

# **LVA TRUST**

**Charity Registration Number: 1169505**

**31 December 2023**

**Annual Report and Financial Statements**

# **LVA TRUST**

## **Annual Report and Financial Statements 2023 Contents**

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## LVA TRUST

### Legal, Administrative & Governance Information For the year ended 31 December 2023

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<b>Charity Name</b>	LVA Trust.
<b>Charity Registration</b>	1169505. The Charity was registered with the Charity Commission on 6 October 2016.
<b>Registered Office</b>	Church Office, Christ Church, Hanworth Road, Feltham, TW13 5AB.
<b>Governing Document</b>	CIO Foundation.
<b>Objectives</b>	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.
<b>Trustees</b>	<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>
<b>Trustee Meetings</b>	<p>The Trustees meet 3-4 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"><li>• the Charity Commission's guidance 'The Essential Trustee'</li><li>• the Trust Deed of the Charity</li><li>• the Charity's financial position</li></ul>
<b>Risk Management</b>	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.
<b>Staff</b>	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.
<b>Key Management Personnel</b>	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 2023**

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<b>Bankers</b>	Metro Bank One Southampton Row London WC1B 5HA
<b>Independent Examiner</b>	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 2023

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The Trustees submit their annual report and the financial statements of LVA Trust ("the Charity") from the establishment of the Charity to 31 December 2023. 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?

Our program is based on our six core themes; emotional well-being & self-esteem, body positivity, empowered relationships, consent & coercion, online behaviour and reproductive & sexual health. We deliver these programs in primary/secondary schools and in the community as follows:

- RSHE classroom workshops and assemblies
- Small group work (6 week intense course for referred students)
- 1:1 therapeutic mentoring program (TMP) and 1:1 reactive mentoring in responding to safeguarding disclosures and incidents
- Youth spaces in the community
- Parent engagement through seminars and our 6-week Village course.
- Teacher training

### 3. What have we achieved?

We gather our monitoring and evaluation data through an academic year, as opposed to the financial reporting which is calculated over a calendar year. Therefore, the results below are dated from September 2022 through to July 2023.

LVA delivered 159 relationships, sex and health education workshops to 4,210 unique individuals across all year groups from year 5 to year 13 (age 10-18) in 12 schools across 3 London boroughs. LVA facilitated 22 Emotional Wellbeing small groups which take young people on a 6-week journey of holistic wellbeing discovery, supporting emotional, mental, physical and relational well-being. We also delivered 4 Boys project groups, enabling boys to step into their potential through a 6 week tailored programme focused on relational skill building and raising awareness of sexual violence and harassment.

We delivered 355 mentoring sessions, supporting 41 young people going through a variety of challenges including anxiety, circumstantial depression, social isolation and covid-related trauma, as well as responding to incidents with our reactive mentoring in situations such as the use of explicit online content, sexual harassment between young people in school, friendship fallouts and arising family traumas. We now have a Youth worker who leads our youth work on an underrepresented estate in the heart of Hounslow. The youth work there is targeted. We have a group for boys and a group for girls where we support the development of core values, respect and resilience. We have held over 40 youth space sessions.

## Annual Report of the Trustees For the year ended 31 December 2023

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Starting with our Girls group back in February 2022 and then going on to launch our Boys group in May 2023, we have doubled our impact in the community. With a regular cohort of around 35 young people every week engaging with our loved, valued and able journey of discovery.

We have delivered talks at Marjory Kinnon SEND school to introduce our Parent Village and will be running coffee mornings there from September. We have also delivered two Parent Village courses in Richmond in partnership with Riverbank Trust, a charity that supports vulnerable women and their families.

We hosted our second Talentfest community event where young people get to shine their light through the performing arts and enterprise. We saw an increase in participation from young people and over 100 attendees.

We have trained and placed 4 volunteer mentors with the view to increase this now that we have an established, tried and tested training and onboarding process. We wanted to make sure we did it right before we scaled.

We have hired a new educator/mentor and have scaled our work throughout small group and mentoring projects. We have also delivered in two new schools across all year groups, in addition to our regular schools. We are making good progress in terms of becoming an integral part of the school community of our recently added schools.

We have employed a freelance, fundraising expert who supports small local charities with applications and starting new funding relationships. Our supplier works closely with the leadership to guide and support us.

### 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 £1,146 during the year (2022: decreased by £4,493). The balance sheet shows total net assets of £54,541 (2022: £55,687).

#### 4.2 Reserves Policy

Free reserves are defined as unrestricted funds, less any funds designated by management and capital commitments. Reserves are needed to:

- fund working capital;
- allow flexibility to respond to unexpected opportunities and challenges;
- provide a cushion against variations in income and expenditure, whether seasonal or driven by events;
- provide contingency against unexpected costs; and
- fund strategic plans outside the Charity's normal operations.

The Trustees review the level of required reserves annually to ensure that an appropriate level is held. The target range to cover these risks in addition to routine working capital is set at between £45,000 and £65,000. At 31 December 2023 the Charity had net free reserves of £54,048 (2022: £54,934) as follows:

	2023 £	2022 £
<b>Total reserves at 31 December</b>	54,541	55,687
Less: restricted funds carried forward	-	-
Less: unrestricted fixed assets used for the continuing work of the Charity	(493)	(753)
<b>Free reserves at 31 December</b>	<b>54,048</b>	<b>54,934</b>

## Annual Report of the Trustees For the year ended 31 December 2023

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### 5. Organisational Goals

#### 5.1. Growth of Small Group Work and Mentoring

A key focus for the coming year will be the expansion of our small group work and mentoring programmes. These services have proven vital in addressing the unique needs of disadvantaged children, and their growth aligns with our mission to provide targeted support where it is most needed. We aim to increase the number of children benefiting from these services by expanding both the reach and capacity of our mentoring initiatives.

#### 5.2. Growth of Parent and Carer Programme

Building on the success of our recent pilot programme for parents and carers, we are committed to expanding this offering as part of our core services. Supporting the families and carers of the children we work with is essential for creating a holistic approach to child development and well-being. By providing parents and carers with the resources and support they need, we can enhance the overall impact of our work.

#### 5.3. Digitalisation

Digital transformation remains a critical goal, both internally and externally. Internally, we will focus on streamlining operations and improving efficiencies through digitalisation. Externally, we plan to expand our digital outreach and engagement to provide better access to services and support for our beneficiaries. This dual approach will not only enhance our organisational capacity but also extend our impact, ensuring more children and families can benefit from our services.

### 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 18 October 2024 and signed on its behalf by:



**Susanne Petrie**  
Chair of Trustees

## Report of the Independent Examiner to the Trustees of LVA Trust

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I report on the financial statements of LVA Trust for the year ended 31 December 2023, set out on pages 9 to 15.

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**  
17 Heathville Road  
London N19 3AL

18 October 2024



# LVA TRUST

## Statement of Financial Activities For the year ended 31 December 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
<b>Income from:</b>	2				
Donations and legacies		31,904	96,638	128,542	131,056
Charitable activities		9,800	-	9,800	11,721
<b>Total Income</b>		<b>41,704</b>	<b>96,638</b>	<b>138,342</b>	<b>142,777</b>
<b>Expenditure on:</b>					
Charitable activities	3	42,850	96,638	139,488	147,270
<b>Total Expenditure</b>		<b>42,850</b>	<b>96,638</b>	<b>139,488</b>	<b>147,270</b>
<b>Net expenditure</b>	4	<b>(1,146)</b>	<b>-</b>	<b>(1,146)</b>	<b>(4,493)</b>
Transfers between funds		-	-	-	-
Other recognised gains and losses		-	-	-	-
<b>Net movement in funds</b>		<b>(1,146)</b>	<b>-</b>	<b>(1,146)</b>	<b>(4,493)</b>
<b>Total funds brought forward</b>		<b>55,687</b>	<b>-</b>	<b>55,687</b>	<b>60,180</b>
<b>Total funds carried forward</b>		<b>54,541</b>	<b>-</b>	<b>54,541</b>	<b>55,687</b>

# LVA TRUST

## Balance Sheet As at 31 December 2023

	Note	Unrestricted 2023 £	Restricted 2023	Total 2023 £	Total 2022 £
<b>Fixed Assets</b>					
Tangible Assets	5	493	-	493	753
<b>Current Assets</b>					
Debtors	6	5,732	-	5,732	4,308
Cash at Bank and in Hand		98,955	-	98,955	94,656
		104,687	-	104,687	98,964
<b>Creditors - Amounts Falling Due Within One Year</b>	7	50,639	-	50,639	44,030
<b>Net Current Assets</b>		54,048	-	54,048	54,934
<b>Net Assets</b>		<b>54,541</b>	-	<b>54,541</b>	<b>55,687</b>
<b>Represented by:</b>					
Restricted income funds	8	-	-	-	-
Unrestricted Income Funds		54,541	-	54,541	55,687
<b>Total Funds</b>		<b>54,541</b>	-	<b>54,541</b>	<b>55,687</b>

The financial statements were approved by the Trustees on 18 October 2024 and signed on its behalf by:



Susanne Petrie  
Chair of Trustees

# **LVA TRUST**

## **Notes to the Financial Statements For the year ended 31 December 2023**

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### **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 2023

### 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 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Donations & legacies				
Donations	31,639	10,336	41,975	23,650
Gift Aid	265	160	425	
Grants	-	86,142	86,142	107,406
	31,904	96,638	128,542	131,056
Charitable activities				
School income	9,800	-	9,800	11,721
	41,704	96,638	138,342	142,777

# LVA TRUST

## Notes to the Financial Statements For the year ended 31 December 2023

### 3. Expenditure

#### 3a. Expenditure – Charitable activities

	Staff costs 2023 £	Teaching Resources & Training 2023 £	Office/ other 2023 £	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
Schools work	114,963	8,390	15,295	42,010	96,638	138,648	146,550
Governance costs	-	-	840	840	-	840	720
	<u>114,683</u>	<u>8,390</u>	<u>16,135</u>	<u>42,850</u>	<u>96,638</u>	<u>139,488</u>	<u>147,270</u>

#### 3b. Staff Costs

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

	2023 £	2022 £
Wages and salaries	112,687	111,670
Social security costs	49	9,094
Pension costs	2,227	2,297
	<u>114,963</u>	<u>123,061</u>
Of which the following relate to Key Management Personnel:		
Wages & salaries	66,181	65,800
Pension costs	1,567	1,606
	<u>67,748</u>	<u>67,406</u>

The average number of employees during the year was 5 (2022: 4). No employees received payments in excess of £60,000 during the year. At 31 December 2023 pension payments due to the pension provider were £nil (2022: £473).

### 4. Net Expenditure

This is stated after charging:

	2023 £	2022 £
Depreciation of owned assets	260	306
Independent examination	840	720
	<u>1,100</u>	<u>1,026</u>

# LVA TRUST

## Notes to the Financial Statements For the year ended 31 December 2023

### 5. Tangible Fixed Assets

	Fixtures, fittings & equipment £
<b>Cost</b>	
At 1 January 2023	1,773
Additions	-
Disposals	(184)
	<hr/>
At 31 December 2023	1,589
	<hr/>
<b>Depreciation</b>	
At 1 January 2023	1,020
Charge for Year	260
Disposals	(184)
	<hr/>
At 31 December 2023	1,096
	<hr/>
<b>Net Book Value</b>	
At 31 December 2023	493
	<hr/>
At 31 December 2022	753
	<hr/>

All of the fixed assets are used for charitable purposes.

### 6. Debtors

	2023 £	2022 £
Sundry debtors	4,951	3,478
Prepayments	781	830
	<hr/>	<hr/>
	<b>5,732</b>	<b>4,308</b>
	<hr/>	<hr/>

### 7. Creditors - Amounts Falling Due Within One Year

	2023 £	2022 £
Deferred income	47,660	40,800
Trade creditors	1,839	744
Other creditors including taxation and social security	-	1,736
Accruals	1,140	720
	<hr/>	<hr/>
	<b>50,639</b>	<b>44,030</b>
	<hr/>	<hr/>

# LVA TRUST

## Notes to the Financial Statements For the year ended 31 December 2023

### 8. Restricted Funds

8a Current year	At 1 January 2023 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 December 2023 £
Salary and other direct costs	-	86,142	(86,142)	-	-	-
Small Groups	-	10,496	(10,496)	-	-	-
	-	<b>96,638</b>	<b>(96,638)</b>	-	-	-
8b Prior year	At 1 January 2023 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 December 2023 £
Salary and other direct costs	<b>5,097</b>	<b>92,350</b>	<b>(97,447)</b>	-	-	-

### 9. Related Party Transactions and Balances

The aggregate donations made by the trustees were £1,800 (2022: £nil).

There are no other related party transactions or balances.