

LVA TRUST

Charity Registration Number: 1169505

31 December 2024

Annual Report and Financial Statements

LVA TRUST

Annual Report and Financial Statements 2024
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Legal, Administrative & Governance Information For the year ended 31 December 2024

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 (Resigned 31 March 2025) Revd Andy Watkins Susan Jackson Samuel Lewis Steve Notman</p>
Trustee Meetings	<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">• 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 (40 hours per week), a full time Educator (35 hours per week during the school year), a Schools and Safeguarding Lead (15 hours a week) and a part-time Educator (employed 15 hours per week during the school year). The Charity 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.

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Legal, Administrative & Governance Information
For the year ended 31 December 2024

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 2024

The Trustees submit their annual report and the financial statements of LVA Trust ("the Charity") from the establishment of the Charity to 31 December 2024. 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 throughout an *academic* year, as opposed to the financial reporting which is calculated over a calendar year. Therefore, the results below relate to the period from September 2023 through to July 2024.

LVA delivered 276 relationships, sex and health education workshops to 8,340 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.

Annual Report of the Trustees
For the year ended 31 December 2024

We delivered 335 mentoring sessions, supporting 35 young people going through a variety of challenges including anxiety, circumstantial depression, social isolation and 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.

The 2023/24 academic year has seen significant changes in the focus areas requested by schools. The most sought-after themes for this year are sexual and reproductive health and online behaviour, which have emerged as the primary concerns among educational institutions. These themes are closely followed by consent and coercion and empowered relationships, indicating a growing interest in promoting safe and supportive environments for students. While the demand for these core themes has increased, all six themes offered remain highly requested. This reflects a broader trend towards comprehensive education on these critical topics. Additionally, there is a noteworthy rise in interest for the Body Positivity theme. Projections for the 2024/25 academic year show that one-third of schools are already indicating a desire to include this topic in their curricula. This growing demand suggests a shift towards fostering positive body images and promoting self-acceptance among students, aligning with the overarching trends in health and well-being education.

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 9 and 10 respectively. The Charity’s total reserves increased by £9,421 during the year (2023: decreased by £1,146). The balance sheet shows total net assets at 31 December 2024 of £63,962 (2023: £54,541).

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 £30,000 and £50,000. At 31 December 2024 the Charity had net free reserves of £30,069 (2023: £54,048) as follows:

	2024 £	2023 £
Total reserves at 31 December	63,962	54,541
Less: restricted funds carried forward	(33,660)	-
Less: unrestricted fixed assets used for the continuing work of the Charity	(233)	(493)
Free reserves at 31 December	30,069	54,048

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Annual Report of the Trustees For the year ended 31 December 2024

At 31 December 2024, free reserves have fallen to just above the bottom of the target range of £30,000. This was due to certain fundraising elements falling below targets towards the end of the financial year. The Trustees have taken immediate action which aims to boost unrestricted reserves in 2025, including planning 2 new significant fundraising events. The Trustee will continue to carefully monitor the Charity's income and expenditures over the next 12 months to ensure that reserves do not fall further and will take action, including cost reduction measures, if they deem that to be necessary.

5. Organisational Goals

LVA is currently at a pivotal point in its growth journey. Although our plans were delayed due to Covid, we made the most of this time by reflecting, learning and growing. We now have three established streams of delivery for young people, fully

developed parent resources, and a teacher training programme. Our next step is to refine our delivery methods to increase our impact. To achieve this, we plan to roll out our holistic delivery package to all of our current school partners and focus our energy on establishing strong relationships within each community. This will go alongside a digitalisation of internal and external resources to enable more people to access our programmes.

Our long-term goal is to develop a comprehensive programme that we can expand across the country. To achieve this, we plan to utilise our existing resources, such as mentoring, small groups and the Parent Village, along with our upcoming digital RSHE programme. We will also assign an LVA representative (educator) to each school, who will work within their community to deliver our programme and coordinate with our partnered LTOs (local trusted organisations).

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 31 October 2025 and signed on its behalf by:

Susanne Petrie

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 2024, 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

31 October 2025

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Statement of Financial Activities For the year ended 31 December 2024

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £
Income from:	2						
Donations and legacies		28,803	131,754	160,557	31,904	96,638	128,542
Charitable activities		10,675	-	10,675	9,800	-	9,800
Total Income		39,478	131,754	171,232	41,704	96,638	138,342
Expenditure on:							
Raising funds		10,680	-	10,680	1,716	-	1,716
Charitable activities	3	53,037	98,094	151,131	41,134	96,638	137,772
Total Expenditure		63,717	98,094	161,811	42,850	96,638	139,488
Net (expenditure)/income	4	(24,239)	33,660	9,421	(1,146)	-	(1,146)
Transfers between funds		-	-	-	-	-	-
Other recognised gains and losses		-	-	-	-	-	-
Net movement in funds		(24,239)	33,660	9,421	(1,146)	-	(1,146)
Total funds brought forward		54,541	-	54,541	55,687	-	55,687
Total funds carried forward		30,302	33,660	63,962	54,541	-	54,541

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Balance Sheet
As at 31 December 2024

	Note	Unrestricted 2024 £	Restricted 2024	Total 2024 £	Total 2023 £
Fixed Assets					
Tangible Assets	5	233	-	233	493
Current Assets					
Debtors	6	8,476	-	8,476	5,732
Cash at Bank and in Hand		21,593	66,603	88,196	98,955
		30,069	66,603	96,672	104,687
Creditors - Amounts Falling Due Within One Year	7	-	32,943	32,943	50,639
Net Current Assets		30,069	33,660	63,729	54,048
Net Assets		30,302	33,660	63,962	54,541
Represented by:					
Restricted income funds	8	-	33,660	33,660	-
Unrestricted Income Funds		30,302	-	30,302	54,541
Total Funds		30,302	33,660	63,962	54,541

The financial statements were approved by the Trustees on 31 October 2025 and signed on its behalf by:

Susanne Petrie

Susanne Petrie
Chair of Trustees

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Notes to the Financial Statements For the year ended 31 December 2024

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 2024

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 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £
Donations & legacies				
Donations	17,789	10,311	28,100	41,975
Gift Aid	1,014	-	1,014	425
Grants	10,000	121,443	131,443	86,142
	<u>28,803</u>	<u>131,754</u>	<u>160,557</u>	<u>128,542</u>
Charitable activities				
School income	10,675	-	10,675	9,800
	<u>39,478</u>	<u>131,754</u>	<u>171,232</u>	<u>138,342</u>

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Notes to the Financial Statements For the year ended 31 December 2024

3. Expenditure

3a. Expenditure – Charitable activities

	Staff costs 2024 £	Teaching Resources & Training 2024 £	Office/ other 2024 £	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £	Total 2023 £
Schools work	126,288	1,914	22,029	52,137	98,094	150,231	136,932
Governance costs	-	-	900	900	-	900	840
	126,288	1,914	22,929	53,037	98,094	151,131	137,772

3b. Staff Costs

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

	2024 £	2023 £
Wages and salaries	118,881	112,687
Social security costs	4,876	49
Pension costs	2,531	2,227
	126,288	114,963
Of which the following relate to Key Management Personnel:		
Wages & salaries	74,766	66,181
Pension costs	1,813	1,567
	76,579	67,748

The average number of employees during the year was 5 (2023: 5). No employees received payments in excess of £60,000 during the year. At 31 December 2024 pension payments due to the pension provider were £524 (2023: £nil).

4. Net (Expenditure)/Income

This is stated after charging:

	2024 £	2023 £
Depreciation of owned assets	260	260
Independent examination	900	840

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Notes to the Financial Statements For the year ended 31 December 2024

5. Tangible Fixed Assets

	Fixtures, fittings & equipment £
Cost	
At 1 January 2024	1,589
Additions	-
Disposals	-
	<u>1,589</u>
At 31 December 2024	<u>1,589</u>
Depreciation	
At 1 January 2024	1,096
Charge for Year	260
Disposals	-
	<u>1,356</u>
At 31 December 2024	<u>1,356</u>
Net Book Value	
At 31 December 2024	<u>233</u>
At 31 December 2023	<u>493</u>

All of the fixed assets are used for charitable purposes.

6. Debtors

	2024 £	2023 £
Accrued Income	4,842	4,951
Prepayments	2,284	781
Other debtors	1,350	-
	<u>8,476</u>	<u>5,732</u>

7. Creditors - Amounts Falling Due Within One Year

	2024 £	2023 £
Deferred income	30,513	47,660
Trade creditors	954	1,839
Other creditors including taxation and social security	524	-
Accruals	952	1,140
	<u>32,943</u>	<u>50,639</u>

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Notes to the Financial Statements For the year ended 31 December 2024

8. Restricted Funds

8a Current year	At 1 January 2024	Income	Expenditure	Transfers	Gains/ (losses)	At 31 December 2024
	£	£	£	£	£	£
Salary and other direct costs	0	131,754	(98,094)	-	-	33,660
	<u>0</u>	<u>131,754</u>	<u>(98,094)</u>	<u>-</u>	<u>-</u>	<u>33,660</u>
8a Prior year	At 1 January 2023	Income	Expenditure	Transfers	Gains/ (losses)	At 31 December 2023
	£	£	£	£	£	£
Salary and other direct costs	0	86,142	(86,142)	-	-	0
Small Groups	0	10,496	(10,496)	-	-	0
	<u>0</u>	<u>96,638</u>	<u>(96,638)</u>	<u>-</u>	<u>-</u>	<u>0</u>

9. Related Party Transactions and Balances

The aggregate donations made by the trustees were £1,515 (2023: £1,800).

There are no other related party transactions or balances.