

LVA TRUST

Charity Registration Number: 1169505

31 December 2022

Annual Report and Financial Statements

LVA TRUST

Annual Report and Financial Statements 2022 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 2022

Charity Name	LVA Trust.
Charity Registration	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 and reproductive 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, schoolwork, 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 CEO (35 hours per week, 46 Weeks a year), a full time Operations Manager, a Schools and Safeguarding Lead (15 hours a week) and a part-time Educator (employed 20 hours per week during the school year). The Trust calls on a freelance educator to fill teaching slots as and when needed.
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 CEO, the Operations Manager and the Chair of the Trustees.

LVA TRUST

Legal, Administrative & Governance Information For the year ended 31 December 2022

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

LVA TRUST

Annual Report of the Trustees For the year ended 31 December 2022

The Trustees submit their annual report and the financial statements of LVA Trust ("the Charity") from the establishment of the Charity to 31 December 2022. 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 25 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 RSHE via fun and interactive workshops assemblies, small groups and one to one mentoring sessions. Our programmes are focused on building self-esteem which is the cornerstone of all LVA's teachings, equipping young people to make confident and informed choices, based on understanding their own emotional, mental and physical needs. The subjects covered within our RSHE curriculum are set out below. They become more relevant at the appropriate age and more intensive as the young people grow and develop.

- Emotional Wellbeing & Self Esteem
- Body Positivity Empowered Relationships
- Consent & Coercion
- Online Etiquette
- Reproductive and Sexual Health

3. What have we achieved?

In 2022 we continued to have a focus on emotional wellbeing as well as reproductive and sexual health. With a change in staff we were able to develop more resources in this area as well as offer more hours to the new educator.

We successfully ran pilots of our therapeutic mentoring program in several schools, and this has been very well received by the schools.

We grew our youth in the community provision and after setting up a group within a church, we handed over the reins to the church enabling us to be more focused on a new group for girls in the heart of a large and council estate. This is currently run by the CEO of the Trust, and going forward we are planning to employ a youth work lead to develop that stream of work. She also works alongside a faith group in the same parish delivering on wellbeing whenever called upon.

Annual Report of the Trustees For the year ended 31 December 2022

In the summer of 2022, we held a parent engagement talk in the community discussing the effects of pornography on young peoples' brains, their self-esteem and their relationships. The event was attended by around 20 parents from various schools and opened by the Mayor of Richmond, who was extremely impressed by the work that we do in local schools.

In October 2022 we held our first community fundraising event, called TalentFest which was designed to embrace and showcase the talents of young people, on and off the stage. This was a huge success and deepened our relationship with local schools and the young people that participated. We now plan for this to be an annual event.

4. Financial Review

Funding for the Charity comes from grants and donations made by trusts, foundations, charities, local churches, businesses 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 £4,493 during the year (2021: decreased by £5,387). The balance sheet shows total net assets of £55,687 (2021: £60,180).

4.2 Reserves Policy

The Trustees have examined the requirements for free reserves (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 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 2022 the Charity had net free reserves of £54,934 (2021: £54,588) as follows:

	2022 £	2021 £
Total reserves	55,687	60,180
Less: restricted funds	-	(5,097)
Less: unrestricted fixed assets used for the continuing work of the Charity	(753)	(495)
Free reserves	54,934	54,588
Free reserves target: 12 months' budgeted unrestricted expenditure	56,025	55,000

5. Plans for Future Periods

- To increase our parent outreach into Richmond and Hounslow Boroughs via more parenting talks
- Launch LVA's The Village parent workshops
- 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 employ a youth & community engagement lead to develop our youth stream
- To become an integral part of the school community of our recently added schools
- To establish new relationships with schools in new boroughs.
- To employ a fundraising and communications lead to develop and build relationships with core donors and build up a network of individual and corporate donors

Annual Report of the Trustees For the year ended 31 December 2022

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 judgments 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 a 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 that 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 the financial information included in the Charity's website.

7. Approval

The report of the Trustees was approved by the Trustees on 9 October 2023 and signed on its behalf by:



Susanne Petrie
Chair of Trustees

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 2022, 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

16 October 2023

LVA TRUST

Statement of Financial Activities For the year ended 31 December 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Income from:	2				
Donations and legacies		41,850	89,206	131,056	93,017
Charitable activities		8,577	3,144	11,721	4,750
Total Income		50,427	92,350	142,777	97,767
Expenditure on:	3				
Charitable activities		49,823	97,447	147,270	103,154
Total Expenditure		49,823	97,447	147,270	103,154
Net income/(expenditure)	4	604	(5,097)	(4,493)	(5,387)
Transfers between funds		-	-	-	-
Other recognised gains and losses		-	-	-	-
Net movement in funds		604	(5,097)	(4,493)	(5,387)
Total funds brought forward		55,083	5,097	60,180	65,567
Total funds carried forward		55,687	0	55,687	60,180

LVA TRUST

Balance Sheet As at 31 December 2022

	Note	Unrestricted 2022 £	Restricted 2022	Total 2022 £	Total 2021 £
Fixed Assets					
Tangible Assets	5	753	-	753	495
Current Assets					
Debtors	6	4,308	-	4,038	10,384
Cash at Bank and in Hand		94,656	-	94,656	93,930
		98,964	0	98,694	104,314
Creditors - Amounts Falling Due Within One Year	7	44,030	-	44,030	44,629
Net Current Assets		54,934	0	54,934	59,685
Net Assets		55,687	0	55,687	60,180
Represented By:					
Restricted Income Funds	8	-	-	-	5,097
Unrestricted Income Funds		55,687	-	55,687	54,423
Total Funds		55,687	0	55,687	60,180

The financial statements were approved by the Trustees on 9 October 2023 and signed on its behalf by:

Susanne Petrie

Susanne Petrie
Chair of Trustees

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2022

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 2022

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 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Donations & legacies				
Donations	23,650	-	23,650	42,044
Grants	18,200	89,206	107,406	50,973
	<hr/> 41,850	<hr/> 89,206	<hr/> 131,056	<hr/> 93,017
Charitable activities				
School income	8,577	3,144	11,721	4,750
	<hr/> 50,427	<hr/> 92,350	<hr/> 142,777	<hr/> 97,767

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2022

3. Expenditure

3a. Expenditure – Charitable activities

	Staff costs 2022 £	Teaching Resources & Training 2022 £	Office/ other 2022 £	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
Schools work	123,061	6,237	17,252	49,103	97,447	146,550	102,434
Governance costs	-	-	720	720	-	720	720
	123,061	6,237	17,972	49,823	97,447	147,270	103,154

3b. Staff Costs

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

	2022 £	2021 £
Wages and salaries	111,670	77,037
Social security costs	9,094	1,000
Pension costs	2,297	1402
	123,061	79,439
Of which the following relate to Key Management Personnel:		
Wages & salaries	65,800	53,517
Pension costs	1,606	1,127
	67,406	54,644

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 2022 pension payments due to the pension provider were £473 (2021: £389).

4. Net income/(expenditure)

This is stated after charging:

	2022 £	2021 £
Depreciation of owned assets	306	302
Independent examination	720	720

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2022

5. Tangible Fixed Assets

	Fixtures, fittings & equipment £
Cost	
At 1 January 2022	1,749
Additions	564
Disposals	(540)
	<hr/>
At 31 December 2022	1,773
	<hr/>
Depreciation	
At 1 January 2022	1,254
Charge for Year	306
Disposals	(540)
	<hr/>
At 31 December 2022	1,020
	<hr/>
Net Book Value	
At 31 December 2022	753
	<hr/>
At 31 December 2021	495
	<hr/>

All of the fixed assets are used for charitable purposes.

6. Debtors

	2022 £	2021 £
Sundry debtors	3,478	10,025
Prepayments	830	359
	<hr/>	<hr/>
	4,308	10,384
	<hr/>	<hr/>

7. Creditors - Amounts Falling Due Within One Year

	2022 £	2021 £
Deferred income	40,800	40,000
Trade creditors	774	85
Other creditors including taxation and social security	1,736	3,734
Accruals	720	810
	<hr/>	<hr/>
	44,030	44,629
	<hr/>	<hr/>

LVA TRUST

Notes to the Financial Statements For the year ended 31 December 2022

8. Restricted Funds

	At 1 January 2022 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 December 2022 £
Salary and other direct costs	0	92,350	97,447	-	-	-
	5,097	92,350	97,447	0	0	0

9. Related Party Transactions and Balances

The aggregate donations made by the trustees was £0 (2021: £25).

There are no other related party transactions or balances.