

Registered charity number
1170881

ALUMAH CHARITABLE INCORPORATED ORGANISATION

Report of the Trustees
and Accounts

31 March 2022

Khan Adamson Limited
Chartered Accountant
Chelworth Industrial Estate
Cricklade, Swindon
Wiltshire
SN6 6HE

ALUMAH CHARITABLE INCORPORATED ORGANISATION
Charity Information

Trustees	Nicola M. Lambert - Chair of Trustees Peter Templeton (appointed 25 April 2022) Tracey Stockdale Sarah Rhoades Treena Horden (resigned 24 December 2021) Hamid Hersel (appointed Apr 2021 and resigned Sept 2021)
CEO	Liz Jenkins
Address	67 Heath Road Brandon IP27 0EG
Registered charity number	1170881
Independent examiner	Hussain A. Khan B.Sc., ACA Khan Adamson Limited Chartered Accountant Chelworth Industrial Estate Cricklade, Swindon Wiltshire SN6 6HE

ALUMAH CHARITABLE INCORPORATED ORGANISATION

Report of the Trustees

The Trustees present their annual report for the year ended 31 March 2022.

Structure, governance and management

The charity is set up as a charitable incorporated organisation and is registered with the Charity Commissioners under registration number 1170881. The charity was registered on 21 December 2016.

The Trustees during the year under review were:

Nicola M. Lambert - Chair of Trustees

Treena Holden resigned Dec 2021

Tracey Stockdale

Sarah Rhoades

Hamid Hersel- appointed April 2021, resigned September 2021

Peter Templeton- appointed March 2022

Objectives and activities

The principal objects of the charity are; (a) the relief of young people and adults who are the survivors and victims of domestic abuse; (b) to advance the education of such survivors and victims.

Achievements and performance of the Charity

Alumah's vision is to see people living fulfilled lives, free from abuse or the impacts of abuse. We will achieve this through education, support and empowerment.

In 2021-22 Alumah supported 162 individuals from West Suffolk to make steps towards their recovery from the impact of being in abusive relationships.

We offered them:

- Targeted group work to educate them about healthy relationship patterns and to build self-esteem. Our specialist groups (both online and in person) are aimed at women, people who identify as LGBTQ+, young people (12-24) and children (7-11)
- Individualised support to support engagement and follow up. This includes material covered in the groups and supported onward referrals into our health network of local organisations
- Heavily subsidised specialist counselling
- Ongoing relationship for as long as the clients require through our creative group and drop-in services and the opportunity to get involved as volunteers (and maybe staff)

Of these 162 individuals:

- 30 were young people
- 22 were children
- 10 identified as LGBTQ+,
- 88% were female
- 7 identified as of non-white ethnicity

We are particularly proud of the launch of CURVE, our specialist programme for people who identify as LGBTQ+. Here is what some of them said:

"Finally, a programme that is inclusive of everyone"

ALUMAH CHARITABLE INCORPORATED ORGANISATION

Report of the Trustees

"This programme is amazing; it has been put together really well and incorporates a variety of learning styles to get the message across"

"Fantastic detail and information – A great course"

"Diverse and inclusive, just what is needed in today's world"

"This is brilliant. A programme like this is much needed, and CURVE will help deal with domestic abuse issues for so many different people in a variety of different relationship formats"

We celebrated Alumah's 5th anniversary with a party in our new office in Brandon. Tammy Oakley, our group worker was awarded the Tim Creamer award for excellence for her work in developing and launching CURVE. Our staff numbers also rose to 5 people (all part time) with the addition of our Counselling coordinator and children's worker

We have strengthened our work with children in local schools with the creation of a specialist children's worker post. We are receiving a lot of referrals into our special programme which we tailor to individual needs.

Demand for our specialist counselling service continues to rise. Emma Youngs, our counselling coordinator has been busy recruiting placement counsellors to address this high demand. Our counselling service costs £3,500 per year to run and grant funding is harder to raise for this service.

Claudette (our young people's worker) shared this story:

When F was just 13, she met a guy on Instagram, she liked his photos so she added him. He quickly started talking about how much he liked her and wanted to meet. She really felt like we were getting on and that he was her boyfriend. He started asking her for nudes. She was really scared to do this, but eventually she sent him one. Then he asked for more and to do stuff while talking to him. He started to say that he would send the photo that he had to many friends and family if she didn't do what he wanted.

F was really scared, so she did what he wanted. She was threatened by him every day, felt trapped and had no one to talk to. Eventually, he arranged to meet her, so she got ready for school and went to meet him. The school noticed that she wasn't there and contacted her parents, that's when she told her mum everything. This was reported to the police, and they took action.

F was suffering with severe anxiety and suicidal thoughts. She was referred to Alumah to do Escape the Trap. She completed the programme via Zoom and gained more self-confidence. She was able to talk about her experience with other participants. She could see how she was drawn in by the guy and how he played on her emotions, and how the abuse escalated. She was very surprised about how abusive this guy was to her and that she didn't think that it was abuse at the beginning.

F is so thankful that she did the course. She got into another relationship very quickly but she could see that it was unhealthy too. She still struggled to end the relationship but with ongoing drop-in support to help her understand her feelings and build her self-esteem, she found the strength to end it and start living her life. She has found the practical coping strategies helpful to not give in to the ex's attempts to get her back.

ALUMAH CHARITABLE INCORPORATED ORGANISATION

Report of the Trustees

In the financial year 2021-22 we are very grateful to have received grants from:

- West Suffolk Council
- Suffolk Community Fund
- Brandon Town Council
- Sir Robert Gooch Fund
- The Tudwick Foundation
- Garfield Weston
- Albert Hunt Fund

We also received a total of £14,297 from donations and fund-raising activities.

The Trustees are very grateful for all of this money, without which we would not be able to function. This truth was brought home to us in the second half of this year when a downturn in income meant that we had to make temporary cuts to staff hours and temporarily close our office as we matched our activities to our resources. Incoming funding in the final quarter enabled us to continue to provide our services and end the year on a sound financial footing. The Trustees believe we have learnt from and grown through this challenging time to emerge with better systems in place to support our ongoing operations, especially in the area of fundraising.

Hamid Hersel was briefly a Trustee during this year and Treena Holden stepped down as a Trustee in January 2022 after several years of faithful service. They both made significant contributions to the organisation and we wish them well as they move forward. We are delighted to welcome Peter Templeton as our new Treasurer. We are looking to strengthen and add to our Board of Trustees in the coming year. We are particularly looking for people with skills and interests in social media and in outcome monitoring.

Finally, the Trustees would like to publicly recognise the passion, skill and dedication that has been shown by Liz Jenkins, our CEO, as she has led her team to continue to deliver outstanding services through a challenging time.

Financial review

The statement of financial activities is set out on page 6. This shows net outgoing resources of £6,278.

Trustees' responsibilities

The Trustees are responsible for preparing the trustees annual report and financial statements in accordance with applicable law and UK Accounting Standards. They are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act. They 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 also responsible for the contents of the Trustees' report.

On behalf of the Trustees



Nicola M. Lambert
Chair of Trustees

Dated: 22-9-22

ALUMAH CHARITABLE INCORPORATED ORGANISATION

Independent examiner's report to the Trustees of Alumah

I report on the accounts of the charity for the year ended 31 March 2022 which are set out on pages 6 to 10.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. 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 the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name of principal:	Hussain A. Khan B.Sc., ACA
Relevant professional body:	ICAEW
Name of firm:	Khan Adamson Limited
Address:	Chartered Accountant Chelworth Industrial Estate Cricklade, Swindon Wiltshire SN6 6HE

Date:

ALUMAH CHARITABLE INCORPORATED ORGANISATION
Statement of Financial Activities
for the year ended 31 March 2022

	Unrestricted total funds	Unrestricted total funds
	2022 £	2021 £
INCOMING RESOURCES		
Voluntary income	54,447	56,574
TOTAL INCOMING RESOURCES	<u>54,447</u>	<u>56,574</u>
RESOURCES EXPENDED		
Costs of generating funds		
Charitable	55,655	31,470
Governance costs	5,070	1,422
TOTAL RESOURCES EXPENDED	<u>60,725</u>	<u>32,892</u>
NET (OUTGOING)/ INCOMING RESOURCES	<u>(6,278)</u>	<u>23,682</u>
 TOTAL FUNDS BROUGHT FORWARD	 29,172	 5,490
TOTAL FUNDS CARRIED FORWARD	<u>22,894</u>	<u>29,172</u>

The notes and schedule on pages 8 to 10 form an integral part of these accounts.

ALUMAH CHARITABLE INCORPORATED ORGANISATION
Balance Sheet
as at 31 March 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	2	1,613	1,207
Current assets			
Debtors	3	959	-
Cash at bank and in hand		21,690	28,941
		<u>22,649</u>	<u>28,941</u>
Creditors: amounts falling due within one year	4	(1,368)	(976)
Net current assets		<u>21,281</u>	<u>27,965</u>
Net assets		<u>22,894</u>	<u>29,172</u>
Reserves			
Unrestricted funds	5	<u>22,894</u>	<u>29,172</u>
Charity funds		<u>22,894</u>	<u>29,172</u>

These accounts were approved by the Trustees on

26.9.22

Nicola M. Lambert

Nicola M. Lambert
Chair of Trustees

The notes and schedule on pages 8 to 10 form an integral part of these accounts.

ALUMAH CHARITABLE INCORPORATED ORGANISATION
Notes to the Accounts
for the year ended 31 March 2022

1 Accounting policies

Accounting convention

The accounts (financial statements) have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16/07/14, the Financial Reporting Standard for Smaller Entities (FRSSE), and the Charities Act 2011 and applicable regulations.

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Incoming resources

Voluntary income including donations received are included in the accounts in the year of receipt unless entitlement is conditional in which case the income will be deferred to the period in which the condition is to be met.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examiner fees and costs associated with the management of the charity.

Tangible fixed assets

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fixtures and equipment	25% reducing balance
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Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Designated funds are unrestricted funds which have been set aside to fund particular future activities.

There were no restricted funds held at the end of the current year.

ALUMAH CHARITABLE INCORPORATED ORGANISATION
Notes to the Accounts
for the year ended 31 March 2022

2 Tangible fixed assets

	Fixtures and equipment £
Cost	
At 1 April 2021	1,207
Additions	943
At 31 March 2022	<u>2,150</u>
Depreciation	
Charge for the year	537
At 31 March 2022	<u>537</u>
Net book value	
At 31 March 2022	<u>1,613</u>
At 31 March 2021	<u>1,207</u>

3 Debtors

	2022 £	2021 £
Debtors and prepayments	<u>959</u>	<u>-</u>

4 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxes and social security costs	-	255
Other creditors and accruals	1,368	721
	<u>1,368</u>	<u>976</u>

5 Unrestricted funds

	2022 £	2021 £
At 1 April 2021	29,172	5,490
Net (outgoing) /incoming resources	(6,278)	23,682
	<u>22,894</u>	<u>29,172</u>
At 31 March 2022	<u>22,894</u>	<u>29,172</u>

ALUMAH CHARITABLE INCORPORATED ORGANISATION
Schedule to the Statement of Financial Activities
for the year ended 31 March 2022

	Total 2022 £	Total 2021 £
VOLUNTARY INCOME		
Grants and donations received	<u>54,447</u>	<u>56,574</u>
RESOURCES EXPENDED		
Core activities:		
Staff salaries	23,523	9,807
CEO salary	15,782	6,922
Courses for beneficiaries	-	4,205
Counselling	3,123	3,146
Books and course materials	-	1,011
Pensions	1,111	445
Temporary staff and recruitment	502	-
Training costs	343	773
Travelling expenses	832	217
Rent and rates	3,751	41
Light and heat	37	-
Telephone and mobile	1,214	436
Stationery printing and post	178	16
Information, publications and subscriptions	-	469
Insurance	647	488
Software, website and internet	3,734	3,187
Repairs	84	-
Depreciation of fixed assets	537	-
Sundry expenses	<u>257</u>	<u>307</u>
	<u>55,655</u>	<u>31,470</u>
Governance costs		
Independent examiners fee	768	696
Management fees	4,302	576
Advertising	-	150
	<u>5,070</u>	<u>1,422</u>
TOTAL RESOURCES EXPENDED	<u>60,725</u>	<u>32,892</u>