

# SURVIVORS OF ABUSE

England & Wales · Charity number 1166712

## Details

---

**Other names** S.O.B

**Status** Registered

**Legal form** CIO

**Registered** 2016-04-25

**Register** [View on the Charity Commission register](#)

## Contact

---

**Address** 14 Queensway  
West Wickham  
BR4 9ER

**Phone** 07932594712

**Email** [sobbtc@outlook.com](mailto:sobbtc@outlook.com)

**Website** [www.suvivorsofabuse.org.uk](http://www.suvivorsofabuse.org.uk)

## Activities

---

**Objects:** 1) THE PRESERVATION AND PROTECTION OF THE PHYSICAL AND MENTAL HEALTH OF PEOPLE WHO HAVE BEEN ABUSED IN CHILDHOOD EITHER THROUGH SEXUAL, EMOTIONAL OR PHYSICAL ABUSE OR NEGLECT BY THE PROVISION OF WORKSHOPS, COURSES, ADVICE AND SUPPORT DESIGNED TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH AND WELLBEING.2) TO ADVANCE THE EDUCATION OF THE PUBLIC AND IN PARTICULAR PROFESSIONALS SUCH AS SOCIAL WORKERS, THE POLICE, COUNSELLORS AND HEALTH CARE PROFESSIONALS AND THOSE PROVIDING SUPPORT SERVICES TO PEOPLE WHO HAVE BEEN ABUSED ON THE IMPACT OF CHILDHOOD ABUSE IN ADULTHOOD.

**Activities:** Raising awareness of the impact of childhood abuseRunning workshops to help adult victims and survivors recover their health and wellness

## Classification

---

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

## Geography

---

- Throughout England And Wales

## Finances

---

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£42,979	£19,601	-	-
2024-03-31	£6,909	£10,002	-	-
2023-03-31	£10,705	£8,373	-	-
2022-03-31	£1,241	£12,917	-	-
2021-03-31	£4,240	£2,950	-	-

## Trustees

---

Name	Role	Appointed
Michelle Suzanne Denny-Bowne		2025-05-19
Pauline Sharp		2025-02-18
Tina Marie Saunders BA Hons		2025-10-27

**SURVIVORS OF ABUSE**

England & Wales - Charity number 1166712

---

# Accounts

---

**Company Registered number**  
**CE006482**  
**Charity Registered number**  
**1166712**

**Survivors of Abuse**  
**Company Limited by Guarantee**  
**Report and Unaudited Accounts**

**31 March 2025**

**Survivors of Abuse  
Report and accounts  
Contents**

	<b>Page</b>
Charity information	1
Trustees' Annual Report (incorporating the director's report)	2
Independent Examiner's Report	6
Statement of financial activities	7
Statement of financial position	8
Statement of cashflows	9
Notes to the financial statements	10

**Survivors of Abuse  
Company Information**

**Trustees**

Chris Tuck  
Andrew Crawford  
Diane Sealey  
Pauline Sharp

**Accountants**

Guryel & Co  
Suite 57-58 Capital Business Centre  
22 Carlton Road  
South Croydon  
CR2 0BS

**Registered office**

14 Queensway  
West Wickham  
Kent  
BR4 9ER

**Registered number**

CE006482

## **Survivors of Abuse**

**Registered number:** CE006482

### **Trustees' Annual Report (Incorporating the Director's Report)**

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

## **Structure, Governance and Management**

Survivors Of aBuse (SoB) operates as a Charitable Incorporated Organisation (CIO) governed by a Board of Trustees. At 31 March 2025, the Board comprised:

- Chris Tuck – Founder and Chair (until 1 July 2025, now CEO)
- Andrew Crawford – Founding Trustee, now focusing on fundraising and promotion
- Diane Sealey – PR, branding, and public engagement
- Pauline Sharp – Appointed 18 February 2025 (former participant and volunteer, now Co-Chair)

During the reporting period, Chris Tuck led on strategic development, service delivery, and financial management. Andrew Crawford, previously overseeing financial oversight, transitioned into a more external-facing role, focusing on income generation and raising the profile of the charity.

In June 2025, Chris Tuck became SoB's first paid staff member, working officially 1 day per week as CEO, though she voluntarily commits substantially more time. She stepped down as Trustee on 1 July 2025, with all governance changes properly documented and aligned with Charity Commission requirements.

As part of ongoing efforts to strengthen governance, a new accountancy partner, Guryel & Co Chartered Accountants, was appointed to complete this year's accounts.

We remain committed to embedding best practices in safeguarding, finance, fundraising, and service delivery. Governance training for Trustees is scheduled for 23 September 2025, and our Safeguarding Policy was reviewed and rewritten in July 2025 by Chris Tuck and Michelle Denny-Browne, aligning with SoB's infrastructure strategy and new funding requirements.

## **Objectives and Activities**

SoB's mission is to support adult victims and survivors of childhood abuse, domestic violence, and neglect. We offer trauma-informed, holistic, and psychoeducational support to enable participants to rebuild their lives with dignity, connection, and hope.

Our flagship intervention, the Breaking the Cycle™ C.L.E.A.N.E.R.™ Living Therapy Programme, is an 8-week group-based psychoeducational journey. It combines trauma theory, therapeutic discussion, nutrition, physical wellbeing, and personal growth practices.

Our support extends beyond the core programme and includes:

- Peer support via WhatsApp groups and monthly Zoom check-ins
- Survivor-led masterclasses on topics such as boundaries, inner child healing, and visioning
- Walk, Talk & Support Groups in green spaces
- Awareness-raising through workshops, events, and speaking engagements
- Strategic collaboration with experts and sector partners to drive survivor-led reform

We are a local service provider determined to evolve into a national voice for survivors.

## **Survivors of Abuse**

**Registered number:** CE006482

### **Trustees' Annual Report (Incorporating the Director's Report)**

#### **Achievements and Performance**

Between April 2024 and March 2025, SoB delivered several impactful services despite limited resources:

#### **Core Programme Delivery**

We successfully delivered three cohorts of the Breaking the Cycle C.L.E.A.N.E.R.™ Living Therapy Programme:

- January/February 2025
- April/May 2025
- (Planned) September/October 2025

A new co-facilitator was recruited in January 2025, following a previous facilitator's relocation. The transition was smooth, and feedback from participants has been outstanding. A programme update, incorporating participant input, is planned.

#### **Expanding Holistic Therapies**

In partnership with Lisa Malangone, a qualified counsellor and sound therapist, we introduced Sound Bath Therapy to the programme — a highly successful addition that will be trialled as a permanent feature in September/October 2025.

#### **Peer-Led Masterclasses**

We delivered five masterclasses in 2024/25:

- Self-Care
- Boundaries
- Inner Child (Parts 1 & 2)
- Vision Board Workshop (October 2024)

These sessions continue to deepen survivors' recovery and personal development.

#### **Walk, Talk & Support Groups**

Funded by a £4,931 grant from Groundwork London (WCGL Year 1), these sessions ran from May–October 2024, supporting 25 unique participants with nature-based wellbeing. We have secured £2,931 for Year 2, with delivery planned for May–October 2025.

#### **Fundraising Campaigns and Corporate Engagement**

In June 2025, we launched the #Dolt4Survivors £75,000 campaign, encompassing:

- Tandem skydives (Sept 2025)
- A Murder Mystery fundraiser (24 Oct 2025)
- The #WorkItOut wellbeing campaign (planned for Oct 2025)

We created a 2.5-minute charity video (filmed in April 2025) to promote our mission — gifted by Chris Tuck at a value of £1,500.

Our corporate sponsorship strategy launched in Summer 2025, with tiered supporter packages from Bronze to Diamond. Chris has been actively building partnerships through weekly BNI networking and public speaking engagements, including BNI Green Club and Modern Woman London (April 2025). Our first corporate sponsor, Mike Taylor, joined through this network.

#### **Organisational Development**

- Two new Trustees were appointed: Pauline Sharp and Michelle Denny-Browne
- Chris Tuck transitioned from Trustee to CEO (July 2025)
- Strategic planning initiated with fundraising consultant Michelle Kabia (Sept 2025)
- Bid writing has become a core focus; see Financial Review for detail

## **Survivors of Abuse**

**Registered number:** CE006482

### **Trustees' Annual Report (Incorporating the Director's Report)**

#### **Financial Review**

Income for the year ending 31 March 2025: £42,979

Key sources included:

- £14,978.28 – Foresters Financial (April 2024)
- £4,931 – Groundwork London WCGL (Year 1)
- £20,000 – National Lottery Community Fund (received 14/6/24 and used to deliver 2 courses in 2024 and 2 courses in 2025)
- £4,000+ – Individual donations, events, and supporter contributions

We applied for a further £10,000 from the Lottery but were unsuccessful due to insufficient focus on long-term impact. We took this learning onboard and successfully secured £20,000 over two years (June 2024) to fund the 2025 delivery programme and masterclasses.

We also secured a £1,000 minimum from Co-op Local Causes, plus a share of £3,000 based on community votes.

We are currently awaiting decisions on:

- £30,000 Garfield Weston bid (25 July 2025)
- £30,000 over 3 years from Postcode Society Trust (3 Sept 2025)
- 5-year Reaching Communities Lottery bid submitted 2 July 2025

We have appointed Black Grape Marketing Ltd to develop our Train the Trainer Manual for £800 (completion due Autumn 2025). This investment is critical for scaling delivery with new facilitators.

#### **Reserves Policy**

SoB has committed to maintaining a minimum reserve threshold of £4,000 to protect continuity and manage financial risk. While our income fluctuates based on grant cycles, we do not intend to fall below this threshold.

#### **Plans for Future Periods**

SoB is entering a pivotal period in its evolution — shifting from a local service to a scalable national provider.

Our strategic focus for 2025/26 includes:

- Delivering three core programme cohorts
- Rolling out Walk & Talk groups (Year 2, WCGL)
- Completing and publishing the Train the Trainer Manual
- Expanding peer-led masterclasses and developing new facilitator pathways
- Advancing our #Dolt4Survivors Campaign and corporate fundraising programme
- Finalising a Strategic Business Plan with Michelle Kabia
- Pursuing multi-year, unrestricted funding
- Strengthening governance via trustee training and leadership development

Despite the sector's challenges, particularly in the sexual abuse and violence field, we believe SoB is uniquely positioned to survive and thrive. Our size, agility, and survivor-led ethos make us a responsive and impactful organisation ready to scale.

Our nomination as a finalist in the Enterprise Vision Awards 2025 (Not-for-Profit category) reflects growing recognition of our work.

The next 12–24 months will be transformative. We are grateful for our community's trust, the dedication of our team, and the increasing interest from supporters and funders. Together, we are breaking the cycle — one survivor at a time.

**Survivors of Abuse**

**Registered number:** CE006482

**Trustees' Annual Report (Incorporating the Director's Report)**

**Small company provisions**

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board of trustees on 8 September 2025 and signed on its behalf.

A handwritten signature in blue ink that reads "C. Tuck". The signature is written in a cursive style with a horizontal line under the "C".

**Chris Tuck**  
Director

## **Survivors of Abuse**

### **Independent Examiner's Report to the Trustees of Survivors of Abuse for the year ended 31 March 2025**

I report to the trustees on my examination of the accounts of Survivors of Abuse (the charity) for the year ended 31 March 2025.

#### **Responsibilities and basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

#### **Independent examiner's statement**

I confirm that I am eligible to act as an independent examiner of the charity and that I am independent of the charity, as required by the Charities Act 2011.

#### **Scope of the examination**

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

It also included consideration of unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters.

#### **Matters to report**

I have no matters to report in respect of which section 145(3) of the Charities Act 2011 requires me to report to you if, in my opinion:

- accounting records have not been kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records; or
- the accounts do not comply with the applicable requirements of the Charities Act 2011.

I have no matters to report in respect of which section 145(4) of the Charities Act 2011 requires me to report to you if, in my opinion:

- any matter has come to my attention in connection with the examination which gives me reasonable cause to believe that the trustees have committed a serious breach of the requirements of charity legislation; or
- any other matter which I believe should be reported to the Charity Commission.

Seval Guryel (FCA)

Guryel & Co  
Chartered Accountants  
Suite 57-58 Capital Business Centre  
22 Carlton Road  
South Croydon  
CR2 0BS

16 December 2025

## Survivors of Abuse

### Statement of Financial Activities (including income & expenditure account) for the year ended 31 March 2025

	Notes	£	2025 £	2024 £
		Unrestricted funds	<b>Total funds</b>	<b>Total funds</b>
<b>Income &amp; endowments</b>	<b>5</b>	42,979	42,979	6,909
Costs of raising donations & legacies	<b>6</b>	(1,976)	(1,976)	-
Expenditure on charitable activities	<b>7,8</b>	(17,625)	(17,625)	(10,002)
<b>Net (expenditure)/income and net movement in funds</b>		<u>23378</u>	<u>23,378</u>	<u>(3,093)</u>
Total funds brought forward			7,839	10,932
Total funds carried forward			<u>31,217</u>	<u>7,839</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

**Survivors of Abuse  
Statement of Financial Position  
as at 31 March 2025**

	Notes	2025 £	2024 £
<b>Current assets</b>			
Cash at bank and in hand	31,217	7,839	
<b>Net current assets</b>		<u>31,217</u>	<u>7,839</u>
<b>Net assets</b>		<u>31,217</u>	<u>7,839</u>
<b>Funds of the charity</b>			
Unrestricted funds		<u>31,217</u>	<u>7,839</u>
<b>Total charity funds</b>	11	<u>31,217</u>	<u>7,839</u>

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Chris Tuck  
Director

Approved by the board on 8 September 2025

**Survivors of Abuse  
Statement of Cash Flows  
as at 31 March 2025**

	Notes	2025 £	2024 £
<b>Cash flows from operating activities</b>			
Net (expenditure)/income	23,378	(3,093)	
Cash generated from operations	<u>23,378</u>	<u>(3,093)</u>	
<b>Net cash (used in)/from operating activities</b>		23,378	(3,093)
		<hr/>	<hr/>
<b>Net (decrease)/increase in cash and cash equivalents</b>		23,378	(3,093)
<b>Cash and cash equivalents at beginning of year</b>		7,839	10,932
		<hr/>	<hr/>
<b>Cash and cash equivalents at end of year</b>		<u>31,217</u>	<u>7,839</u>

**Survivors of Abuse  
Notes to the Accounts  
for the year ended 31 March 2025**

**1 General Information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Queensway, West Wickham, Kent, BR4 9ER, UK.

**2 Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

**1 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

***Going Concern***

There are no material uncertainties about the charity's ability to continue operating.

***Fund Accounting***

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

***Incoming Resources***

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- legacy income is recognised when receipt is probable and entitlement is established.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

**Survivors of Abuse  
Notes to the Accounts  
for the year ended 31 March 2025**

**Resources expended**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is classified under heading of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fund raising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by the charity in undertaking activities that further its charitable aims for the benefits of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

**Financial instruments**

A financial asset or a financial liability is recognised only when the charity become a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

**4 Limited by guarantee**

The trustees do not hold shares in the company and agree to pay a set amount of money towards company debts in the case of winding up.

There will be no profits distributed to the trustees as they will be reinvested in the charity.

**5 Donations and legacies**

	Unrestricted funds £	<b>Total Funds 2025 £</b>	Unrestricted funds £	Total Funds 2024 £
Donations				
Donations Type 1	42979	42979	6909	6909

**6 Cost of raising donations & legacies**

	Unrestricted funds £	<b>Total Funds 2025 £</b>	Unrestricted funds £	Total Funds 2024 £
-Subscriptions	700	700	0	0
	577	577	0	0
	7	7	0	0
	35	35	0	0
	657	657	0	0
	1976	1976	0	0

**Survivors of Abuse**  
**Notes to the Accounts**  
**for the year ended 31 March 2025**

**7 Expenditure on charitable activities by fund type**

	Unrestricted funds	<b>Total Funds 2025</b>	Unrestricted funds	Total Funds 2024
	£	£	£	£
Activity type 10	17625	17625	10002	10002

**8 Expenditure on charitable activities by activity type**

	Activities undertaken directly	<b>Total Funds 2025</b>	Total Funds 2024
	£	£	£
Activity type 10	17625	17625	10002

**2 Employees**

	<b>2025</b>	<b>2024</b>
	<b>Number</b>	<b>Number</b>
Average number of persons employed by the company	0	0

**10 Trustee remuneration & expenses**

During the year ending 31st March 2025 no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

**11 Analysis of charitable funds**

**Unrestricted funds**

	At 1 Apr 2024	Income	Expenditure	<b>At 31 Mar 2025</b>
	£	£	£	£
General funds	7,839	42,979	19,601	31,217

**12 Analysis of net assets between funds**

	Unrestricted Funds	<b>Total Funds 2024</b>
	£	£
Current Assets	31,217	31,217
	Unrestricted Funds	Total Funds 2023
	£	£
Current Assets	7,839	7,839

**13 Analysis of change in net debt**

	At 1 Apr 2024	Cash Flows	<b>At 31 Mar 2025</b>
	£	£	£
Cash at bank and in hand	7,839	23,378	31,217

**Survivors of Abuse**  
**Detailed profit and loss account**  
**for the year ended 31 March 2025**

*This schedule does not form part of the statutory accounts*

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>	42,979	6,909
<b>Profit before tax</b>	<u>42,979</u>	<u>6,909</u>

**Survivors of Abuse**  
**Detailed profit and loss account**  
**for the year ended 31 March 2025**

*This schedule does not form part of the statutory accounts*

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>		
Donations & legacies	<u>42,979</u>	<u>6,909</u>
<b>Administrative expenses</b>		
	<u>-</u>	<u>-</u>

**SURVIVORS OF ABUSE**

England & Wales - Charity number 1166712

---

# Accounts

---

COMPANY REGISTRATION NUMBER: CE006482

CHARITY REGISTRATION NUMBER: 1166712

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2024**

**ANDREW JAMES CRAWFORD**

Chartered Management Accountants  
Consulting House  
Home Farm  
Spring Lane  
Nottinghamshire  
UK  
NG23 5LB

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Financial Statements**  
**Year ended 31 March 2024**

	<b>Page</b>
Trustees' annual report (incorporating the director's report)	<b>1</b>
Statement of financial activities (including income and expenditure account)	<b>7</b>
Statement of financial position	<b>8</b>
Statement of cash flows	<b>9</b>
Notes to the financial statements	<b>10</b>

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Trustees' Annual Report (Incorporating the Director's Report)**  
**Year ended 31 March 2024**

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

**Reference and administrative details**

**Registered charity name** Survivors Of Abuse

**Charity registration number** 1166712

**Company registration number** CE006482

**Principal office and registered office** 14 Queensway  
West Wickham  
Kent  
BR4 9ER  
UK

**The trustees**

C Tuck  
D Sealey  
AJ Crawford

**Accountant**

Andrew James Crawford  
Chartered Management Accountants  
Consulting House  
Home Farm  
Spring Lane  
Nottinghamshire  
UK  
NG23 5LB

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2024

#### Structure, governance and management

Survivors Of Abuse operates under the guidance and leadership of three registered trustees, each bringing unique expertise to our organisation:

- " Andrew Crawford - Accountant
- " Diane Sealey - PR & Networking
- " Chris Tuck - Founder, Course Facilitator, and Fundraiser

As we look forward to 2024/2025, we have plans to expand our board of trustees to strengthen our governance and management capabilities. Specifically, we have identified the need for HR specialism on our board, alongside additional administrative support to manage operations more efficiently.

We also aim to appoint a chair of trustees to further enhance leadership and oversight within the organisation.

Our trustees continue to play pivotal roles in ensuring the financial integrity and strategic direction of SoB. Chris Tuck remains responsible for producing quarterly management accounts, while Andrew Crawford verifies and produces our annual accounts. Our board regularly reviews governance and financial performance, safeguarding our long-term sustainability. We maintain detailed records of our trustee meetings, ensuring transparency and accountability in our operations.

In addition to our dedicated trustee board, SoB proudly maintains affiliations with key organisations that enrich our network and collaborative efforts. We are an active member of The Survivors Trust, an umbrella organisation for specialist support agencies and charities. Our partnerships with Community Links Bromley (CLB) and our Associate Membership with Bromley Third Sector Enterprise (BTSE) underscore our commitment to community engagement and development.

#### Objectives and activities

Our mission is to support adult victims and survivors of abuse, guiding them through a transformative journey that improves their mindset, fitness, and long-term well-being. The positive impact on individuals, their families, and communities is clear, as highlighted by the powerful testimonials from those we support.

As the only UK charity offering this unique, holistic approach to adult survivors, SoB plays a critical role in the sector. Our services are inclusive, reaching people from diverse backgrounds and communities, ensuring that everyone, regardless of gender, ethnicity, or socioeconomic status, can benefit from our programs.

Our work also generates significant cost savings for society, easing the burden on healthcare, social services, and the criminal justice system by addressing the long-term effects of trauma. Our activities align with the Charity Commission's public benefit framework, ensuring that we uphold best practices and ethical standards in all our endeavors.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Trustees' Annual Report (Incorporating the Director's Report) *(continued)***  
**Year ended 31 March 2024**

**Achievements and performance**

Reflecting on the period from 1st March 2023 to 31st March 2024, SoB continued to deliver transformative support to survivors of abuse, despite facing resource challenges. During this period, we successfully facilitated one 8-week C.L.E.A.N.E.R.™ Living Therapy Programme. While limited resources reduced the number of courses compared to previous years, the program remained central to our service, providing life-changing results for participants. Over 85% of participants reported significant improvements in their mental health and emotional well-being after completing the program.

In addition to the course, we offered ongoing support through monthly Zoom calls and daily peer-to-peer support via our WhatsApp group, allowing survivors to connect, share, and continue their healing journeys.

In December 2023, Foresters Financial partnered with us to create and distribute self-care packages to our members and the professionals connected to us at 1 in 4 who are survivors and providers. These packages were a meaningful gesture of support and were also distributed to new participants joining our 2024 courses.

A major highlight of the year came in April 2024 when Foresters Financial presented Chris Tuck with a cheque for £14,978.28. This amount was the result of a year-long fundraising effort by Foresters' staff, who raised 50% of the funds, with Foresters matching their contributions. These vital funds enabled us to continue delivering our services and planning for future programs. Chris actively supported this by delivering presentations at Foresters and raising awareness.

In January 2024, we successfully secured a £4,931 grant from Groundwork London to launch our new Walk, Talk, & Support Groups, which offer informal support in an outdoor setting. This initiative will run from May to September 2024 and marks a significant expansion of our services.

In line with our focus on demonstrating the long-term impact of our work, we have also collated testimonials from service users, which will soon be added to our website. These testimonials will help illustrate the lasting change our programs deliver and will be valuable in our efforts to secure further funding.

Our groundbreaking, bespoke course continues to be life-changing for many. The offer of specialist support and advocacy has proven to be both a blessing and a lifeline for our service users. The impact extends beyond the individuals we serve, creating positive ripple effects throughout their families and communities.

Looking ahead, we are excited to build on these achievements by securing additional funding, growing the charity in line with our 5-year plan, and expanding our reach to support even more survivors.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Trustees' Annual Report (Incorporating the Director's Report) *(continued)***  
**Year ended 31 March 2024**

**Financial review**

From a financial perspective, several key developments during the period from 1st March 2023 to 31st March 2024 merit attention: Our website has continued to streamline course registrations and reduce administrative overhead. To address course dropouts, we maintained the £25 holding deposit, which remains fully refundable upon successful course completion. This has proven effective in ensuring participant commitment while keeping our services accessible.

A significant portion of our early 2023 activities was funded by the £10,000 National Lottery grant, awarded in July 2022. These funds were used to facilitate two C.L.E.A.N.E.R.™ Living Therapy courses in February/March 2023 and April/May 2023, enabling us to provide essential services to our community.

Over the past few years, SoB has faced challenges in securing larger funding pots needed to grow the charity in line with our 5-year plan. Funders often cited concerns regarding our financial viability, which limited our ability to scale. In response, we shifted our strategy to apply for smaller funding opportunities to build financial reserves and demonstrate sustainability. This approach has strengthened our financial position and made us more eligible for larger grants, which are vital for expanding our reach and training more facilitators.

In January 2024, we were awarded a £4,931 grant from Groundwork London to fund the Walk, Talk, & Support Groups. These sessions will run from May to September 2024, providing informal, outdoor support to survivors.

Additionally, our partnership with Foresters Financial resulted in a £14,978.28 donation in April 2024. Half of this amount was raised by Foresters' staff, with the organisation matching the funds. This financial boost is vital for our future programs and continued service delivery.

We also re-applied for National Lottery funding, this time focusing on long-term impacts—a key requirement in which we had previously fallen short. As a result, we were awarded £20,000 over two years in June 2024 (just outside this report's period). These funds will support future C.L.E.A.N.E.R.™ Living Therapy courses and online masterclasses for survivors.

To date, we have delivered masterclasses on:

- " Self Care
- " Boundaries
- " Inner Child (Parts 1 & 2)
- " Vision Board Workshop (October 2024)

These masterclasses offer crucial ongoing learning for survivors and are a valuable extension of our core services. The long-term impact of these sessions is expected to deepen the positive change in participants' lives.

Our strategy of applying for smaller grants has helped strengthen our financial foundation, allowing us to continue pursuing larger funding in the future. This sustainable approach will enable us to further expand our reach, train more facilitators, and deliver life-changing programs to a broader audience.

Survivors Of Abuse Company Limited by Guarantee Trustees' Annual Report (Incorporating the Director's Report) (continued) Year ended 31 March 2023

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2024

##### Plans for future periods

As we look ahead to 2024/2025, several strategic initiatives are in place to strengthen SoB's impact and sustainability: " Co-op Local Cause Selection: SoB has been selected as one of Co-op's local causes for the October 2024 to October 2025 cycle. We are guaranteed £1,000, with the potential to receive a share of an additional £3,000, depending on member selection. We are actively promoting this across social media and have published a blog to encourage support.

" Board Expansion and Support Needs: We have identified the need for HR expertise on our board of trustees and additional administrative support to manage tasks such as newsletters and website updates. This will improve communication with stakeholders and increase awareness of our services. We will continue seeking trustees, support, and funding.

" BNI Membership: Chris Tuck is set to join Business Network International (BNI) in October/November 2024. This initiative, supported by our trustees, will raise SoB's profile, expand our network, and secure future funding. The £299+VAT application fee has been agreed, with the annual subscription waived. There is a monthly £55 cost to cover weekly meeting fees.

" Core Program Continuation: We have successfully raised the necessary funds to run our core 8-week C.L.E.A.N.E.R.™ Living Therapy courses in January/February, April/May, and September/October 2025. In June 2024, we secured £20,000 in National Lottery funding over two years. This supports our C.L.E.A.N.E.R.™ courses and ongoing online masterclasses, covering key topics such as self-care, boundaries, and personal growth.

" Train the Trainer Manual: We are in the process of obtaining quotes to finalise the Train the Trainer manual by November 2024. This will support the training of new facilitators when funding allows and expand our reach. We anticipate that this manual will also enhance our ability to secure larger funding bids.

" Walk, Talk, & Support Groups: The first year of Walking and Cycling Grants London (WCGL) funding has been successfully delivered, with over 30 unique individuals participating in the Walk, Talk, & Support Groups from May to September 2024. We are hopeful for Year 2 funding to repeat this activity from May to September 2025.

##### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

The trustees' annual report was approved on 4 December 2024 and signed on behalf of the board of trustees by:

A handwritten signature in black ink that reads "C. Tuck". The letter "C" is written in a cursive style, followed by a period and the name "Tuck". The letter "u" in "Tuck" has a horizontal underline.

C Tuck  
Trustee

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Financial Activities**  
**(including income and expenditure account)**  
**Year ended 31 March 2024**

		2024		2023
	Note	Unrestricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>				
Donations and legacies	5	6,909	<b>6,909</b>	10,705
<b>Total income</b>		<u>6,909</u>	<u><b>6,909</b></u>	<u>10,705</u>
<b>Expenditure</b>				
Expenditure on raising funds:				
Costs of raising donations and legacies	6	–	–	143
Expenditure on charitable activities	7,8	10,002	<b>10,002</b>	8,229
<b>Total expenditure</b>		<u>10,002</u>	<u><b>10,002</b></u>	<u>8,372</u>
<b>Net (expenditure)/income and net movement in funds</b>		<u>(3,093)</u>	<u><b>(3,093)</b></u>	<u>2,333</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		10,932	<b>10,932</b>	8,599
<b>Total funds carried forward</b>		<u>7,839</u>	<u><b>7,839</b></u>	<u>10,931</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 10 to 14 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Financial Position**  
**31 March 2024**

	Note	2024 £	£	2023 £
<b>Current assets</b>				
Cash at bank and in hand		<u>7,839</u>		<u>10,932</u>
<b>Net current assets</b>			<u>7,839</u>	<u>10,932</u>
<b>Total assets less current liabilities</b>			<u>7,839</u>	<u>10,932</u>
<b>Funds of the charity</b>				
Unrestricted funds			<u>7,839</u>	<u>10,931</u>
<b>Total charity funds</b>	11		<u>7,839</u>	<u>10,931</u>

For the year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 4 December 2024, and are signed on behalf of the board by:

*C. Tuck*

C Tuck  
Trustee

The notes on pages 10 to 14 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Cash Flows**  
**Year ended 31 March 2024**

	<b>2024</b>	2023
	£	£
<b>Cash flows from operating activities</b>		
Net (expenditure)/income	<b>(3,093)</b>	2,333
Cash generated from operations	<b>(3,093)</b>	2,333
Net cash (used in)/from operating activities	<b>(3,093)</b>	2,333
<b>Net (decrease)/increase in cash and cash equivalents</b>	<b>(3,093)</b>	2,333
<b>Cash and cash equivalents at beginning of year</b>	<b>10,932</b>	8,599
<b>Cash and cash equivalents at end of year</b>	<b>7,839</b>	10,932

The notes on pages 10 to 14 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements**  
**Year ended 31 March 2024**

**1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Queensway, West Wickham, Kent, BR4 9ER, UK.

**2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

**3. Accounting policies**

**Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

**Going concern**

There are no material uncertainties about the charity's ability to continue.

**Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### 4. Limited by guarantee

The Trustees do not hold shares in the company and agree to pay a set amount of money towards company debts in case of winding up.

There will be no profits distributed to the trustees as they will be reinvested in to the charity.

#### 5. Donations and legacies

	Unrestricted Funds £	<b>Total Funds 2024 £</b>	Unrestricted Funds £	Total Funds 2023 £
<b>Donations</b>				
Donations type 1	6,909	<b>6,909</b>	10,705	10,705

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

#### 6. Costs of raising donations and legacies

	Unrestricted Funds £	<b>Total Funds 2024 £</b>	Unrestricted Funds £	Total Funds 2023 £
Costs of raising donations and legacies - Subscriptions	—	—	143	143

#### 7. Expenditure on charitable activities by fund type

	Unrestricted Funds £	<b>Total Funds 2024 £</b>	Unrestricted Funds £	Total Funds 2023 £
Activity type 10	10,002	<b>10,002</b>	8,230	8,229

#### 8. Expenditure on charitable activities by activity type

	Activities undertaken directly £	<b>Total funds 2024 £</b>	Total fund 2023 £
Activity type 10	10,002	<b>10,002</b>	8,229

#### 9. Staff costs

The average head count of employees during the year was Nil (2023: Nil).

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

#### 10. Trustee remuneration and expenses

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

#### 11. Analysis of charitable funds

##### Unrestricted funds

	At 1 April 2023 £	Income £	Expenditure £	At 31 March 2024 £
General funds	10,932	6,909	(10,002)	<b>7,839</b>

	At 1 April 2022 £	Income £	Expenditure £	At 31 March 2023 £
General funds	8,599	10,705	(8,373)	10,931

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

#### 12. Analysis of net assets between funds

	Unrestricted Funds	Total Funds 2024
	£	£
Current assets	<u>7,839</u>	<u>7,839</u>

	Unrestricted Funds	Total Funds 2023
	£	£
Current assets	<u>10,932</u>	<u>10,932</u>

#### 13. Analysis of changes in net debt

	At 1 Apr 2023	Cash flows	At 31 Mar 2024
	£	£	£
Cash at bank and in hand	<u>10,932</u>	<u>(3,093)</u>	<u>7,839</u>

**SURVIVORS OF ABUSE**

England & Wales - Charity number 1166712

---

# Accounts

---

COMPANY REGISTRATION NUMBER: CE006482

CHARITY REGISTRATION NUMBER: 1166712

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2023**

**ANDREW JAMES CRAWFORD**  
Chartered Management Accountants  
Consulting House  
Home Farm  
Spring Lane  
Nottinghamshire  
UK  
NG23 5LB

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Financial Statements**  
**Year ended 31 March 2023**

	<b>Page</b>
Trustees' annual report (incorporating the director's report)	<b>1</b>
Statement of financial activities (including income and expenditure account)	<b>7</b>
Statement of financial position	<b>8</b>
Statement of cash flows	<b>9</b>
Notes to the financial statements	<b>10</b>

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Trustees' Annual Report (Incorporating the Director's Report)**  
**Year ended 31 March 2023**

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

**Reference and administrative details**

**Registered charity name** Survivors Of Abuse

**Charity registration number** 1166712

**Company registration number** CE006482

**Principal office and registered office** 14 Queensway  
West Wickham  
Kent  
BR4 9ER  
UK

**The trustees**

C Tuck  
D Sealey  
AJ Crawford

**Accountant**

Andrew James Crawford  
Chartered Management Accountants  
Consulting House  
Home Farm  
Spring Lane  
Nottinghamshire  
UK  
NG23 5LB

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

#### Structure, governance and management

SOB has 3 registered Trustees.

Survivors Of Abuse operates under the guidance and leadership of three registered trustees, each bringing unique expertise to our organisation:

Andrew Crawford – Accountant  
Diane Sealey - PR & Networking  
Chris Tuck - Founder, Course Facilitator, and Fundraiser

Looking forward, we have plans to expand our board of trustees in 2024 to strengthen our governance and management capabilities. Our trustees play pivotal roles in ensuring the financial integrity and strategic direction of SOB. Chris Tuck is responsible for producing quarterly management accounts, while Andrew Crawford verifies and produces our annual accounts. We maintain detailed records of our trustee meetings, preserving transparency and accountability in our operations.

In addition to our dedicated trustee board, SOB proudly maintains affiliations with key organisations, which further enrich our network and collaborative efforts:

We are an active member of The Survivors Trust, which serves as an umbrella agency for specialist support agencies and charities.

Our partnership with Community Links Bromley (CLB) and our Associate Membership with Bromley Third Sector Enterprise (BTSE) underscore our commitment to community engagement and development.

#### Objectives and activities

At the heart of our mission lies the commitment to support adult victims and survivors of abuse, guiding them towards a transformative journey that encompasses not only their lives but also their mindset, fitness, and overall well-being for the long term.

Our objectives and activities are underpinned by a thorough review of the Charity Commission's general guidance on public benefit, ensuring that we remain aligned with best practices and ethical principles.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

#### Achievements and performance

As we reflect on our recent achievements and performance during the period from 1st March 2022, to 31st March 2023, it becomes evident that SOB has made significant strides in fulfilling our mission:

Over this period, SOB successfully facilitated two 8-week C.L.E.A.N.E.R.™ Living Therapy Courses, with the invaluable support of funding from the National Lottery.

In addition to our core courses, we have continued to offer monthly Zoom calls, providing ongoing support to survivors who have participated in our programs. Our daily WhatsApp group serves as a vital platform for peer-to-peer support, allowing service users to connect and share their experiences.

The long-term impact of our work on the lives of our service users cannot be overstated. We take pride in the enduring positive changes that our programs bring to their lives:

The Breaking the Cycle™ C.L.E.A.N.E.R.™ Living Therapy Programme Book, distributed free of charge throughout the year, remains a cornerstone of our offerings. The majority of funding for this resource is generously provided by survivors who have actively fundraised for SOB.

Chris Tuck, our Founder and Course Facilitator, has tirelessly engaged in speaking engagements and networking opportunities, raising the profile of SOB and attracting essential funding sources. Our partnership with local organisation Foresters, who have chosen SOB as their charity for 2023, represents a significant milestone, with anticipated funds expected in January 2024.

For a small charity, our impact extends far and wide into all aspects of our service users' lives. Our groundbreaking, bespoke, unique course is truly life-changing for many. The continued offer of specialist support and advocacy has proven to be a blessing and a lifeline for our service users.

To better illustrate the profound and lasting effects of our programs, we are embarking on a new initiative. We will begin sharing long-term testimonials from our service users on our website and with potential funders. These testimonials will serve to underscore just how vital our services are and will support our efforts in securing long-term funding sources.

It's worth noting that while our courses NOW require a £25 commitment fee, we remain steadfast in our commitment to providing these life-changing experiences free of charge at the point of delivery.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Trustees' Annual Report (Incorporating the Director's Report) (continued)**  
**Year ended 31 March 2023**

**Financial review**

From a financial perspective, several key developments merit attention:

Our website has played a pivotal role in streamlining course registrations and significantly reducing administrative overhead.

Recognising the challenge of course dropouts, we have introduced a £25 holding deposit, a measure aimed at reducing attrition rates. This deposit is fully refundable upon successful course completion.

The 'Train the Trainer' Manual, an essential tool for maintaining a consistent and high-quality delivery of our courses, is now primed for transformation into book format, in alignment with our long-term plans.

Successful grant applications have enabled us to offer additional courses, with a notable £10,000 funding pot secured from the National Lottery in July 2022, and expended in the current financial year (2022-2023) to facilitate two more 8-week courses.

However, our journey has not been without its challenges. Larger funding bids have remained elusive, with feedback suggesting that our organisation's capacity requires strengthening to support the level of funding requested. Operating on a 'shoestring budget' due to limited resources has inadvertently affected our competitiveness in securing larger grants. Consequently, we have received guidance to explore smaller funding opportunities from various sources, coupled with a focus on core costs in our funding bids.

Survivors Of Abuse Company Limited by Guarantee Trustees' Annual Report (Incorporating the Director's Report) (continued) Year ended 31 March 2023

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

#### Plans for future periods

As we look ahead, several strategic initiatives are on the horizon:

Ongoing collaboration with the One in Four charity in Bellingham to deliver SOB workshops, funded through a combination of survivor-driven efforts, support from The National Lottery, and partnerships with organisations like Foresters.

We will continue to work with organisations to offer health and wellbeing programs for staff members who have been impacted by trauma, a key strategy to raise funds for our core activities.

Our dedicated team is actively pursuing funding to realise our 3-5 year strategic plan. Islay O'Hara, our freelance fundraiser, continues to play a pivotal role in securing resources, alongside Chris Tuck's engagement in speaking engagements.

The expansion of our trustee board to include survivor providers reflects our commitment to diversifying our expertise and enriching our service offerings.

To mitigate attrition and optimise course participant onboarding, we have introduced a £25 commitment fee, refundable upon course completion.

The 'Train the Trainer' manual, a valuable asset, will be formalised to support the training of new facilitators and to enhance our visibility in funding applications.

Furthermore, our efforts to adapt to the evolving needs of our client group are evident in our response to increased demand for peer-to-peer support. This includes launching the 'Silent Disco Walk n Talk Support Group' during the summer months in 2024, an initiative supported by a three-year funding grant from Walking and Cycling Grants London (WCGL).

In summary, our report underscores the resilience and dedication of SOB as we continue to make a meaningful impact, even in challenging times. Despite operating on limited resources, our commitment to the well-being and transformation of survivors remains unwavering, and we eagerly anticipate our growth and impact in the years ahead.

#### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

**Survivors Of Abuse**

**Company Limited by Guarantee**

**Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2023**

The trustees' annual report was approved on 12 December 2023 and signed on behalf of the board of trustees by:

A handwritten signature in black ink that reads "C. Tuck". The signature is written in a cursive style with a horizontal line under the name.

C Tuck  
Trustee

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Financial Activities**  
**(including income and expenditure account)**  
**Year ended 31 March 2023**

		2023		2022
		Unrestricted funds	Total funds	Total funds
	Note	£	£	£
<b>Income and endowments</b>				
Donations and legacies	5	10,705	<b>10,705</b>	1,241
<b>Total income</b>		<u>10,705</u>	<u><b>10,705</b></u>	<u>1,241</u>
<b>Expenditure</b>				
Expenditure on raising funds:				
Costs of raising donations and legacies	6	143	<b>143</b>	216
Expenditure on charitable activities	7,8	8,230	<b>8,229</b>	12,701
<b>Total expenditure</b>		<u>8,373</u>	<u><b>8,372</b></u>	<u>12,917</u>
<b>Net income/(expenditure) and net movement in funds</b>		<u>2,332</u>	<u><b>2,333</b></u>	<u>(11,676)</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		8,599	<b>8,599</b>	20,275
<b>Total funds carried forward</b>		<u>10,931</u>	<u><b>10,931</b></u>	<u>8,599</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 10 to 14 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Financial Position**  
**31 March 2023**

	Note	2023 £	£	2022 £
<b>Current assets</b>				
Cash at bank and in hand		<u>10,932</u>		8,599
<b>Net current assets</b>			<u>10,932</u>	8,599
<b>Total assets less current liabilities</b>			<u>10,932</u>	<u>8,599</u>
<b>Funds of the charity</b>				
Unrestricted funds			<u>10,931</u>	8,599
<b>Total charity funds</b>	11		<u>10,931</u>	<u>8,599</u>

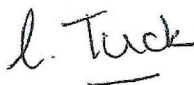
For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 12 December 2023, and are signed on behalf of the board by:



C Tuck  
Trustee

The notes on pages 10 to 14 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Cash Flows**  
**Year ended 31 March 2023**

	<b>2023</b>	2022
	£	£
<b>Cash flows from operating activities</b>		
Net income/(expenditure)	<u>2,333</u>	<u>(11,676)</u>
Cash generated from operations	<u>2,333</u>	<u>(11,676)</u>
Net cash from/(used in) operating activities	<u>2,333</u>	<u>(11,676)</u>
<b>Net increase/(decrease) in cash and cash equivalents</b>	<b>2,333</b>	<b>(11,676)</b>
<b>Cash and cash equivalents at beginning of year</b>	<b>8,599</b>	<b>20,275</b>
<b>Cash and cash equivalents at end of year</b>	<b><u>10,932</u></b>	<b><u>8,599</u></b>

The notes on pages 10 to 14 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements**  
**Year ended 31 March 2023**

**1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Queensway, West Wickham, Kent, BR4 9ER, UK.

**2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

**3. Accounting policies**

**Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

**Going concern**

There are no material uncertainties about the charity's ability to continue.

**Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements (continued)**  
**Year ended 31 March 2023**

**3. Accounting policies (continued)**

**Financial instruments (continued)**

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

**4. Limited by guarantee**

The Trustees do not hold shares in the company and agree to pay a set amount of money towards company debts in case of winding up.

There will be no profits distributed to the trustees as they will be reinvested in to the charity.

**5. Donations and legacies**

	Unrestricted Funds £	<b>Total Funds 2023 £</b>	Unrestricted Funds £	Total Funds 2022 £
<b>Donations</b>				
Donations type 1	10,705	<b>10,705</b>	1,241	1,241

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements** *(continued)*  
**Year ended 31 March 2023**

**6. Costs of raising donations and legacies**

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Costs of raising donations and legacies - Subscriptions	<u>143</u>	<u>143</u>	<u>216</u>	<u>216</u>

**7. Expenditure on charitable activities by fund type**

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Activity type 10	<u>8,230</u>	<u>8,229</u>	<u>12,701</u>	<u>12,701</u>

**8. Expenditure on charitable activities by activity type**

	Activities undertaken directly £	Total funds 2023 £	Total fund 2022 £
Activity type 10	<u>8,229</u>	<u>8,229</u>	<u>12,701</u>

**9. Staff costs**

The average head count of employees during the year was Nil (2022: Nil).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

**10. Trustee remuneration and expenses**

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

**11. Analysis of charitable funds**

**Unrestricted funds**

	At 1 April 2022 £	Income £	Expenditure £	At 31 March 202 3 £
General funds	<u>8,599</u>	<u>10,705</u>	<u>(8,373)</u>	<u>10,931</u>

	At 1 April 2021 £	Income £	Expenditure £	At 31 March 202 2 £
General funds	<u>20,275</u>	<u>1,241</u>	<u>(12,917)</u>	<u>8,599</u>

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements (continued)**  
**Year ended 31 March 2023**

**12. Analysis of net assets between funds**

	Unrestricted Funds	Total Funds
	£	£
Current assets	<u>10,932</u>	<u>10,932</u>
	£	£
Current assets	<u>8,599</u>	<u>8,599</u>

**13. Analysis of changes in net debt**

	At 1 Apr 2022	Cash flows	At 31 Mar 2023
	£	£	£
Cash at bank and in hand	<u>8,599</u>	<u>2,333</u>	<u>10,932</u>

**SURVIVORS OF ABUSE**

England & Wales - Charity number 1166712

---

# Accounts

---

COMPANY REGISTRATION NUMBER: CE006482

CHARITY REGISTRATION NUMBER: 1166712

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2022**

**ANDREW JAMES CRAWFORD**  
Chartered Management Accountants  
Consulting House  
Home Farm  
Spring Lane  
Nottinghamshire  
UK  
NG23 5LB

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Financial Statements**  
**Year ended 31 March 2022**

	<b>Page</b>
Trustees' annual report (incorporating the director's report)	<b>1</b>
Statement of financial activities (including income and expenditure account)	<b>5</b>
Statement of financial position	<b>6</b>
Statement of cash flows	<b>7</b>
Notes to the financial statements	<b>8</b>

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

#### Reference and administrative details

**Registered charity name** Survivors Of Abuse

**Charity registration number** 1166712

**Company registration number** CE006482

**Principal office and registered office** 14 Queensway  
West Wickham  
Kent  
BR4 9ER  
UK

#### The trustees

C Tuck  
D Sealey  
AJ Crawford  
Ms K Bollon

#### Accountant

Andrew James Crawford  
Chartered Management Accountants  
Consulting House  
Home Farm  
Spring Lane  
Nottinghamshire  
UK  
NG23 5LB

**Survivors Of Abuse**  
**Company Limited by Guarantee**

**Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2022**

**Structure, governance and management**

SOB has 4 registered Trustees.

Andrew Crawford - Accountant  
Diane Sealey - PR & Networking  
Chris Tuck - Founder, Course Facilitator and fundraiser  
Katharine Bollon - Operations

Chris Tuck produces quarterly management accounts and Andrew Crawford verifies these and produces the Annual Accounts.

Regular Trustee meetings are held, minutes taken and filed securely.

SOB is a member of the Survivors Trust which is an umbrella agency for specialist support agencies and charities.

SOB became a member of Community Links Bromley (CLB) and an Associate Member of Bromley Third Sector Enterprise (BTSE).

Survivors Of Abuse Company Limited by Guarantee Trustees' Annual Report (Incorporating the Director's Report) (continued) Year ended 31 March 2021

**Objectives and activities**

The charity has continued to support adult victims and survivors of abuse by helping them transform their lives, mindset and fitness and Wellbeing.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

#### Achievements and performance

During the period 1.3.2021 to 31.3.22 SOB facilitated 1 x 8 Week C.L.E.A.N.E.R.™ Living Therapy Programme followed by another 1 x 8 Week programme from 7.5.22 to 2.7.22.

We contacted the Lottery to explain why there was a delay in spending their funding to us which was due to the Covid19 lockdowns. We facilitated the courses face to face as and when we were allowed to.

We continued to facilitate 2 x 60min weekly Zoom calls to all the survivors who have accessed our courses in order to support them through the challenges they faced during and post lockdown. As well as maintaining our daily WhatsApp group. We were able to successfully meet the needs of our clients virtually during this time. The C.L.E.A.N.E.R.™ Living Therapy Programme Book has been given to victims and survivors free of charge throughout the year. This has been funded in the main by survivors who have raised funds for SOB throughout the year.

Chris Tuck continues to undertake speaking engagements and presentation opportunities to raise the profile, attract funding for SOB and she continues to network with established organisations to form alliances to forward the plight of survivors.

#### Financial review

The new SOB Website has been used successfully by potential course members. They can find out information about our services and they can register their interest for the next course easily via the online application form.

The 'Train the Trainer' Manual has been tested in the delivery of our last three face to face courses in Sept / Oct 2021, Feb /Mar 2022 & May/July 2022. There are some tweaks that need to be made and then it will need to be converted into book format so that it is ready to use by course facilitators.

To help us with our long term funding plans we enlisted the expertise of Islay O'Hara who completed two funding bids for SOB. We were successful in receiving another £10k funding pot from the National Lottery which we will be using in the next financial year 22-23 to facilitate another 2 x 8 Week courses. However we were notified on the 21.11.22 that we were not successful in our larger funding bid because the TFL panel felt that our organisation's capacity was not strong enough for them to support the level of funding requested. We will continue to look for funding sources so that we can enact our growth plan.

Funds generated from Just Giving donations are covering the ongoing standing charges of the charity.

Survivors Of Abuse Company Limited by Guarantee Trustees' Annual Report (Incorporating the Director's Report) (continued) Year ended 31 March 2021

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year-ended 31 March 2022

#### Plans for future periods

Continued collaboration with the charity One in Four to deliver the SOB workshops using funding raised by survivors, supporters and the Lottery. SOB is looking into working with organisations on health & wellbeing programmes for their staff members whom have been impacted by trauma in order to raise funds for SOB core activities.

The SOB Trustees agreed a 3-5 year strategic plan to grow SOB and we still need to secure funding to deliver the 3-5 year plan. Islay O'Hara our freelance fundraiser will continue to help us do this. To find more trustees and ambassadors to join the SOB team in order to deliver the 3-5 year plan.

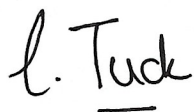
Due to our continued funding shortage and limited capacity on each course; attendees for our future programmes will continue to apply online and then be contacted for an informal interview to make sure that the course is suitable for them to undertake.

The 'Train the Trainer' manual which we have now completed and tested needs to be made into a formal document. This is an essential document for us to use in the training of new facilitators and for commissioners 'to see' when we apply for funding in the future.

#### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 5 December 2022 and signed on behalf of the board of trustees by:



C Tuck  
Trustee

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Financial Activities**  
**(including income and expenditure account)**  
**Year ended 31 March 2022**

		2022		2021
	Note	Unrestricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>				
Donations and legacies	5	1,241	1,241	1,841
Other trading activities	6	—	—	2,398
<b>Total income</b>		<u>1,241</u>	<u>1,241</u>	<u>4,239</u>
<b>Expenditure</b>				
Expenditure on raising funds:				
Costs of raising donations and legacies	7	216	216	217
Expenditure on charitable activities	8,9	12,701	12,701	2,737
<b>Total expenditure</b>		<u>12,917</u>	<u>12,917</u>	<u>2,954</u>
<b>Net (expenditure)/income and net movement in funds</b>		<u>(11,676)</u>	<u>(11,676)</u>	<u>1,285</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		20,275	20,275	18,990
<b>Total funds carried forward</b>		<u>8,599</u>	<u>8,599</u>	<u>20,275</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 8 to 12 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Financial Position**  
**31 March 2022**

	Note	2022 £	£	2021 £
<b>Current assets</b>				
Cash at bank and in hand		<u>8,599</u>		<u>20,275</u>
<b>Net current assets</b>			<u>8,599</u>	<u>20,275</u>
<b>Total assets less current liabilities</b>			<u>8,599</u>	<u>20,275</u>
<b>Funds of the charity</b>				
Unrestricted funds			<u>8,599</u>	<u>20,275</u>
<b>Total charity funds</b>	12		<u>8,599</u>	<u>20,275</u>

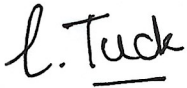
For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 5 December 2022, and are signed on behalf of the board by:



C Tuck  
Trustee

The notes on pages 8 to 12 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Cash Flows**  
**Year ended 31 March 2022**

	2022	2021
	£	£
<b>Cash flows from operating activities</b>		
Net (expenditure)/income	(11,676)	1,285
<i>Adjustments for:</i>		
Cash generated from operations	<u>(11,676)</u>	<u>1,285</u>
Net cash (used in)/from operating activities	<u>(11,676)</u>	<u>1,285</u>
<b>Net (decrease)/increase in cash and cash equivalents</b>	<b>(11,676)</b>	<b>1,285</b>
<b>Cash and cash equivalents at beginning of year</b>	<b>20,275</b>	<b>18,990</b>
<b>Cash and cash equivalents at end of year</b>	<b><u>8,599</u></b>	<b><u>20,275</u></b>

The notes on pages 8 to 12 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements**  
**Year ended 31 March 2022**

**1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Queensway, West Wickham, Kent, BR4 9ER, UK.

**2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

**3. Accounting policies**

**Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

**Going concern**

There are no material uncertainties about the charity's ability to continue.

**Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2022

#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### 4. Limited by guarantee

The Trustees do not hold shares in the company and agree to pay a set amount of money towards company debts in case of winding up.

There will be no profits distributed to the trustees as they will be reinvested in to the charity.

#### 5. Donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
<b>Donations</b>				
Donations type 1	<u>1,241</u>	<u>1,241</u>	<u>1,841</u>	<u>1,841</u>

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

#### 6. Other trading activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Other income from other trading activities type 1	—	—	2,398	2,398

#### 7. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Costs of raising donations and legacies - Subscriptions	216	216	217	217

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Activity type 10	12,701	12,701	2,737	2,737

#### 9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Total funds 2022 £	Total fund 2021 £
Activity type 10	12,701	12,701	2,737

#### 10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

2022 £	2021 £
-----------	-----------

The average head count of employees during the year was Nil (2021: Nil).

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

#### 11. Trustee remuneration and expenses

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

#### 12. Analysis of charitable funds

##### Unrestricted funds

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
General funds	<u>20,275</u>	<u>1,241</u>	<u>(12,917)</u>	<u>8,599</u>

	At 1 April 2020	Income	Expenditure	At 31 March 2021
	£	£	£	£
General funds	<u>18,990</u>	<u>4,239</u>	<u>(2,954)</u>	<u>20,275</u>

#### 13. Analysis of net assets between funds

	Unrestricted Funds	Total Funds 2022
	£	£
Current assets	<u>8,599</u>	<u>8,599</u>

	Unrestricted Funds	Total Funds 2021
	£	£
Current assets	<u>20,275</u>	<u>20,275</u>

#### 14. Analysis of changes in net debt

	At 1 Apr 2021	Cash flows	At 31 Mar 2022
	£	£	£
Cash at bank and in hand	<u>20,275</u>	<u>(11,676)</u>	<u>8,599</u>

**SURVIVORS OF ABUSE**

England & Wales - Charity number 1166712

---

# Accounts

---

COMPANY REGISTRATION NUMBER: CE006482

CHARITY REGISTRATION NUMBER: 1166712

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2021**

**ANDREW JAMES CRAWFORD**  
Chartered Management Accountants  
Consulting House  
Home Farm  
Spring Lane  
Nottinghamshire  
UK  
NG23 5LB

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Financial Statements**  
**Year ended 31 March 2021**

	<b>Page</b>
Trustees' annual report (incorporating the director's report)	<b>1</b>
Statement of financial activities (including income and expenditure account)	<b>5</b>
Statement of financial position	<b>6</b>
Statement of cash flows	<b>7</b>
Notes to the financial statements	<b>8</b>

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Trustees' Annual Report (Incorporating the Director's Report)**  
**Year ended 31 March 2021**

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

**Reference and administrative details**

**Registered charity name** Survivors Of Abuse

**Charity registration number** 1166712

**Company registration number** CE006482

**Principal office and registered office** 14 Queensway  
West Wickham  
Kent  
BR4 9ER  
UK

**The trustees**

C Tuck  
D Sealey  
AJ Crawford  
Ms K Bollon

**Accountant**

Andrew James Crawford  
Chartered Management Accountants  
Consulting House  
Home Farm  
Spring Lane  
Nottinghamshire  
UK  
NG23 5LB

# **Survivors Of Abuse**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2021**

#### **Structure, governance and management**

SOB has 4 registered Trustees.

Andrew Crawford - Accountant  
Diane Sealey - PR & Networking  
Chris Tuck - Founder, Course Facilitator and fundraiser  
Katharine Bollon - Operations

Chris Tuck produces quarterly management accounts and Andrew Crawford verifies these and produces the Annual Accounts.

Regular Trustee meetings are held, minutes taken and filed securely.

SOB is a member of the Survivors Trust which is an umbrella agency for specialist support agencies and charities.

SOB became a member of Community Links Bromley (CLB) and an Associate Member of Bromley Third Sector Enterprise (BTSE).

Survivors Of Abuse Company Limited by Guarantee Trustees' Annual Report (Incorporating the Director's Report) (continued) Year ended 31 March 2021

#### **Objectives and activities**

The charity has continued to support adult victims and survivors of abuse by helping them transform their lives, mindset and fitness and Wellbeing.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

#### Achievements and performance

During the period 1.3.2020 to 31.3.21 SOB did not facilitate any 8 Week C.L.E.A.N.E.R.™ Living Therapy Programme workshop due to the Corona Virus Lockdown and not being able to hold face to face courses.

We did however facilitate 2 x 60min weekly Zoom calls to all the survivors who have accessed our courses in order to support them through the challenges they faced during lockdown. As well as maintaining our daily Whatsapp group. We were able to successfully meet the needs of our clients virtually during this time.

The C.L.E.A.N.E.R.™ Living Therapy Programme Book has been given to victims and survivors free of charge throughout the year. This has been funded in the main by survivors who have raised funds for SOB throughout the year.

Chris Tuck continues to undertake speaking engagements and presentation opportunities to raise the profile, attract funding for SOB and she continues to network with established organisations to form alliances to forward the plight of survivors.

#### Financial review

The new SOB Website was launched during 2021 costing £1,776 and the 'Train the Trainer' Manual was awarded to Leading Ideas Limited costing £2,400. The manual is due to be tested during the delivery of our next face to face course in Sept / Oct 2021 and Feb /Mar 2022.

Other activities involved the selling of books, online speaking and presentation engagements.

To help us with our funding situation we have enlisted the expertise of Islay O'Hara who has completed two funding bids for SOB but we have yet to be successful.

SOB needs more external funding to further the work undertaken to support victims and survivors of abuse.

The Lottery Awards 4 All of £9,972.00 awarded to us on the 27/3/2020 (the week we went into a national lockdown) will be spent on facilitating a course in Sept / Oct 2021 and Feb /Mar 2022.

Funds generated from Just Giving donations are covering the ongoing standing charges of the charity.

Survivors Of Abuse Company Limited by Guarantee Trustees' Annual Report (Incorporating the Director's Report) (continued) Year ended 31 March 2021

# Survivors Of Abuse

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 31 March 2021

##### Plans for future periods

Continued collaboration with the charity One in Four to deliver the SOB workshops using funding raised by survivors and supporters.

Chris Tuck will continue to undertake more speaking engagements to raise awareness of SOB and secure more funding. SOB is looking into working with organisations on health & wellbeing programmes for their staff members whom have been impacted by trauma in order to raise funds for SOB core activities.

The SOB Trustees agreed a 3-5 year strategic plan to grow SOB and now we need to secure funding to deliver the 3-5 year plan. We have secured the services of Islay O'Hara a fundraiser to help us do this. To find more trustees and ambassadors to join the SOB team in order to deliver the 3-5 year plan. This is ongoing.

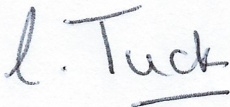
In line with the 3-5 year plan the Trustees agreed that the SOB website needed to be overhauled. Gareth Allen from Design Animal undertook this work and the new website went live during 2021. Due to our funding shortage and limited numbers on each course attendees for our future programmes will first apply online and then be contacted for an informal interview to make sure that the course is suitable for them to undertake.

We also agreed that we needed to produce a 'Train the Trainer' manual which sets out the 8 Week Course in its entirety. This activity was put back until late 2020 due to Lockdown & Trustees work commitments. This piece of work was completed in spring 2021 and road tested in Sept /Oct 2021. This manual will be important in the training of new facilitators and for commissioners 'to see' when we apply for funding in the future.

##### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 10 January 2022 and signed on behalf of the board of trustees by:



C Tuck  
Trustee

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Financial Activities**  
**(including income and expenditure account)**

**Year ended 31 March 2021**

		2021		2020
		Unrestricted funds	Total funds	Total funds
	Note	£	£	£
<b>Income and endowments</b>				
Donations and legacies	5	1,841	1,841	3,777
Charitable activities	6	–	–	910
Other trading activities	7	2,398	2,398	9,972
Investment income	8	–	–	134
<b>Total income</b>		<u>4,239</u>	<u>4,239</u>	<u>14,793</u>
<b>Expenditure</b>				
Expenditure on raising funds:				
Costs of raising donations and legacies	9	217	217	439
Expenditure on charitable activities	10,11	2,737	2,737	6,301
<b>Total expenditure</b>		<u>2,954</u>	<u>2,954</u>	<u>6,740</u>
<b>Net income and net movement in funds</b>		<u>1,285</u>	<u>1,285</u>	<u>8,053</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		18,990	18,990	10,937
<b>Total funds carried forward</b>		<u>20,275</u>	<u>20,275</u>	<u>18,990</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 8 to 12 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Financial Position**  
**31 March 2021**

	Note	2021 £	£	2020 £
<b>Current assets</b>				
Cash at bank and in hand		<u>20,275</u>		<u>18,990</u>
<b>Net current assets</b>			<u>20,275</u>	<u>18,990</u>
<b>Total assets less current liabilities</b>			<u>20,275</u>	<u>18,990</u>
<b>Funds of the charity</b>				
Unrestricted funds			<u>20,275</u>	<u>18,990</u>
<b>Total charity funds</b>	14		<u>20,275</u>	<u>18,990</u>

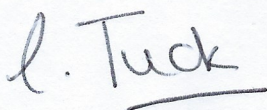
For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 10 January 2022, and are signed on behalf of the board by:



C Tuck  
Trustee

The notes on pages 8 to 12 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Statement of Cash Flows**  
**Year ended 31 March 2021**

	2021 £	2020 £
<b>Cash flows from operating activities</b>		
Net income	1,285	8,053
<i>Adjustments for:</i>		
Other interest receivable and similar income	—	(134)
Cash generated from operations	<u>1,285</u>	<u>7,919</u>
Interest received	—	134
Net cash from operating activities	<u>1,285</u>	<u>8,053</u>
<b>Net increase in cash and cash equivalents</b>	<b>1,285</b>	<b>8,053</b>
<b>Cash and cash equivalents at beginning of year</b>	<b>18,990</b>	<b>10,937</b>
<b>Cash and cash equivalents at end of year</b>	<b><u>20,275</u></b>	<b><u>18,990</u></b>

The notes on pages 8 to 12 form part of these financial statements.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements**  
**Year ended 31 March 2021**

**1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 14 Queensway, West Wickham, Kent, BR4 9ER, UK.

**2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

**3. Accounting policies**

**Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

**Going concern**

There are no material uncertainties about the charity's ability to continue.

**Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements** *(continued)*  
**Year ended 31 March 2021**

**3. Accounting policies** *(continued)*

**Incoming resources**

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

**Resources expended**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

**Financial instruments**

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2021

#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### 4. Limited by guarantee

The Trustees do not hold shares in the company and agree to pay a set amount of money towards company debts in case of winding up.

There will be no profits distributed to the trustees as they will be reinvested in to the charity.

#### 5. Donations and legacies

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
<b>Donations</b>				
Donations type 1	<u>1,841</u>	<u>1,841</u>	<u>3,777</u>	<u>3,777</u>

# Survivors Of Abuse

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

#### 6. Charitable activities

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Other income from charitable activities type 10	<u>—</u>	<u>—</u>	<u>910</u>	<u>910</u>

#### 7. Other trading activities

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Other income from other trading activities type 1	<u>2,398</u>	<u>2,398</u>	<u>9,972</u>	<u>9,972</u>

#### 8. Investment income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable type 1	<u>—</u>	<u>—</u>	<u>134</u>	<u>134</u>

#### 9. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Costs of raising donations and legacies - Subscriptions	<u>217</u>	<u>217</u>	<u>439</u>	<u>439</u>

#### 10. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Activity type 10	<u>2,737</u>	<u>2,737</u>	<u>6,301</u>	<u>6,301</u>

#### 11. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Total funds 2021 £	Total fund 2020 £
Activity type 10	<u>2,737</u>	<u>2,737</u>	<u>6,301</u>

**Survivors Of Abuse**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements (continued)**  
**Year ended 31 March 2021**

**12. Staff costs**

The total staff costs and employee benefits for the reporting period are analysed as follows:

2021	2020
£	£

The average head count of employees during the year was Nil (2020: Nil).

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

**13. Trustee remuneration and expenses**

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees; or

**14. Analysis of charitable funds**

**Unrestricted funds**

	At 1 April 2020	Income £	Expenditure £	At 31 March 2021 £
General funds	<u>18,990</u>	<u>4,239</u>	<u>(2,954)</u>	<u>20,275</u>

	At 1 April 2019	Income £	Expenditure £	At 31 March 2020 £
General funds	<u>10,937</u>	<u>14,793</u>	<u>(6,740)</u>	<u>18,990</u>

**15. Analysis of net assets between funds**

	Unrestricted Funds £	Total Funds 2021 £
Current assets	<u>20,275</u>	<u>20,275</u>
Tangible fixed assets	-	-
Current assets	-	-
<b>Net assets</b>	<u>-</u>	<u>-</u>

**16. Analysis of changes in net debt**

	At 1 Apr 2020 £	Cash flows £	At 31 Mar 2021 £
Cash at bank and in hand	<u>18,990</u>	<u>1,285</u>	<u>20,275</u>