

LVA TRUST

Charity Registration Number: 1169505

31 December 2020

Annual Report and Financial Statements

LVA TRUST

Annual Report and Financial Statements 2020 Contents

	Page
Legal and administrative information	3
Annual Report of the Trustees	4
Independent Examiner's report to the Trustees	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10

LVA TRUST

Legal, Administrative & Governance Information For the year ended 31 December 2020

Charity Name	LVA Trust.																
Charity Registration no.	1169505. The Charity was registered with the Charity Commission on 6 October 2016.																
Registered Office	Church Office, Christ Church, Hanworth Road, Feltham, TW13 5AB.																
Governing Document	CIO Foundation.																
Objectives	To promote and protect the good mental, physical and emotional health of school age children by the provision of education and training in self-esteem, healthy relationships & sexual health.																
Trustees	<p>The Trustees who served during the year or who were serving at the date of this report were:</p> <table><tr><td>Alice Huntley</td><td>(chair)</td></tr><tr><td>Barnaby Chapman</td><td></td></tr><tr><td>Susan Jackson</td><td></td></tr><tr><td>Samuel Lewis</td><td></td></tr><tr><td>Iyabo Oba</td><td></td></tr><tr><td>Steve Notman</td><td>(appointed 11 January 2021)</td></tr><tr><td>Susanne Petrie</td><td>(appointed 26 April 2021)</td></tr><tr><td>Rvd Andy Watkins</td><td>(appointed 4 October 2021)</td></tr></table>	Alice Huntley	(chair)	Barnaby Chapman		Susan Jackson		Samuel Lewis		Iyabo Oba		Steve Notman	(appointed 11 January 2021)	Susanne Petrie	(appointed 26 April 2021)	Rvd Andy Watkins	(appointed 4 October 2021)
Alice Huntley	(chair)																
Barnaby Chapman																	
Susan Jackson																	
Samuel Lewis																	
Iyabo Oba																	
Steve Notman	(appointed 11 January 2021)																
Susanne Petrie	(appointed 26 April 2021)																
Rvd Andy Watkins	(appointed 4 October 2021)																
Trustee Meetings	<p>The Trustees meet 4-5 times a year to discuss a full range of matters relating to vision and strategy, school work, finance, human resources and general administration. None of the Trustees receives remuneration. Business and pastoral skills are well represented amongst the Trustees. Trustees aim to maintain and, where necessary, expand this range of skills and experience through personal development and training.</p> <p>The induction process for any individual newly-appointed to the board of Trustees comprises an initial meeting with at least two of the Trustees (whenever possible one of these two Trustees being the Chair) and a written role description, referring to other key documents:</p> <ul style="list-style-type: none">• the Charity Commission's guidance 'The Essential Trustee'• the Trust Deed of the Charity• the Charity's financial position																
Risk Management	<p>The Trustees acknowledge that they have a responsibility for the identification and proper management of risks faced by the Charity in achieving its primary aims. The Trustees have therefore assessed the major risks to which the Charity is exposed, in particular those relating to the specific operational areas of the Charity, its investments and its finances. The Trustees believe that, by monitoring reserve levels, by ensuring that controls exist over key financial systems, and by examining the operational risks faced by the Charity, they have established effective systems and procedures to mitigate those risks.</p>																
Staff	<p>The Charity employs a Director of Education (30 hours per week during the school year), a full time Operations Manager, a Schools and Safeguarding Lead and a part-time Educator (employed 30 hours per week during the school year). In addition to this, a Director volunteers one day per week to manage and oversee the work of the Trust and to teach in schools.</p>																

LVA TRUST

Legal, Administrative & Governance Information **For the year ended 31 December 2020**

Key Management Personnel	Those in charge of planning, directing, controlling, running and operating the Charity, including those members of staff who are the senior management personnel to whom the trustees have delegated significant authority or responsibility in the day-to-day running of the charity, are the two Directors, the Operations Manager and the Chair of the Trustees.
Bankers	Metro Bank One Southampton Row London WC1B 5HA
Independent Examiner	John Helm ACA Simply Churches Limited 17 Heathville Road London N19 3AL

LVA TRUST

Annual Report of the Trustees For the year ended 31 December 2020

The Trustees submit their annual report and the financial statements of LVA Trust ("the Charity") from the establishment of the Charity to 31 December 2020. The financial statements have been prepared in the format prescribed by the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP2015 (FRS102)) and the Financial Reporting Standard 102. The legal and administrative information set out earlier in this document forms part of this report.

1. Who Are We?

LVA is a charity that provides professional inclusive relationship and sex education (RSE) that teaches young people about good self-esteem, healthy relationships and positive sexual health.

Our core belief is that we are all loved, valued and able (LVA).

We have over 20 years combined experience of working in relationship and sex education. We are fully trained and accredited. We work in partnership with teachers, pastoral care teams and parents.

Our ambition is to encourage positive self-esteem, healthy relationships and equip young people with the information they need to be sexually healthy and make decisions for themselves.

Our programmes are in line with Ofsted's recommendations for safeguarding young people; that is, to ensure all young people have a good understanding of their "spiritual, social, emotional, physical and cultural needs."

The Trustees have considered the guidance of the Charity Commission on public benefit. These have been borne in mind when reviewing our aims and objectives and in planning future activities. In particular, the Trustees have considered how planned activities will contribute to the aims and objectives they have set. The provision of public benefit is given at no charge and is made available without discrimination to those in need.

2. How do we do it?

We deliver high quality, inclusive RSE via fun and interactive lessons, assemblies, small groups and one to one mentoring sessions. Our programmes are focused on building self-esteem and equipping young people to make confident and informed choices, based on understanding their own emotional, mental and physical needs. The subjects covered within our RSE curriculum are set out below. They become more relevant at the appropriate age and more intensive as the young people grow and develop.

- Self Esteem (the cornerstone of all LVA teaching)
- Relationships and Sex
- Consent & Coercion
- Pornography & Sexting
- Body Image & the Media
- Emotional Wellbeing & Mental Health

3. What have we achieved?

LVA Trust was launched in October 2016. In 2019 we provided 192 lessons, reaching a total of 2,715 individual young people.

Another focus is to expand our reach both across and within schools. LVA Trust successfully partnered with a new secondary school in the first term of the 2018/18 academic year. We have now extended and taught our full RSE curriculum across every year group in two secondary schools in the borough and launched our 'small group and mentoring program' within four schools.

The 'small group and mentoring programmes' are designed to help young people in vulnerable situations to benefit from a more intimate and long-term programme centred around a specific topic / issue. Young people who might benefit from

Annual Report of the Trustees For the year ended 31 December 2020

this are identified by us during our lesson programme or referred to us by the school. The programme provides emotional support for young people struggling with a variety of issues, such as poor mental health, self-harm, risky sexual behaviour, anxiety (ranging from mild social anxiety to anxiety disorders), suicidal ideation or young people who have been marginalised because of their behaviour. In 2019 we supported 78 young people in six-week long small group programme, and worked with 20 young people in one to one mentoring.

LVA believe that parents play a critical role in helping their children develop healthy relationships and self-esteem. Equipping parents to feel more confident of their role in a context of social media and rapid social change is key. To that end, LVA held its first parents talk event in November 2018 on the topic of 'Digital Parenting' that was attended by 95 parents from the local community. In 2019 we delivered 6 more parent talks on subjects such as 'Emotional Wellbeing in a Digital Era', 'Let's Talk About Relationships & Sex'! And 'Anxiety in Adolescence'. These events have been extremely successful and reinforced the demand for our work to both young people and their parents.

We carry out feedback from all our schools work in order to measure our impact. We measure the outcomes of each lesson on an individual school basis, both quantitatively and qualitatively. For example, after lessons on social media & pornography, 88% of students at Fulham Boys agreed they understood the risks on social media and how to protect themselves from them and 74% said they knew who to contact if they felt uncomfortable with something they saw online. Students reported that what they liked about the lessons were that "the teacher was honest and tried to answer all our questions" and "we could talk freely". Feedback from schools supports this. For example, Brentford Girls School reported "These are experts teaching a tricky subject. I think most girls learnt a lot, even though they thought they knew everything already".

We are enormously proud of our accomplishments. Within the first 15 months LVA provided 2,380 young people with 182 RSE lessons and assemblies; in 2019 we built on this, providing 2,715 young people with RSE input. This means that since launching the charity we have reached over 5,000 students with high quality and effective RSE teaching.

4. Financial Review

Funding for the Charity comes from grants and donations made by trusts, foundations, charities, local churches and from individual supporters and income from schools.

4.1 Financial Activity and Financial Position

The Statement of Financial Activities and Balance Sheet can be found on pages 8 and 9 respectively. The Charity's reserves increased by £24,617 during the year (2019: increased by £20,059). The balance sheet shows total net assets of £65,567 (2019: £40,950).

4.2 Reserves Policy

The Trustees have examined the requirements for free reserves, in other words those unrestricted funds not invested in tangible fixed assets. The Trustees consider that, given the nature of the Charity's work, free reserves should be equivalent to approximately 6 months' routine general fund expenditure, plus committed future expenditure on other projects, where funds permit. The Trustees are of the opinion that this provides sufficient flexibility to cover temporary shortfalls in incoming resources and will allow the Charity to cope and respond to unforeseen emergencies whilst specific action plans are implemented. At 31 December 2020 the Charity had net free reserves of £65,429 (2019: £30,340) as follows:

Total reserves

Less: restricted funds

Less: unrestricted fixed assets used for the continuing work of the Charity

Free reserves

Free reserves requirement: 6 months' budgeted routine expenditure

2020 £	2019 £
65,567	40,950
-	(10,200)
(138)	(410)
65,429	30,340
52,480	20,000

Annual Report of the Trustees For the year ended 31 December 2020

5. Plans for Future Periods

- To increase our parent outreach into Hampton and Feltham via more parenting talks
- To attract and train >10 volunteer mentors to increase our team
- To hire a new educator to enable us to increase our delivery by a further 50%
- To continue building a partnership with Kick London (a sports-based based mentoring charity)
- To attract regular donors in addition to our core grant funders
- To become an integral part of the school community of our recently added schools
- To establish new relationships with >3 new schools
- To pilot our small group work within youth clubs, starting in Hampton

6. Responsibilities of Trustees for the Financial Statements

The Trustees are responsible for preparing the report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice. Charity law in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of income and expenditure of the Charity for that period.

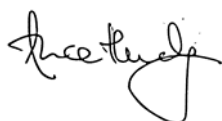
In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the activities of the Charity will continue.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enables them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the governing document. The Trustees are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Trustees are responsible for the maintenance and integrity of the Charity and financial information included in the Charity's website.

7. Approval

The report of the Trustees was approved by the Trustees on 4 October 2021 and signed on its behalf by:



Alice Huntley
Chair of Trustees

LVA TRUST

Report of the Independent Examiner to the Trustees of LVA Trust

I report on the financial statements of LVA Trust for the year ended 31 December 2020, set out on pages 8 to 14.

This report is made solely to the Trustees in accordance with section 145 of the Charities Act 2011 ("the Act"). My independent examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by the law, I do not accept responsibility to anyone other than the Trust and the Trustees for my independent examination, for this report, or the opinions I have formed.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The Trustees consider that an audit is not required for this period (under section 144(2) of the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the Act);
- follow the procedures laid down in the General Direction given by the Charity Commission (under section 145(5)(b) of the Act); and
- state whether particular matters have come to my attention

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



John Helm ACA

22 October 2021

LVA TRUST

Statement of Financial Activities For the year ended 31 December 2020

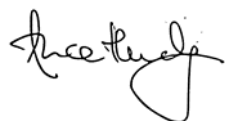
	Note	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
Income from:	2				
Donations and legacies		64,969	26,500	91,469	56,619
Charitable activities		2,875	-	2,875	5,100
Total Income		67,844	26,500	94,344	61,719
Expenditure on:	3				
Charitable activities		33,027	36,700	69,727	41,660
Total Expenditure		33,027	36,700	69,727	41,660
Net income/(expenditure)	4	34,817	(10,200)	24,617	20,059
Transfers between funds		-	-	-	-
Other recognised gains and losses		-	-	-	-
Net movement in funds		34,817	(10,200)	24,617	20,059
Total funds brought forward		30,750	10,200	40,950	20,891
Total funds carried forward		65,567	-	65,567	40,950

LVA TRUST

Balance Sheet For the year ended 31 December 2020

	Note	Unrestricted 2020 £	Restricted 2020	Total 2020 £	Total 2019 £
Fixed Assets					
Tangible Assets	5	138	-	138	410
Current Assets					
Debtors	6	1,365	-	1,365	2,326
Cash At Bank And In Hand		68,061	-	68,061	41,826
		69,426	-	69,426	44,152
Creditors - Amounts Falling Due Within One Year	7	3,997	-	3,997	3,612
Net Current Assets		65,429	-	65,429	40,540
Net Assets		65,567	-	65,567	40,950
Represented By:					
Funds					
Restricted Income Funds	8	-	-	-	10,200
Unrestricted Income Funds		65,567	-	65,567	30,750
Total Funds		65,567	-	65,567	40,950

The financial statements were approved by the Trustees on 4 October 2021 and signed on its behalf by:



Alice Huntley
Chair of Trustees

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2020

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of accounting

The financial statements have been prepared under the Charities Act 2011 and in accordance with the Charities Statement of Recommended Practice (Charities SORP (FRS 102)) and Financial Reporting Standard 102 (FRS 102). The financial statements are drawn up on the historical cost basis of accounting unless otherwise stated in the relevant accounting policy note(s).

The Charity meets the definition of a public benefit entity under FRS 102.

Going Concern

There are no material uncertainties about the charity's ability to continue as a going concern and accordingly the accounts have been drawn up on a going concern basis.

Income recognition

Voluntary income and donations (including legacies) are accounted for once the Charity has entitlement to the income, it is probable the income will be received and the amount of income receivable can be reliably measured. The income from trading activities is shown gross, with the associated costs included in fundraising costs.

Grant income is recognised on a receivable basis. Where grant income specifies use over a time period in which the expenditure of resources will take place, grants received in advance of costs incurred are recognised as deferred income.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Expenditure recognition

Expenditure is accrued as soon as a liability is considered probable, and the amount of obligation can be measured reliably. Longer term liabilities are discounted to present value. The charity is not registered for VAT and accordingly expenditure includes VAT where appropriate.

Expenditure included in Raising Funds includes amounts incurred in obtaining grants and other donations.

Charitable expenditure includes those costs in fulfilling the Charity's principal objects, as outlined in the Report of the Trustees. These include grants made, governance costs and support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs related to the independent examination and legal fees together with an apportionment of overhead and support costs.

The charity contributes to certain employees' personal pension plans. These are defined contribution schemes, the assets of which are held separately from those of the charity. Contributions are charged to the Statement of Financial Activities on an accruals basis.

Taxation

The company is a registered charity and qualifies for relief from Corporation Tax under chapter 11 of the Corporation Taxes Act 2010.

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2020

1. Accounting Policies (continued)

Tangible fixed assets and depreciation

Tangible fixed assets are included in the balance sheet at cost. Depreciation is provided on all tangible fixed assets at rates calculated to write off the full cost or valuation less estimated residual value of each asset over its estimated useful life. The principal rates in use are:

Equipment, fixtures and fittings: 25% on cost

Debtors

Grants receivable and other debtors are included at the settlement amount due. Prepayments are valued at the amount prepaid.

Creditors and provisions

Creditors and provisions are recognised where the Charity has a present obligation arising from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are recognised at their settlement amount.

Fund accounting

The funds held by the charity are either:

- Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.
- Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. Income

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
Donations & legacies				
Donations	25,919	-	25,919	28,619
Grants	39,050	26,500	65,550	28,000
	<hr/> 64,969	<hr/> 26,500	<hr/> 91,469	<hr/> 56,619
Charitable activities				
School income	2,875	-	2,875	5,100
	<hr/> 2,875	<hr/> -	<hr/> 2,875	<hr/> 5,100
Total	<hr/>67,844	<hr/>26,500	<hr/>94,344	<hr/>61,719

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2020

3. Expenditure

3a. Expenditure – Charitable activities

	Staff costs 2020 £	Teaching Resources & Training 2020 £	Office/ other 2020 £	Unrestricted 2020 £	Restricted 2020 £	Total 2020 £	Total 2019 £
Schools work	53,472	5,401	10,194	32,367	36,700	69,067	41,000
Governance costs	-	-	660	660	-	660	660
	53,472	5,401	10,854	33,027	36,700	69,727	41,660

3b. Staff Costs

Included within expenditure on charitable activities are the following staff costs:

	2020 £	2019 £
Wages and salaries	47,792	30,335
Social security costs	3,490	1,842
Employer allowance	(3,490)	(1,842)
Pension costs	720	483
	48,512	30,818
Of which the following relate to Key Management Personnel:		
Wages & salaries	31,200	21,504
Pension costs	592	415
	31,792	21,919

The average number of employees during the year was 2 (2019: 1). No employees received payments in excess of £60,000 during the year. At 31 December 2020 pension payments due were £227 (2019: £96).

4. Net Income/(expenditure)

This is stated after charging:

	2020 £	2019 £
Depreciation of owned assets	272	273
Independent examination	660	660

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2020

5. Tangible Fixed Assets

	Fixtures, fittings & equipment £
Cost	
At 1 January 2020	1,090
Additions	-
Disposals	-
	<hr/>
At 31 December 2020	1,090
	<hr/>
Depreciation	
At 1 January 2020	680
Charge for Year	272
Disposals	-
	<hr/>
At 31 December 2020	952
	<hr/>
Net Book Value	
At 31 December 2020	138
	<hr/>
At 31 December 2019	410
	<hr/>

All of the fixed assets are used for charitable purposes.

6. Debtors

	2020 £	2019 £
Gift Aid Tax receivable	-	-
Fees receivable	1,000	2,000
Prepayments	365	326
	<hr/>	<hr/>
	1,365	2,326
	<hr/>	<hr/>

7. Creditors - Amounts Falling Due Within One Year

	2020 £	2019 £
Trade creditors	935	822
Other creditors including taxation and social security	1,427	1,170
Accruals	1,635	1,620
	<hr/>	<hr/>
	3,997	3,612
	<hr/>	<hr/>

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2020

8. Restricted Funds

	At 1 January 2020 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 December 2020 £
Salary costs	10,200	26,500	(36,700)	-	-	-

Salary costs – grants provided to fund salaries.

9. Related Party Transactions and Balances

The aggregate donations made by the trustees was £425 (2019: nil).

There are no other related party transactions or balances.