

Registered charity number  
1170881

ALUMAH CHARITABLE INCORPORATED ORGANISATION

Report of the Trustees  
and Accounts

April 2022 - 31 March 2023

Independent Examiner  
Hussain A. Khan B.Sc.,  
ACA  
Khan Adamson Limited  
Chartered Accountant  
Chelworth Industrial Estate  
Cricklade, Swindon  
Wiltshire  
SN6 6HE

The trustees during the year under review were:

Nicola M. Lambert – Chair

Peter Templeton

Tracey Stockdale

Yvonne Devereux (appointed 1 July 2023)

**CEO** Liz Jenkins

**Address** Harvey Adam Enterprise Centre  
Wimbledon Avenue  
Brandon  
Suffolk  
IP27 0NZ

**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

The Trustees present their annual report for the year ending 31 March 2023.

In preparing this report the trustees have had regard to the guidance issued by the Charity Commission and are bound by the constitution of Alumah.

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.

### **Objectives and activities**

The principal objects of the charity are:

- the relief of young people and adults who are the survivors and victims of domestic abuse;
- 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, which are our values..

We offer a welcoming place, in which domestic abuse victims can rediscover their self worth and be empowered to find a life that is better than living with abuse; a life that they can dream about and take steps to begin to achieve.

In 2022 - 2023, Alumah supported 154 individuals from West Suffolk and beyond, to make steps towards their recovery from the impact of being in abusive relationships. We have also reached more people who live outside of West Suffolk via our online programmes.

We offered our clients (women, men, people who identify as LGBTQ+, young people aged 12 – 24 years and children aged 7 – 11 years), the following:

- Targeted group work to educate them about healthy relationship patterns and to build self-esteem,
- Individualised support to support engagement and follow up,
- 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 become involved as a volunteer or potential staff member.

This support is delivered through a variety of programmes;

Of the 154 individuals

- 11 were children.
- 45 were young people.
- 98 were adults of whom

- 2 adults only wanted counselling; most adults wanted counselling support as well as group support.
- 111 females
- 20 males
- 1 transgender
- 20 chose not to identify.

These figures are comparable to the previous year. The number of males increased because of our links with Mankind Initiative and our Curve programme. The number of children being supported also increased because of employing a children's worker who runs our DACTIP programme.

## **Curve**

We have successfully delivered Curve to men, with very positive feedback. The programme was described as 'excellent'.

"The course was very helpful in understanding different forms of abuse, it was very helpful, and the facilitator went the extra mile to help us all on the course."

"Knowing I am not alone, not crazy. "

"Finding understanding and acceptance from others."

"Learning, through the real information, that I was not imagining things".

## **DACTIP (Domestic Abuse Child Trauma Intervention Programme for 7 – 11-year-olds)**

At the end of the financial year 2022, we employed a new children's worker. Demand for our children's work has continued and we support many 7 – 11-year-olds in local primary schools. Our children's worker has worked hard developing DACTIP and building relationships with local schools. She shared this story of a child who completed the programme.

When O.R, a child aged 11, started attending the sessions they were very tentative and unsure. They would frequently mention issues such as lack of sleep and angry outbursts.

By the end of the sessions the child was much more confident; able to identify and acknowledge a wide array of emotions and feelings applying them to their life and in others too. They could recognise which behaviours aren't correct in relationships, specifically that their father's behaviour was not one that should be modelled and that control as well as violence are not acceptable behaviours. They understood that the choice to behave that way was down to the abuser.

The child no longer mentioned lack of sleep or angry outburst, rather safer ways to deal with triggers and unsafe situations, putting in a well thought out safety plan that included an array of trusted people such as mum, siblings, teachers and friends.

## **Funding**

We are grateful to have received grants from:

- National Lottery (our largest supporter)
- Arnold Clark
- Suffolk Community Chest
- Suffolk Community Fund
- Comic Relief
- Comic Relief Cost of Living (fuel cost hardship payments for clients and staff)
- Integrated Care
- Allen Lane Foundation
- PCC (Police & Crime Commissioners)
- Clothworkers Foundation
- Woodward Charitable Trust
- West Suffolk Council.

We also received £2,102.82 in donations and fundraising activities, and £4,326.15 from the Big Give.

The trustees would like to thank all individuals and organisations who have donated funds. Without this funding, Alumah would not be able to support people at a time of crisis in their lives.

We would also like to thank our clients who make our work so worthwhile. It is a privilege to work with you and to support you on your journey.

There are many outside agencies that refer individuals and families to Alumah and we appreciate their support.

As trustees we are indebted to the hard work of our CEO, Liz Jenkins, and all our staff. Without their dedication and commitment to Alumah, the charity would not exist and so many individuals would not have the opportunity to improve their lives. Your passion and enthusiasm are the reasons why Alumah is a success.

### **Financial review**

The statement of financial activities is set out on page 6. This shows net incoming resources of £45,327.

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:



Yvonne Devereux  
Acting Chair:

Date: 07/10/2023



### **Independent examiner's report to the Trustees of Alumah**

I report on the accounts of the charity for the year ended 31 March 2023 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:  
09/10/2023

**ALUMAH CHARITABLE INCORPORATED ORGANISATION**  
**Statement of Financial Activities**  
**for the year ended 31 March 2023**

	<b>Total funds</b>	<b>Total funds</b>
	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>INCOMING RESOURCES</b>		
Voluntary income	<u>116,098</u>	<u>54,447</u>
<b>TOTAL INCOMING RESOURCES</b>	<u>116,098</u>	<u>54,447</u>
<b>RESOURCES EXPENDED</b>		
Costs of generating funds		
Charitable	62,992	55,655
Governance costs	7,779	5,070
<b>TOTAL RESOURCES EXPENDED</b>	<u>70,771</u>	<u>60,725</u>
<b>NET INCOMING/(OUTGOING) RESOURCES</b>	<u>45,327</u>	<u>(6,278)</u>
 TOTAL FUNDS BROUGHT FORWARD	 22,894	 29,172
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>68,221</u>	<u>22,894</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 2023**

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	2	3,273	1,613
<b>Current assets</b>			
Debtors	3	2,493	959
Cash at bank and in hand		<u>65,948</u>	<u>21,690</u>
		68,441	22,649
<b>Creditors: amounts falling due within one year</b>	4	(3,493)	(1,368)
<b>Net current assets</b>		<u>64,948</u>	<u>21,281</u>
<b>Net assets</b>		<u>68,221</u>	<u>22,894</u>
<b>Reserves</b>			
Charity funds	5	<u>68,221</u>	<u>22,894</u>
<b>Charity funds</b>		<u>68,221</u>	<u>22,894</u>

These accounts were approved by the Trustees on 16/10/2023

Nicola M. Lambert  
Chair of Trustees

Yvonne Devereux  
Acting Chair

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 2023**

### **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.

**ALUMAH CHARITABLE INCORPORATED ORGANISATION**  
**Notes to the Accounts**  
**for the year ended 31 March 2023**

**2 Tangible fixed assets**

	Fixtures and equipment £
<b>Cost</b>	
At 1 April 2022	2,150
Additions	<u>2,750</u>
At 31 March 2023	<u>4,900</u>
<b>Depreciation</b>	
At 1 April 2022	537
Charge for the year	<u>1,090</u>
At 31 March 2023	<u>1,627</u>
<b>Net book value</b>	
At 31 March 2023	<u>3,273</u>
At 31 March 2022	<u>1,613</u>

**3 Debtors**

	2023 £	2022 £
Debtors and prepayments	<u>2,493</u>	<u>959</u>

**4 Creditors: amounts falling due within one year**

	2023 £	2022 £
Trade creditors	2,195	468
Other taxes and social security costs	415	-
Other creditors and accruals	<u>883</u>	<u>900</u>
	<u>3,493</u>	<u>1,368</u>

**5 Charity Funds**

	2023 £	2022 £
At 1 April 2022	22,894	29,172
Net incoming/(outgoing) resources	45,327	(6,278)
At 31 March 2023	<u>68,221</u>	<u>22,894</u>

**ALUMAH CHARITABLE INCORPORATED ORGANISATION**  
**Schedule to the Statement of Financial Activities**  
**for the year ended 31 March 2023**

	Total 2023 £	Total 2022 £
<b>VOLUNTARY INCOME</b>		
Grants and donations received	<u>116,098</u>	<u>54,447</u>
<b>RESOURCES EXPENDED</b>		
<b>Core activities:</b>		
Staff salaries	28,280	23,523
CEO salary	16,091	15,782
Counselling	1,973	3,123
Pensions	1,319	1,111
Temporary staff and recruitment	323	502
Training costs	1,345	343
Travelling expenses	1,042	832
Rent and rates	4,471	3,751
Light and heat	349	37
Home working allowance	338	-
Telephone and mobile	1,599	1,214
Stationery printing and post	456	178
Insurance	658	647
Software, website and internet	1,327	3,734
Repairs	516	84
Depreciation of fixed assets	1,090	537
Sundry expenses	<u>1,815</u>	<u>257</u>
	<u>62,992</u>	<u>55,655</u>
<b>Governance costs</b>		
Independent examiners fee	1,200	768
Management fees	5,976	4,302
Advertising	<u>603</u>	<u>-</u>
	<u>7,779</u>	<u>5,070</u>
<b>TOTAL RESOURCES EXPENDED</b>	<u>70,771</u>	<u>60,725</u>