



DAISY PROGRAMME

Trustees' Annual Report 2023-2024

Daisy Programme

Trustees' Annual Report and Financial Statements for the period 1 April 2023 to 31 March 2024

My Home, my prison

He hit me.

He hurt me.

He humiliated me.

He made me believe I was someone I'm not.

He told me no one else would want me.

Ever.

Anger.

Fear.

Intimidation.

Know my limits.

Fight for my values.

For honesty, integrity, kindness.

If not for me, then for my girls.

My beautiful girls.

Learning.

I love learning.

I learn fast.

Learn not to fight back.

Learn to leave.

Learn to run.

Learn to hide.

Learn not to speak.

Learn to watch, watch, watch.

And learn to react fast.

Hope.

I have to hope.

I have hope.

Sometimes.

A NIDAS client

Unit 1, Ventura House, Norwich Road, Watton, IP25 6JU

Daisy Programme is a Charitable Incorporated Organisation governed by a CIO Foundation Constitution and overseen by a Board of Trustees

Registered Charity Number 1166033

Executive Summary

Our Mission

To empower people who have experienced abuse to recover, build resilience and live positive, healthy, and productive lives.

Our Purpose

To work with others, especially those with lived experience, to build awareness and understanding of domestic and sexual abuse and to support survivors to look forward to the future and not be controlled by the past.

Our Objectives

Our objectives are to relieve the needs and provide support for people living in Norfolk who have suffered or are exposed to domestic and sexual abuse by supporting their emotional, physical, and mental health.

We achieve this by:

- ✓ Supporting people to develop confidence and belief in their ability to create a new future (Jointly agreed support planning, practical support, risk assessment and safety planning, Idvas (Independent Domestic Abuse Advisors), Client Caseworkers, phone support, emotional support).
- ✓ Enabling people to move on from their past with better well-being and new ways of thinking and behaving (Therapeutic interventions such as counselling).
- ✓ Helping people to value themselves by understanding abuse and their experiences and have pride in their progress and achievements (Power to Change, Raising Children course, Rock Pool Recovery Toolkits).
- ✓ Creating support networks and a sense of belonging (Peer support groups, parenting support groups).
- ✓ Giving people tools to reduce stress, build skills and release trauma held in the body through creative and mindful activities (Art and Support Group, Choir, Mindfulness, Yoga, Therapeutic Writing, Drumming workshops, Mind and Body sessions).
- ✓ Empowering survivors to achieve a sense of purpose and potential (Volunteering, Peer Mentoring).

Our Values

We put people at the centre of what we do – We believe each person is different, as is their experience of abuse, and we will listen to and value those differences, giving choice in how people receive our services.

We build people's personal strengths – We believe that with the right support every person has the potential to improve their lives, and we will help people to build on their personal strengths to achieve lasting change through collaboration and empowerment.

We see people not trauma – We believe people should not be defined by the trauma they have experienced, and how that presents, and we will provide high quality services that are safe, consistent, transparent and evidence based.



*A Sponsored walk by Daisy Programme friends and staff
raising more than £5,000*

Statutory Declaration on Public Benefit

The Trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

Activities, Achievements & Performance

Overview

This year marked a period of incredible growth and development as we expanded our services to support adults impacted by domestic and sexual abuse, as well as children and young people who have lived with domestic abuse.

We were proud to continue our NIDAS service in Breckland, in partnership with Leeway Domestic Abuse Service and Safer Partnership to assist high and medium risk victims. In January, we took on responsibility for the NIDAS service in Kings Lynn & West Norfolk and North Norfolk, recruiting to unfilled posts, so that we have been able to offer a comprehensive service for victims of domestic abuse at most risk across Central, West and North Norfolk. Our NIDAS team is now twelve staff.

Our trauma-informed approach continues to empower survivors on their journey to sustained recovery. With support from National Lottery Community Fund, Office of the Police and Crime Commissioner for Norfolk (OPCCN) and Ministry of Justice through our Norfolk Sexual Abuse partnership, we have increased our therapeutic and one to one support, with additional counselling sessions, new programs and activities, an additional peer support group and we piloted a bespoke Moving Forwards course to aid recovery. By the end of the year with some additional funding provided by OPCCN, we reduced our waiting list for counselling to two clients and with no one waiting longer than three weeks to receive therapeutic support.

We've extended our Fantastic Family service, offering holistic support for children, young people, and their parents. This much needed service was facing closure due to funding reductions, but our work with children and young people has flourished, boosted by additional staff funded by the Trusthouse Foundation and Children in Need.

Through partnerships, such as our collaboration with Breckland Council, our Early Help and Community services continued to foster stronger community support networks and enhanced professional responses through training and awareness initiatives. We have joined a new partnership with Sue Lambert Trust, One to One Project and Brave Futures to share best practice and better integrate support for sexual abuse survivors across Norfolk.

All of these services exceeded expectations in both referrals and the number of clients served. Our staff team has expanded from 13 to 22 at the end of the year. This incredible year of growth is detailed further below, highlighting our ongoing aim to making a lasting impact in the communities we serve.

This year also saw growth in our governance and team cohesion, with an expanded Trustee Board and two Daisy full-team development days involving our volunteers, staff, and Trustees. These sessions have strengthened our collective commitment to making a difference.

Our Outputs

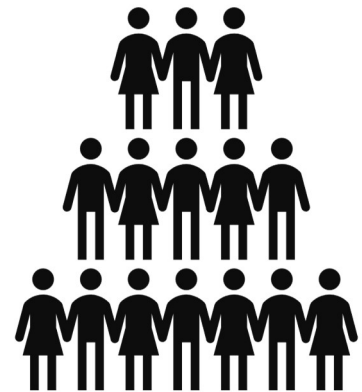


1227 People Supported
Aged 5 - 98



37% Self-referrals*
reflecting trust and engagement with
our community

**500 people reached at activities and
events through our Daisy
Ambassadors community service**



**1500 counselling sessions for
abuse survivors**

**95 survivors participated in our
programmes and support groups**



*Excluding our NIDAS service where referrals are primarily from police

Progress against our aims

This year we have made significant progress against our key aims.

1. We have expanded our NIDAS partnership working with high and medium risk victims of domestic abuse to cover Kings Lynn & West Norfolk and North Norfolk as well as Breckland. We have integrated this work into our other services so that support for clients is holistic, available for all family members and provides a seamless journey of recovery where no client needs to repeat their story. Breckland is the only area of Norfolk where one organisation can provide specialist continuing domestic abuse support for clients at all levels of risk.
2. Applying our learning from our domestic abuse recovery service and from our therapeutic work in the Rowan Project, we have introduced our new Trauma Recovery Support service to empower people who have experienced abuse of any type, historically or more recently, to recover, build resilience and live positive, healthy, and productive lives and we have been granted National Lottery Community Funding to support this going forward.
3. We have introduced new courses and group programmes to provide better choice and flexibility in how people can engage with us.
4. We have enhanced our support for Fantastic Families team by increasing our staffing and ensuring that all team members are accredited in working with children and young people who have experienced domestic abuse.
5. We have continued to develop and expand our community outreach, providing regular presentations to practitioners working for Breckland Council and our community-based support services as set out below. We have introduced monthly drop-in sessions across Breckland in local venues, accessible to anyone who has experienced domestic abuse.

Winter Wellbeing

A six week course

for mind and body

STARTING FRIDAY 3RD NOVEMBER
FROM 10-12

DAISY HUB, UNIT 1, VENTURA
HOUSE, NORWICH ROAD, WATTON,
IP25 6JU

CONTACT HELP@DAISYPROGRAMME.ORG.UK
TO BOOK A PLACE

ALL WELCOME. NO PHYSICAL ABILITY
REQUIRED. GENTLE EXERCISE AND
RELAXATION TO BRING HARMONY AND
HEALTH



Our Impact



88% of people say they are more positive about the future



79% of people state they are thinking more clearly



74% of people at our groups report feeling closer to other people



86% people say they are more relaxed



85% of people state they are dealing with problems well



83% counselling clients reported reduced psychological distress



92% of people say they feel safer



100% of our volunteers say they feel useful and that they are giving back



Our NIDAS (Norfolk Integrated Domestic Abuse Service) service is a countywide partnership delivered by specialist service providers, with Leeway and Safe Partnership working together to ensure people assessed to be at high or medium risk of harm from domestic abuse, across Norfolk have access to a full range of help and guidance regardless of where they live. This service is the first system of its kind in the county, offering a fully integrated service with intensive one-to-one support, a multi-agency response and help towards practical solutions available.

In January 2024, our NIDAS team expanded to include staff working in Kings Lynn & West Norfolk and North Norfolk and we now have twelve NIDAS staff. They work in multi-agency partnerships to support those at the highest risk of domestic abuse providing safety planning, risk management and practical support with a range of issues including housing, debt and legal matters. We have three Family Idvas who work directly with the children of the adults we are supporting and two Community Development and Recovery Facilitators.

In the year, the team received **850 referrals**.

*"My IDVA came into my life and changed it.
And she's still there for me.
Always there. Her voice in my head saying it'll be ok, telling me I'm good enough, never failing to believe in me even when I've felt utterly lost.
My IDVA has helped me remember someone before him. Someone happy and confident. And time and her support have made me realise I'm not just an ok mum but a really, really good one"*

"My IDVA was brilliant and it's so reassuring to know there is someone at the end of a phone who 'just gets it', without judgement. She was professional but personable too and encouraged me to make decisions, sign posted and advice giving with personal insight. Thank you for all your support, an invaluable service that is much needed in the midst of the crisis fog"

NIDAS support

- 83% of clients accessing support said they feel safer
- 70% reported improved health and wellbeing
- 61% felt an improvement in their ability to engage with the local community
- 65 % of clients reported an improvement in their confidence and self-esteem

The Rowan Project

Our sexual abuse recovery support sits within our Trauma Recovery Service. We had 74 referrals to this project within the year. 43% of referrals to Rowan Project are self-referrals. Following feedback from clients, we have gradually reduced the information required on referral and only ask for brief reason for referral so that people do not have to discuss the incident. Most of our referrals are by email, text or social media because many of our clients find calling in very difficult initially.



Increased funding has enabled us to provide additional counselling sessions each week and by the end of the year we only had two people waiting for counselling. All our clients receive regular check in calls, pre counselling booklets, help with practical issues, access to courses and peer support groups. We also offer creative and mindful activities, including crafts, gardening and walks.



"Before I referred myself to the rowan project I was suffering with regular flashbacks and depression and anxiety. I was unable to focus on day-to-day tasks and felt that my whole life and everything in it was too overwhelming to cope with.

The counselling I received from The Rowan Project allowed me to speak out loud about my abuse for the first time in over 30 years. I was able to address my feelings of guilt and shame in a safe non-judgemental environment and I was able to realise that the guilt and shame I had been carrying for the last 30 years was not mine to carry. This was a massive first step on my healing journey.

After my counselling finished I felt like a new person. I had confidence in my own abilities, I started to like myself for the first time in my life and realised that I am a good person with a lot of good qualities.

I no longer had feelings of overwhelm and was able to function a lot better as a mum to my little girl and I started to look forward to the future with a sense of purpose that I have never had before.

I am so grateful for the support that the Rowan Project gave me that I want to give something back. I want to make the Rowan Project even better for clients and give them more tools to help them in their continued recovery from sexual abuse."

Domestic Abuse Recovery

Our longer-term work with survivors of domestic abuse enables them to rebuild their lives and move on from the impact of abuse. We received referrals for 249 standard risk victims of abuse. They were aged from 5 to 98 – with the majority being 25-44. We are working with community groups to increase the diversity of our service users to better reflect Breckland community demographics.

In both parts of our Trauma Recovery Service – sexual and domestic abuse, we have seen an increase in referrals from healthcare professionals and clients presenting with more complex or multiple needs. Our assessments are focused on the person not the abuse and put the client's voice at their heart. From these we develop a holistic support plan based on Maslow's hierarchy of needs. 192 support plans were completed within the year.

Each person has a personal trauma-trained client caseworker to provide on-going contact throughout their journey and regularly review their progress and needs. This enables clients to build trust and confidence prior to therapeutic interventions, provides a point of contact for multi-agency working and enables crisis support if required.

We delivered eight accredited psycho-educational programmes to 94 clients with a mixture of day, evening and weekend courses, online and face to face.

Many of our domestic abuse clients are also able to access counselling.



"This course has helped me understand by past and has made me feel empowered with that knowledge to make positive changes. Thanks"

It's been a privilege to have attended this course with so many other brave and courageous people - both Stacey and Hazel ensured we stayed in your safe hands and were engaging, uplifting and always kind.

I've gained so much from the course; it's made me have so much more knowledge about domestic abuse and especially child abuse too and what the perpetrator does. Every part of the course ticked every single box what I've been through. I'm so grateful for Daisy & all your help as this is going to help me so much to keep fighting for my son and use all the tools what I've learnt.

Peer Support

We have two main support groups, with additional groups running in winter as part of the Norfolk Community Hotspots initiative. These provide vital peer support to address loneliness and demonstrate that a life after abuse is possible.



During the year, we also introduced two new mind and body courses – Spring into Spring and Winter Wellbeing, which were a mix of yoga, mindful movement, grounding and relaxation techniques. We also held drumming workshops, creative writing courses, mindful walking sessions and crafts such as candle making, collage and glass painting.



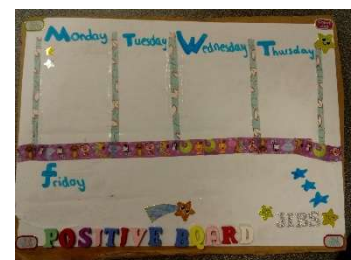
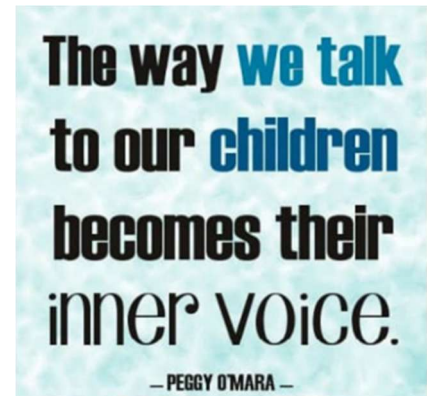
Most of our courses and groups are facilitated by our wonderful volunteers who are so valuable in the support they give to Daisy Programme. We would not be able to make the difference we do to so many lives without their enduring enthusiasm and commitment.

Fantastic Families

Our workers are experienced in creating positive change for children and young people. They are very creative in identifying activities, resources and means to engage with our clients and build trust so that children and young people (CYP) feel able to be open and know that they will not be judged. We have invested in accredited trauma training to enable our workers to develop understanding and knowledge and to identify options to support. They work in partnership with parents, schools and other professionals to develop a "whole" child approach.

We have piloted several new activities to better address trauma held within the body which have been open to both adults and children of all ages. The drumming sessions have been very popular. We have five staff working directly with CYP, including an additional part time term time specialist children and young person's worker. She has a background in working with children with special educational needs, especially neuro-diverse conditions which has been valuable as the number of more complex referrals for children and parents with complex and co-existing needs has risen.

We worked with 68 CYP during the year. We delivered a total of 594 interventions to children and young people, ran two parenting courses and provided four family drumming sessions. Our work has led to better family cohesion and understanding, reducing challenging behaviours and enabling CYP to achieve their educational milestones. Feedback from schools and Children's Services is that this has resulted in a reduction in the need for specialist support and less reliance on alternative interventions. Additionally, many of the CYP who we support cease self-harming and dangerous behaviours resulting in a decrease in medical and mental health interventions.



Dylan aged 10 was referred to us by his school. From a very young age, had witnessed a lot of serious physical and emotional abuse from his father to his mother, including seeing his mother being locked out of the house. The parents were separated two years ago, and he was having some contact with his father at a contact centre.*

He was having huge meltdowns at home, becoming very emotional and unable to self-regulate. At school he was withdrawn, becoming upset and hyperventilating and staring continuously. He also had separation anxiety and an extreme fear of getting hurt and dying. He could not sit in the classroom with his peers and spent most of his day sitting at a desk outside or in the toilets. He refused to eat with the other children at lunchtime or go to the playground at breaks. He had received school support for four years to build his emotional literacy, but that had made no difference.

His worker understood that these behaviours are often trauma responses, and she would need time to build trust. She completed an assessment with him looking at positives as well as negatives to build on his strengths. His mother and the school identified that he loved drawing and was kind to others. He was very closed initially and refused to talk about anything that he found difficult. He had very conflicted feelings about his father and shut down any conversation that asked how he was feeling. He also held a soft toy for comfort throughout the session. Gradually over time, their relationship developed. Through lots of patience and a range of creative activities and games such as Dobble and Uno, she enabled him to talk about his feelings and disclose his traumatic experiences. The worker also used a range of resources to help him to articulate his emotions and be able to share them with his safe people. She introduced tools that he could use to regulate his emotions and helped him to curb his automatic negative thoughts.

He started to sit in the classroom and formed a positive friendship with another child. She supported him in setting up a drawing club over lunchtimes at school and designing a poster to invite his classmates. By the time the support ended, he was fully integrated into school life, joining his classmates during lunch and breaks. His behaviour at home was much better with meltdowns reducing from three-four a week to less than once a month and being much less severe. Mum and the school described him as being chatty, confident and smiley. He described himself as being happy. His overall well-being score increased from 27 to 41, a 52% increase.

He said "I don't know why; I just feel better now. I don't have lots of friends, but I do have three good friends, and I don't feel lonely anymore. I'm always happy at home. I like school, I like my teachers and I like my friends."

**Not real name*

Daisy in the Community



We have expanded our community work this year with four additional monthly drop-in/support groups in Dereham, Swaffham Attleborough and Thetford, continuing to work in partnership with Flagship housing in Dereham and Thetford groups. In total 45 drop-in sessions have been held supporting 120 Breckland residents affected by domestic abuse. These are often the first step someone makes to accessing support, enabling them to attend with a friend in a local venue with an informal approach.

Our community team have also delivered various domestic abuse awareness training in more than 20 sessions to the public, Breckland Council staff, other professionals and community groups reaching more than 200 people. In addition, our Early Help and Community Officer together with our Daisy Ambassadors have attended 33 community events and engaged with over 140 people. She also attended and contributed to 31 Breckland Collaboration meetings, four which she chaired and co-facilitated a Trauma based CBT course over 12 weeks with 9 clients attending each week.

'I have come out of the house for the first time in years to go to something other than doctor's appointment or shops. I still looked over my shoulder but when I got to group I felt safe and was able to talk about things that no-one else understands, I can't tell you how much that means.'

"The support has honestly changed my life, I got some support for my Daughter too with the Rowan project. We both also attend the Craft and coffee group in Dereham and love the non-judgmental group. My life has turned around because Daisy really understands."

'To Christina thank-you for all the help and support you have given over these last months, you have made such a difference for me, and given me the tools and courage to fight the demons I didn't even know I was fighting. Thanks to you and the rest of the Daisy team, I am now in a much better place. Thanks from the bottom of my heart.' - This client relocated from Denmark to escape her perpetrator

Thank you

We are grateful to all our supporters who make our work possible. The brilliant organisations that not only provide us funding but also amazing support and guidance.



*Breckland Conservative Councillors
with Christmas toys*



*Former PCC, Giles Orpen-Smellie meets the Daisy
team*

And those who help in so many other ways, by providing toys, toiletries, clothing and food to help families who often flee their homes with just the clothes they are wearing. We are also very grateful to all the fantastic people who work in partnership with us to create the best possible outcomes for survivors of abuse and make healthy, happy and positive lives a reality.



I was in survival mode before contacting you. I saw no light at the end of the tunnel and felt I was just existing, not actually living. I felt nobody could understand what. What? What it was I was dealing with, but I couldn't see it at that moment. I was signposted to this project by the police the first time I rang them. I remember feeling scared and vulnerable. The first person I spoke to was very patient and I felt listened to and heard. She didn't make anything a big deal and gave me the best advice. Everything was at my pace and engaging with what I could manage.

All the support given was life changing from the weekly check in calls to see how I was doing to the group of people I sat and made out with. The counselling service was incredible. It was offered at the perfect time in my journey and really helped me understand what I had gone through. The courses I had access to were also very worthwhile. To meet other people who had gone through similar experiences. We were on a journey of self-growth together. It was empowering.

The support changed my life. I was stuck in survival mode and couldn't see it at the time. I wasn't enjoying life and the support made me start to smile and enjoy life again. Helped me find myself worth. When I first reached out, I was single parent to a disabled child with complex needs. Dealing with trauma from my previous relationship and feeling the world was against me. That life just wouldn't get any better. I didn't think it could ever improve for us and I had to accept that.

I am now working full time. My son is accessing education. I have hobbies I enjoy, and I took my son on holiday last year, which was a huge achievement for us. Something I always used to see other people to be able to do, but never thought it could be me. I will forever be grateful for the support that the Daisy programme has given me.

Future plans

1. We will continue to integrate our domestic and sexual abuse services to provide a holistic trauma recovery service.
2. We will undertake a revamp of our branding, marketing, and promotional activity.
3. We will diversify our income streams to include more non-restricted funding.
4. We will strengthen our organisational resilience to meet future challenges.

Governance and Financial Review

Trustees

David Leathart (Chair from September 2023)

Steve Jackman (Chair to September 2023)

Isabel Christophers (Vice Chair)

Eileen Wood

Stacey Woodward (appointed 12th July 2023)

Sandra Ferriera (appointed 21st September 2023)

Athena Poole (appointed 15th May 2024)

Senior Staff Member

Kate Biles (Programme Director)

Bank

Barclays Bank (Leicester)

Recruitment and appointment of Trustees

The Trustees are recruited through advertising on the Daisy Programme website and a variety of other websites and social media platforms. Prospective Trustees are interviewed by at least two members of the Trustee Board and then invited to attend a Trustee meeting to introduce themselves and their reasons for wanting to be a Trustee to the current board members. A vote of the existing Trustees is then taken to confirm appointment.

Statement of the Charity's Policy on Reserves

The Charity's Financial Regulations include a policy on maintaining reserves at a suitable level to meet any financial commitments on dissolution of the CIO. The Trustees confirm that this objective was met throughout the year. The Trustees have undertaken a review of the current financial situation of the charity and calculate those reserves of a minimum of £82,000 should be held going forward. This amount is based on three months of core work expenditure of £52,000, plus £10,000 for any contractual winding up costs and £20,000 for any unexpected expenditure costs or investment into service opportunities. This figure is reviewed on an annual basis and represents a 52% increase from the previous year.

Details of Any Funds Materially in Deficit

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets and liabilities.

State of the Charity's Finances

Our income has increased by 84% from the income received in the previous financial year. The major changes have been the funding for our Fantastic Families service supporting children and young people (CYP) affected by domestic abuse, increased funding for our extended NIDAS contract to cover Kings Lynn and West Norfolk and North Norfolk, and increased funding for our Trauma Recovery Service, especially our work with survivors of sexual abuse.

The additional funding secured has given us a strong financial base for this year and next year. However, most of our current funding will end in 2026 and we face a cliff edge at that time. The Trustees have identified this as a priority for the coming year to address the longer-term governance, financial and promotional issues that we face. Most of our expenditure is on staff salaries and we are fortunate that our overhead costs with regards to premises are relatively low, so we have not been hit as much by the increases in utility costs that other organisations have. In this year we have taken on an additional nine staff, but our infrastructure to support areas such as HR, IT and book-keeping has not increased, so we need to allocate more funding to this. The Trustees are however cautious that we do not commit to financial obligations that we will not be able to meet in 2026.

The accounts are showing a total carry forward figure of £194,947. Details of how this is made up are given below. Expenditure in this year increased by 37%. This was largely due to increased staffing costs because of the additional NIDAS staff and increased staff hours for our Trauma Recovery and CYP workers. Overall, the Trustees consider that Daisy Programme is a viable financial organisation and believe that the charity finances are in a healthy state going forward and that the charity will be able to meet all its ongoing financial commitments. Whilst it is not anticipated that there are likely to be significant changes to our income streams in the coming year, we are mindful that many of these are due to end in 2025-2026. Additionally, our sexual abuse service will be part of a county wide tender process during 2025, which means that we may lose that element of our operations, and the funding associated with it. Government grants represent 27% of our total funding which is a substantial reduction from the previous year due to an increase in funding from charitable trusts and funding from National Lottery Community Fund alongside a reduction in funding from Office of Police and Crime commissioner of Norfolk for two specialist posts.

Unrestricted Funds

We received nearly four times the amount of unrestricted income this year, mainly due to generous grants from Lloyds Bank Foundation and Trusthouse Charitable Foundation. Our unrestricted fund carry forward has increased by 68% in the year, to £92,157, which is above the amount set by the Trustees of £82,000. We hope to increase this amount through some planned fundraising activities in the coming year and support from Lloyd's Bank Foundation to increase our unrestricted funding streams.

Designated Funds

We did not receive any designated funds during the year.

Particulars of Any Outstanding Guarantee Given by the Charity

The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

Particulars of Any Outstanding Debt

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets and liabilities.

Declaration

The Trustees declare that they have approved this report and authorised that it be signed on their behalf.



David Leathart

Date: 20/12/2024

Independent Examiner

Independent Examiner's Report to the Members of the Daisy Programme

I report on the accounts of the charity for the year ended 31st March 2024, which are set out on pages 22 to 30.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to 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 2011 Act; and
 - to prepare accounts which accord with the accounting records and 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.



Adam James MAAT
Eric Southwick & Co
Accountants
51 The Avenue
Seaham
Co. Durham
SR7 8NS

Date: 20/12/2024

 **Eric Southwick & Co**
A dns Company | Accountants & Charity Experts

Statement of Financial Activities

For the year ended 31st March 2024

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	5,002	-	5,002	4,765
Charitable activities	4	51,400	434,053	485,453	258,723
Other trading activities	5	7,267	-	7,267	6,353
Total		<u>63,669</u>	<u>434,053</u>	<u>497,722</u>	<u>269,841</u>
Expenditure on:					
Charitable activities	6	27,068	370,978	398,046	290,008
Other trading activities	7	-	-	-	502
Total		<u>27,068</u>	<u>370,978</u>	<u>398,046</u>	<u>290,510</u>
Net income/(expenditure)		36,601	63,075	99,676	(20,669)
Transfers between funds	13	681	(681)	-	-
Net movement in funds		<u>37,282</u>	<u>62,394</u>	<u>99,676</u>	<u>(20,669)</u>
Reconciliation of Funds					
Total funds brought forward		54,875	39,946	94,821	115,490
Total funds carried forward	13	<u>92,157</u>	<u>102,340</u>	<u>194,497</u>	<u>94,821</u>

The notes on pages 24 to 30 form part of these accounts.

Balance Sheet**As at 31st March 2024**

	Notes	2024 £	2023 £
Fixed Assets			
Tangible assets	9	12,020	11,671
Total fixed assets		<u>12,020</u>	<u>11,671</u>
Current assets			
Debtors & prepayments	10	525	39,325
Cash at bank and in hand		186,698	46,883
Total current assets		<u>187,223</u>	<u>86,208</u>
Current Liabilities			
Creditors: Amounts falling due within one year	11	4,746	3,058
Net current assets		<u>182,477</u>	<u>83,150</u>
Total assets less current liabilities		<u>194,497</u>	<u>94,821</u>
Charity funds			
Restricted funds	13	102,340	39,946
Unrestricted funds	13	92,157	54,875
Total charity funds		<u>194,497</u>	<u>94,821</u>

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



David Leathart

Date: 20/12/2024

The notes on pages 24 to 30 form part of these accounts.

Notes to the accounts

1 Accounting policies

In preparing the accounts the following accounting policies have been complied with:

- a) The charity is a public benefit entity and therefore the financial statements have been prepared in accordance with 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) - (Charities SORP FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).
- b) Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note, this is a change from the previous year and therefore the comparative figures have been restated.
- c) Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.
- d) Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.
- e) There are no material uncertainties existing to suggest that the use of the going concern basis is inappropriate.
- f) All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:
 - i) donations and legacies are received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
 - ii) Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
 - iii) Income from investments is included when receivable.
 - iv) Income from charitable activities, where related to performance and specific deliverables, are accounted for when the charity earns the right to consideration by its performance.
- g) Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:
 - i) Costs of raising funds comprise costs associated with attracting voluntary income, including costs of trading for fundraising purposes and the use of a fundraising consultant.
 - ii) Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. It also includes those costs associated with meeting the constitutional and statutory requirements of the charity and include the costs linked to the strategic management of the charity.
 - iii) All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis as set out in the notes.

2 Taxation

The charity is exempt from taxation on its income and gains where they are applied for charitable purposes. Irrecoverable VAT is included in the cost of the goods or services on which it was charged.

Notes to the accounts (continued)

3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Breckland District Council - Chairman's Donation	-	-	-	200
Other donations	5,002	-	5,002	4,565
Total	5,002	-	5,002	4,765

4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Breckland District Council - Daisy Ambassadors	-	35,479	35,479	35,479
Charles Hayward Foundation	-	-	-	7,000
Children In Need - CYP	-	30,000	30,000	-
Leeway - NIDAS	-	168,123	168,123	56,572
Lloyds Bank Foundation	25,000	-	25,000	-
National Lottery Community Fund	-	84,281	84,281	-
Norfolk Community Foundation - Surviving Winter Fund	-	2,000	2,000	2,000
Norfolk Community Foundation - Domestic Abuse Counselling Support	-	5,000	5,000	-
Police & Crime Commissioner Norfolk - CYP Idva	-	-	-	36,937
Police & Crime Commissioner Norfolk - Rowan Project	-	96,449	96,449	78,620
Police & Crime Commissioner Norfolk - VA Idva	-	-	-	37,990
Sue Lambert - Rape and Sexual Abuse Support Fund	-	12,721	12,721	-
Tesco - Bags of Help	-	-	-	750
Trusthouse Charitable Foundation	25,200	-	25,200	-
The Sir Jules Thorn Charitable Trust	-	-	-	2,000
Income from training courses	1,200	-	1,200	1,375
Total	51,400	434,053	485,453	258,723

Notes to the accounts (continued)

5 Income from other trading activities

	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Fundraising events	6,515	-	6,515	1,866
Our Breckland Lottery	752	-	752	807
Use of premises	-	-	-	1,680
Breckland District Council - Sponsorship Fund	-	-	-	2,000
Total	7,267	-	7,267	6,353

6 Analysis of expenditure on charitable activities

	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Wages and salaries	23,992	322,028	346,020	247,120
Other staff costs	1,173	17,501	18,674	10,868
Sessional staff costs	500	4,520	5,020	1,822
Volunteer costs	-	341	341	382
Trustee expense	-	36	36	-
Premises costs	54	15,075	15,129	13,499
Insurance and governance	-	2,532	2,532	2,413
Independent Examiner's fee	-	1,020	1,020	960
Repairs and renewals	3	81	84	94
Office costs	-	1,654	1,654	1,184
Advertising and marketing	-	700	700	129
Counselling costs	-	2,525	2,525	1,358
Groups and activities	90	1,547	1,637	5,387
Furniture & equipment	-	204	204	-
Networking	-	-	-	446
Mobilisation costs	-	-	-	-
Venue costs	-	-	-	52
Depreciation	1,250	1,028	2,278	2,687
Miscellaneous	6	186	192	1,607
Total 2024	27,068	370,978	398,046	290,008
Total 2023	3,547	286,461	290,008	

7 Analysis of expenditure on other trading activities

	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Advertising and marketing	-	-	-	502

Notes to the accounts (continued)

8 Trustee and employee information

a) Trustee information

During the year, no Trustees received any remuneration or benefits (2023 – £NIL).

During the year, £36 was reimbursed to one Trustee for travel expenses (2023 - £NIL).

b) Employee Information

No employee received emoluments in excess of £60,000 during the period (2023:2024). Employee costs during the period were as follows:

	2024	2023
	£	£
Wages and salaries	268,729	198,552
Social security costs	66,350	41,970
Pension costs	10,941	6,598
	<u>346,020</u>	<u>247,120</u>

The average number of people employed during the period was as follows:

	2024	2024	2023	2023
	No.	FTE	No.	FTE
Charitable activities	13	10	11	8
Governance and administration of the Charity	1	1	2	1
	<u>14</u>	<u>11</u>	<u>13</u>	<u>9</u>

9 Fixed Assets

	Furniture	Office equipment	Total
	£	£	£
Cost			
At 1 April 2023	4,245	14,192	18,437
Additions	681	1,947	2,628
At 31 March 2024	<u>4,926</u>	<u>16,139</u>	<u>21,065</u>
Depreciation			
At 1 April 2023	1,295	5,471	6,766
Charge for the period	443	1,836	2,279
At 31 March 2024	<u>1,738</u>	<u>7,307</u>	<u>9,045</u>
Net book value			
At 31 March 2024	<u>3,188</u>	<u>8,832</u>	<u>12,020</u>
At 31 March 2023	<u>2,950</u>	<u>8,721</u>	<u>11,671</u>

Furniture is depreciated at 15% per annum on a reducing balance basis and office equipment is depreciated at 20% per annum on a reducing balance basis. Items below £100 are not capitalised.

Notes to the accounts (continued)**10 Debtors**

	2024	2023
	£	£
Trade debtors	-	38,788
Prepayments	525	537
	<u>525</u>	<u>39,325</u>

11 Creditors: Amounts falling due within one year

	2024	2023
	£	£
Other creditors and accruals	<u>4,746</u>	<u>3,058</u>

12 Analysis of net assets between funds

		2024		2023
		£		£
Restricted funds				
Fixed assets	6,133		5,215	
Current assets	<u>96,207</u>	102,340	<u>34,731</u>	39,946
Unrestricted funds				
Fixed assets	5,887		6,456	
Current assets	<u>86,270</u>	92,157	<u>48,419</u>	54,875
		<u>194,497</u>		<u>94,821</u>

Notes to the accounts (continued)

13 Statement of funds

	At 1 April 2023 £	Incoming resources £	Outgoing resources £	Transfers £	At 31 March 2024 £
Restricted funds					
Breckland District Council - Daisy Ambassadors	20,402	35,479	(23,921)	-	31,960
Breckland District Council - Sponsorship Fund	1,498	-	-	-	1,498
Charles Hayward Foundation	7,000	-	(7,000)	-	-
Children In Need	-	30,000	(7,090)	-	22,910
Leeway - NIDAS	6,649	168,123	(162,571)	-	12,201
National Lottery Community Fund	-	84,281	(52,777)	-	31,504
Norfolk Community Foundation - Surviving Winter	73	2,000	(1,392)	(681)	-
Norfolk Community Foundation - Domestic Abuse Counselling Support	-	5,000	(5,000)	-	-
Norfolk Community Foundtaion - Victory Homes	1,623	-	(1,623)	-	-
Police & Crime Commissioner Norfolk - Rowan Project	2,701	96,449	(96,883)	-	2,267
Sue Lambert - Rape & Sexual Abuse Fund	-	12,721	(12,721)	-	-
	<u>39,946</u>	<u>434,053</u>	<u>(370,978)</u>	<u>(681)</u>	<u>102,340</u>
Unrestricted funds					
General fund	<u>54,875</u>	<u>63,669</u>	<u>(27,068)</u>	<u>681</u>	<u>92,157</u>
	<u>94,821</u>	<u>497,722</u>	<u>(398,046)</u>	<u>-</u>	<u>194,497</u>

Breckland District Council – Daisy Ambassadors – funding received to raise awareness of domestic abuse and to provide support in the community.

Breckland District Council – Sponsorship Fund – funds received to sponsor teams and events in the community.

Charles Hayward Foundation – funds received to support our children and young people service.

Children In Need – funds received to support our children and young people service.

Leeway – NIDAS - funding to provide a domestic abuse service for those assessed as being high or medium risk of harm.

Notes to the accounts (continued)

National Lottery Community Fund – funding to create our Trauma Recovery Service.

Norfolk Community Foundation – Surviving Winter – funds received to provide activities in a warm, friendly environment to vulnerable clients.

Norfolk Community Foundation – Domestic Abuse Counselling Support - Handelsbanken Mental Health & Wellbeing funding to provide 1:1 counselling support for domestic abuse survivors.

Norfolk Community Foundation – Victory Homes - funds received to provide support to Victory Homes tenants.

Police & Crime Commissioner Norfolk – Rowan Project – funding received to provide counselling to victims of sexual abuse in Breckland.

14 Comparative Statement of Financial Activities by fund type

	Unrestricted funds £	Restricted funds £	Total funds 2023 £
Income from:			
Donations and legacies	4,765	-	4,765
Charitable activities	4,125	254,598	258,723
Other trading activities	4,353	2,000	6,353
Total	13,243	256,598	269,841
Expenditure on:			
Charitable activities	3,547	286,461	290,008
Other trading activities	-	502	502
Total	3,547	286,963	290,510
Net income/(expenditure)	9,696	(30,365)	(20,669)
Transfers between funds	9,077	(9,077)	-
Net movement in funds	18,773	(39,442)	(20,669)

15 Related Parties

The charity does not have any transactions with related parties that require disclosure.

16 Controlling Parties

The charity is controlled by the Trustees.

17 Other Information

The charity is a charitable incorporated organisation which is registered in England and Wales with its registered office and its principal place of operation Unit 1, Ventura House, Norwich Road, Watton, IP25 6JU.