



**Safety
Net**

Registered Charity: 1164998
Registered Company: CE005945

2021/22

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

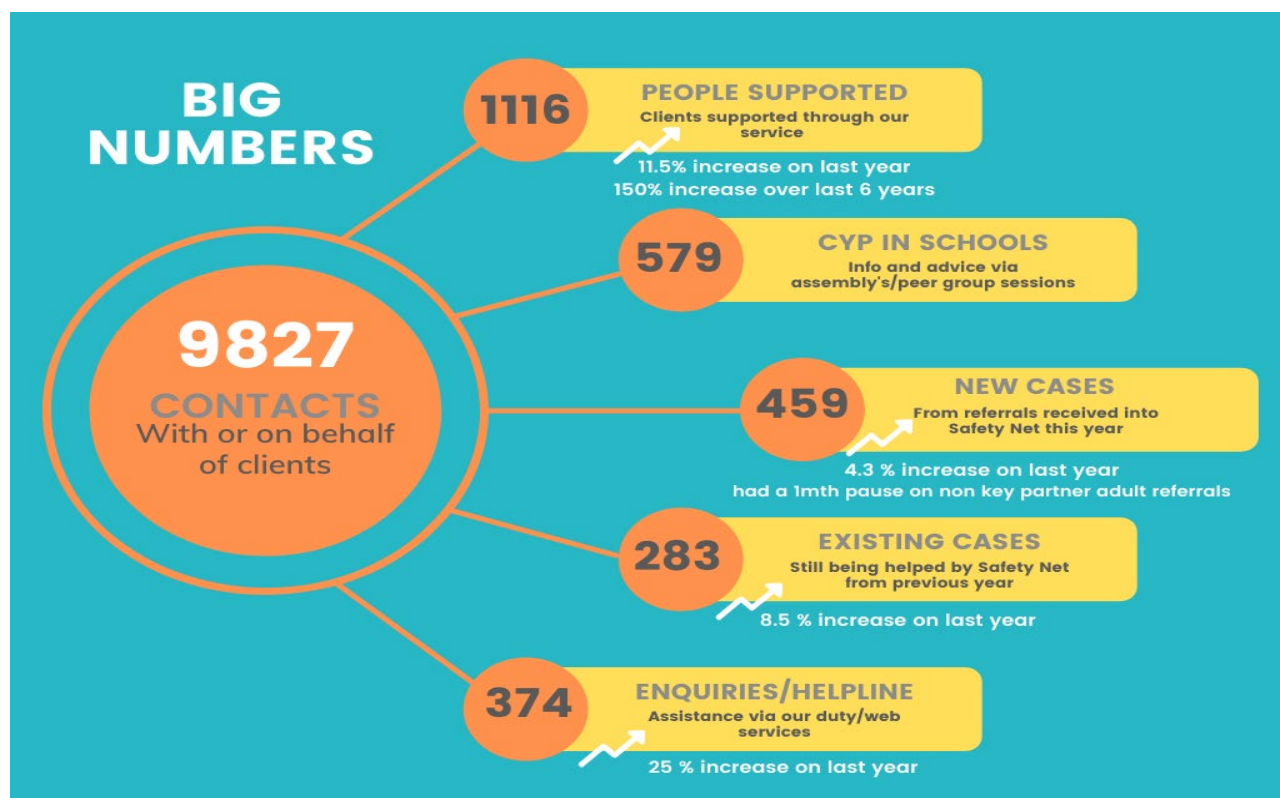
Burnetts, Victoria House, Wavell Drive, Carlisle, Cumbria, CA1 2ST

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.

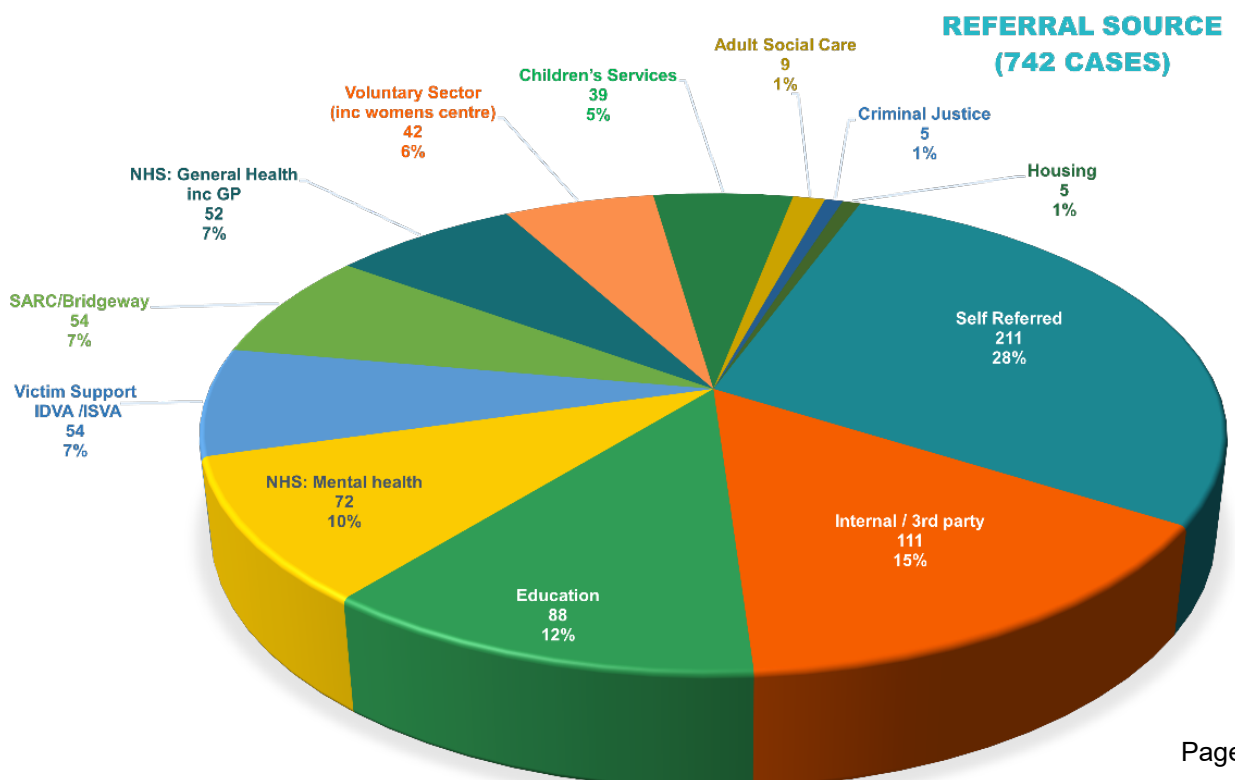
Our Mission Statement

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.



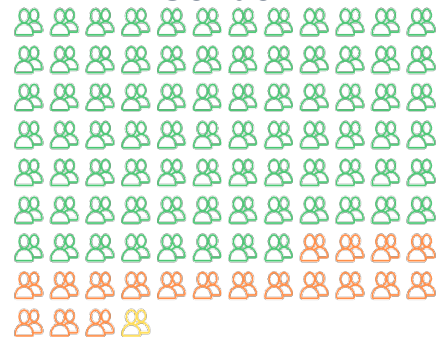
■ White British: 673 (90.7%) ■ Other: 36 (4.85%) ■ Pref not to say: 33 (4.45%)



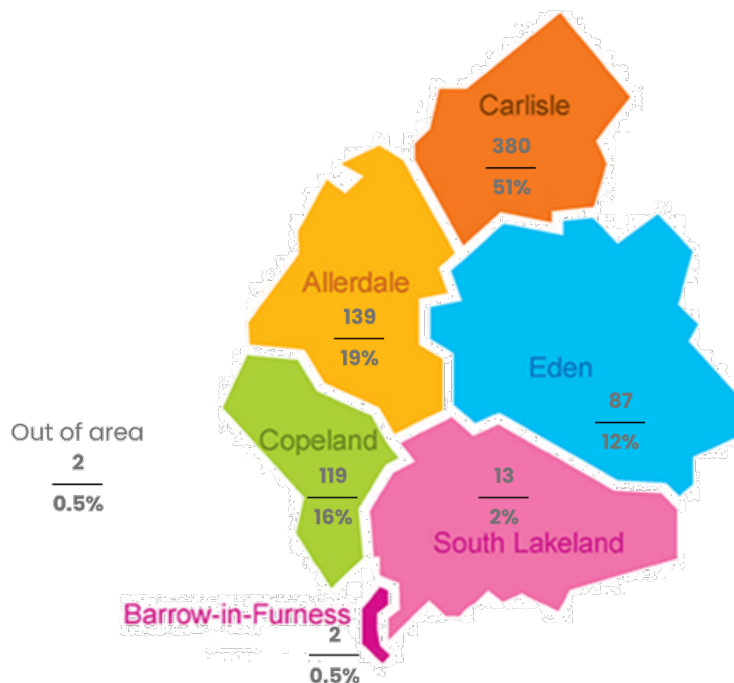
■ Child: 63 (<13) (8.49%) ■ CYP: 137 (13-17) (18.46%) ■ YP: 94 (18-24) (12.67%) ■ Adult: 448 (60.38%)

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

Gender



■ Female: 594 (80.05%) ■ Male: 141 (19%) ■ Other: 7 (0.94%)



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.

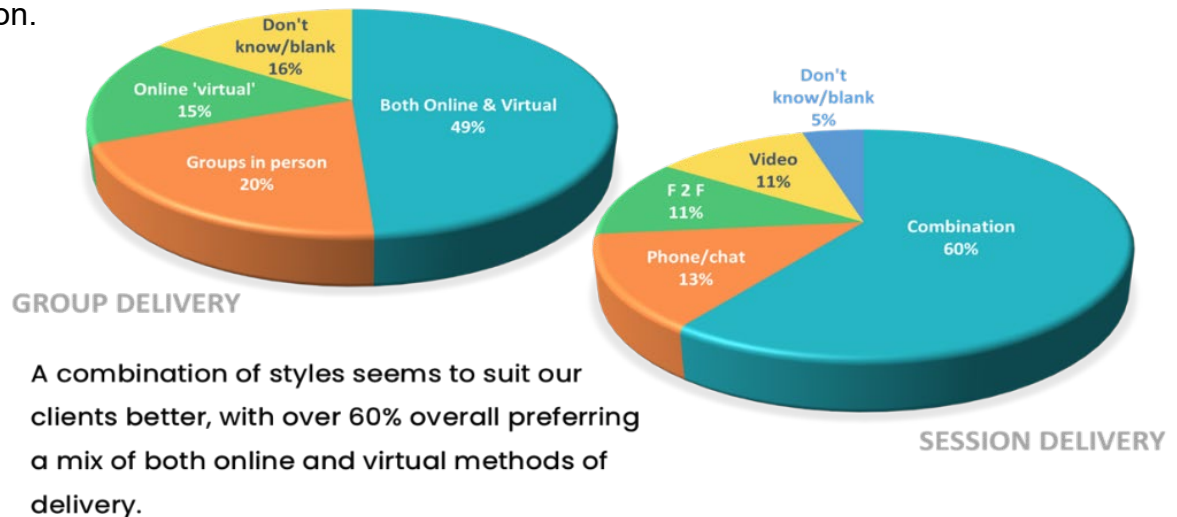
I just wanted to say a massive thank you to my counsellor for his support and kind genuine manner. Along with the more recent issues he has helped me deep dive into old traumas and find resolution, I finally have understanding and have now moved past some things that have held me back for years.

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:

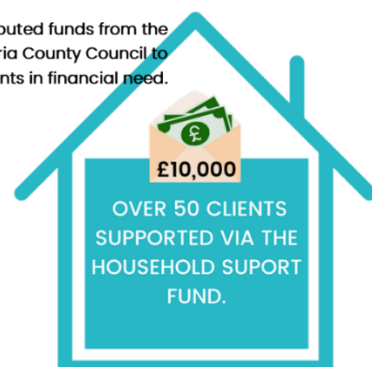
- Offer flexibility – with a mix of online and face to face work.
- Improve accessibility to our most vulnerable clients.
- Extended services to those in the most remote parts of the county.
- Offer regular sessions to those service users with disabilities who often find it hard to get to our offices.
- 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.



Key successes

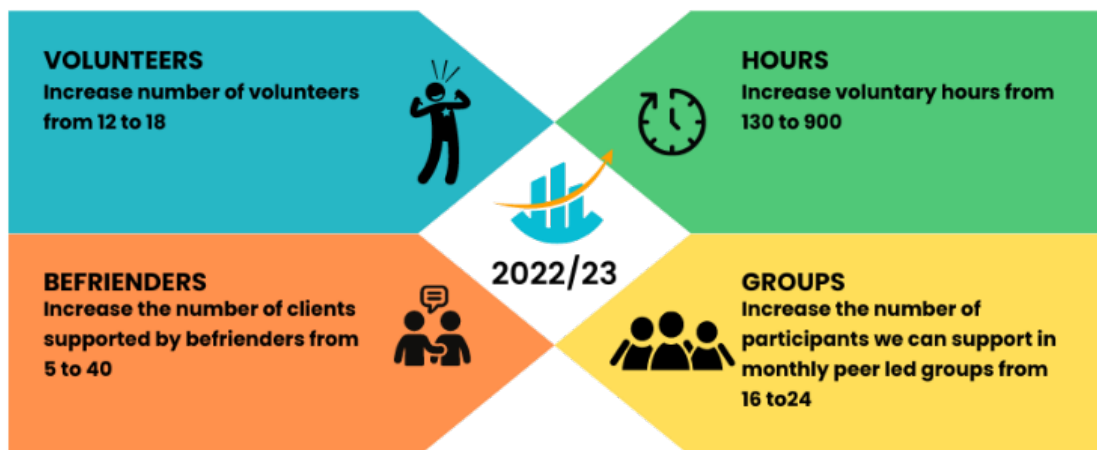
- We can demonstrate positive outcomes and have excellent client and professional feedback. 77% of adults and 78% of Child & Young Person (CYP) clients showed improvements on wellbeing scores, 81% of adults improved on trauma scores and 64% of CYP.
- We continue to provide wrap around support with– 9827 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 distributed funds from the Cumbria County Council to clients in financial need.



- 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.

WE WANT TO DEVELOP AND EXPAND OUR PEER LED, VOLUNTEER WORK (TIER 4)



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.

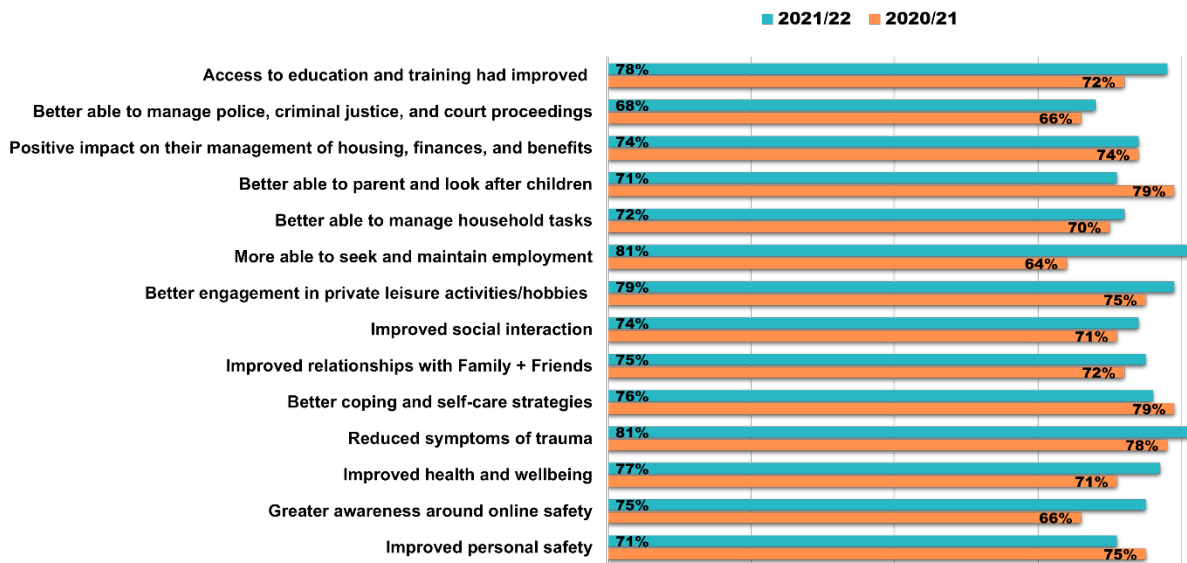
Website: www.safetynetuk.org/
LinkedIn: www.linkedin.com/company/safety-net-uk
Facebook: www.facebook.com/safetynetnorth
Instagram: www.instagram.com/safetynet_uk/
Twitter: twitter.com/safetynetnorth



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.

Adult Outcomes



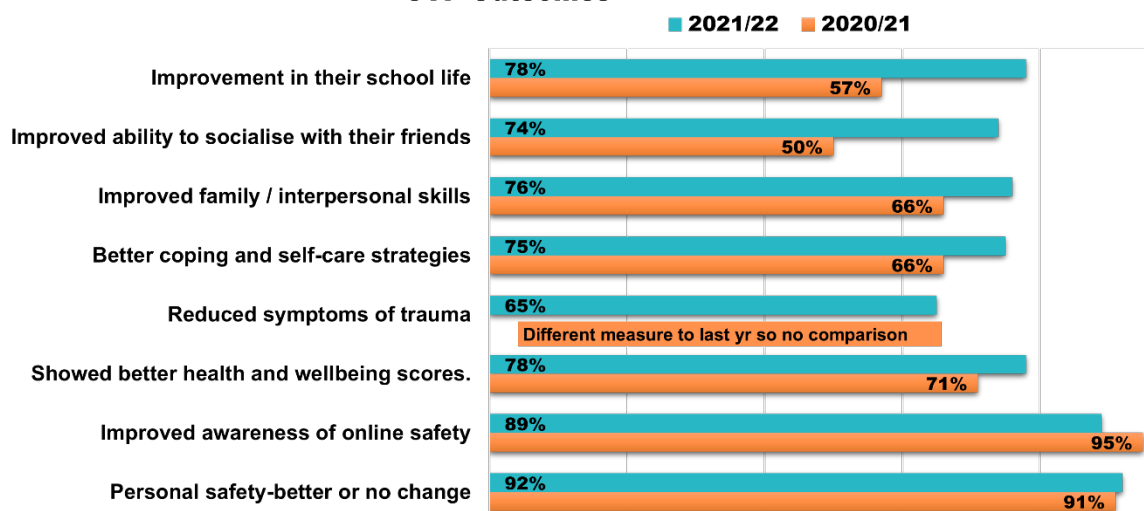
Trauma Scores (PCLC) - Adults



Improvement in Trauma Symptoms -CYP



CYP Outcomes



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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 users 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/

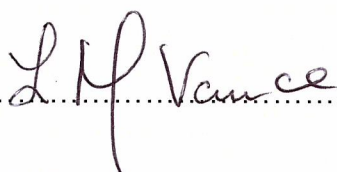
The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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:



Ms L M Vance
(Chair of Trustees)



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: 

Dated: 5 December 2022

Karen Rae
Armstrong Watson Audit Limited Carlisle

FCCA

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.

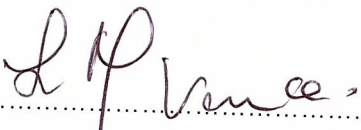
SAFETY NET
(A Charitable Incorporated Organisation)
REGISTERED NUMBER: CE005945
BALANCE SHEET AS AT 31 MARCH 2022


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

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:


.....
Ms L M Vance
(Chair of Trustees)


.....
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 |
| | | <hr/> | <hr/> |
| Cash flows from investing activities | | | |
| | | <hr/> | <hr/> |
| Net cash provided by investing activities | | - | - |
| | | <hr/> | <hr/> |
| Cash flows from financing activities | | | |
| | | <hr/> | <hr/> |
| Net cash provided by financing activities | | - | - |
| | | <hr/> | <hr/> |
| 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 |
| | | <hr/> | <hr/> |
| Cash and cash equivalents at the end of the period | 20 | 365,644 | 274,455 |
| | | <hr/> | <hr/> |

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



Thank You

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.

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

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.

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

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.

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

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 |
| | <u>24,249</u> | <u>636,626</u> | <u>660,875</u> |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

3. Income from donations and grants (continued)

| | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|------------------------|--|--|---------------------------------------|
| 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 |
| | <hr/> 888 | <hr/> 565,580 | <hr/> 566,468 <hr/> |

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 | <hr/> 20 | <hr/> 20 |
| | | |
| | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
| Income from charitable activities - Recovery services for those affected by rape or sexual abuse | <hr/> 13,842 | <hr/> 13,842 |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

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 |
| | <hr/> | <hr/> | <hr/> |
| | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
| Fundraising | 26,800 | 5,500 | 32,300 |
| | <hr/> | <hr/> | <hr/> |
| | <hr/> | <hr/> | <hr/> |

6. Investment income

| | Unrestricted funds 2022 £ | Total funds 2022 £ |
|--------------------------|--------------------------------------|-------------------------------|
| Bank interest receivable | 112 | 112 |
| | <hr/> | <hr/> |
| | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
| Bank interest receivable | 98 | 98 |
| | <hr/> | <hr/> |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

7. Other incoming resources

| | Total funds | |
|---|--------------------------------|-------------------------|
| | 2022 | |
| | £ | |
| Coronavirus Job Retention Scheme (CJRS) | - | |
| | <hr/> | |
| | <i>Unrestricted funds 2021</i> | <i>Total funds 2021</i> |
| | £ | £ |
| Coronavirus Job Retention Scheme (CJRS) | 4,699 | 4,699 |
| | <hr/> | <hr/> |

8. Expenditure on raising funds

Fundraising costs

| | Unrestricted Fund 2022 | Total funds 2022 |
|-------------------|--------------------------------|-------------------------|
| | £ | £ |
| Fundraising costs | 15,397 | 15,397 |
| | <hr/> | <hr/> |
| | <i>Unrestricted funds 2021</i> | <i>Total funds 2021</i> |
| | £ | £ |
| Fundraising costs | 17,634 | 17,634 |
| | <hr/> | <hr/> |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

9. Analysis of expenditure on charitable

activities Summary by fund type

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

| | <i>Restricted funds 2021</i> | <i>Total funds 2021</i> |
|---|------------------------------|-------------------------|
| | <i>£</i> | <i>£</i> |
| Recovery services for those affected by rape, exploitation, domestic and sexual abuse | 537,776 | 537,776 |

Summary by expenditure type

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

| | <i>Staff costs</i> | <i>Depreciation</i> | <i>Other costs</i> | <i>Total funds</i> |
|--|--------------------|---------------------|--------------------|--------------------|
| | <i>2021</i> | <i>2021</i> | <i>2021</i> | <i>2021</i> |
| | <i>£</i> | <i>£</i> | <i>£</i> | <i>£</i> |
| Recovery services for those affected by rape or sexual abuse | 298,042 | 1,789 | 237,945 | 537,776 |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

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

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

10. Analysis of expenditure by activities (continued)

Analysis of direct costs

| | Total funds 2022 £ | <i>Total funds 2021 £</i> |
|---|---------------------------------------|---------------------------------------|
| 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 |
| | <hr/> 534,914 <hr/> | <hr/> 507,857 <hr/> |

Analysis of support costs

| | Total funds 2022 £ | <i>Total funds 2021 £</i> |
|-----------------------------|---------------------------------------|---------------------------------------|
| Accountancy fees | 4,000 | 4,000 |
| Legal and professional fees | 19,062 | 25,919 |
| | <hr/> 23,062 <hr/> | <hr/> 29,919 <hr/> |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

11. Staff costs

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

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

| | 2022 | <i>2021</i> |
|-----------|-------------|-------------|
| | No. | 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).

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

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 |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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 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 | (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 |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

16. Statement of funds (continued)

Statement of funds - prior period

| | <i>Balance at 1 April 2020</i> | <i>Income</i> | <i>Expenditure</i> | <i>Balance at 31 March 2021</i> |
|---|------------------------------------|----------------|--------------------|---|
| | £ | £ | £ | £ |
| 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 |
| | <u>134,249</u> | <u>571,080</u> | <u>(537,776)</u> | <u>167,553</u> |
| Total of funds | <u>230,037</u> | <u>617,407</u> | <u>(555,410)</u> | <u>292,034</u> |

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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 |
| | <u>292,034</u> | <u>671,852</u> | <u>(573,373)</u> | - | <u>390,513</u> |

Summary of funds - prior period

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

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

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.

SAFETY NET (UK)
(A Charitable Incorporated Organisation)

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

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

| | <i>Unrestricted funds 2021 £</i> | <i>Restricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-------------------------------|--|--|---------------------------------------|
| 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)