

**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**  
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## **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 stylized, with a large "C" and a dot over the "i" in "Tuck".

**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	Total funds	Total funds
<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>23,378</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>		31,217	7,839
<b>Net assets</b>		31,217	7,839
<b>Funds of the charity</b>			
Unrestricted funds		31,217	7,839
<b>Total charity funds</b>	11	31,217	7,839

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	23,378	(3,093)	
<b>Net cash (used in)/from operating activities</b>		23,378	(3,093)
<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
<b>Cash and cash equivalents at end of year</b>		31,217	7,839

**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 Number</b>	<b>2024 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>