

16. Statement of funds (continued)

Statement of funds - prior period

	Balance at 1 April 2020	*Income*	*Expenditure*	*Balance at 31 March 2021*
	£	£	£	£
Unrestricted funds				
General Funds	*95,788*	*46,327*	*(17,634)*	*124,481*
Restricted funds				
Children in Need	*8,400*	*33,864*	*(34,554)*	*7,710*
Coalfields Regeneration Trust	*3,397*	*-*	*(3,397)*	*-*
Cumbria Community Foundation - Peer Support	*7,040*	*-*	*-*	*7,040*
Garfield Weston	*-*	*25,000*	*-*	*25,000*
Big Lottery Fund	*38,341*	*-*	*(38,341)*	*-*
Ministry of Justice Rape Support	*-*	*136,080*	*(136,080)*	*-*
Cumbria Police and Crime Commissioner	*46,594*	*133,225*	*(119,431)*	*60,388*
Safety Net Fund	*23,694*	*-*	*-*	*23,694*
The Henry Smith Charity	*331*	*40,000*	*(38,022)*	*2,309*
Francis C Scott Charitable Trust	*6,452*	*-*	*-*	*6,452*
Lloyds Bank Foundation	*-*	*25,000*	*(17,122)*	*7,878*
Grants for peer support work	*-*	*5,500*	*-*	*5,500*
Covid Fund	*-*	*172,411*	*(150,829)*	*21,582*
	134,249	*571,080*	*(537,776)*	*167,553*
Total of funds	*230,037*	*617,407*	*(555,410)*	*292,034*

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

17.Summary of funds

Summary of funds - current period

	Balance at 1 April 2021	Income	Expenditure	Transfers in/(out)	Balance at 31 March 2022
	£	£	£	£	£
General funds	**124,481**	**32,026**	**(15,397)**	**-**	**141,110**
Restricted funds	**167,553**	**639,826**	**(557,976)**	**-**	**249,403**
	292,034	**671,852**	**(573,373)**	**-**	**390,513**

Summary of funds - prior period

	Balance at 1 April 2020	*Income*	*Expenditure*	*Balance at 31 March 2021*
	£	*£*	*£*	*£*
General funds	*95,788*	*46,327*	*(17,634)*	*124,481*
Restricted funds	*134,249*	*571,080*	*(537,776)*	*167,553*
	230,037	*617,407*	*(555,410)*	*292,034*

17. Summary of funds (continued)

Children in Need - Three year funding (2018-21) to deliver a holistic, child-centred, trauma recovery service for children and young people who have experienced violence and abuse.

Cumbria Community Foundation Peer Support - Schools/peer mentoring programme delivered to schools in the west of Cumbria.

Garfield Weston – Funding for management, admin staffing costs (core costs).

Big Lottery Fund – 5 years funding to partly fund salaries of an existing full time CEO, an existing part time clinical services coordinator and an existing part time integrated family worker.

MOJ Rape Support Fund – Contribution towards the provision of support for female and male victims of rape and sexual abuse including child sexual abuse.

Cumbria Police and Crime Commissioner – Funding to provide a counselling service for victims of rape and serious sexual assault in Cumbria.

Copeland Community Fund/Sellafield - School Project - 3 years funding –To work in four secondary schools across Copeland, providing prevention & early intervention work. This will include 1:1 support and therapy for students, training and support for staff and peer mentors.

Cumbria Community Foundation/CCC Household Support Fund - to distribute to households affected by domestic violence and sexual abuse.

Safety Net Fund – This is an internal restricted fund and is an accumulation of the small balances of old restricted funds.

Henry Smith Charity - £40,000 received for three years (£120,000 in total) contributing towards core costs, salary and on-costs for a Child and Young persons (CYP) therapist (2018-2021).

Cumbria Community Foundation/ Sellafield Family Wellbeing - Funding towards the cost of employing a specialist children and young people's practitioner (CYPP) to work with whole families who have experienced abuse including sexual violence, children sexual abuse, exploitation, rape, on-line abuse and domestic violence in West Cumbria.

Cumbria County Council/ COMF/ DLUHC - Contain outbreak Management Fund- Trauma informed wellbeing support. COMF/ Carlisle & Eden Mind/ CYA - 1:1 support for young people identified as in need of specialist trauma support and counselling as a result of being affected by rape, CSE, domestic or sexual abuse.

Francis C Scott Charitable Trust - To support the costs of early intervention work Tier 1&2 (3 years).

Lloyds Bank Foundation - 3 years (plus 1) funding 2018-22- towards Integrated support team specifically working with tier 1 and tier 2 adults and children/young people.

PCC Cumbria Survivor Research - To understand their whole experience of coming forward to report the assault or abuse and of accessing services (Bridgeway, health, criminal justice, social care).

Covid Fund – Grants to support the staffing, waiting lists and functioning of the organisation during the COVID pandemic – Ministry of Justice, Cumbria Community Foundation, Cumbria Police and Crime Commissioner, Lloyds Bank Foundation , Carlisle City Council.

17. Summary of funds (continued)

Small Grants under £5k – To support delivery of Tier 1 to Tier 4 services.

Edward Gosling – Trauma informed practitioner Tier 1 and Tier 2 services.

18. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	1,888	2,137	**4,025**
Current assets	180,060	247,266	**427,326**
Creditors due within one year	(40,838)	-	**(40,838)**
Total	141,110	249,403	**390,513**

Analysis of net assets between funds - prior period

	Unrestricted funds 2021 £	*Restricted funds 2021 £*	*Total funds 2021 £*
Tangible fixed assets	*2,518*	*2,849*	*5,367*
Current assets	*146,187*	*164,704*	*310,891*
Creditors due within one year	*(24,224)*	-	*(24,224)*
Total	*124,481*	*167,553*	*292,034*

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	*2021* *£*
Net income for the year (as per Statement of Financial Activities)	**98,479**	*61,997*
Adjustments for:		
Depreciation charges	**1,342**	*1,789*
Decrease/(increase) in debtors	**(25,246)**	*31,605*
Increase in creditors	**16,614**	*4,518*
Net cash provided by operating activities	**91,189**	*99,909*

20. Analysis of cash and cash equivalents

	2022 £	*2021* *£*
Cash at bank and in hand	**365,644**	*274,455*
Total cash and cash equivalents	**365,644**	*274,455*

21. Analysis of changes in net debt

	At 1 April 2021 £	Cash flows £	At 31 March 2022 £
Cash at bank and in hand	**274,455**	**91,189**	**365,644**

22. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £7,099 (2021 - £6,708). At the balance sheet date contributions totaling £1,687 were owed and included within other creditors (2021 - £262).

23. Related party transactions

There were no related party transactions in the period (2021 – None)

SAFETY NET (UK)

England & Wales - Charity number 1164998

Accounts

Safety Net (UK)

Annual Report
April 2020 – March 2021



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SAFETY NET (UK)

A Charitable Incorporated Organisation

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS

For period ended 31 March 2021

Trustees

Biographies can be found: https://www.safetynetuk.org/our-team

Mr C J Armstrong, Chairman – Appointed 16 January 2017 (Resigned 31 March 2021)
Ms C J Green – Appointed 16 January 2017
Ms L Vance – Appointed 16 January 2017
Ms G Martlew – Appointed 16 January 2017 (Resigned 31 December 2020)
Mr A Kevern – Appointed 13 August 2020
Ms E McGregor– Appointed 13 August 2020
Ms G Maietta– Appointed 13 August 2020
Mr R Wood– Appointed 13 August 2020
Ms K Dixon – Appointed 01 April 2021
Ms V Corbishley – Appointed 28 July 2021

Head of Operations

Jo Birch

Head of Strategy and Development

Julia Carver

Registered Charity Number

1164998

Registered Company Number

CE005945

Registered Office

1 Fisher Street, Carlisle, Cumbria, CA3 8RR

Independent Examiner

Armstrong Watson Audit Limited, Fairview House,
Victoria Place, Carlisle, Cumbria, CA1 1HP

Banking

Cumberland Building Society, 38 Fisher Street, Carlisle, Cumbria, CA3 8RQ

Solicitors

Burnetts, Victoria House, Wavell Drive, Carlisle, Cumbria, CA1 2ST

YEAR IN NUMBERS 2020/21

Big Numbers

12485 Contacts with, or on behalf of, clients.

1000 People supported

440 New cases

261 Existing cases

299 Enquiries / Helpline



CHAIRMAN'S INTRODUCTION TO ANNUAL REPORT



You may have heard of it, but I suspect not many of those reading this report will have seen the '60s satirical TV programme "That Was the Week That Was" (TW3). Hosted by (Sir) David Frost, it introduced the likes of John Cleese, Ronnie Barker and Ronnie Corbett, and made the practice of lampooning public figures respectable, if not yet compulsory. The show always began with Millicent Martin singing the introductory song: "That was the week that was, it's over let it go". Perhaps, slightly amended, that is a template for general reaction to the past 12 months, in which the global coronavirus pandemic has affected most people and resulted worldwide in hundreds of thousands of deaths. Nobody, I think, will be reluctant to bid farewell to such a time, and will heartily endorse the thought "It's over, let it go".

Sadly, the death toll is not the only tragic result of Covid-19, since enforced "stay at home" measures appear to have resulted in the likelihood of many more vulnerable people being unable to escape abuse in what should be a safe haven, their own home. Charities devoted to helping these victims have themselves been under extreme pressure to maintain their own survival at the same time as trying - remotely - to help those victims who have been able to report their plight. Thankfully, the Government and other funding bodies have recognised the need to support this part of the charitable sector, and we thank them for doing so, but there has still been a struggle to cope for those members of staff who carry out an already stressful task while themselves subject to isolation, fear of infection and worse.

When the pandemic struck, urgent action was taken to enable Safety Net staff to work from home, as per national guidance. Delivering counselling other than face-to-face was a daunting task, and many thought it could not work. However, despite the difficulties, our dedicated staff made it work and continued to offer the same level of high-quality support as that delivered in the office, and for that they are to be heartily congratulated. While there will always be those clients who either need or prefer personal contact rather than a face on a screen, the necessity to cope in the emergency has opened the way to new ways of working and, more significantly, to reaching those vulnerable victims in more remote areas, where travel across a large county such as Cumbria proves a major barrier. The demands of coping with the pandemic, and staff departures, caused Safety Net to look at itself to ensure it can continue to deliver its vital services to vulnerable victims, helping them recover from the traumas of rape, exploitation, sexual and domestic abuse. Helped by an independent report, a re-structuring, conducted with positive staff input, took place. At the heart of this operation remained the need to support our unique four-stage model which is described in greater detail elsewhere in this Report and which promotes a holistic approach to recovery.

Again, you will see later in this Report that numbers continue to increase despite the Government lockdown procedures. Safety Net as a recovery service, sadly expect the numbers to continue to increase as the country exits from the impact of the pandemic. Our efforts have been focussed on ensuring that Safety Net has the resources, both financial and human (including new Trustees to

strengthen the team) to meet whatever the future holds but we are confident that there is a sound base – including a sound back-story of successful delivery - on which to build.

I am pleased to report Safety Net recorded a small surplus at the close of the year. Our unrestricted cash reserves have increased from £95,788 to £124,481 although we aim to increase our unrestricted reserves to around 25% of annual turnover we are comfortable with this level of reserves going forward.

That brings me to my final point. This will be my last Annual Report introduction since I cease to be a Trustee of Safety Net on 31 March 2021. I have had the honour and privilege of leading the Board of Trustees for 7 years, during which time the Charity's governance has, of necessity, become more business-like and the service it provides to victims has developed enormously, in both scope and caseload. The number of people supported by Safety Net has grown each year, last year we supported 1000 people (886 year before) clients in the service, a 13% annual increase and a 125% increase over the last 6 years.

On top of that, our partnership with the Birchall Trust as part of the county's Bridgeway service, strengthens the reality that expert counselling and advice is available across Cumbria.
One last word. I would like to thank all Safety Net's incredibly talented staff, who do such excellent work with our clients, and particularly Jo Birch and Julia Carver who have played a key part in helping Safety Net cope during the pandemic. My thanks also go to the Board of Trustees, especially my Deputy Linda Vance, who have provided such wisdom, experience and support. I am delighted that Linda will succeed me in the chair. More needs to be done, locally and nationally, to address the scourge of sexual and domestic abuse in our society, and with such talent on board, Safety Net stands ready to play its part in addressing the results of such despicable behaviour and helping its vulnerable victims to recover from the trauma of their ordeal.

Chris Armstrong
Chairman of Trustees

OUR VISION, MISSION AND VALUES

Our vision:

Our vision is to work in partnership to support communities to be free of rape, exploitation, sexual and domestic abuse.

Our mission:

To support the recovery of those affected by rape, exploitation, sexual and domestic abuse across Cumbria, through six main outcome areas:

- to deliver high quality services,
- to reduce risk and risk-taking behaviours,
- to reduce the symptoms of trauma,
- to improve emotional resilience,
- to facilitate increased access to services and support and improved ability to cope with practical tasks,
- to prevent abuse and increase awareness of the impact of sexual and domestic abuse, rape and sexual exploitation.

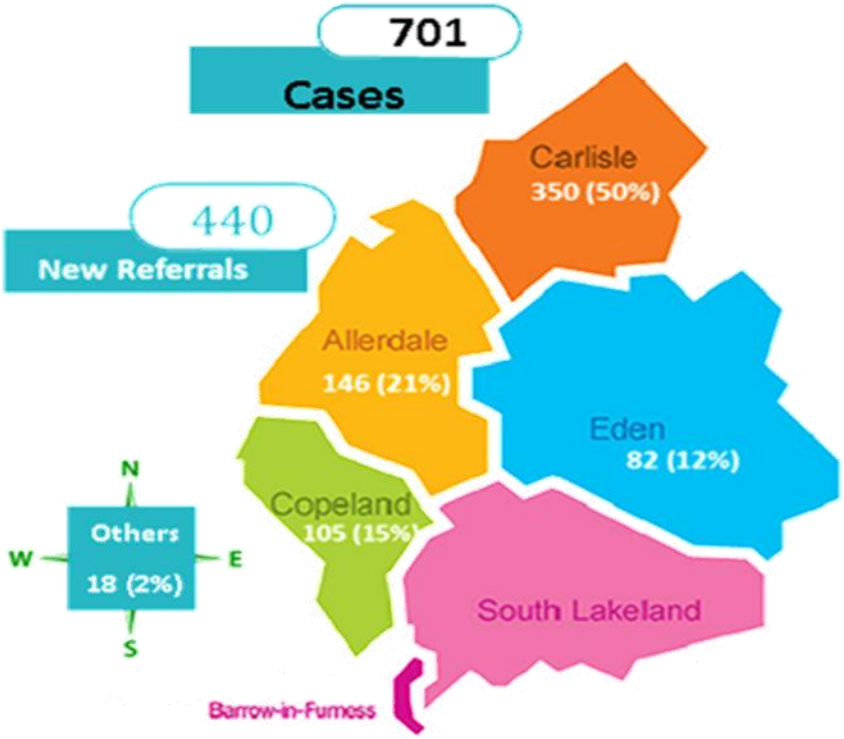
Core values:



OUR WORK

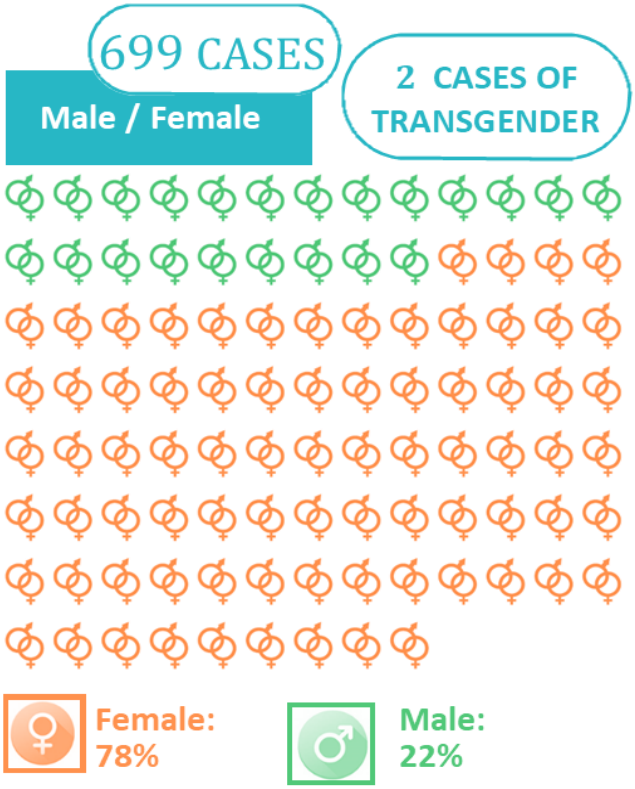
Delivery

We deliver services across Cumbria, primarily Allerdale, Copeland, Carlise and Eden with some domestic abuse work in the south of the county and some in the border region.



Our core service takes a holistic, and trauma-informed approach, we often work with whole families to help them understand both the impact of trauma and what the individual needs from them in order to recover.

We are an organisational member of British Association for Counselling and Psychotherapy (BACP) and work within the BACP ethical framework, therapists are accredited to BACP or equivalent and we are also Members of The Survivors Trust, a national sexual abuse umbrella organisation. All our work takes place in psychologically-informed environments, designed to put our clients at ease.



Our model of working; how we achieve our objectives

Since May 2015 we have embedded our model and core services, which include:

- **Tier 1: Short term information, advice, advocacy and helpline.**
  Providing advice around court procedures, pre-trial advice and support, liaising with other agencies and services, as well as advice and support to professionals and family members (up to 3 sessions).

- **Tier 2: Trauma-informed support - providing short-term safety and stabilisation work.**
  Practical support with housing, benefits, court procedures and health needs, our specialist trained practitioners also work with clients on strategies to improve safety and ability to cope. This can include mindfulness and relaxation, sleep and self-care techniques, as well as psychoeducational work on the impact trauma has on the brain and on the body. (Up to 12 sessions on average.)

- **Tier 3: Counselling and therapeutic support.**
  We have a team of specialist trained therapists and counsellors who work within a trauma-informed model. Our counsellors and therapists provide a safe, trusting, non-judgemental and confidential space. The duration of this support is adjusted according to need (Max of 20-25 sessions on average.)

- **Tier 4: Recovery community.**
  We work in partnership with other charities, groups, gyms and clubs to support integration back into the community, helping to build social networks and relationships. We also have peer mentors and befrienders to support when clients have finished therapy or support at Safety Net. Our work in this area includes an arts and crafts group, and a specific men's group, managed by volunteers, many of whom have been clients.

- **Training, education and awareness raising.**
  Increased awareness of the psychological and emotional impact of domestic violence and sexual abuse through education and training.



A good attendance at our Coercion & Control conference last year

Melanie's Story

I met Ben in 2009. He was charming, outgoing, the life and soul of the party. We ended up getting together really quickly– which looking back was a red flag. I fell pregnant the first time we had sex together, and we decided to keep the baby and make a go of things. I started to notice that Ben had issues. He loved dining in fancy restaurants and driving fancy cars, but he was actually facing his second bankruptcy. He was really into cocaine. He portrayed himself as a good businessman, but his impulsive behaviours led to bad decisions which he did not learn from.

I stayed with him for around 7 years or so and we brought our son up together. He persuaded me to invest all of my savings in his failing businesses, and he always had an excuse for his bad behaviours. Looking back, I was hoodwinked – under his spell. Until the day when a family member told me about some photos they had seen of Ben behaving in a sexual way with a very young woman. At the time we had just bought a house together, so I said to him "I will back you 100% if you tell me this is a lie." At that point, he reversed the tables and told me it was my fault and I needed to get a job. I remember thinking to myself "how is this my fault?" Somewhere inside myself, I realised this was a desperate attempt for him to retain control, and the penny started to drop.

Things escalated as he realised his facade was crumbling and he did everything possible to preserve his reputation. He told our families that I didn't like them, and this culminated in a family member assaulting me. One day he attacked me, and in self-defence I pushed him away with my hands. He took photos of his scratched face to use as evidence against me to bad mouth me to his friends. I started being seriously worried for my safety, so I moved in with my sister for a few months.

The following months were really difficult as I tried to navigate child contact visits with him. He was incredibly aggressive and angry and accused me of poisoning my son against him. I could have refused contact, but I knew if I did that, he would go to the family courts and he was such a sophisticated con man that I knew he'd wrap CAFCASS around his little finger and they'd believe him, not me. I got some support from a local domestic violence service, who made sure that I wasn't at immediate risk. But emotionally I was a complete wreck. My head felt like a volcano exploding, I was getting 3 or 4 hours sleep per night. I was hyper vigilant the whole time, and my son was really clingy.

Someone from Barnardo's put me in touch with Safety Net, and it was at that point that everything began to make sense. I had therapy and support work over several months and I began to realise that I had spent 7 years of my life with a real sociopath. The reason I was stuck and hadn't been able to leave despite all the problems – the bankruptcy, the drugs, the endless rumours of other girls – was because of something called cognitive dissonance. I wasn't able to tell what was real and what was not, what part of him was real and what was not. He had gaslighted me over many years. My mind was trying to find more and more distorted pieces of evidence for the less painful belief, which was that he was a good person, and I was not being psychologically, emotionally and financially abused.

I received support from Safety Net for several months, and they helped me realise that the reason I had been attracted to Ben was probably because of my narcissistic father. I started to heal and reduce my anxiety. I started researching how to manage someone with this sort of personality, by using a method called the Grey Rock technique. This helped me to manage the contact visits. I feel safe now and I have peace, and partly this is a result of the support I've received from Safety Net. I couldn't have done it without them.

Case Story 2

Poppy's Story



Poppy was referred to Safety Net by her school as part of an Early Help Plan. When we first met, she was displaying emotional and social difficulties in school and at home. Poppy felt confused and angry and expressed this through aggression toward Mum, classmates and teachers. She had witnessed the domestic abuse of her mother by her father from birth until the age of two, when her parents separated. Poppy continued to have supervised contact with her father which created lots of difficult feelings which she could not express in a safe way.

Domestic violence not only has a lasting impact on the target of the abuse but can result in long term developmental damage to children exposed to it, including trauma symptoms. Poppy perceived her world as unsafe, as she had felt so frightened and helpless when mum was being hurt by dad.

Poppy's therapist used play therapy and sand tray to help her to find a way of expressing how she was feelings. It was too difficult for Poppy to put everything into words but playing with her therapist alongside her enabled Poppy to start to make some sense of what had happened to her and her mum in the past.

Poppy showed how it had felt for her when she saw mum being hurt by dad. She would bury a rabbit, (mum) in the sand and cover her with pebbles. A three headed dog (dad) created chaos trying to dig the rabbit up carry it away and throw it about. Later in the play, there was sometimes a dragon (Poppy) who would attack the dog to stop it getting to the rabbit. The dragon would scatter the sand and stones in her rage. In this way, Poppy was able to work through and share some very complex and intense feelings, and by expressing them in a safe way with the support of her therapist, she came to understand them better.

Poppy's therapist worked systemically and contributed to the Early Help Plan established in school. She explored the relationship between mother and daughter, observing them playing and interacting. Developing Mums' understanding of Poppy's trauma enabled her to re-establish a sense of security in their relationship. Poppy could begin to trust that the world was not always harsh and frightening, and that Mum could keep her safe.

The work took place over 5 months, at which point positive improvements were noted at home and in school. As she grew to understand what had happened to her and why she sometimes felt so angry, Poppy's challenging behaviour reduced, and her confidence increased.

Poppy developed the resilience to cope with the disruptions in her schooling brought about by the pandemic. She now enjoys school, and her relationships with other children are rewarding and relaxed. She and Mum have fun in each other's company and their relationship is more emotionally attuned. Life at home is generally easier. Both mum and school felt that no further sessions were needed.

Case Story 3

Davids' Story

I was a victim of childhood sexual abuse, but I never thought of myself as a victim at all. I didn't think I had a problem; it was just my normal really.

I was always very hard on myself. If my work didn't go perfectly, then it was my fault for being "stupid". I also found it difficult to relax and be grateful for what I'd achieved in life. This left me feeling that I would only be happy if I achieved my next goal... so I was always busying myself, with one goal after another. It's like I had an internal bully who wouldn't let me be happy and content. I didn't really realise that these behaviours were linked to the abuse I had experienced, aged 8, as a young boy.

Things started getting on top of me after the first lockdown ended, in summer 2020. As I had been furloughed, I had spent a lot of time on my own during lockdown with just my own thoughts. When I eventually went back to work, I found myself getting extremely stressed out by the job. My boss already knew about my childhood experiences, so he took me to one side and told me about the work that Safety Net do. I gave them a call straight away, and a few weeks later I was booked on to a phone therapy course.

My Trauma Informed Practitioner at Safety Net was brilliant. She helped me understand how the trauma I had experienced was manifesting in physical and mental stress responses. She taught me breathing exercises which I used to ground myself in the here and now, so my feelings did not become overwhelming. Each week she would send me workbook exercises, which made me reflect on how my trauma was playing out and helped me to feel like I could put some distance between these symptoms and me as a person.

I trusted Fi and it has worked. It was never going to be easy, but I can do these techniques now and they take the edge off those feelings. Now I'm much kinder to myself and I make time for myself. I've joined an online history club and I've started reading again. I finally feel I don't have to be a slave to these feelings - I've got some control back over my life – and it's great.

What our clients say

- We have very positive client and professional feedback, backed up by case studies and client surveys.
- The positive scores this year were quite surprising. We asked for some feedback from our staff and service users as to what had made a difference and the responses included;
  - more time to engage in therapy and self-care,
  - more time with children,
  - engagement in hobbies,
  - less pressure to socialise,
  - less anxiety about work and home life,
  - the wrap around support offered by Safety Net.

Clients have their say on our service delivery

like being able to feel safe from covid while still accessing support via phone

Be Deaf aware. A little sign language. Not interpreters as that's not private.

When safe to do so, i would prefer discussing my issues face to face, sometimes I find it difficult to convey via video my true feelings

I preferred face to face contact which is how it started off, and I think it's useful to build a rapport but phone / video was fine once I got used to it.

Providing the space to reflect and get in touch with things that've been put aside even on the phone

I would like to access group support when covid has gone

Practical advice, being listened to and being believed. Practical exercises to manage trigger anxiety. Wrote a supporting letter for me to use with my employer It was helpful that I did not have to pay at a time when I was struggling financially

I think the initial assessment process could be done by phone or video link. Personally I don't think video link would be helpful as an ongoing form of therapy. Because I would not have all material tools available to help me move forward.

Gave really practical suggestions on different strategies to use in different situations that proved to be difficult for me to deal with. Also emailed me some theory activities that proved very useful, and I continue to use

Getting to know my therapist in person (before covid) definitely helped us move the sessions to telephone/video when covid hit. Safety Net helped with my confidence and helped me feel like a valued person

I receive weekly calls which have been an amazing support and really helped me make positive change

The three months over the phone were good. I did do some tasks. Still ongoing with them. It helped me. I am just waiting for counselling now.

I'd like to explore face to face sessions once the restrictions allow to see if there are other activities that would assist

I had mostly telephone conversation and just having someone to talk to and open up to has been very beneficial

They did all they could and I had all the help and support I needed at the time.

It would possibly would help more if it was face to face but is helping a lot thank you

Maybe have a yearly meeting to see how things are going and how I am doing now to what I was like then .

Still being able to access support during COVID times through scheduled phone calls. Accessing support material through WhatsApp, ie YouTube or tiktok videos - Initial assessment was over the phone, I found this helped my nerves as I didn't have to worry about meeting anyone in person, I could do it in the comfort of my own space.

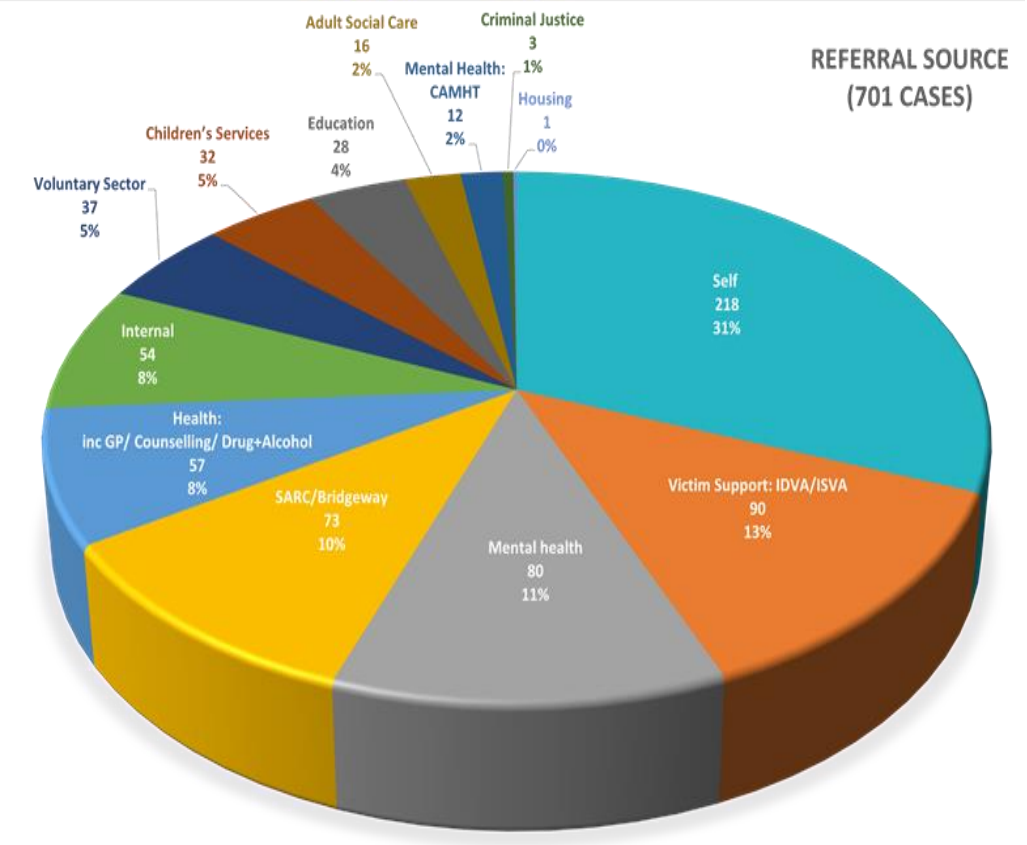
OVERVIEW AND ACHIEVEMENTS

Safety Net was established in 2005 and we became a Charitable Incorporated Organisation (CIO) in January 2017. We support the recovery of both adults and children affected by rape, exploitation, sexual and domestic abuse across Cumbria. Referrals to the service grow each year, last year we supported 1000 people (886 year before) clients in the service, a 13% annual increase and a 125% increase over the last 6 years.

We supported 299 people via a new duty/helpline service with a range of enquiries from those wanting services, advice, and professional support. To meet this demand, we employed a new duty worker.

We are trusted providers and have built an excellent reputation across the county. We are contracted by the Ministry of Justice (MOJ) to provide sexual assault services and commissioned by Cumbria Police and Crime Commissioner (CPCC) to provide counselling support as part of the Cumbria Sexual Assault Referral Centre (SARC), which is called The Bridgeway and is the source of about a quarter of our referrals. We have excellent working relationships and pathways in place with our Bridgeway partners; Independent Domestic Violence Advisors (IDVA), Independent Sexual Violence Advisors (ISVA) and with women's centres, mental health services, other health providers, the police and children's social care. We have a range of referral sources; 31% of referrals were self-referrals and 30% were from statutory services.

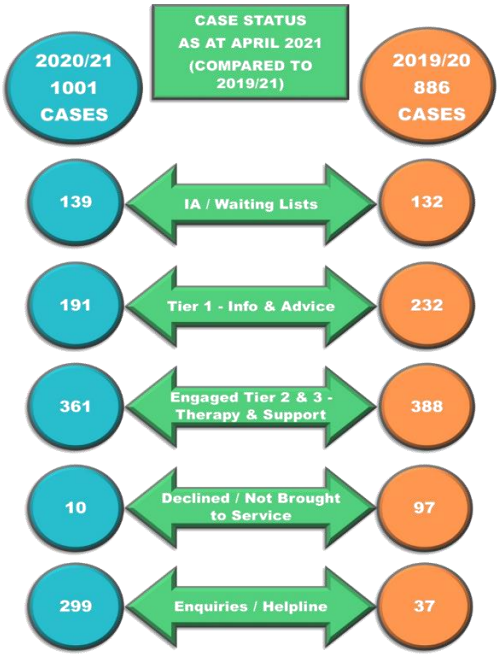
We are a member organisation of The Survivors Trust and have been involved in a national collaborative project to develop sector service standards for sexual abuse, template policies, procedures and guidance, online psychoeducational resources and minimum data set.



Safety Net workers also took part in The Truth projects, independent inquiry into Childhood sexual abuse (IICSA). We all feel passionately about making sure survivors voices are heard, championing positive change and actively engaging in forums which can provide this, the inquiry is due to be published in July 2021.

552 clients engaged across tiers 1-3 of our services last year. Clients can enter the service at different stages, leave, and return at a later stage when they feel ready to do so. Our model is tried and tested, we know that there is demand for our services and that they are greatly appreciated by clients using them. This year's increase in contacts and wrap around support -

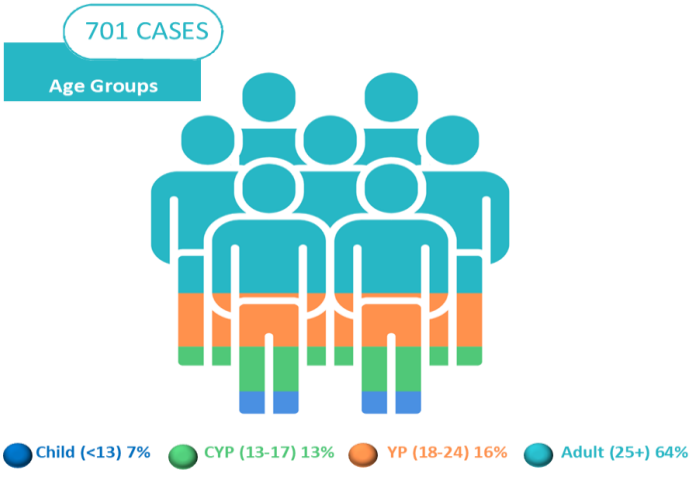
clients needing more time and more sessions, is primarily due to the delay and unavailability of other services. Staff have supported clients with benefits, housing needs, more complex mental health needs, food bank referrals to name a few. They have also supported them for longer than the 12- or 24-week timescales, which has affected capacity.

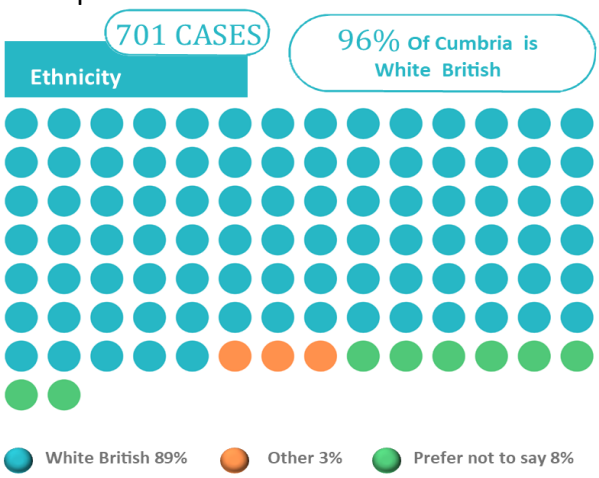


We have recently restructured; moved more resource into operational delivery, split the Chief Officer functions to cover Operations, Strategy and Development and Clinical Practice, for which we are currently recruiting. We have a very strong board of 7 trustees who all have specialist portfolios including; governance, health and safety, human resources and clinical practice. This includes 4 new trustees, 2 of which have lived experience of domestic & sexual abuse . We have a streamlined staff structure with clear reporting lines and excellent supervision and support available for all staff members, including our experienced pool of bank staff. We have a team of 13 employed staff and 12 volunteers plus a pool of freelance therapists.

Cumbria is a geographically large county but has a population of less than half a million, mainly living in communities round the outskirts of the Lake District National Park. It is a county of contrasts, economically and socially, with areas of high deprivation as well as relative affluence. Transport links are challenging to our community. Many of the people we work with live in areas of significant deprivation and/or rural isolation. This puts additional barriers in place when accessing services, we work hard to ensure we reduce these barriers wherever possible. We know our area really well and online working has enabled us to reach and be more accessible to everyone.

Last year 80% (563) were adults (64% last year) and 20% (138) Children and Young People (CYP) (36% last year). There has been a significant drop number of CYP accessing services this year. This is primarily a result of our schools being closed and schools, health and children's services not seeing CYP and families. Referrals are now increasing for CYP from schools and health professionals and other routes. We are recruiting to CYP therapy post and also one of our practitioners is training to be a CYP psychotherapist.





The need for the services of Safety Net is greater than ever, and as we emerge from the restrictions of the pandemic, we prepare for the anticipated need that will be uncovered.

WEBSITE AND SOCIAL MEDIA

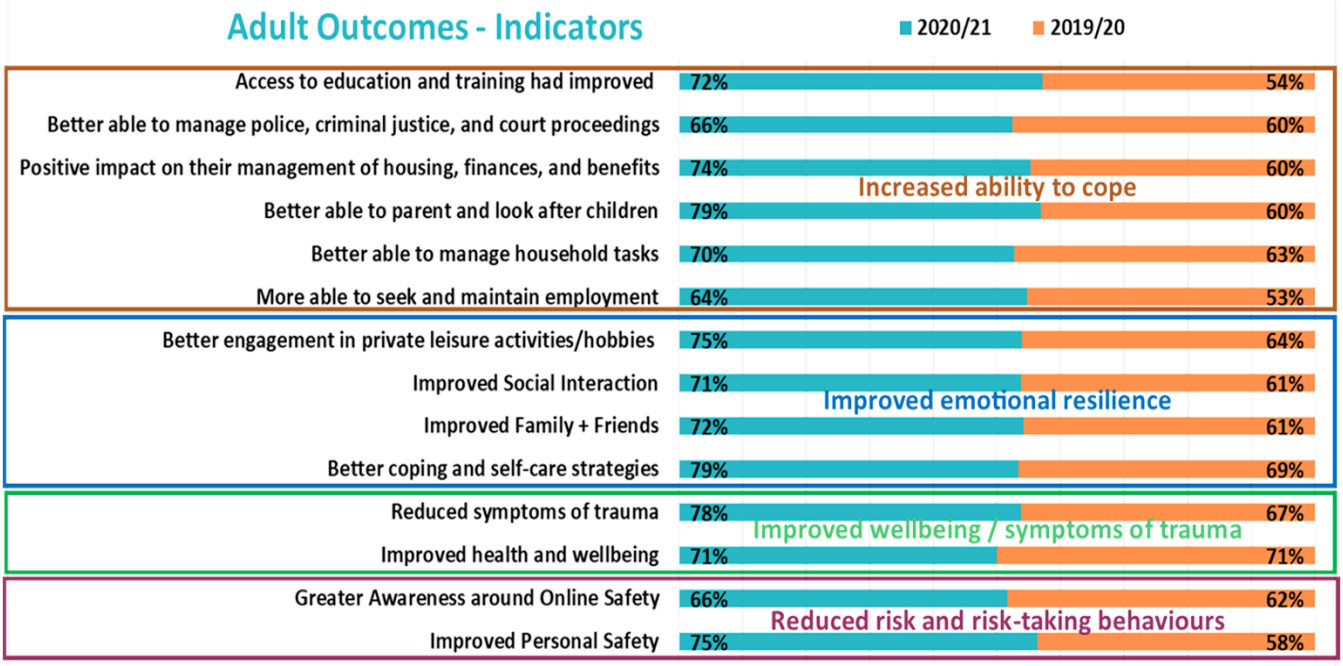


We have Increased our social media presence and content to increase our reach to our communities, with new Instagram and linked in accounts as well as increases in the numbers of followers on face book and twitter. We were aware early on in the pandemic that our communities were unaware of what services were open and where they could get help and support. We have improved our website, contact pages, providing another format that the community can use to contact us and that we can deliver tools and resources to those who need it.

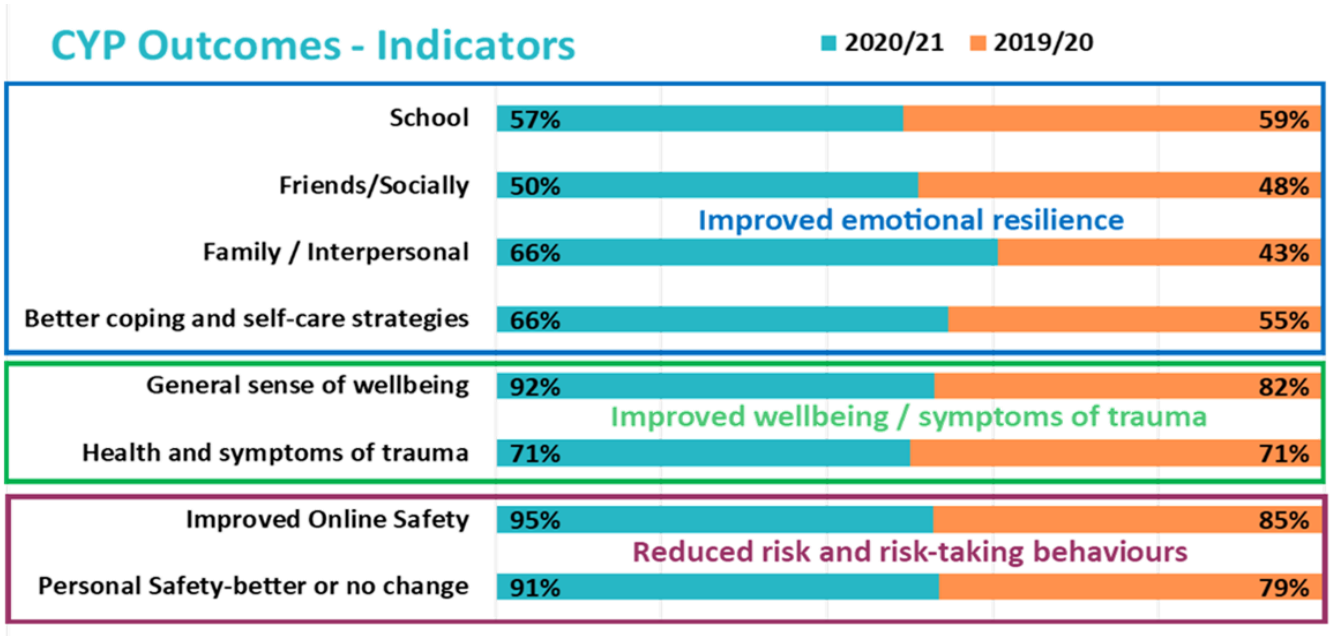
- Website: www.safetynetuk.org/
- Facebook: www.facebook.com/safetynetnorth
- Twitter: twitter.com/safetynetnorth
- Instagram: www.instagram.com/safetynet_uk/
- LinkedIn: www.linkedin.com/company/safety-net-uk

OUR OUTCOMES

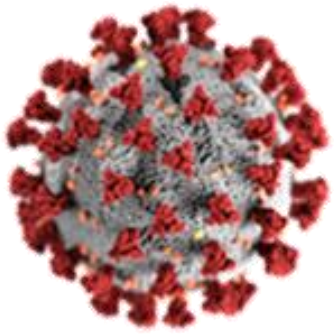
- We can demonstrate improvements across all indicators and overall outcome scores, despite the unprecedented year, with clients improving in health and trauma scales. Over 70% of clients showed improvements on wellbeing scores ,76% on trauma scores.
- We do however acknowledge that for some of our clients being at home during lock down has not been a safe place and recovery has been, and will be, a long process. We are only just beginning to manage an increase in referrals from IDVA, ISVA, mental health teams and other crisis services.
- We also know the risk has increased for many CYP and also that their mental health has suffered.



The aftermath of the lock downs will likely be more obvious in our outcomes for the coming year.



OUR RESPONSE TO COVID-19



Without the support of the Ministry of Justice, the Office of the Cumbria Police and Crime Commissioner, Cumbria Community Foundation, Lloyds Bank Foundation and other smaller funders who have supported us during this challenging year, the work of Safety Net would have been at risk.

This year we have:

- **Successfully moved all our services online -** all staff and volunteers have been trained to be able to work safely online. We have maintained the quality of our service and developed our delivery model. Our therapists and practitioners have developed new and innovative ways of working online including online creative and play therapy sessions.
- **We have responded to the impact of Covid-19 on CYP** - we know the coronavirus crisis has had an impact on the mental health of a number of the children and young people (CYP) we work with, many of whom are trying to cope with their worries and fears on their own.
- **Working with trauma** - the impact of the tragic loss of lives during this pandemic has also added an additional element of trauma for our service users and communities.
- **We have managed capacity -** by increasing our bank of freelance therapists to meet ongoing demand and we are in the process of recruiting to employed posts. We are starting to see more cases coming through from IDVA, ISVA and other crisis services.

The pandemic and our online work has also driven many positive changes to our service delivery, many of which are here to stay. We have been able to:

- Improve accessibility to our most vulnerable clients.
- Extend services to those in the most remote parts of the county.
- Offer regular sessions to those service users with disabilities who often find it hard to get to our offices.
- Reduce travel time and increase the number of sessions we provide.
- Reduce our office overheads and travel costs.
- Reduce our carbon footprint.
- Embed effective communication across the team including daily briefings, weekly online meetings.
- Embed wellbeing and team support and increase line management and clinical supervision.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The charity existed as Safety Net Advice and Support Centre for thirteen years but changed status from an unincorporated association to become a Charitable Incorporated Organisation on 16 January 2017. This new entity, Safety Net (UK), has a legal identity and the ability to conduct business in its own name. The Trustees and senior management team regularly review the charity's governance, and its policies and procedures, on a rolling programme.

Method of appointment or election of Trustees

Safety Net has a balanced board of seven Trustees who have a range of relevant skills and experience. The strategic management and oversight of the charity is the responsibility of the Trustees, who are elected or co-opted by the Trustee Board. Recent appointments have addressed

skills gaps, particularly in the areas of marketing, business development and planning. Furthermore, the Trustees have identified diversification of the demographics of the Board as an area for further development.

Policies adopted for the induction and training of Trustees

Safety Net has an agreed staff and Trustee induction policy and checklist and provide induction training and ongoing staff/Trustee development days. We have a staff/Trustee policy handbook which is updated on a rolling basis. The charity has an annual strategy day, and biannual staff/Trustee training sessions.

Pay policy for staff

We have agreed pay scales and in 21/22 we will be implementing a new pay structure to ensure we remain competitive which will enable us to recruit and retain staff and provide development and training pathways.

Organisational structure and decision-making

The strategic management and oversight of the charity is the responsibility of the Trustees. We have recently reviewed our structure and divided the Chief Officer functions into Head of Operations, Head of Strategy and Development and Head of Clinical Practice who attend Trustees Board Meetings. Each Trustee has responsibility for a defined area of Safety Net's activity and is available to senior management for consultation and advice.

Delivering public benefit

Safety Net's objectives and activities fully reflect the purposes the charity. There is an inherent public benefit in raising public awareness of the extent of rape, sexual assault and all forms of abuse against children, women and men, so they feel able to talk about their experiences, seek help and access appropriate support. The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and comply with this guidance.



RISK MANAGEMENT

The following have been identified by Safety Net Trustees as the key risks facing the charity. Our full risk assessment is reviewed at every meeting.

Risk:	Managed by:
Loss of significant funding	• We work hard to develop and maintain a diverse funding mix. • We have insight of changing political priorities and how we can influence and access service delivery and funding. • Developing our community fund-raising capacity after lockdown is important. • Our reporting to existing funders and commissioners is of a consistently high standard. • Senior staff are identifying and pursuing new income streams and diversification opportunities in this changing landscape.
Loss of key staff	• Safety Net invests in its staff team, with regular reviews for skills gaps, succession planning, personal and professional development. • We have an excellent support and supervision structure, to assist staff with increasingly complex cases and demands. • We have excellent levels of staff retention – with staff engagement surveys, flexible working, and follow-on actions plans. • We have an experienced bank pool of freelance therapists.
Competition from other providers	• We are uniquely positioned working as we do with all genders and ages, across all forms of domestic and sexual abuse. • We have a flexible delivery model with increased outreach via remote service delivery. • We are always over-subscribed; we work in a field where there is no shortage of need. • Our schools project can restart providing vital support for staff and school children.
Damage to reputation	• We have comprehensive policies and procedures which are live documents, supporting and structuring our day-to-day work. • We have an experienced and knowledgeable Board who know the organisation well and take an active governance role. • We have dedicated specialists in health and safety and safeguarding. • We regularly review internal and external safeguarding policies, procedures, and training to ensure compliance and best practice. • We work within BACP ethical frameworks to ensure a quality service.
Impact Covid-19	• We have regular communication with all staff and the Board covering operational requirements, financial implications, and staff wellbeing issues. • We are following government guidance on safely returning to work, whilst building service resilience for any future outbreaks. • Children and young people referrals are increasing since schools have opened, we are recruiting and training to meet demand. • Signposting services are opening, we can refer clients onwards for additional support previously unavailable during lockdown. • Training and groups can cautiously start again as lockdown eases. • To meet the increased longer-term need for pre-trial therapy, as courts have paused during lockdown, we have provided shortened sessions over a longer period.

OUR CHALLENGES

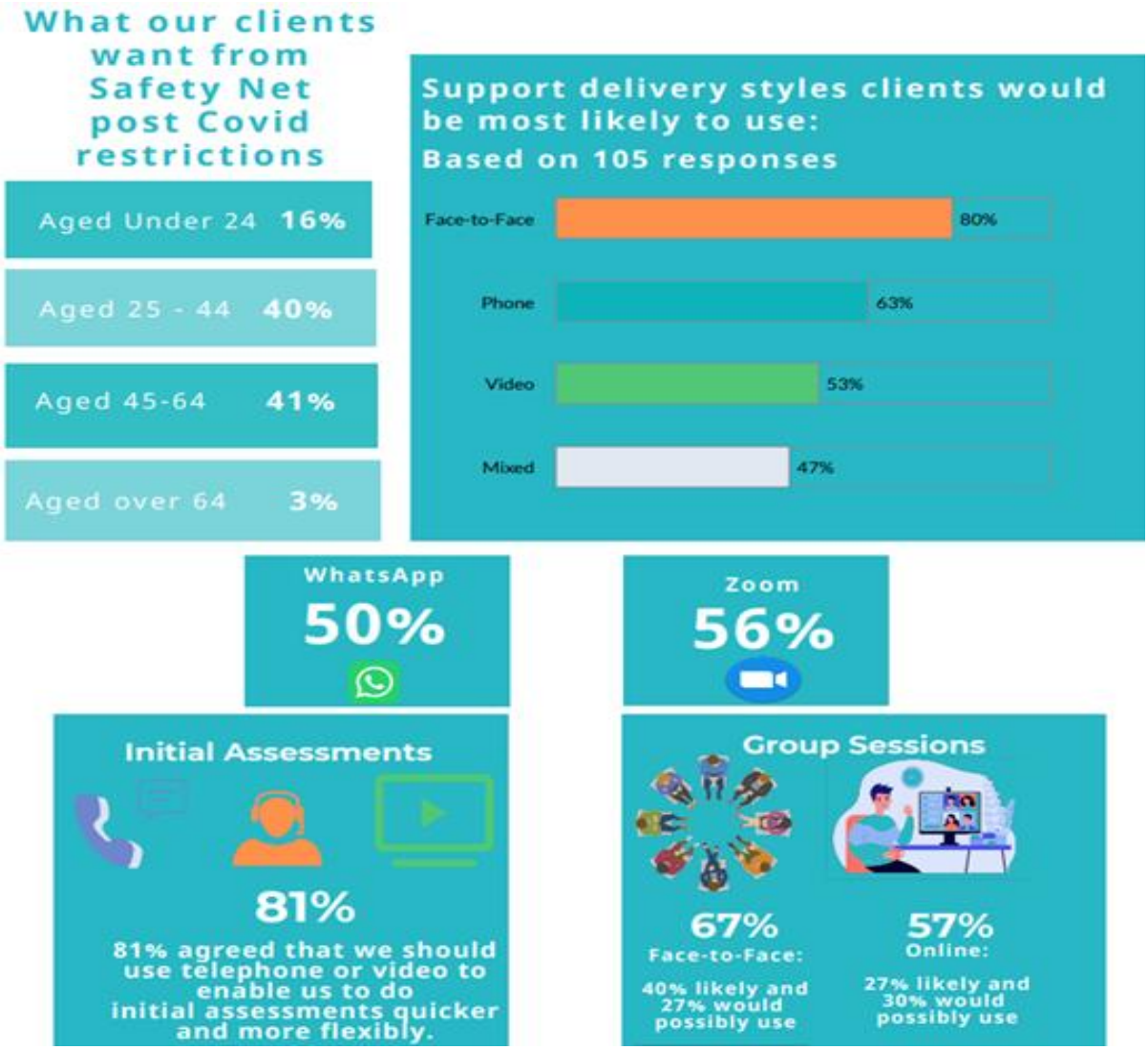


- Staffing: We have been conscious of the potential of stress and burnout. Our staff have worked tirelessly throughout this pandemic to support our clients. We have invested in staff wellbeing ensuring effective communication and support for all staff and volunteers, including additional clinical supervision, line management and flexible working.
- Complexity of cases: We have noticed an increase in the levels of anxiety and depression amongst our clients combined with isolation and high levels of trauma symptoms.
- Service capacity: Using Covid-19 emergency funding we have increased our bank pool of self-employed therapists to meet some of the increase in demand caused by the pandemic. Regrettably, we lost a therapist and a practitioner who left to work elsewhere in the county. We have found it very difficult to recruit to permanent positions during the pandemic, people are unsure about their future, they are furloughed, frightened to move, this has stretched permanent staff. There has also been a great deal of uncertainty around funding, more competition for funding and decisions on funding taking much longer, this has made service planning and recruitment difficult.
- Children and Young People: During the first lock down referrals for our service dipped significantly. The closure of schools and children's service resulted in health professionals ceasing home visits and face to face contact with families. We know the risk has increased for many CYP and also that their mental health has suffered. Referrals are now increasing for CYP from schools and health professionals and other routes. Therefore, we are recruiting a CYP therapy post and also one of our practitioners is training to be a CYP psychotherapist.
- Lack of services to signpost to: With many staff furloughed and staff working from home it has been difficult to find services to refer and signpost on to, the knock-on effect being that we have provided more wrap around support around benefits, housing, court, food banks etc. Clients have needed more sessions and more support.
- Pre – trial work: The number of clients who are at the pre-trial stage has increased. With courts being shut and cases taking much longer to get to court, clients need more sessions. Staff are providing shorter catch-up sessions over a longer term.
- Community Fundraising: The pandemic has reduced substantially our community fundraising plans with the Great North Run and other events being cancelled.
- Training and Group Work: We have paused all training and group work during the year as we did not have the staff capacity to develop and deliver online training.
- Schools Work: We paused our schools work during the year, and we set up a referral pathway from our school contacts into our main service.
- Funding applications and monitoring: We have been grateful to be able to access additional funding to support the service and our clients during the pandemic, alongside this has been an extraordinary amount of monitoring. Monitoring and applying for funding is more competitive and very time consuming which is putting a huge amount of pressure on managers and operational support teams, taking away time and support to front line delivery and support.

OUR FUTURE PLANS

Services post Covid-19 – providing a mix of face to face and online work.

We do know that some of our service users will always prefer one to one work, as will some of our therapists and support staff. Also, some trauma therapies will also be more effective in face-to-face office-based sessions, especially with younger children. For some home is not a safe place. To help us develop our service going forward we held a focus group and asked 105 of our current clients or those who had received a service in the last year how they would like to see our service delivered into the future. We asked how likely they were to use a range of contact methods. As the graphic shows, whilst most respondents prefer face-to-face meetings some do state other preferences so we will offer both face-to-face and online sessions with all initial assessments being conducted over the phone.



We have learnt a great deal from the pandemic, some very positive ways of working have emerged, especially when working across such a huge county. Staff can stay connected across the county working from outreach offices and they can offer sessions by telephone or video to clients living in the most remote parts of Cumbria where travel and public transport are infrequent. We will continue to learn from our experience and build this into future planning and projects to enhance the services we deliver. We intend to use our experience of working remotely, using IT solutions, to see how we can best support the more isolated and harder to reach communities, including older people, remote Cumbrian villages and LGBTQ communities.

Developing our peer led group work

Befriending, peer support and other volunteer opportunities.

All peer led group work was suspended during the pandemic as the craft group, which was volunteer led, did not want to meet online as many had home schooling responsibilities and other commitments and demands. The men's group, which was also peer led and supported by our therapeutic team has met a few times, and they intend to resume in June / July as they also prefer face-to-face meetings. Our volunteer coordinator moved into a new role within the organisation, and we are recruiting to this post. We want to continue to build our pool of volunteers to support our Tier 4 community-based recovery work, providing training and volunteer opportunities as well as building a trained pool of befrienders and peer mentors who have live experience.

Service development

To continue to involve staff and service users in the development of our services.

We will continue to review our model with input from staff and service users. We have a focus group of adult service users who we consult regularly and two trustees who have had experience of our services. We would like to get a similar group set up for young people to get their views and will work with one of the local schools to support this work.

As part of the original Lottery Grant, we started a longitudinal study to see if recovery was sustained post leaving the service. For our first cohort of 24, findings were extremely encouraging with sustained recovery for all except one of these clients. The same researcher had been commissioned to continue with the study in June 2020, this was temporarily stalled due to the pandemic, but we will resume this work later this year.

We have seen an increase in the complexity of client needs, including mental health, drug, alcohol and practical needs around housing, benefits and employment. This has led to an increase in the numbers of clients calling for advice and support and wanting drop-in and one-off sessions. We have added and developed a duty and enquiry service to our model to meet this increasing demand.

Website and social media

We continue to increase the reach and the function of our website and social media platforms. Providing easy access to our services via the website is a priority, we also want to develop our online tools and resources. This will be helpful for those on waiting lists and for professionals seeking support and advice.

We want to enhance our digital offer through remote/online services and improved online resources, support and continue to increase our social media presence. This will enable us to extend the scope and reach of our services and support. We will continue to offer online services and innovative ways of supporting our clients' needs and meet emerging needs.

Learning and development pathways

We have a commitment to ongoing professional development and training

Recruiting and retaining staff is a high priority and crucial to our ability to provide a high-quality service. We have a dedicated and experienced staff team; we are committed to their ongoing

professional development and training. We are aware that our pay structure was no longer competitive and have made changes to address this.

We have always found it difficult to recruit to specialist therapeutic posts which was even more problematic during the pandemic so for this reason we decided to train from within the organisation. We have trained two support staff as therapists and have another two in, or starting, therapy training. We will continue to support internal staff training and continuous personal development (CPD) by implementing a full training programme and by supporting individual training requests based on our annual appraisal process. We are building links with local and regional Universities and will continue to meet skills shortages by supporting staff to access courses and training to meet the needs we have. We want to provide well-resourced and supervised placement opportunities for both student social workers and student therapists.

Longer term funding and mixed income generation

Funding during the past year was primarily Covid-19 related. It has been very difficult to plan ahead with many trusts and foundations currently closing normal funding routes.

We are fortunate to have an additional 2 years of MOJ funding and an ongoing (additional 1 year) of Cumbria PCC funding which represents around 60% of our total funding. The remaining 40% is made up from grants from trusts and foundations and our community fundraising element (5-10%). We will start to increase and develop our community funding stream as lock down eases. We want to work with the sector to pressure commissioners and funders to provide longer term funding to provide stability and sustainability and security for our staff team. Without this we are always at risk of losing staff who we have already invested in training and development.

We have identified our financial needs over the next three years for our current practice. Safety Net has secured funding for 85% of its core activity for 2021/22. We do have challenges ahead to overcome in that our 5-year Lottery grant has ended and we are coming to the end of three-year grants from: Henry Smith and Children in Need, to whom we have re-applied although we know that the future funding landscape is even more competitive. We have recently heard that our bid for funding from Henry Smith has been secured for 3 years from April 2021. For 2022/23 we have over 50% of funding in place.

Training and Continuous Professional Development

Working with partner organisations we want to develop both our internal and external training around trauma and recovery work.

We want to continue to evaluate and embed our delivery model and develop the training manual and resources to support our client recovery programme. We also want to develop our external training programmes around trauma, to deliver at least two external trauma-focused training sessions per year and continue to offer bespoke training packages to partner organisations across the county. We want to run a CPD event on elder abuse and more trauma workshops and programmes.

Building and developing our partnerships

To strengthen our voice in Cumbria on issues relating to rape, exploitation, sexual and domestic abuse.

Building upon our existing partnership with The Birchall Trust and working collaboratively with other specialised providers in the county, we think this will enable us to have more influence in shaping local services.

We have excellent working relationships and pathways in place with our Bridgeway partners (IDVA, ISVA and SARC), women's centres, mental health services, other health providers, the police and children's social care, and social prescribers.

We will continue to work in partnership to ensure that dealing with all aspects of sexual and domestic abuse remains a priority on the strategic agenda in Cumbria. Our staff hold key strategic positions;

- our managers sit on the Sexual and Domestic Violence Strategic and Operational Groups and Rape Scrutiny Panel,
- our CYP staff attend the Children and Young People reference group, and
- staff attend MARAC and champions' networks, other practitioner forums and groups.

We are members of The Survivors Trust (TST) and will continue to work with TST and other second tier organisations such as Safe Lives and Women's Aid who are working relentlessly to ensure funding for this sector remains high on the political agenda.

Working in schools

We intend to develop our model, working with a partner agency called the Blue-Sky Trust, and roll this out across schools in Cumbria once our schools are re-opened.

INVESTMENT POLICY

Safety Net holds all funding in two accounts with the Cumberland Building Society and relies on a mixture of grants, donations, contracts and local fundraising for income.

FINANCIAL REVIEW

Expenditure

The year started with an opening reserve balance of £230k of which £134.2k were restricted funds (previous year £321.2k with £218.2k restricted funds).
For the year to 31 March 2021 the excess of income over expenditure stood at just under £62k, which includes a one-off grant of £25k from Garfield Weston towards 2021-22 costs. The closing reserves stood at £292k of which £167.6k were restricted, leaving an unrestricted carry-forward reserve balance of £124.5k which is just over 22% of the annual expenditure for the year just ending.

Going concern

For the year to 31 March 2021 the staff and management ensured the provision of services continued without interruption, using technology and remote access, they met the needs of the service users. During this period, the fundraising team continued securing funds to support the remote working of all 19 staff, without a need to rely on the brought-forward reserves to support the charitable activities for the year. Considering the level of reserves and some of the recent successful grant applications, the Trustees have a reasonable expectation that the charity has adequate resources to

continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Funding

We have a good mix of funding with ongoing contracts with the MOJ and CPCC, which represent around 60% of our total funding. The remaining 40% is made up from grants from trusts and foundations and our community fundraising element (5%-10%).

We have secured funding for 85% of our planned services for 2021/22. Although our plan for the coming year was to continue to develop and expand our community funding stream, it is unlikely this will happen in the wake of the pandemic.

We have a mix of grant funding from National Lottery and Frances C. Scott Trust, Garfield Weston Foundation, Lloyds Bank Foundation, The Henry Smith Charity and Children in Need. We were pleased to be chosen as Brampton and Longtown Rotary Club's Charity of the Year 2020/21. Despite the pandemic restrictions limiting our usual face to face events we have had online and socially distanced activities to raise funds, including a murder mystery night attended by around 100 people.

Reserves policy

It is our intention to incrementally increase the level of unrestricted funds balance to no less than 25% of the total annual operating costs and this for the year ending 31st March 2021 stands close to 22%. The policy is reviewed annually.

Public Benefit

The Trustees have considered the guidance issued by the Charity Commission in respect of public benefit and believe that the operations and activities of the charity comply with this guidance.



OUR TRUSTEES AND TRUSTEES' RESPONSIBILITIES STATEMENT

Our Trustees are named in the '**reference and administrative details of the charity, its trustees and advisers'** section at the beginning of this report. Please check out more about them on our website www.safetynetuk.org/

The Trustees are responsible for preparing the Trustees' Report and the 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 Trustees to prepare financial statements for each financial 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 these financial statements, the Trustees are required to;

- select suitable accounting policies and apply them consistently,
- observe the methods and principles in the Charities SORP,
- make judgments and accounting estimates that are reasonable and prudent, and
- prepare the financial statements on the 'going concern' basis, unless it is inappropriate to presume the charity will continue in operation.

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

This report was approved by the Trustees.

Date approved: 8th September 2021

and signed on their behalf by:

L. M. Vance.

Linda Vance
Chair of Safety Net (UK) Trustees

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Independent examiner's report to the Trustees of Safety Net (UK) ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the period ended 31 March 2021.

Responsibilities and basis of report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts 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 Association of Chartered Certified Accountants, 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 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed: **Dated:**

Karen Rae, FCCA, Armstrong Watson Audit Limited, Carlisle

SAFETY NET (UK)

(A Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES

(INCORPORATING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Income from:					
Donations and grants	3	**888**	**565,580**	**566,468**	*526,474*
Charitable activities	4	**13,842**	**-**	**13,842**	*18,959*
Fundraising	5	**26,800**	**5,500**	**32,300**	*12,967*
Investments	6	**98**	**-**	**98**	-
Other income	7	**4,699**	**-**	**4,699**	-
Total income		**46,327**	**571,080**	**617,407**	*558,400*
Expenditure on:					
Raising funds	8	**17,634**	**-**	**17,634**	*26,432*
Charitable activities	9	**-**	**537,776**	**537,776**	*623,216*
Total expenditure		**17,634**	**537,776**	**555,410**	*649,648*
Net movement in funds		**28,693**	**33,304**	**61,997**	*(91,248)*
Reconciliation of funds:					
Total funds brought forward		**95,788**	**134,249**	**230,037**	*321,285*
Net movement in funds		**28,693**	**33,304**	**61,997**	*(91,248)*
Total funds carried forward		**124,481**	**167,553**	**292,034**	*230,037*

The Statement of financial activities includes all gains and losses recognised in the period.

The notes on appendix 1 pages 1 to 18 form part of these financial statements.

SAFETY NET (UK)

(A Charitable Incorporated Organisation)

REGISTERED NUMBER: CE005945

BALANCE SHEET AS AT 31 MARCH 2021

Charity registered number: 1164998

	Note		2021 £		2020 £
Fixed assets					
Tangible assets	13		**5,367**		*7,156*
			5,367		*7,156*
Current assets					
Debtors	14	**36,436**		*68,041*	
Cash at bank and in hand		**274,455**		*174,546*	
		310,891		*242,587*	
Creditors: amounts falling due within one year	15	**(24,224)**		*(19,706)*	
Net current assets			**286,667**		*222,881*
Total assets less current liabilities			**292,034**		*230,037*
Total net assets			**292,034**		*230,037*
Charity funds					
Restricted funds	16		**167,553**		*134,249*
Unrestricted funds	16		**124,481**		*95,788*
Total funds			**292,034**		*230,037*

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the period in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees on 8.9.21 and signed on their behalf by:

L. M. Vance ....

Mrs L M Vance
(Chair of Trustees)

Ms C J Green
(Trustee)

The notes on appendix 1 pages 1 to 18 form part of these financial statements.

SAFETY NET (UK)

(A Charitable Incorporated Organisation)

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2021

	Note	2021 £	2020 £
Cash flows from operating activities			
Net cash used in operating activities	19	**99,909**	*(75,825)*
Cash flows from investing activities			
Net cash provided by investing activities		**-**	**-**
Cash flows from financing activities			
Net cash provided by financing activities		**-**	**-**
Change in cash and cash equivalents in the period		**99,909**	**(75,825)**
Cash and cash equivalents at the beginning of the period		**174,546**	*250,371*
Cash and cash equivalents at the end of the period	20	**274,455**	*174,546*

The notes on appendix 1 pages 1 to 18 form part of these financial statements.

From everyone at Safety Net

THANK YOU TO ALL OUR FUNDERS

Ministry of JUSTICE

PCC CUMBRIA

BBC Children in Need

BIG LOTTERY FUND

LOTTERY FUNDED

CUMBRIA COMMUNITY FOUNDATION

FCSCT FRANCIS C SCOTT CHARITABLE TRUST

FAMILY WELLBEING TRANSFORMING WEST CUMBRIA Funded by Sellafield Ltd

Garfield Weston FOUNDATION

COPELAND COMMUNITY FUND

LLOYDS BANK FOUNDATION England & Wales

The Henry Smith Charity

Appendix 1: Armstrong & Watson – Notes to the financial Statements

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. General information

The Charity is a Charitable Incorporated Organisation. The members of the charity are the Trustees named on page 2. In the event of the charity being wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Safety Net (UK) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

For the year to 31 March 2021 the staff and management ensured the provision of services continued without interruption, using technology and remote access, they met the needs of the service users. During this period, the fundraising team continued securing funds to support the remote working of all 19 staff, without a need to rely on the brought-forward reserves to support the charitable activities for the year. Considering the level of reserves and some of the recent successful grant applications, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.4 Expenditure

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. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.6 Tangible fixed assets and depreciation

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities incorporating income and expenditure account.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, on a reducing balance basis.

Depreciation is provided on the following basis:

Office equipment	- 25% Reducing Balance

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

2.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.11 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.12 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the period.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

3. Income from donations and grants

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Donations			
Other	888	-	888
Grants			
BBC Children in Need	-	33,864	33,864
Garfield Weston	-	25,000	25,000
Ministry of Justice	-	136,080	136,080
Henry Smith Charity	-	40,000	40,000
Lloyds Bank Foundation	-	25,000	25,000
PCC Cumbria	-	133,225	133,225
Coronavirus Grants	-	172,411	172,411
	888	565,580	566,468

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

3. Income from donations and grants (continued)

	Unrestricted funds 2020 £	*Restricted funds 2020 £*	*Total funds 2020 £*
Donations			
Whitestuff Foundation	*1,496*	-	*1,496*
Irving Memorial Trust	*1,000*	-	*1,000*
Sabina Sutherland (Mens' Group)	-	*500*	*500*
Together We Can	*300*	-	*300*
Other	*435*	-	*435*
Grants			
Francis C Scott Charitable Trust	-	*16,200*	*16,200*
BBC Children in Need	-	*33,200*	*33,200*
Big Lottery fund	-	*98,419*	*98,419*
Garfield Weston	-	*25,000*	*25,000*
Ministry of Justice	-	*90,720*	*90,720*
Henry Smith Charity	-	*40,000*	*40,000*
Lloyds Bank Foundation	-	*25,000*	*25,000*
PCC Cumbria	-	*133,225*	*133,225*
Grants for peer support work	-	*5,000*	*5,000*
Copeland Community Fund/Sellafield	-	*35,873*	*35,873*
Grants for Tier 4 work	*15,956*	-	*15,956*
HQ Central	*3,150*	-	*3,150*
Zedra Trust/Joan Wilkinson CYPP	*1,000*	-	*1,000*
	23,337	*503,137*	*526,474*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

4. Income from charitable activities

	Unrestricted funds 2021 £	Total funds 2021 £
Income from charitable activities - Recovery services for those affected by rape or sexual abuse	13,842	**13,842**

	Unrestricted funds 2020 £	*Total funds 2020 £*
Income from charitable activities - Recovery services for those affected by rape or sexual abuse	*18,959*	*18,959*

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Fundraising	26,800	5,500	**32,300**

	Unrestricted funds 2020 £	*Restricted funds 2020 £*	*Total funds 2020 £*
Fundraising	*10,454*	*2,513*	*12,967*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

6. Investment income

	Unrestricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Bank interest receivable	98	98	-

7. Other incoming resources

	Unrestricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Coronavirus Job Retention Scheme (CJRS)	4,699	4,699	-

8. Expenditure on raising funds

Fundraising costs

	Unrestricted funds 2021 £	Total funds 2021 £
Fundraising costs	17,634	17,634

	Unrestricted funds 2020 £	*Total funds 2020 £*
Fundraising costs	*26,432*	*26,432*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

9. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2021 £	Total funds 2021 £
Recovery services for those affected by rape or sexual abuse	537,776	537,776

	Unrestricted funds 2020 £	*Restricted funds 2020 £*	*Total funds 2020 £*
Recovery services for those affected by rape or sexual abuse	*35,953*	*587,263*	*623,216*

Summary by expenditure type

	Staff costs 2021 £	Depreciation 2021 £	Other costs 2021 £	Total funds 2021 £
Recovery services for those affected by rape or sexual abuse	298,042	1,789	237,945	537,776

	Staff costs 2020 £	*Depreciation 2020 £*	*Other costs 2020 £*	*Total funds 2020 £*
Recovery services for those affected by rape or sexual abuse	*339,319*	*2,385*	*281,512*	*623,216*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

10. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Support costs 2021 £	Total funds 2021 £
Recovery services for those affected by rape or sexual abuse	507,857	29,919	537,776

	Activities undertaken directly 2020 £	*Support costs 2020 £*	*Total funds 2020 £*
Recovery services for those affected by rape or sexual abuse	*593,256*	*29,960*	*623,216*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

10. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2021 £	*Total funds 2020 £*
Staff costs	298,042	*339,319*
Depreciation	1,789	*2,385*
External operational resource	72,445	*14,051*
Insurance	4,987	*4,767*
Telephone	3,366	*4,700*
Rent and services	20,313	*24,871*
Postage and stationery	550	*1,636*
Maintenance	11,765	*5,525*
Website costs	518	*18,258*
Recruitment expenses	3,053	*1,829*
Training costs	10,929	*15,837*
Travelling expenses	68	*11,753*
Volunteers expenses	4,455	*5,691*
Miscellaneous expenses	7,290	*14,361*
Office equipment, licenses and computer costs	23,839	*11,797*
Birchalls subcontractor for Cumbria PCC	44,408	*44,408*
Room hire	-	*2,063*
Bank charges	40	*5*
Capital grants repaid	-	*70,000*
	507,857	*593,256*

Capital grants repaid totalling £70,000, were returned to the funders in the prior year as the charity decided, for operational reasons, not to pursue the purchase of a property in West Cumbria.

Analysis of support costs

	Total funds 2021 £	*Total funds 2020 £*
Accountancy fees	4,000	*4,500*
Legal and professional fees	25,919	*25,460*
	29,919	*29,960*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

11. Staff costs

	2021 £	2020 £
Wages and salaries	274,169	308,603
Social security costs	17,165	22,548
Contribution to defined contribution pension schemes	6,708	8,168
	298,042	339,319

The average number of persons employed by the Charity during the year was as follows:

	2021 No.	2020 No.
Employees	12	14

No employee received remuneration amounting to more than £60,000 in either year.

During the period key management remuneration (including trustees) amounted to £43,808 (2020 - £59,656).

12. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2020 - £NIL)*.

During the year ended 31 March 2021, no Trustee expenses have been incurred *(2020 - £NIL)*.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

13. Tangible fixed assets

	Office equipment £
Cost or valuation	
At 1 April 2020	18,227
At 31 March 2021	18,227
Depreciation	
At 1 April 2020	11,071
Charge for the year	1,789
At 31 March 2021	12,860
Net book value	
At 31 March 2021	5,367
At 31 March 2020	*7,156*

14. Debtors

	2021 £	*2020 £*
Due within one year		
Trade debtors	33,306	*33,306*
Prepayments and accrued income	3,130	*34,735*
	36,436	*68,041*

15. Creditors: Amounts falling due within one year

	2021 £	*2020 £*
Trade creditors	12,642	*574*
Other creditors	262	-
Accruals and deferred income	11,320	*19,132*
	24,224	*19,706*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

16. Statement of funds

Statement of funds - current period

	Balance at 1 April 2020 £	Income £	Expenditure £	Balance at 31 March 2021 £
Unrestricted funds				
General Funds	95,788	46,327	(17,634)	124,481
Restricted funds				
Children in Need	8,400	33,864	(34,554)	7,710
Coalfields Regeneration Trust	3,397	-	(3,397)	-
Cumbria Community Foundation - Peer Support	7,040	-	-	7,040
Garfield Weston	-	25,000	-	25,000
Big Lottery Fund	38,341	-	(38,341)	-
Ministry of Justice Rape Support	-	136,080	(136,080)	-
Cumbria Police and Crime Commissioner	46,594	133,225	(119,431)	60,388
Safety Net Fund	23,694	-	-	23,694
The Henry Smith Charity	331	40,000	(38,022)	2,309
Francis C Scott Charitable Trust	6,452	-	-	6,452
Lloyds Bank Foundation	-	25,000	(17,122)	7,878
Grants for peer support work	-	5,500	-	5,500
Covid Fund	-	172,411	(150,829)	21,582
	134,249	571,080	(537,776)	167,553
Total of funds	230,037	617,407	(555,410)	292,034

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

16. Statement of funds (continued)

Statement of funds - prior period

	Balance at 1 April 2019 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 March 2020* £
Unrestricted funds					
General Funds	*103,063*	*52,750*	*(62,385)*	*2,360*	*95,788*
Restricted funds					
Allerdale Community Grant for Netherall School	*7,811*	-	*(7,811)*	-	-
Children in Need	*8,744*	*33,200*	*(33,544)*	-	*8,400*
CKDC Children Trust	*2,000*	-	*(2,000)*	-	-
Coalfields Regeneration Trust	*10,000*	-	*(6,603)*	-	*3,397*
Copeland Community Fund / Sellafield	-	*35,873*	*(35,873)*	-	-
Cumbria Community Foundation - Peer Support	*15,000*	*5,500*	*(13,460)*	-	*7,040*
Garfield Weston	-	*25,000*	*(25,000)*	-	-
Big Lottery Fund	*544*	*98,419*	*(60,622)*	-	*38,341*
Ministry of Justice Rape Support	*344*	*90,720*	*(91,064)*	-	-
Cumbria Police and Crime Commissioner	*54,249*	*133,225*	*(140,880)*	-	*46,594*
Safety Net Fund	*25,703*	-	*(2,009)*	-	*23,694*
The Henry Smith Charity	*147*	*40,000*	*(39,816)*	-	*331*
Victims' Trust	*2,736*	-	*(376)*	*(2,360)*	-
West Worker	*8,850*	-	*(8,850)*	-	-
Francis C Scott Charitable Trust	*10,594*	*16,200*	*(20,342)*	-	*6,452*
Whitehaven Town Centre	*1,500*	*2,513*	*(4,013)*	-	-
Cumbria Community Foundation - Capital Grant	*15,000*	-	*(15,000)*	-	-
United Utilities - Capital Grant	*30,000*	-	*(30,000)*	-	-
Clothworkers - Capital Grant	*25,000*	-	*(25,000)*	-	-
Lloyds Bank Foundation	-	*25,000*	*(25,000)*	-	-
	218,222	505,650	(587,263)	*(2,360)*	*134,249*
Total of funds	*321,285*	*558,400*	*(649,648)*	-	*230,037*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

16. Statement of funds (continued)

17. Summary of funds

Summary of funds - current period

	Balance at 1 April 2020 £	Income £	Expenditure £	Balance at 31 March 2021 £
General funds	95,788	46,327	(17,634)	124,481
Restricted funds	134,249	571,080	(537,776)	167,553
	230,037	617,407	(555,410)	292,034

Summary of funds - prior period

	Balance at 1 April 2019 £	*Income £*	*Expenditure £*	*Transfers in/out £*	*Balance at 31 March 2020 £*
General funds	*103,063*	*52,750*	*(62,385)*	*2,360*	*95,788*
Restricted funds	*218,222*	*505,650*	*(587,263)*	*(2,360)*	*134,249*
	321,285	*558,400*	*(649,648)*	-	*230,037*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

17. Summary of funds (continued)

Allerdale Community Grant for Netherall School - To provide therapeutic support, training to teachers and staff, 1:1 session, drop-in, intervention and signposting for all to students.

Children in Need - Three year funding (2018-21) to deliver a holistic, child-centred, trauma recovery service for children and young people who have experienced violence and abuse.

CKDC Children's Fund - Children and Young Persons Practitioner for West Cumbria.

Coalfields Regeneration Trust - £10,000 contribution to Volunteer Coordinator post.

Copeland Community Fund/ Sellafield - School Project - 3 years funding –To work in four secondary schools across Copeland, providing prevention & early intervention work. This will include 1:1 support and therapy for students, training and support for staff and peer mentors.

Cumbria Community Foundation - Peer support/schools/peer mentoring programme delivered to schools in the west of Cumbria.

Garfield Weston – Funding for management, admin staffing costs (core costs).

Big Lottery Fund – 5 years funding to partly fund salaries of an existing full time CEO, an existing part time clinical services coordinator and an existing part time integrated family worker.

MOJ Rape Support Fund – Contribution towards the provision of support for female and male victims of rape and sexual abuse including child sexual abuse.

Cumbria Police and Crime Commissioner – Funding to provide a counselling service for victims of rape and serious sexual assault in Cumbria.

Safety Net Fund – This is an internal restricted fund and is an accumulation of the small balances of old restricted funds.

Henry Smith Charity - £40,000 received for three years (£120,000 in total) contributing towards core costs, salary and on-costs for a Child and Young persons (CYP) therapist (2018-2021).

Victims' Trust – Funding provided to support the objectives of the charity. This fund has now been transferred to unrestricted reserves.

West Worker, CKDC Children's Fund & Proven Trust - Funding provided for one Integrated Support worker in West Cumbria, in connection with the schools project.

Francis C Scott Charitable Trust - To support the costs of early intervention work Tier 1&2 (3 years).

Whitehaven Town Centre - Contribution towards the salary for a worker in the west of the county.

Clothworkers Capital Grant, Cumbria Community Foundation Capital Grant and United Utilities Capital Grant - West Building – Grants to support the purchase of a building in Workington so that we can increase the service we offer to children, young people and adults living in West Cumbria. The grant was awarded in 2018/19 and whilst the period was extended into 2019/20, it was not possible to find a suitable building during that period. Therefore, the board of trustees, following its consultation with the funder, agreed to return the capital grants before the end of 2019/20 financial period.

Lloyds Bank Foundation - 3 years (plus 1) funding 2018-22- towards Integrated support team specifically working with tier 1 and tier 2 adults and children/young people.

Covid Fund – Grants to support the staffing, waiting lists and functioning of the organisation during the COVID pandemic – Ministry of Justice, Cumbria Community Foundation, Cumbria Police and Crime Commissioner, Lloyds Bank Foundation , Carlisle City Council.

Tier 4 / Volunteers – Grants to support our recovery community / volunteer work – Cumbria Community Foundation, RG Hills, 1961 Trust.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

18. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	2,518	2,849	5,367
Current assets	146,187	164,704	310,891
Creditors due within one year	(24,224)	-	**(24,224)**
Total	124,481	167,553	**292,034**

Analysis of net assets between funds - prior period

	Unrestricted funds 2020 £	*Restricted funds 2020 £*	*Total funds 2020 £*
Tangible fixed assets	3,357	3,799	*7,156*
Current assets	112,137	130,450	*242,587*
Creditors due within one year	(19,706)	-	*(19,706)*
Total	95,788	134,249	*230,037*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2021 £	*2020 £*
Net income/expenditure for the year (as per Statement of Financial Activities)	61,997	*(91,248)*
Adjustments for:		
Depreciation	1,789	*2,385*
Decrease/(Increase) in debtors	31,605	*17,983*
Increase/(Decrease) in creditors	4,518	*(4,945)*
Net cash provided/(used by) by operating activities	99,909	*(75,825)*

20. Analysis of cash and cash equivalents

	2021 £	*2020 £*
Cash in hand	274,455	*174,546*
Total cash and cash equivalents	274,455	*174,546*

21. Analysis of changes in net debt

	At 1 April 2020 £	Cash flows £	At 31 March 2021 £
Cash at bank and in hand	174,546	99,909	274,455
	174,546	99,909	274,455

22. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £6,708 (2020 - £8,168). At the balance sheet date there were £262 owed included within other creditors (2020 - £Nil).

23. Related party transactions

There were no related party transactions in the period (2020 - £Nil).