

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
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Home Farm
Spring Lane
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NG23 5LB

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

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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
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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 signature is written in a cursive style, with the first letter of "Tuck" being a large capital "T" and the "C" being a smaller capital letter. The signature is underlined.

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 £ |
| Income and endowments | | | | |
| Donations and legacies | 5 | 6,909 | 6,909 | 10,705 |
| Total income | | <u>6,909</u> | <u>6,909</u> | <u>10,705</u> |
| Expenditure | | | | |
| Expenditure on raising funds: | | | | |
| Costs of raising donations and legacies | 6 | – | – | 143 |
| Expenditure on charitable activities | 7,8 | 10,002 | 10,002 | 8,229 |
| Total expenditure | | <u>10,002</u> | <u>10,002</u> | <u>8,372</u> |
| Net (expenditure)/income and net movement in funds | | <u>(3,093)</u> | <u>(3,093)</u> | <u>2,333</u> |
| Reconciliation of funds | | | | |
| Total funds brought forward | | 10,932 | 10,932 | 8,599 |
| Total funds carried forward | | <u>7,839</u> | <u>7,839</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 £ |
|--|------|--------------|--------------|---------------|
| Current assets | | | | |
| Cash at bank and in hand | | <u>7,839</u> | | <u>10,932</u> |
| Net current assets | | | <u>7,839</u> | <u>10,932</u> |
| Total assets less current liabilities | | | <u>7,839</u> | <u>10,932</u> |
| Funds of the charity | | | | |
| Unrestricted funds | | | <u>7,839</u> | <u>10,931</u> |
| Total charity funds | 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

| | 2024 | 2023 |
|---|----------------|----------|
| | £ | £ |
| Cash flows from operating activities | | |
| Net (expenditure)/income | (3,093) | 2,333 |
| Cash generated from operations | (3,093) | 2,333 |
| Net cash (used in)/from operating activities | (3,093) | 2,333 |
| Net (decrease)/increase in cash and cash equivalents | (3,093) | 2,333 |
| Cash and cash equivalents at beginning of year | 10,932 | 8,599 |
| Cash and cash equivalents at end of year | 7,839 | 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 £ | Total Funds 2024 £ | Unrestricted Funds £ | Total Funds 2023 £ |
|------------------|----------------------------|--------------------------|----------------------------|--------------------------|
| Donations | | | | |
| Donations type 1 | <u>6,909</u> | <u>6,909</u> | <u>10,705</u> | <u>10,705</u> |

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

7. Expenditure on charitable activities by fund type

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

8. Expenditure on charitable activities by activity type

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

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 | <u>10,932</u> | <u>6,909</u> | <u>(10,002)</u> | <u>7,839</u> |

| | At 1 April 2022 £ | Income £ | Expenditure £ | At 31 March 2023 £ |
|---------------|-------------------------|---------------|------------------|--------------------------|
| General funds | <u>8,599</u> | <u>10,705</u> | <u>(8,373)</u> | <u>10,931</u> |

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> |