

Daisy Programme Trustee Annual Report

April 2024 – March 2025



Daisy Programme & Rowan Project

Trustees' Annual Report 2024–2025

Registered Charity Number: 1166033

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Who we are:

The Daisy Programme is a registered charity supporting adults, children and young people who are living with, or have been affected by, domestic and sexual abuse across the Breckland area and wider Norfolk. Since 2015, we have delivered trauma-informed services that empower survivors to recover, build resilience and create safer, healthier futures.

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 collaboratively, especially with those who have lived experience, to raise awareness and understanding of domestic and sexual abuse, and to support survivors to look forward to the future rather than be controlled by the past.

Our Objectives

Our charitable objectives are to relieve the needs of people in Norfolk who have experienced domestic abuse, supporting their emotional, physical and mental health.

We achieve this by:

- Supporting people to develop confidence and belief in their ability to create a safer future through tailored support planning, risk assessment, safety planning, IDVA support, casework and emotional support.
- Enabling people to move forward from past trauma through therapeutic interventions, including counselling.
- Helping people to value themselves by understanding abuse and recognising their progress and achievements.

- Creating supportive networks and a sense of belonging through peer and parenting support groups.
- Providing tools to reduce stress, build skills and release trauma through creative, mindful and body-based activities.
- Empowering survivors to develop purpose and potential through volunteering and peer mentoring.

Our Values

- **People at our centre:** We recognise that every experience of abuse is unique and we value choice, dignity and voice.
- **Strength-based:** We believe everyone has the capacity for change and growth when supported with compassion and collaboration.
- **Seeing people, not trauma:** We provide high-quality, safe, transparent and evidence-based services that recognise the whole person, not just their experiences.

Public Benefit Statement

The Trustees confirm that they have complied with their duty to have due regard to the Charity Commission's guidance on public benefit.

"Thank you so much I have gone from not leaving my house to being able to go out alone this is a really big thing for me, I have recommended you to others who were in the same situation." *A Daisy Domestic Abuse Client*

"I owe you so much. I am still here because of the time, effort, understanding and non-judgmental support given to me. I am facing some of the hardest things in my life at the moment, and there are times where I have just wanted it all to stop, but with your support I can now see a future." *A Rowan Client*

Activities, Achievements and Performance

Overview

2024–2025 has been a year of exceptional growth and development. We expanded our reach to support adults impacted by domestic and sexual abuse, alongside children and young people who have lived with domestic abuse. Our staff team grew from 13 to 22, and we welcomed four new Trustees, strengthening governance and leadership.

Key developments included: - Expansion of our NIDAS provision to cover King's Lynn & West Norfolk and North Norfolk. - Growth in therapeutic and trauma recovery services, significantly reducing waiting times for counselling. - Continued delivery and expansion of our Fantastic Families service for children and young people. - Increased community outreach, training and partnership working across Breckland and Norfolk.

Over the past year, we have witnessed a marked shift in the complexity and urgency of the needs presented by the individuals and families we support. The landscape of social care and community support has evolved significantly, with increasing pressures on both the people we serve, and the systems designed to assist them.

One of the most notable trends has been the escalation in mental health challenges. We have seen a significant rise in referrals from organisations working with individuals experiencing mental illness, reflecting a broader societal increase in psychological distress. Many of these referrals involve people facing acute anxiety, depression, and trauma-related conditions, often exacerbated by prolonged uncertainty and systemic delays.

In parallel, there has been a sharp increase in the number of children with neurodiverse needs, including those diagnosed with autism spectrum conditions, ADHD, and other developmental differences. A growing proportion of these children are also under the protection of children's services, highlighting the vulnerability and complexity of their circumstances. These cases often require multi-agency collaboration and specialist interventions, which are increasingly difficult to coordinate due to resource constraints.

Poverty and financial insecurity have deepened across the communities we serve. More families are experiencing food poverty, with a noticeable rise in reliance on food banks and emergency support services. The cost-of-living crisis continues to impact household stability, leading to increased stress, housing insecurity, and reduced access to essential services.

The family justice system has also faced significant challenges. Long delays in cases coming to court or reaching resolution have placed immense emotional strain on families, particularly those involved in child protection and custody proceedings. These delays contribute to heightened anxiety, prolonged uncertainty, and in some cases, deterioration in mental health and family relationships.

Compounding these issues, we have experienced the closure or temporary suspension of referral pathways from several partner agencies. This has placed additional pressure on our services, as we have had to absorb more complex cases without the usual support structures in place. The disruption in referral networks has also led to gaps in care and delayed interventions for those in urgent need.

In summary, the past year has underscored the growing complexity and interrelated nature of the challenges faced by the people we support. Mental health concerns, neurodiversity, poverty, systemic delays, and service disruptions have converged to create a landscape of need that is more acute and multifaceted than ever before. As we move forward, it is essential that we continue to adapt our approaches, advocate for systemic improvements, and work collaboratively to ensure that no one is left behind.



Our Reach and Impact

During the year we: - Supported **2,107 people** aged 5–98. - Received **139 self-referrals**, reflecting increased trust and accessibility. - Delivered **1,200 counselling hours**. - Supported **83 people** through programmes and structured support groups. - Engaged **850 people** through Daisy Ambassadors and community activities.

Key Highlights

No Lengthy Waiting Lists

We continue to offer timely support, with all assessments and support plans completed within two weeks of referral. Our small but dedicated team ensures clients receive regular emotional support, remain safe, and are empowered to rebuild their lives. We are currently working with 380 families across all our services.

Peer Support & Programmes

Our two peer support groups remain vibrant hubs for creative and well-being activities, engaging over 80 individuals. We also delivered:

- 4 Power to Change courses
- 3 Fantastic Families programmes
- 4 Domestic Abuse Recovery Toolkit programmes
- 2 Sexual Abuse Recovery Toolkit programmes

Family Engagement

We worked with 498 families, offering parenting programmes and inclusive family activities such as drumming workshops, picnics, and seasonal events.

Therapeutic support

We provided specialist counselling to 116 survivors delivering more than 1200 counselling sessions.

Community Outreach

Through outreach sessions and local events, we engaged face-to-face with nearly 850 people, raising awareness and connecting with communities across our service areas.

Specialist Collaboration

We are working with NSFT psychologists to enhance support pathways for survivors of sexual abuse in Breckland who are experiencing severe mental health challenges. Feedback shows our services are making a measurable difference in emotional well-being and psychological health.

New Services

In partnership with the Norfolk Integrated Care Board, we introduced services to support women in accessing preventative health measures such as breast and cervical cancer screening. This work has helped the ICB better understand the barriers women face in maintaining their health and builds on our previous collaboration with trainee midwives to promote trauma-informed, abuse-aware care across Norfolk.

Children & Young People

Referrals for support remain high, and early intervention continues to be a priority to reduce long-term impact. Our work has significantly strengthened family cohesion and understanding, helping to reduce challenging behaviours and support children and young people (CYP) in achieving their educational milestones. Feedback from schools and Children's Services highlights a notable decline in the need for specialist interventions and a reduced reliance on alternative forms of support.

Many of the CYP we work with have also made considerable progress in their wellbeing—often ceasing self-harming or high-risk behaviours. This has contributed to a reduction in both medical and mental health interventions.

A number of children who initially faced serious concerns about transitioning to high school have gone on to manage the shift successfully, thanks to the support they received. We've also invested in training our team to work effectively with neurodiverse conditions, especially where these intersect with trauma responses. This has helped reduce the frequency and intensity of behaviours often associated with neurodiversity.

Our parenting programmes play a key role in reinforcing this progress by embedding a whole-family approach. These efforts have led to better outcomes not just for the child receiving support, but also for their parents and younger siblings, creating a more stable and nurturing home environment.

Adult Survivor Support

Our work with adults remains central to our mission. Survivors of domestic and sexual abuse have accessed a range of services from crisis intervention and therapeutic support to long-term recovery planning. Through compassionate, non-judgmental care, we continue to help adults reclaim control, confidence, and hope.

Progress Against Our Aims

- Expanded and embedded NIDAS coverage to include King's Lynn & West Norfolk and North Norfolk, providing seamless, holistic support across all levels of risk.
 - Launched a new Trauma Recovery Support Service, supported by National Lottery Community Funding.
 - Introduced new courses and group programmes to improve flexibility and accessibility.
 - Strengthened Fantastic Families through increased staffing and specialist accredited training.
 - Expanded community outreach with monthly drop-ins across Breckland.
-

Norfolk Integrated Domestic Abuse Service (NIDAS)



NIDAS is a countywide partnership delivered with Leeway Domestic Abuse Service and Safe Partnership, supporting individuals assessed at high or medium risk of harm.

In January 2024, our NIDAS team expanded to 12 posts, including Family IDVAs and Community

Development and Recovery Facilitators. During the year, we have embedded this service within Daisy Programme and filled all the vacant roles to ensure a full service is delivered across King's Lynn & West Norfolk and North Norfolk.

Referrals received: 1,653

Outcomes reported: - 83% felt safer - 70% reported improved health and wellbeing - 65% experienced increased confidence and self-esteem - 61% improved engagement with their local community

Client feedback highlights the life-changing impact of consistent, compassionate IDVA support.

"I wish to express my sincere appreciation to the NIDAS team. I was in desperate need of guidance support and a voice to talk matters through. You through and through ensured my wellbeing was priority, I really dread to think where I'd be if it were not for the support. Today I have a fresh home and can look forward to a new life as I begin to build on the confidence given and the knowledge that the support got me to where I am."

"My Idva, was absolutely out of this world, she helped me so much and I have gained a lot more confidence in how to deal with situations. She is the best. I'm not the easiest person to deal with as I shut down n put my head in the sand, but she has helped me overcome these things, I can't thank her enough 😊, all you guys absolutely rock and do amazing, so thank you."

“If it wasn't for the extremely helpful advice and support, I got, I wouldn't be alive today and that isn't an over statement or a joke. At the beginning of this traumatic situation it was really the end of decades of abuse for me and you gave me the courage to face the process of what help I actually needed and where to get it, as well as guiding me through the processing of the actual events that occurred and coming to terms with what had actually happened to me. But most of all, you believed me and reassured me that my behaviours when they occurred were because I was a victim of abuse and not as an abuser as I had been accused. You made me feel safe, which is something I hadn't realised for a long time. My Idva did this in such a gentle but empowering way, how totally miraculous, above and beyond professional. I cannot thank your service enough for your time and care, it really is appreciated. I am moving on to a new home soon, my case comes up shortly and it's going to be a guilty plea, the OIC is applying for a Court Order also to keep me covered after sentencing. My life has been transformed.”

The Rowan Project – Sexual Abuse Recovery

The Rowan Project forms part of our Trauma Recovery Service, providing specialist support to survivors of sexual abuse.

- **Referrals:** 198
- **Self-referrals:** 43%

Following client feedback, referral processes were simplified to reduce re-traumatisation. Support includes one-to-one casework, counselling, peer support, and creative and mindful activities.

During the year, we received additional Ministry of Justice funding for this vital work through our partnership with Sue Lambert Trust, Brave Futures and One to One Project. This has enabled us to provide another day of counselling and increase our Client Caseworker resources to improve pre and post counselling support.



“My counsellor was amazing, she has helped me feel confident to speak about things. I now need help to deal with everything that has happened and to pack it away so hopefully I can move on. I wish there was a way to give back to the Rowan Project and would love to know about the groups etc you do. I am not ready yet but would like to in the future. You have made a huge difference to me and have been so supportive and a light in a very dark place. I owe you so much.”

Client testimonies demonstrate significant improvements in wellbeing, confidence and hope for the future.

I feel better able to cope with aspects of everyday life	87.6%
My health and wellbeing has improved	83.8%
I feel safer	84.8%
If I am feeling unwell, I am more able to recognise the signs & I feel more empowered to seek help and/or help myself	89.9%

“You supported me to open boxes I’ve needed to open for over 25 years, and this was a huge thing for me. Your help made me feel supported, listened to and safe.”



Daisy Domestic Abuse Recovery

A key part of our trauma recovery service, we supported 198 standard-risk survivors through longer-term recovery services. Clients are supported by dedicated trauma-trained caseworkers, ensuring continuity, trust and holistic support planning.

- **Support plans completed:** 192
- **Accredited programmes delivered:** 8
- **Clients accessing programmes:** 65

Many clients also accessed counselling alongside psycho-educational courses, supporting sustained recovery. With funding from the National Lottery Community Fund, we increased the number of counselling slots by 60% to ensure that waiting lists were kept to no more than a minimal period, so that no client needed to wait many months for counselling.

During the year, we also introduced some shorter, less intensive programmes for those clients who found it difficult to commit to our longer courses or found the more in-depth investment difficult. Many clients found these were an important gateway to their longer-term recovery.



“I found my counselling sessions really helpful and completely changed my mind set from when I started to when I finished. Daisy Programme was way more than I could’ve expected, always understanding and compassionate and the wealth of knowledge helped me rationalise a lot of the doubt I had in my head. I will be forever grateful to the Daisy Programme for helping me through one of the toughest years.”

Every client receives a co-created personal support plan and a named personal client caseworker to work with them as part of their recovery journey.

“I don't know where I would have been without your support. A different person walked out of the Daisy Programme than walked in. You have supported me and been my rock these past months. Thank God you were there. Forever grateful x”

Peer Support and Wellbeing Activities

Peer support remains central to our work, reducing isolation and fostering connection. Alongside core support groups, we delivered: - Mind and body programmes - Yoga and mindful movement - Drumming workshops - Creative writing and art activities - Mindful walking and crafts

These activities were largely volunteer-led by people with lived experience of abuse who are positive role models that demonstrate change is possible. We remain deeply grateful for their commitment and skill.



Fantastic Families – Children and Young People

“I would like to say xxx was one of the best humans I have met. She truly has given me the strength I didn’t know I had to overcome things I never thought I would. She showed me that there are people out there that will believe you and who are willing to support and help you as much as possible! Thank you for giving me the support and allowing me to take the next step in my life.”

Our Fantastic Families service supported **98 children and young people**, delivering **594 interventions**, facilitating **three parenting courses** and provided **six 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.

The most significant change for the children and young people we support is recognising that their behaviour is rooted in trauma rather than “acting out.” Understanding the impact of domestic abuse helps them develop healthier coping strategies, including emotional regulation, assertive communication, positive self-belief, and calming techniques. Weekly one-to-one support with a trusted adult further reinforces their sense of safety and worth, helping them understand that they are not to blame for adult behaviour.



As a result, children show improved emotional expression, greater confidence in education, and stronger relationships with family and peers. Those maintaining contact with an abusive parent are better equipped to process these interactions and build resilience. Our evaluations reflect this progress: 97% feel more heard and understood, 96% feel better able to manage difficult emotions, 90% recognise the link between their experiences and behaviour, and 88% report improved feelings about their behaviour. Parents report increased optimism, happier children, and a better understanding of the emotional roots of behaviour.

Our highly skilled, trauma-informed team places the voice of the child at the centre of all support. Children actively shape their own plans, working at their own pace on what matters most to them. This personalised, holistic approach builds lasting trust and impact, ensuring children are supported as individuals and never defined by their trauma.

things I can control.	things I can't control.
my actions and behaviour.	how other people treat me.
taking care of myself.	other people being honest.
Apologising to someone.	the future.
Asking for help when I need it.	other peoples behaviour.
Being Kind.	Past mistakes/bad decisions.
making the right choices.	what others think, feel or say
friends I choose.	

We firmly believe that with the right support, every child has the potential to move forward and thrive. The earlier we intervene, the more likely they are to achieve lasting, life-changing progress.

"I would like to take this opportunity to thank you for all your hard work with my daughter. She was emotional and was lost and a very angry little girl, who didn't understand what was going on in her head. Without your help I don't know where she would be. She has become a kind caring and sympathetic little girl who is better at handling situations and is always helping me around the house. I'm so proud of how much progress she has made and a massive thanks to Daisy Programme."

Daisy in the Community



Our community outreach expanded significantly, including: 45 regular monthly drop-in sessions across Breckland, supported advice and information for 120 local residents, more than 20 awareness and training sessions reaching over 200 people, attendance at 33 community events and 31 partnership meetings.

Over the year, we reached nearly 850 people.

These initiatives provide accessible steps into support and strengthen local responses to abuse.



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

Thank you to our amazing supporters, donors, and funders. We couldn't keep our vital work going without your generosity and encouragement. Your belief means so much for all our volunteers, staff and trustees, and most importantly the survivors and children we support.



Future Plans

- We will continue to integrate our domestic and sexual abuse services to provide a holistic trauma recovery service.
- We will complete a revamp of our branding, marketing, and promotional activity to better promote our services.
- We will diversify our income streams to include more non-restricted funding.
- We will strengthen our organisational resilience to meet future challenges.
- We will strengthen our partnership working with external partners to enhance services for victims of abuse across Norfolk.



Positivity for the future from our Thursday Craft and Support Group

Governance and Financial Review

Trustees

Trustees approving Report

- Lynda Turner Chair (appointed 18th November 2025, elected Chair 21st January 2026)
- Charlotte Richardson (appointed 30th September 2025)
- Vito Natale (appointed 29th October 2025)
- Andrew Feather (appointed 16th December 2025)
- Gail Violaris (appointed 16th December 2025)

Trustees during the reporting period

- Sandra Ferreira (resigned 14th January 2026)
- Stacey Woodward (resigned 2nd December 2025)
- David Leathart (resigned 9th June 2025)
- Athena Poole (resigned 1st May 2025)
- Eileen Wood (resigned 27th May 2025)
- Isabel Christophers (resigned 23rd April 2025)

Senior Staff

- 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.

Trustees follow a comprehensive induction process, lasting up to three months following appointment.

During the year several of our longstanding trustees left for personal reasons. We now have a new, committed and energetic board in place with a range of skills and experience to ensure Daisy Programme continues its vital work. We will seek further trustees to meet additional identified skills gaps.

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 £108,000 should be held going forward. This amount is based on three months of core work expenditure of £66,000, plus £12,000 for any contractual winding up costs and £30,000 for any unexpected expenditure costs or investment into service opportunities. This figure is reviewed on an annual basis and represents a 32% increase from the previous year. Our unrestricted funds of £127,505 met that target.

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 43% from the income received in the previous financial year. The major changes have been a full year of funding for our extended NIDAS contract to cover King's Lynn and West Norfolk and North Norfolk.

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.

The accounts are showing a total carry forward figure of £253,917. Details of how this is made up are given below in the notes to the financial statements. Expenditure in this year increased by 64%. This was largely due to the full year of staffing costs for NIDAS staff.

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 of 2026-2027. Additionally, we have been advised that our sexual abuse service funding from Office of Police and Crime Commissioner for Norfolk for 2025-2026 will be reduced by 50%. Government grants represent 12% of our total funding which is a continued reduction from the previous year due to an increase in funding from partnerships with Leeway and Sue Lambert Trust.

Unrestricted Funds

We received an additional £10,000 of unrestricted income this year, mainly due to the increase in our second year of funding from Trusthouse Charitable Foundation. Our unrestricted fund carry forward has increased by 38% in the year, to £127,505, which is above the amount set by the trustees of £108,000. We hope to increase this amount through some planned fundraising activities in the coming year.

Designated Funds

We do not have any designated funds.

Particulars of Any Outstanding Guarantee Given by the Charity

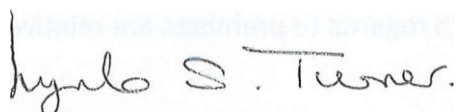
The trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

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.



Lynda Turner Chair
of Trustees

Date: 26th Jan 2026

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 2025, 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: 23/01/2026

Statement of Financial Activities

For the year ended 31st March 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	3	6,998	-	6,998	5,002
Charitable activities	4	62,300	639,786	702,086	485,453
Other trading activities	5	4,451	-	4,451	7,267
Total		73,749	639,786	713,535	497,722
Expenditure on:					
Raising funds	6	480	-	480	-
Charitable activities	7	37,921	615,714	653,635	398,046
Total		38,401	615,714	654,115	398,046
Net income/(expenditure)		35,348	24,072	59,420	99,676
Transfers between funds		-	-	-	-
Net movement in funds		35,348	24,072	59,420	99,676
Reconciliation of Funds					
Total funds brought forward		92,157	102,340	194,497	94,821
Total funds carried forward		127,505	126,412	253,917	194,497

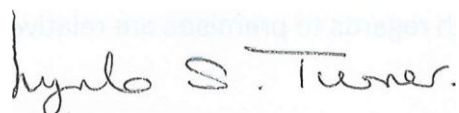
The notes on pages 25 to 37 form part of these accounts.

Balance Sheet

As at 31st March 2025

	Note	2025 £	2024 £
Fixed Assets			
Tangible assets	11	9,883	12,020
Total fixed assets		<u>9,883</u>	<u>12,020</u>
Current assets			
Debtors	12	37,242	525
Cash at bank and in hand		210,262	186,698
Total current assets		<u>247,504</u>	<u>187,223</u>
Current Liabilities			
Creditors: Amounts falling due within one year	13	3,470	4,746
Net current assets		<u>244,034</u>	<u>182,477</u>
Total assets less current liabilities		<u><u>253,917</u></u>	<u><u>194,497</u></u>
Charity funds			
Restricted funds	14	126,412	102,340
Unrestricted funds	14	127,505	92,157
Total charity funds		<u><u>253,917</u></u>	<u><u>194,497</u></u>

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



Lynda Turner Chair of Trustees

Date: 26th Jan 2026

The notes on pages 25 to 37 form part of these accounts.

Statement of Cash Flows

For the year ended 31st March 2025

	Note	2025 £	2024 £
Cash flows from operating activities			
Net cash used in operating activities	17	<u>23,680</u>	<u>142,443</u>
Cash flows from investing activities			
Purchase of tangible fixed assets	11	<u>(116)</u>	<u>(2,628)</u>
Net cash used in investing activities		<u>(116)</u>	<u>(2,628)</u>
Change in cash and cash equivalents in the year		23,564	139,815
Cash and cash equivalents at the beginning of the year		186,698	46,883
Cash and cash equivalents at the end of the year	18	<u>210,262</u>	<u>186,698</u>

The notes on pages 25 to 37 form part of these accounts.

Notes to the financial statements

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 financial statements (continued)

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Donations	6,998	-	6,998
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Donations	5,002	-	5,002

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Grant income	62,300	639,786	702,086
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Grant income	50,200	434,053	484,253
Income from training courses	1,200	-	1,200
Total	51,400	434,053	485,453

Notes to the financial statements (continued)

5 Income from other trading activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Fundraising events	3,877	-	3,877
Our Breckland Lottery	574	-	574
Total	4,451	-	4,451

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Fundraising events	6,515	-	6,515
Our Breckland Lottery	752	-	752
Total	7,267	-	7,267

6 Expenditure on raising funds Costs of raising voluntary income

	Unrestricted funds 2025 £	Total funds 2025 £
Raising funds	480	480

	Unrestricted funds 2024 £	Total funds 2024 £
Raising funds	-	-

Notes to the financial statements (continued)

7 Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Support costs 2025 £	Total funds 2025 £
Charitable activities	579,122	74,513	653,635

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £
Charitable activities	343,607	54,439	398,046

Analysis of direct costs

	Total funds 2025 £	Total funds 2024 £
Staff costs	534,811	312,893
Sessional staff	6,768	5,020
Staff training	7,428	4,766
Staff expenses	15,912	11,179
Counselling costs	-	2,525
Volunteer expenses	343	191
Telephone	3,600	2,207
Light, heat & water	1,231	-
Advertising & marketing	173	468
Miscellaneous expenses	53	201
Equipment	2,961	2,520
Client grants	2,750	-
Venue costs	352	-
Group facilitation	2,740	1,637
Total	579,122	343,607

Notes to the financial statements (continued)

7 Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2025 £	Total funds 2024 £
Staff costs	52,033	33,127
Staff training	72	304
Staff expenses	1,210	819
Rent & rates	11,324	10,785
Computer expenses	187	419
Telephone	821	781
Printing, postage & stationery	1,138	706
Governance costs	1,134	1,529
Insurance	2,152	1,587
Repairs & renewals	94	102
Light, heat & water	2,037	3,219
Cleaning	1,272	1,024
Miscellaneous expenses	1,039	37
Total	74,513	54,439

8 Independent Examiner's remuneration

	2025 £	2024 £
Fees payable to the Independent Examiner for the examination of the annual accounts	935	1,020

Notes to the financial statements (continued)

9 Staff costs

No employee received emoluments in excess of £60,000 during the period (2024:202). Employee costs during the period were as follows:

	2025	2024
	£	£
Wages and salaries	534,855	320,708
Social security costs	42,182	20,623
Pension costs	9,807	4,689
	<u>586,844</u>	<u>346,020</u>

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

	2025	2025	2024	2024
	No.	FTE	No.	FTE
Charitable activities	21	16	13	10
Governance and administration of the Charity	1	1	1	1
	<u>22</u>	<u>17</u>	<u>14</u>	<u>11</u>

10 Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or benefits (2024 – £NIL).
During the year, no Trustee expenses have been incurred (2024 - £36).

Notes to the financial statements (continued)

11 Fixed Assets

	Furniture	Office equipment	Total
	£	£	£
Cost			
At 1 April 2024	4,926	16,139	21,065
Additions	116	-	116
At 31 March 2025	5,042	16,139	21,181
Depreciation			
At 1 April 2024	1,738	7,307	9,045
Charge for the period	487	1,766	2,253
At 31 March 2025	2,225	9,073	11,298
Net book value			
At 31 March 2025	2,817	7,066	9,883
At 31 March 2024	3,188	8,832	12,020

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.

12 Debtors

	2025	2024
	£	£
Trade debtors	36,479	-
Prepayments	763	525
	37,242	525

13 Creditors: Amounts falling due within one year

	2025	2024
	£	£
Other creditors and accruals	3,470	4,746

Notes to the financial statements (continued)

14 Statement of funds

Statement of funds – current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2025 £
Restricted funds					
Breckland District Council - Daisy Ambassadors	31,960	35,479	(30,907)	-	36,532
Breckland District Council - Sponsorship Fund	1,498	-	-	-	1,498
Children In Need	22,910	30,000	(23,817)	-	29,093
Leeway - NIDAS	12,201	359,202	(353,099)	-	18,304
National Lottery Community Fund	31,504	93,169	(93,784)	-	30,889
NCF - Community Voices Project	-	9,862	(1,670)	-	8,192
Norfolk Community Foundation - Surviving Winter Fund	-	1,550	(1,550)	-	-
Police & Crime Commissioner Norfolk - Rowan Project	2,267	88,491	(88,854)	-	1,904
Sexual Abuse Counselling	-	201	(201)	-	-
Sue Lambert - Rape & Sexual Abuse Fund	-	19,082	(19,082)	-	-
St Martin's in the Fields	-	500	(500)	-	-
Women's Aid	-	2,250	(2,250)	-	-
	<u>102,340</u>	<u>639,786</u>	<u>(615,714)</u>	<u>-</u>	<u>126,412</u>
Unrestricted funds					
General fund	<u>92,157</u>	<u>73,749</u>	<u>(38,401)</u>	<u>-</u>	<u>127,505</u>
Total of funds	<u><u>194,497</u></u>	<u><u>713,535</u></u>	<u><u>(654,115)</u></u>	<u><u>-</u></u>	<u><u>253,917</u></u>

Notes to the financial statements (continued)

14 Statement of funds (continued)

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.

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.

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.

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

Sue Lambert – Rape & Sexual Abuse Funding – Partnership to provide counselling and support to victims of rape & sexual abuse

St Martin's in the Fields – grant for client

Women's Aid – grants for clients

Notes to the financial statements (continued)

14 Statement of funds (continued) Statement of funds – prior year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance 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 Fund	73	2,000	(1,392)	(681)	(0)
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>

Notes to the financial statements (continued)

15 Summary of funds

Summary of funds – current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2025 £
Restricted funds	102,340	639,786	(615,714)	-	126,412
General funds	92,157	73,749	(38,401)	-	127,505
	<u>194,497</u>	<u>713,535</u>	<u>(654,115)</u>	<u>-</u>	<u>253,917</u>

Summary of funds – prior year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2024 £
Restricted funds	39,946	434,053	(370,978)	(681)	102,340
General funds	54,875	63,669	(27,068)	681	92,157
	<u>94,821</u>	<u>497,722</u>	<u>(398,046)</u>	<u>-</u>	<u>194,497</u>

16 Analysis of net assets between funds

Analysis of net assets between funds – current period

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Fixed assets	4,780	5,103	9,883
Current assets	122,725	124,779	247,504
Creditors due within one year	-	(3,470)	(3,470)
	<u>127,505</u>	<u>126,412</u>	<u>253,917</u>

Analysis of net assets between funds – prior period

	Unrestricted 2024 £	Restricted 2024 £	Total funds 2024 £
Fixed assets	5,887	6,133	12,020
Current assets	86,270	100,953	187,223
Creditors due within one year	-	(4,746)	(4,746)
	<u>92,157</u>	<u>102,340</u>	<u>194,497</u>

Notes to the financial statements (continued)**17 Reconciliation of net movement in funds to net cash flow from operating activities**

	2025 £	2024 £
Net income/expenditure for the period (as per Statement of Financial Activities)	<u>59,420</u>	<u>99,676</u>
Adjustments for:		
Depreciation charges	2,253	2,279
(Increase)/decrease in debtors	(36,717)	38,800
(Decrease)/increase in creditors	(1,276)	1,688
Net cash provided by operating activities	<u><u>23,680</u></u>	<u><u>142,443</u></u>

18 Analysis of cash and cash equivalents

	2025 £	2024 £
Cash at bank and in hand	<u><u>210,262</u></u>	<u><u>186,698</u></u>

19 Analysis of changes in net debt

	At 1 April 2024 £	Cash flows £	At 31 March 2025 £
Cash at bank and in hand	<u>186,698</u>	<u>23,564</u>	<u>210,262</u>
	<u><u>186,698</u></u>	<u><u>23,564</u></u>	<u><u>210,262</u></u>

20 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 £9,807 (2024 - £4,689). Contributions totalling £Nil (2024 - £Nil) were payable to the fund at the balance sheet date.

Notes to the financial statements (continued)

21 Comparative Statement of Financial Activities by fund type

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Income from:			
Donations and legacies	5,002	-	5,002
Charitable activities	51,400	434,053	485,453
Other trading activities	7,267	-	7,267
Total	<u>63,669</u>	<u>434,053</u>	<u>497,722</u>
Expenditure on:			
Charitable activities	<u>27,068</u>	<u>370,978</u>	<u>398,046</u>
Total	<u>27,068</u>	<u>370,978</u>	<u>398,046</u>
Net income/(expenditure)	36,601	63,075	99,676
Transfers between funds	681	(681)	-
Net movement in funds	<u><u>37,282</u></u>	<u><u>62,394</u></u>	<u><u>99,676</u></u>

22 Related Parties

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

23 Controlling Parties

The charity is controlled by the Trustees.

24 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.