

LVA TRUST

Charity Registration Number: 1169505

31 December 2021

Annual Report and Financial Statements

LVA TRUST

Annual Report and Financial Statements 2021 Contents

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Legal, Administrative & Governance Information For the year ended 31 December 2021

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> <p>Susanne Petrie (chair) Barnaby Chapman Revd Andy Watkins Susan Jackson Samuel Lewis Steve Notman</p>
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	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.
Staff	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.
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.

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Legal, Administrative & Governance Information For the year ended 31 December 2021

Bankers	Metro Bank One Southampton Row London WC1B 5HA
Independent Examiner	John Helm ACA Tandem Accounting Limited 17 Heathville Road London N19 3AL

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Annual Report of the Trustees For the year ended 31 December 2021

The Trustees submit their annual report and the financial statements of LVA Trust ("the Charity") from the establishment of the Charity to 31 December 2021. The financial statements have been prepared in the format prescribed by the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP2019 (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?

In 2021 we were still very much in the throes of Covid and therefore the year's delivery of our services were disrupted again, but we have recorded delivery of 235 workshops in that year reaching around 7,000 individuals. We cannot guarantee that they were unique individuals as we deliver different workshops to specific year groups depending on schools' requirements.

We employed a new educator who has a passion and lived experiences which improved our capacity to focus more on the mental health and emotional wellbeing of the young people we come into contact with, by writing and developing new material in this area.

Annual Report of the Trustees For the year ended 31 December 2021

Towards the latter part of 2021 we employed a part time project co-ordinator to launch the therapeutic mentoring program that we had been developing over Covid as we saw a need for more tailored work to target the above and create a safe space for young people to open up and strategically deal with concerns that were bothering them. These range from low self-esteem, self-harm to pornography addiction.

We were able to deliver one parent talk in 2021 that was delivered online and dealt with online bullying, another area that needs and deserves attention and education.

Also in the latter part of 2021, we launched our first youth space in collaboration with a church and now run a regular Friday night club reaching a number of young people between the ages of 10-15, where we provide a sporting activity and mentoring.

We seek 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.

We are enormously proud of our accomplishments. Since launching the charity, we have reached thousands of students with high quality and effective RSE teaching and worked across 4 London Boroughs. We have formed many collaborations with other charitable organisations and have not only been able to sustain the charity but develop other streams for work.

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 decreased by £5,387 during the year (2020: increased by £24,617). The balance sheet shows total net assets of £60,180 (2020: £65,567).

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 4.2 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 2021 the Charity had net free reserves of £54,588 (2020: £65,429) as follows:

	2021 £	2020 £
Total reserves	60,180	65,567
Less: restricted funds	(5,097)	-
Less: unrestricted fixed assets used for the continuing work of the Charity	(495)	(138)
Free reserves	54,588	65,429
Free reserves requirement: 12 months' budgeted unrestricted expenditure	55,000	52,480

Annual Report of the Trustees For the year ended 31 December 2021

5. Plans for Future Periods

- To increase our parent outreach into Richmond and Hounslow Boroughs 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 partnerships with other youth organisations particularly with a sports-based focus
- 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 schools in new boroughs.
- To develop our small group work within youth clubs
- To develop our work with the schools' police around our Gender-based Violence Programme

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 28 October 2022 and signed on its behalf by:



Susanne Petrie
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 2021, 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

28 October 2022

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Statement of Financial Activities For the year ended 31 December 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Income from:	2				
Donations and legacies		42,044	50,973	93,017	91,469
Charitable activities		4,750	-	4,750	2,875
Total Income		46,794	50,973	97,767	94,344
Expenditure on:	3				
Charitable activities		57,278	45,876	103,154	69,727
Total Expenditure		57,278	45,876	103,154	69,727
Net (expenditure)/income	4	(10,484)	5,097	(5,387)	24,617
Transfers between funds		-	-	-	-
Other recognised gains and losses		-	-	-	-
Net movement in funds		(10,484)	5,097	(5,387)	24,617
Total funds brought forward		65,567	-	65,567	40,950
Total funds carried forward		55,083	5,097	60,180	65,567

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Balance Sheet As at 31 December 2021

	Note	Unrestricted 2021 £	Restricted 2021	Total 2021 £	Total 2020 £
Fixed Assets					
Tangible Assets	5	495	-	495	138
Current Assets					
Debtors	6	10,384	-	10,384	1,365
Cash at Bank and in Hand		88,833	5,097	93,930	68,061
		99,217	5,097	104,314	69,426
Creditors - Amounts Falling Due Within One Year	7	44,629	-	44,629	3,997
Net Current Assets		54,588	5,097	59,685	65,429
Net Assets		55,083	5,097	60,180	65,567
Represented By:					
Funds					
Restricted Income Funds	8	-	5,097	5,097	-
Unrestricted Income Funds		55,083	-	54,423	65,567
Total Funds		55,083	5,097	60,180	65,567

The financial statements were approved by the Trustees on 28 October 2022 and signed on its behalf by:



Susanne Petrie
Chair of Trustees

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Notes to the Financial Statements For the year ended 31 December 2021

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.

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Notes to the Financial Statements For the year ended 31 December 2021

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 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Donations & legacies				
Donations	42,044	-	42,044	25,919
Grants	-	50,973	50,973	65,550
	<hr/> 42,044	<hr/> 50,973	<hr/> 93,017	<hr/> 91,469
Charitable activities				
School income	4,750	-	4,750	2,875
	<hr/> 4,750	<hr/> -	<hr/> 4,750	<hr/> 2,875
Total	<hr/> 46,794 <hr/>	<hr/> 50,973 <hr/>	<hr/> 97,767 <hr/>	<hr/> 94,344 <hr/>

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Notes to the Financial Statements For the year ended 31 December 2021

3. Expenditure

3a. Expenditure – Charitable activities

	Staff costs 2021 £	Teaching Resources & Training 2021 £	Office/ other 2021 £	Unrestricted 2021 £	Restricted 2021 £	Total 2021 £	Total 2020 £
Schools work	79,439	4,174	18,821	56,558	45,876	102,434	69,067
Governance costs	-	-	720	720	-	720	660
	79,439	4,174	19,541	57,278	45,876	103,154	69,727

3b. Staff Costs

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

	2021 £	2020 £
Wages and salaries	77,037	47,792
Social security costs	1,000	3,490
Employer allowance	-	(3,490)
Pension costs	1,402	720
	79,439	48,512
Of which the following relate to Key Management Personnel:		
Wages & salaries	53,517	31,200
Pension costs	1,127	592
	54,644	31,792

The average number of employees during the year was 4 (2020: 2). No employees received payments in excess of £60,000 during the year. At 31 December 2021 pension payments due to the pension provider were £389 (2020: £227).

4. Net (expenditure)/income

This is stated after charging:

	2021 £	2020 £
Depreciation of owned assets	302	272
Independent examination	720	660
	1,022	932

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Notes to the Financial Statements For the year ended 31 December 2021

5. Tangible Fixed Assets

	Fixtures, fittings & equipment £
Cost	
At 1 January 2021	1,090
Additions	659
Disposals	-
	<hr/>
At 31 December 2021	1,749
	<hr/>
Depreciation	
At 1 January 2021	952
Charge for Year	302
Disposals	-
	<hr/>
At 31 December 2021	1,254
	<hr/>
Net Book Value	
At 31 December 2021	495
	<hr/>
At 31 December 2020	138
	<hr/>

All of the fixed assets are used for charitable purposes.

6. Debtors

	2021 £	2020 £
Sundry debtors	10,025	1,000
Prepayments	359	365
	<hr/>	<hr/>
	10,384	1,365
	<hr/>	<hr/>

7. Creditors - Amounts Falling Due Within One Year

	2021 £	2020 £
Deferred income	40,000	-
Trade creditors	85	935
Other creditors including taxation and social security	3,734	1,427
Accruals	810	1,635
	<hr/>	<hr/>
	44,629	3,997
	<hr/>	<hr/>

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Notes to the Financial Statements For the year ended 31 December 2021

8. Restricted Funds

	At 1 January 2021 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 December 2021 £
Salary and other direct costs	-	50,973	45,876	-	-	5,097

9. Related Party Transactions and Balances

The aggregate donations made by the trustees was £25 (2020: £425).

There are no other related party transactions or balances.