

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.

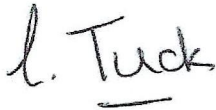
## Survivors Of Abuse

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, appearing to read 'C. Tuck', with a horizontal line underneath 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
	Note	Unrestricted funds £	Total funds £	Total funds £
<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>		<u>8,599</u>
<b>Net current assets</b>			<u>10,932</u>	<u>8,599</u>
<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>	<u>8,599</u>
<b>Total charity funds</b>	11		<u>10,931</u>	<u>8,599</u>

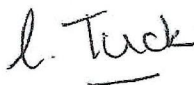
For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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>£</b>	<b>£</b>
<b>Cash flows from operating activities</b>		
Net income/(expenditure)	<u>2,333</u>	(11,676)
Cash generated from operations	<u>2,333</u>	(11,676)
Net cash from/(used in) operating activities	<u>2,333</u>	(11,676)
<b>Net increase/(decrease) in cash and cash equivalents</b>	<b>2,333</b>	(11,676)
<b>Cash and cash equivalents at beginning of year</b>	<b>8,599</b>	20,275
<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 £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
<b>Donations</b>				
Donations type 1	10,705	10,705	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 £	<b>Total Funds 2023 £</b>	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 £	<b>Total Funds 2023 £</b>	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 £	<b>Total funds 2023 £</b>	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 2022 £
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 2021 £
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>
	Unrestricted Funds	Total Funds
	£	£
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>