Rotherham Abuse Advocacy and Counselling Service

England & Wales · Charity number 1175142

Details

Other names	ROTHERHAM ABUSE COUNSELLING SERVICE
Status	Registered
Legal form	CIO
Registered	2017-10-12
Register	View on the Charity Commission register

Contact

Address	Hope Centre Grove Road Rotherham South Yorkshire S60 2ER
Phone	01709835482
Email	info@rothacs.org.uk
Website	http://www.rothacs.org.uk

Activities

Objects: 1) TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS IN ROTHERHAM AND THE SURROUNDING AREA WHO HAVE SUFFERED ANY FORM OF SEXUAL VIOLENCE, SEXUAL ABUSE, DOMESTIC ABUSE OR HARASSMENT. IN PARTICULAR, BUT NOT EXCLUSIVELY BY THE FOLLOWING MEANS:A) THE PROVISION OF A CONFIDENTIAL FACE TO FACE AND TELEPHONE COUNSELLING SERVICE; B) BY REFERRING WITH PERMISSION THOSE CLIENTS NEEDING HELP OF A MORE SPECIALIST NATURE.2) TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF SEXUAL ABUSE AND UNDERTAKE RESEARCH IN THAT SUBJECT FOR THE PUBLIC BENEFIT AND DISSEMINATE THE USEFUL RESULTS THEREOF.

Activities: Provision of counselling services for victims of any form of abuse in the Rotherham area.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Barnsley
- Doncaster
- Rotherham
- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£486,537	£630,231	-	-
2024-03-31	£820,341	£625,794	£395,618	17
2023-03-31	£743,800	£665,567	£201,070	25
2022-03-31	£458,285	£504,326	-	-
2021-03-31	£430,173	£367,365	-	-

Trustees

Name	Role	Appointed
Aimee Lunn		2025-01-21
Alexa Wortley		2025-12-09
EILEEN BROOKS		2017-10-12
LARAINE BISBY		2017-10-12
Mark Richard Wortley		2026-01-27
Meghana Nadella		2025-01-21
Theresa Greaves		2024-11-05
Wendy Peake		2017-10-12

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Rotherham Abuse Advocacy and Counselling Service

England & Wales - Charity number 1175142

Accounts

ROTHERHAM ABUSE COUNSELLING SERVICE

Financial statements for the

year ended 31st March 2025

Charity number: 1175142

Registered England and Wales

ROTHERHAM ABUSE COUNSELLING SERVICE
Contents of the financial statements
for the year ended 31st March 2025

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ROTHERHAM ABUSE COUNSELLING SERVICE
Administrative details
for the year ended 31st March 2025

Registered Name	ROTHERHAM ABUSE COUNSELLING SERVICE
Registered Charity number	1175142
Trustees	Catherine Cooper — Trustee/Chair Laraine Bisby — Trustee/Treasurer Meghana Nadella — Trustee/Secretary Alexa Wortley — Trustee Wendy Peake — Trustee Eileen Brookes — Trustee Jayne Waters — Trustee Gavin Glasby — Resigned - 25/09/2024 Liz Bennett — Resigned - 16/07/2024 Teresa Greaves — Appointed - 12/11/2024 Aimee Lunn — Appointed - 21/01/2025
Chief Executive Officer	Jo McKinney
Registered Office	38 Moorgate Road Rotherham South Yorkshire S60 2AG
Bankers	Unity Trust Bank Four Brindley Place Birmingham B1 2HB Redwood Bank The Nexus Building Broadway Letchworth Garden City Herffordshire SG6 3TA
Independent Examiner	Mr Heera Singh FMAAT HSL Accountancy Solutions Ltd Enterprise House 4-6 Thorne Road Doncaster DN1 2HS

The trustees of the charity submit their annual report and financial statements for the year ended 31st March 2025.

Objectives and activities
The charity's objectives are:

1) To preserve and protect the physical and mental health of individuals in Rotherham and the surrounding area who have suffered any form of sexual violence, sexual abuse, domestic abuse or harassment. In particular, but not exclusively by the following means:

a) The provision of a confidential face to face and telephone counselling service
b) onward referral with permission of those clients needing help of a more specialist nature.

2) To advance the education of the public in the subject of sexual abuse and undertake research and disseminate the results to the public.

Structure, governance and management
The charity is a charitable incorporated organization formed on 12th October 2017 and is managed by a board of trustees, who are responsible for ensuring financial stability and providing professional and strategic advice on policy and resource management. To manage this a subgroup and responsibilities structure is in place with three decision-making subgroups: finance, communications and working differently, each bounded by their own terms of reference for group members. Terms of reference provide clear levels of responsibility for each group and reporting mechanisms to full board. Minutes of each meeting are recorded and made available for all members to access.

In addition to membership of a subgroup, many trustees oversee key areas of the charity, such as health and safety and safeguarding. Annually the trustee representing these areas audits the service to ensure that legal requirements are met and complied with.

One of our recently joined trustees resigned this year but we have been fortunate to welcome another new trustee with experience in the mental health sector in the latter part of the year.

Trustees are appointed according to the Articles of Association.
The following served as trustees during the accounting period:

Catherine Cooper	Chair since 9th July 2020		
Laraine Bisby	Treasurer		
Alexa Wortley	Secretary since 9th July 2020. Resigned 23/08/2024		
Wendy Peake			
Eileen Brooks			
Liz Bennett	Resigned	16/07/2024	
Gavin Glasby	Resigned	25/09/2024	
Jayne Waters			
Teresa Greaves	Appointed	12/11/2024	
Aimee Lunn	Appointed	21/01/2025	
Meghana Nadella	Appointed	21/01/2025	Appointed Secretary 20/05/2025

Trustees can be nominated at the annual general meeting or co-opted during the year by the board for their special skills or expertise but must be appointed by resolution at a properly convened meeting of trustees. None of the trustees have any beneficial interest in the company. The trustees are responsible for the overall management and control of the charity and receive regular reports from staff and managers. All matters and powers of strategic management and control are vested in the board. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Chairs Report
2024 began with a bit more financial stability due to the provision of extra funding for 1 year from the Rotherham Metropolitan Borough Council (RMBC) but with ongoing need to replace this for our long-term future. We were reassured by the prospect of ongoing funding from the Serious Violence Duty fund and the Trauma Resilience Service, but unfortunately other smaller grant bids were unsuccessful which made it more important than ever that we would be successful in our bid for further National Lottery funding beginning April 2025 which proved to be the case. There were also concerns about the ongoing funding of the Independent Sexual Violence Advocacy (ISVA) service via the SYSVP and the partnership's ability to manage within the existing funding envelope. After a difficult year for the partnership an extension of funding for 12 months was confirmed and, as there could be no increase in funding, a plan was made to streamline the service with contract management being transferred to Barnsley Sexual Abuse and Rape Crisis service. Rothacs' ISVA service was challenged by a lot of staff sickness, long delays in cases going to court and reduction in funding as the Stovewood Project caseloads have now reduced.

Our health and safety has undergone numerous improvements under the direction of management team and donations from 2023 have been used for the benefit of staff well-being and our Child and Adolescent service facilities. We were also able to purchase on OWL to facilitate hybrid meetings.

We were disappointed that our new finance officer had to resign 8 months into the year, but we were fortunate to be able to reappoint a new officer. For reasons outside our control our Independent Examiner had to be changed from Voluntary Action Rotherham to HSL Accountancy solutions Ltd.

Organisation and management
Rothacs continues to work as a Charitable Incorporated Organisation governed by its constitution with regular meetings of the Board of Trustees, supporting and supported by the Senior Management Team and supplemented by subcommittees.

Aims, Objectives and our Mission
Rothacs' mission is to help survivors of sexual, physical, mental abuse and domestic abuse (living or working in Rotherham) to fulfil their potential and lead happier and healthier lives.

We aim to provide free accessible therapeutic counselling to adults and young people aged 13 and over who have suffered sexual or domestic abuse, alongside more broad support, onward referral where appropriate and to develop wider awareness with the public and other organisations.

Activities
Demand for the service remains high; referrals increased by over 20%. This year we have been able to increase contracted counselling hours and with this, waiting list clearance and our new referrals protocol and triage we have increased the number of clients seen and reduced the waiting list. We have also extended our offering with an upgrade to our online Recovery at Rothacs service to provide post-therapy support and a recorded online male therapy course. The RMBC-funded post CSE service continues, providing a counsellor to work with Children and Young People, as well as the Trauma and Resilience Service (TRS) and ISVA services.

In the last year we have continued to deliver our service via a mixture of platforms. They are:

- Face to face individual therapeutic counselling for anyone aged 13+. Rothacs offers a maximum of 20 counselling sessions with safeguards around safe space and confidentiality for clients to identify, explore and find strategies to cope with the issues causing them distress. This time is spent developing new coping strategies with the client gaining insights and confidence building to make independent choices and move forward in their recovery journey.
- Online individual therapeutic counselling as above via the Zoom platform
- Telephone based therapeutic counselling as above for those unable or unwilling to undertake video calls.
- Telephone welfare support calls. We offer courtesy calls to those on our waiting list to reassure them, assess new risks and support them with accessing their pre-counselling option.
- Women's therapy group – This group provides an opportunity to explore issues in a supportive, confidential environment. For those choosing this path specific assessments are completed, ascertain suitability and sessions are delivered in a safe secure environment.
- Men's Therapy group – due to being unable to reach the ideal number of interested participants since lockdown we currently have deferred running groups and have increased provision of individual therapy for men. To continue recognizing specialist differences and men's needs we have developed a Men's online self-directed online course as a pre-therapy option, and they will have lifetime access to this course while ever Rothacs exists.

Activities

- Men's online self-directed course. This comprises of 2 sections focusing on specific tools and techniques and resources designed specifically for men. They will develop skills to manage trauma symptoms, anxiety, anger, low mood, lack of confidence, flashbacks and intrusive thoughts.
- Pre-therapy course – this 6-week course is for women aged 17+. This course is one of our pre therapy options and supports clients whilst on the waiting list, helps prepare and stabilize ready for the therapy work and teaches psychoeducation about the effects of trauma. This continues to be well-received.
- Drop-in sessions for Young People have been trialled this year.
- Drop-in sessions for women continue monthly with various themes.
- Recovery@Rothacs - Our self-support online platform provides counselling and ISVA clients aged 16+ access to online tutorials in a modular form 24/7. The sessions focus on response, rescue and resilience and can be used after assessment, during therapy, post-therapy or as maintenance and is now being also used as pre-therapy for new service users.

In addition to counselling, we have continued to deliver Rotherham's Independent Sexual Violence Service (ISVA) and are part of the South Yorkshire Sexual Violence Partnership funded by the South Yorkshire Mayoral Combined Authority via Police and Crime Commissioner.

The ISVA worker supports victims to make an informed decision on whether they want to report the incident(s) to the police. If they decide not to report the matter, they can still access the service. If a victim does decide to report the matter, the ISVA worker will help them through the whole process, including working with the police and the rest of the criminal justice system. ISVAs advocate on behalf of someone who has been a victim of sexual violence independently supporting them to access the services they need depending on their choice of action. Unfortunately, post-pandemic delays in court cases continue both to increase the number of service users and the duration of support needed by service users. The number of Stovewood clients is slowly reducing as the cases are seen in court, but this work is labour-intensive and badly affected by court delays.

The Trauma Resilience Service (TRS,) funded by the Stovewood Project via RDASH, is now well established and the contract has been extended.

We continue to make great use of our social media platforms and have continued the news feed on the website.

Staff and Volunteers

All team members have continued to work flexibly to provide both extended hours of work and a remote service. Alongside our core administrative and therapeutic staff, we continued to employ bank counsellors as well as volunteer and placement counsellors and for a second year we had medical student placements who organised a Rothacs Open day which was a great success leading to new collaborations with Rotherham Alcohol and Support Service (ROADS) and Andy's Man Club. Having achieved BACP accreditation, the Senior Management Team have continued the new process of Performance and Development Reviews for staff and have held two successful development days. They have continued to work with other agencies in South Yorkshire and consolidated our relationship with Space Academy with provision of successful student counselling placements.

Going Forward

We can now apply again for a Children in Need grant and have others in the pipeline.

Sadly our year ended with the resignation of our CEO, so we look forward to going forward with a new CEO (appointed June 2025).

We are grateful for the financial contributions from National Lottery, RMBC, MOJ, OPCC and RDASH as well as from some very generous individual donors. Unfortunately, to avoid a budget deficit for 2025-26 we still need to continue to seek further charitable funding.

We hope that our new system of triage and pre-therapy work will avoid excessive deterioration on waiting lists while we seek further funding.

We are indebted to our loyal and supportive team who continue to cope with funding uncertainty and to the generosity of our funders and donors, all of whom deserve our gratitude.

BASIS AND VALUES

The trustees review our aims and objectives each year looking at what we achieved and the outcomes of our work throughout the year. The board has considered the success of each key activity and the benefits they have brought to those groups of people we are set up to help. Particularly this has been evidenced through the use of an outcome framework which uses evidence-based tools such as PHQ and bespoke methods. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set and submit the following report and accounts for the accounting period ending 31st March 2025.

STAFF AND VOLUNTEERS

The trustees would like to acknowledge and thank all the commitment and care that has been given by staff, placement students, bank staff and volunteers during this year. Rothacs like many others continue to adapt to a world of 'living with covid' and the constant uncertainty that brings. Having worked through the pandemic maintaining trauma support both personally and professionally we now see the long-term effects on our staff team. We have and continue to support work life balance and healthy working practice through hybrid working allowing our team flexibility when needed. We have over the year seen several staff changes and as at the end of the financial year 2024/25 Rothacs delivery team consisted of:

- 1 Chief Executive Officer
- 1 Executive Clinical Lead
- 1 Senior Counsellor
- 1 Operations Manager
- 1 Finance Officer
- 1 Admin Lead
- 1 Communications Officer
- 2 Administrators
- 6 Employed counsellors
- 5 Bank Counsellors
- 5 Placement Counsellors
- 2 Drop-in/Group Volunteer

We also have:

- 1 ISVA Manager
- 1 ISVA Lead (until August 2024)
- 7 ISVAs
- 1 ISVA Admin

ACTIVITIES FOR THE PUBLIC BENEFIT

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission in reporting on how we are achieving our charitable objects.

This report outlines our key achievements and the challenges we continue to face as a small charity.

Throughout 2024-2025, Rotherham Abuse Counselling Service (Rothacs) has continued to provide free specialist therapeutic counselling support for women, men and young people aged 13 and over who have experienced abuse and an ISVA support service for people reporting sexual abuse in the criminal justice system. Rothacs now offers a flexible approach to both counselling or ISVA support offering face to face, online or telephone sessions for all. This not only increases availability for both clients and staff but has provides a wider package of support delivery and options for our service users.

Following our unsuccessful in a bid for continued funding from the MOJ which amounted to 30% of the counselling service in 2023 we introduced a pre-counselling service which, prior to counselling, gives people the option of online support, developed by a survivor of sexual abuse, or a place on one of our 6-week pre- therapy courses developed by our specialist lead group worker. This service provides support earlier to service users on the waiting list and encourages attendance and engagement when counselling does begin. It also helps people recognise whether they are ready for counselling much sooner into the wait. RMBC have supported us with a grant from the covid recovery fund which continued until the end of this financial year and allowed us to re-instate our full counselling hours.

ACTIVITIES FOR THE PUBLIC BENEFIT

Our building is busy as ever with several warm inviting counselling rooms, an ISVA room and a central project office. This year we created a beautiful counselling space especially for our young people which was designed taking in the voices of our young clients. We are located close to the town centre, have parking facilities and disabled access. We use an accessibility tool on the website, and we also provide interpreters when requested.

We have continued our young person's drop-in although improving engagement with this continues to be a challenge. Our women's monthly drop is a peer support group facilitated by our long term dedicated volunteer. This space offers a fun, safe, welcoming space where members can meet for coffee and join in with our planned activities. Both drop-ins increase confidence and decrease isolation and give hope for a fulfilling life beyond abuse.

In addition to the counselling provision, Rothacs delivers a parallel service for the South Yorkshire Sexual Violence Partnership providing an Independent Sexual Violence Advocates (ISVA) service across Rotherham supporting victims of sexual abuse to navigate their way through the criminal justice system. There is still disruption to this system due to external factors, leading to adjournments and long wait times for cases to get to court, increasing the need for support from the ISVA/CHISVA team. This service also uses the hybrid delivery package with Recovery@Rothacs also available to ISVA clients.

In the past year Rotherham Abuse Counselling Service has received 589 (487) counselling referrals, delivered 432 online counselling sessions, 1794 face to face counselling sessions, 534 telephone counselling sessions and 427 telephone counselling assessments. In addition, our ISVA service received 345 (367) new referrals, and we contacted a total of 652 (637) ISVA clients over the year to support them through their recovery journey.

We continue only to accept self-referrals for our counselling service other than for organisations we are contracted with.

Service Data:
During the period of this report the following achievements and data has been recorded for the charity.

Counselling service:

Referrals

Number of referrals received	589 (487)

Of the number of referrals received our assessments were:

	Offered	Attended
Number of assessments	609 (377)	427 (272)

Counselling sessions delivered this period are:

	Offered	Attended
Online	522 (452)	432 (374)
Telephone	654 (797)	534 (610)
Face to Face	2206 (1845)	1794 (1398)
Total sessions	3382 (3094)	2760 (2382)

Service Data:
Both online and telephone counselling sessions remain popular for people who are unable to attend face to face counselling sessions.

Since the pre-counselling service was introduced, attendance rates have increased by 8%. Wait times from assessment to starting counselling have more than halved between April 24 and March 25 going from 278 days to 112 days (60% decrease). And the number of people on the waiting list has dropped 45% (from 401 in April 24 to 221 people in March 25).

Outcomes:
The PHQ9 and GAD7 remain the recognised impact measuring tools Rothacs uses when measuring the impact counselling has made with our service users. In addition, our own bespoke measuring tool WATCH measures each impact by rating the improvement rather than just scoring mental health at a moment in time. Our outcomes for 2024-2025 are represented below:

Question	Avg Start	Avg End	Increase/ Decrease	
Mental Health & Wellbeing	3.91	6.48	66%	Mental health & wellbeing has improved by 66% from a baseline assessment of 3.91 to 6.48 in the final reading
Self-esteem & Self-confidence	3.8	6.42	69%	Self-esteem & confidence has improved by 69% from a baseline assessment of 3.8 to 6.42 in the final reading
Trauma symptoms	3.39	6.17	82%	Trauma symptoms have improved by 82% from a baseline assessment of 3.39 to 6.17 in the final reading
Risk of Harm	8.14	9.04	11%	Risk of harm has improved by 11% from a baseline assessment of 8.14 to 9.04 in the final reading
Physical/Medical symptoms of abuse	5.11	6.86	34%	Physical/medical symptoms of abuse have improved by 34% from a baseline assessment of 5.11 to 6.86 in the final reading
Coping Strategies	4.81	7.25	51%	Coping strategies have improved by 51% from a baseline assessment of 4.81 to 7.25 in the final reading
Social Engagement	5.21	6.74	29%	Social engagement has improved by 29% from a baseline assessment of 5.21 to 6.74 in the final reading
Relationships & Support	7.19	8.04	12%	Relationships & support have improved by 12% from a baseline assessment of 7.19 to 8.04 in the final reading

The clinically used GAD7 and PHQ9 are also used by Rothacs to measure levels of depression and anxiety using a score system of 0-5 shows mild and 15 and above severe. The results of these are:

Question	Avg Start	Avg End	Increase/ Decrease	
phq9	15.78	9.07	43%	Decrease in depression/ PHQ scores
gad7	14.01	8.06	42%	Decrease in anxiety level/ GAD scores

FINANCIAL REVIEW
The organisation offers a free service to people who live or work in the Rotherham area and is totally dependent on funding from grants, Statutory Authority funding and personal donations and donations from smaller organisations.

We would like to thank all our funders for the support given during this last year and how they have shown great support and flexibility during these challenging times for Rothacs.

Fundraising and Funding
We would like to say a big thank you to our supporters, many who donate privately through 'Local Giving' and to our major funders for their support and continued belief in the service we provide.

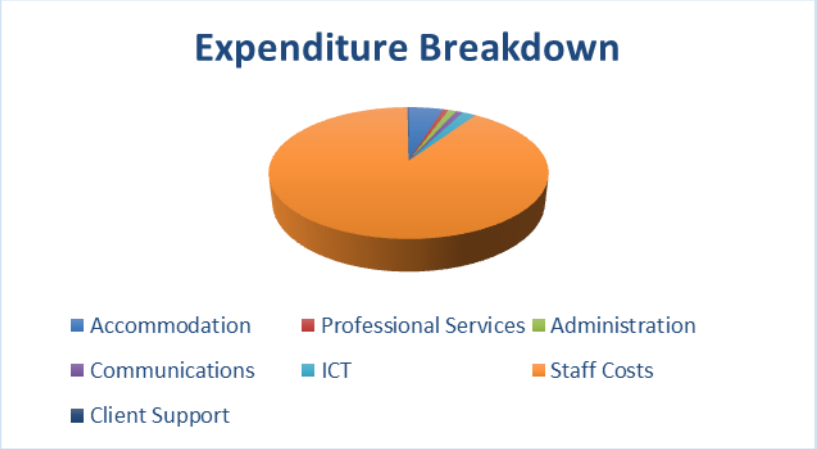
Our main sources of income came from the following organisations for which we are very grateful:

National Lottery, Ministry of Justice, RDASH, Police and Crime Commissioner, Rotherham MBC and Children in need

FINANCIAL REVIEW

Our income for the year was £681.031 and expenditure was £631,075

See the final accounts for more detail but the chart below shows a breakdown of how we spent our income.



Reserves Policy

The trustees have designated an amount of £70,000 to cover two months running costs for closure and statutory redundancy payments should the remaining operational reserves deplete to a level that is no longer sustainable. This reflects the current increase in staffing levels.

Operational reserves are monitored monthly through management reports which help determine the level of additional funding required through grant application processes. The trustees are aware of the shortfall and are planning to increase unrestricted funds to manage the shortfall as required.

Governance

The trustees have sought to discharge their responsibilities by the implementation of strong recruitment and supervision policies, and by regular and rigorous reviews of policy, ensuring that they are fully implemented by all staff and volunteers. An annual safeguarding report is required by the trustees, who have all received appropriate safeguarding training. The trustees also regularly review the financial situation to ensure the continued viability of Rothacs.

During this period no trustees have received expenses or financial payment from Rothacs. One trustee is a member of a political party, but it has been agreed that this does not impact on the trustee role.

FUTURE PLANNING

Rothacs will continue to make plans in line with its Objectives and Mission Statement. We continue to face strong challenges in the current environment and expect that Trustees need to continue to be vigilant and creative in responding to threats from reduced income and the strategic priorities of the public sector and funding bodies.

Our financial monitoring group regularly manages the budgets for the charity highlighting any future known concerns in time to minimize their effects in relation to long term funding.

We continue to manage and apply for funding from numerous funding bodies alongside fundraising and awareness raising to increase the possibility of sustainability for both restricted and unrestricted funds.

Statement of Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance Charity law 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 at the year end and of its incoming resources and resources expended during that year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP; where applicable
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011.

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 declare that they have approved the above report.

Signed on behalf of the trustees

Signed: Catherine Anne Cooper

Name and position: Catherine Anne Cooper, Chair of Trustees Date: 2025-10-14

Examiners report to the trustees of
ROTHERHAM ABUSE COUNSELLING SERVICE
for the year ended 31st March 2025

I report on the accounts of the charity for the ended 31st March 2025 which are set out on pages 11 to 13.

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(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 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 seeking 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 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have 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.

Mr Heera Singh FMAAT
HSL Accountancy Solutions Ltd
Enterprise House
4-6 Thorne Road
Doncaster
DN1 2HS

Date: 2025-10-14

Heera Singh

ROTHERHAM ABUSE COUNSELLING SERVICE
Statement of Financial Activities
(Including the Income and Expenditure Account)
for the year ended 31st March 2025

		Unrestricted funds	Designated fund	Restricted fund	Total 2025	Total 2024
Income from:	**Notes**	**£**	**£**	**£**	**£**	**£**
Grants and donations	**2**	2,751	0	464,132	466,882	808,669
Charitable activities		10,796	0	0	10,796	6785
Investment income		8,858	0	0	8,858	4887
Total		**22,405**	**0**	**464,132**	**486,537**	**820,341**
Expenditure on:						
Charitable activities	**3**	-2,820	0	633,051	630,231	625,794
Total		**-2,820**	**0**	**633,051**	**630,231**	**625,794**
Net income/(expenditure)		25,225	0	-168,919	-143,694	194,547
Transfers between funds		44	-44	0	0	0
Net movement in funds after transfers		**25,269**	**-44**	**-168,919**	**-143,694**	**194,547**
Total funds brought forward at 1st April 2024		156,220	44	239,354	395,618	201,070
Total funds carried forward 31st March 2025		**181,489**	**0**	**70,436**	**251,924**	**395,618**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing.

The accounting policies and notes on pages 14 to 20 form part of these financial statements.

ROTHERHAM ABUSE COUNSELLING SERVICE
Balance sheet
As at 31st March 2025

	Notes	2025 £	2024 £
Fixed assets			
Tangible assets	**4**	699	0
Current assets			
Debtors	**5**	23,875	73,170
Cash at bank and in hand		235,601	335,755
		259,476	408,925
Creditors (amounts falling due in one year)	**6**	-8,251	-13,307
Net current assets		251,225	395,618
Net assets		**251,924**	**395,618**
Reconciliation of Funds			
Unrestricted funds		181,489	156,220
Designated funds		0	44
Restricted funds		70,436	239,353
Total funds		**251,924**	**395,618**

The Trustees declare that they have approved the accounts above.

Signed on behalf of the Charity:

Signed: Catherine Anne Cooper

Name and position: Chair of Rothacs Board of Trustees

Date: 2025-10-14

The accounting policies and notes on pages 14 to 20 form part of these financial statements.

ROTHERHAM ABUSE COUNSELLING SERVICE
Statement of Cash Flows
As at 31st March 2025

	Total 2025	Total 2024
Cash flows from operating activities:	**£**	**£**
Net income/(expenditure) per SoFA	-152,552	189,660
(Increase)/decrease in assets	-699	609
(Increase)/decrease in debtors	49,294	-31,092
Increase/(decrease) in creditors	-5,056	6,322
	43,539	-24,161
Cash flows from investing activities:		
Investment income	8,858	4,887
Net increase/(decrease) in cash:	**-100,154**	**170,387**
Total cash as at 01 April 2024	335,755	165,368
Total cash as at 31 March 2025	**235,601**	**335,755**

1 Accounting policies

1.1 Basis of preparation

These accounts (financial statements) have been prepared under the historic cost convention, with items recognised at cost or transaction value, unless otherwise stated in the relevant note(s), in accordance with:
(a) The Charities Act 2011
(b) Accounting & Reporting by Charities: Statement of Recommended Practice (Charities SORP FRS102) (effective January 2015)

The charity meets the definition of a public benefit entity as defined by FRS 102. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.2 Incoming resources

These are included in the Statement of Financial Activities (SoFA). Incoming resources are recognised when:
(a) The company becomes entitled to the resources
(b) The directors are virtually certain they will receive the resources; and
(c) The monetary value can be measured with sufficient reliability

Where incoming resources have related expenditure (as with fund-raising or contract income) the incoming resources and related expenditure are reported gross in the SoFA. Grants and donations are only included in the SoFA when the company has unconditional entitlement to the resources. Contractual income is only included in the SoFA once the related goods or performance related services have been delivered. Investment income is included in the accounts when receivable.

1.3 Expenditure

Expenditure is charged to the statement of financial activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred in the delivery of the charity's activities and services for its beneficiaries, including both direct and support costs.

Governance costs include those costs associated with meeting constitutional and statutory requirements, including Accountancy fees.

1.4 Fund accounting

Restricted funds are funds received from donors which are subject to restrictions on the purposes for which they may be used of which have been raised for a specific project. Unrestricted funds are those where there are no externally imposed restrictions. These include funds freely available to the charity for expenditure or appropriation to reserves for internally designated purposes.

1.5 Assets

Items of expenditure are capitalised if the cost is in excess of £750 and the item is estimated to have a life of at least 3 years.

Depreciation is calculated to write down the cost or valuation, less estimated residual value of all tangible fixed assets over their expected useful lives on a straight line basis.

Depreciation rates applicable are:
Furniture 25%
IT Equipment 33%

1.6 Taxes

The company is not VAT registered. As a Charity the company is exempt from taxation on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act 1992 to the extent that these are applied to its charitable objects.

1.7. Creditors

Creditors are recognised where the charity has a present obligation resulting 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 are normally recognised at their settlement amount, usually the invoice amount. Accrued charges are normally valued at their settlement amount.

1.8. Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

1.9. Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme for employees. Pension costs charged to the Statement of Financial Activities represent the contributions payable by the charity in the year.

1.10 Going Concern Note

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2. Income from

Grants and donations	**General Fund £**	**Restricted Fund £**	**Total 2025 £**	**Total 2024 £**
Donations & legacies	2,751	0	2,751	28,634
The Big Lottery fund	0	116,035	116,035	115,210
RMBC - CSE Counselling	0	45,000	45,000	45,000
RMBC - Covid recovery	0	0	0	170,000
RDASH - Trauma and Resilience	0	34,500	34,500	34,500
RDASH - Trauma and Resilience uplift	0	0	0	15,000
South Yorkshire Sexual Violence Partnership	0	137,773	137,773	128,232
South Yorkshire Sexual Violence Partnership - uplift	0	22,933	22,933	38,604
South Yorkshire Sexual Violence Partnership - Stovewood	0	59,445	59,445	111,000
Ministry of Justice - Rape and sexual abuse support	0	0	0	7,659
Ministry of Justice - Male rape support	0	0	0	26,385
Police Crime Commission	0	43,446	43,446	43,446
Police Crime Commission - Community Grant	0	5,000	5,000	5,000
Police Crime Commission - VRU	0	0	0	30,000
BBC Children in Need	0	0	0	10,000
Total 2025	**2,751**	**464,132**	**466,882**	**808,669**
Total 2024	**28,634**	**780,036**	**808,669**	

Charitable activities	**General Fund £**	**Restricted Fund £**	**Total 2025 £**	**Total 2024 £**
Other income	10,296	0	10,296	6,085
Group Supervision	500	0	500	700
Total 2025	**10,796**	**0**	**10,796**	**6,785**
Total 2024	**6,785**	**0**	**6,785**	

2. Income from

	General Fund	Restricted Fund	Total 2025	Total 2024
Investment income	**£**	**£**	**£**	**£**
Bank interest	8,858	0	8,858	4,887
Total 2025	**8,858**	**0**	**8,858**	**4,887**
Total 2024	**4,887**	**0**	**4,887**	

3. Expenditure on

	General Fund	Restricted Fund	Total 2025	Total 2024
Charitable activities	**£**	**£**	**£**	**£**
Salary costs	0	541,381	541,381	537,393
Sessional staff	0	12,555	12,555	17,015
HR services	0	3,248	3,248	3,248
DBS charges	0	502	502	340
Bank charges & giving fees	194	0	194	199
External supervision	0	5,483	5,483	5,560
Staff expenses	0	2,887	2,887	4,727
Volunteer expenses	0	105	105	193
Client access/Support & activities	599	2,024	2,623	915
Cleaning & hygiene	0	1,088	1,088	1,192
Furnishing and decoration	0	18	18	4
Rent and rates	0	18,375	18,375	15,500
Accommodation: Maintenance	0	806	806	3,204
Accommodation: Health & Safety	0	2,712	2,712	2,466
Accommodation: Utilities	0	8,314	8,314	6,916
Training and conference	0	130	130	140
Office costs and equipment	169	779	949	189
ICT support, software & equipment	-4,132	15,392	11,261	11,929
Insurance	0	4,245	4,245	3,980
Telephone and internet	0	8,891	8,891	5,994
Professional Fees	0	1,750	1,750	1,600
Printing, postage and stationery	0	1,545	1,545	1,329
Memberships and subscriptions	0	587	587	455
Depreciation	350	0	350	609
Sundry expenditure	0	235	235	695.53
Total 2025	**-2,820**	**633,051**	**630,231**	**625,794**
Total 2024	**-3,369**	**629,163**	**625,794**	

4. Tangible fixed assets

	Total Equipment £
Cost	0
Additions	1,049
Disposals	0
At 31st March 2025	1,049
Depreciation	
At 1st April 2024	0
Charge this period	350
At 31st March 2025	350
Net book value at 31st March 2025	**699**
Net book value at 31st March 2024	**0**

5. Debtors

	2025 £	2024 £
Trade debtors	22,787	69,314
Prepayments	1,088	3,856
	23,875	**73,170**

6. Creditors (amounts falling due in one year)

	2025 £	2024 £
Trade Creditors	6,651	7,151
Accruals	1,600	2,024
Provision for liability	0	4,132
	8,251	**13,307**

7. Salaries costs

	2025 £	2024 £
Staff costs		
Salaries	465,110	465,468
Employer national insurance	41,453	36,009
Employers allowance	-5,000	-5,000
Employers pensions contributions	39,819	40,916
	541,381	**537,393**

Average number of employees during the period was:		
	24	**17**

No person received emoluments of more than £60,000.in the year.
The organisation was supported by a total of 9 Volunteers through the year.

8. Trustees and key management remuneration, benefits and expenses

No remuneration or expenses were paid to the trustees of the Charity. (2024: Nil) There were no related party transactions during the period of the accounts. (2024: none)

9. Independent examiners fee

The fees paid for Independent examination services was £1,450. (£1,450 :2024**)**

10. Designated Funds

	Opening 01.04.2024	Incoming resources	Expended resources	Transfers	Closing 31.03.2025
	£	£	£	£	£
Ministry of Justice	44	0	0	-44	0
	44	**0**	**0**	**-44**	**0**

The balance on the fixed asset fund will be used to write down the value over the useful life of the asset.

The balance remaining on the Ministry of Justice fund was given to improve the outside area.

	Opening 01.04.2024	Incoming resources	Expended resources	Transfers	Closing 31.03.2025
	£	£	£	£	£
Fixed assets	609	0	-609	0	0
Ministry of Justice	44	0	0	0	44
	653	**0**	**-609**	**0**	**44**

11. Movement in Restricted funds

	Opening 01.04.2024	Incoming resources	Expended resources	Closing 31.03.2025
	£	£	£	£
The Big Lottery Fund	10,200	116,035	-116,566	9,669
South Yorkshire Sexual Violence Partnership	15,818	137,773	-153,591	0
South Yorkshire Sexual Violence Partnership - uplift	0	22,933	-22,933	0
South Yorkshire Sexual Violence Partnership - Stovewood	27,623	59,445	-80,219	6,849
RDASH - Trauma and Resilience	10,143	34,500	-33,892	10,750
RMBC - CSE Counselling	8,872	45,000	-46,315	7,557
RMBC - Covid recovery	156,846	0	-126,087	30,759
RMBC -Space to Breathe	4,851	0	0	4,851
Police Crime Commission	0	43,446	-43,446	0
Police Crime Commission - Community Grant	5,000	5,000	-10,000	0
	239,353	**464,132**	**-633,051**	**70,436**

11. Movement in Restricted funds

	Opening 01.04.2024 £	Incoming resources £	Expended resources £	Transfers £	Closing 31.03.2025 £
The Big Lottery Fund	10,462	115,210	-115,472	0	10,200
Ministry of Justice - Rape and sexual abuse support	0	7,659	-7,659	0	0
Ministry of Justice - Male rape support	0	26,385	-26,385	0	0
South Yorkshire Sexual Violence Partnership	23,356	128,232	-135,769	0	15,818
South Yorkshire Sexual Violence Partnership - uplift	0	38,604	-38,604	0	0
South Yorkshire Sexual Violence Partnership - Stovewood	29,231	111,000	-112,608	0	27,623
RDASH - Trauma and Resilience	10,838	34,500	-35,195	0	10,143
RDASH - Trauma and Resilience uplift	0	15,000	-15,000	0	0
BBC Children in Need	165	10,000	-10,165	0	0
RMBC - CSE Counselling	9,430	45,000	-45,557	0	8,872
RMBC - Covid recovery	0	170,000	-13,154	0	156,846
RMBC -Space to Breathe	5,000	0	-149	0	4,851
Police Crime Commission	0	43,446	-43,446	0	0
Police Crime Commission - Community Grant	0	5,000	0	0	5,000
Police Crime Commission - VRU	0	30,000	-30,000	0	0
	88,480	**780,036**	**-629,163**	**0**	**239,353**

Restricted funds
Big Lottery Fund
3 Year funded project, which runs from 1st May 2022 to 30th April 2025, to deliver one to-one counselling and group therapy. In addition to salaries, funding also provides a contribution towards running costs.

South Yorkshire Sexual Violence Partnership SYSVP
Along with our partner agencies this project delivers the ISVA and CHISVA service across South Yorkshire. The current contract, which runs from 1st April 2022 to 31st March 2025, mostly funds the salaries for ISVA/CHISVA and a contribution to delivery support.

SYSVP - Stovewood
The funding for the Stovewood ISVA project, (Operation Stovewood being the NCA's investigation into child sexual abuse in Rotherham), has now been incorporated within the overall SYSVP contract and this project is now being delivered by Rothacs until 31st March 2025. The funding mostly covers the ISVA staff salaries who were TUPED over from BSARCS and a contribution to some of the overhead costs of the project.

South Yorkshire Sexual Violence Partnership - Uplift
In addition to the original funding for the ISVA/CHISVA service, a further MOJ grant for special characteristics was awarded. Due to the delay in the award, the amount was reprofiled to cover a proportion of the delivery support and overhead costs associated with the project.

SY Police Crime Commissioner - DV/SV
This grant, which runs to 31st March 2025, provides funding for .5 FTE trauma counsellor(s) x2. One post to provide specialist therapeutic counselling to support victims of domestic abuse and the other to provide the same specialist support to victims of sexual violence. The grant also covers a contribution to delivery support and running costs.

RDASH - Trauma and Resilience
This contract is to deliver counselling support for victims of CSE who have been identified as victims of Operation Stovewood. This contract mainly covers salaries and a contribution to overheads. The contract runs from 1st April to 31st March and is reviewed annually. Funding has been confirmed for 2023/2024.

RMBC - CSE Counselling
The purpose of the contract is to deliver one-to-one counselling in any format to victims of CSE. In addition to this, an additional criterion of the funding is that Rothacs enhances the social impact of the contract ie hiring local people, using local contractors. The funding covers salaries and a contribution to overheads.

.12. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2025
	£	£	£
Tangible fixed assets	699	0	699
Current assets	189,040	70,436	259,476
Current liabilities	-8,251	0	-8,251
	181,488	**70,436**	**251,924**

	Unrestricted Funds	Restricted Funds	Total 2024
	£	£	£
Tangible fixed assets	0	0	0
Current assets	164,472	244,453	408,925
Current liabilities	-8,207	-5,100	-13,307
	156,265	**239,353**	**395,618**

13. Previous periods figure

The previous periods figures are provided for comparison purposes only.

CERTIFICATE *of* SIGNATURE

REF. NUMBER
RIAMM-HZFJX-XEZUQ-DLFXF

DOCUMENT COMPLETED BY ALL PARTIES ON
14 OCT 2025 09:13:56
UTC

SIGNER	TIMESTAMP	SIGNATURE
HEERA SINGH EMAIL INFO@HSLACCOUNTANCYSOLUTIONS.CO.UK	SENT 14 OCT 2025 08:48:02 VIEWED 14 OCT 2025 08:54:43 SIGNED 14 OCT 2025 08:55:13	 IP ADDRESS 77.102.58.224 LOCATION DONCASTER, UNITED KINGDOM
RECIPIENT VERIFICATION	EMAIL VERIFIED 14 OCT 2025 08:54:43	
CATHERINE ANNE COOPER EMAIL ANNE.COOPER@ROTHACS.ORG.UK	SENT 14 OCT 2025 08:48:02 VIEWED 14 OCT 2025 09:12:10 SIGNED 14 OCT 2025 09:13:56	 IP ADDRESS 18.130.114.161 LOCATION CITY OF LONDON, UNITED KINGDOM
RECIPIENT VERIFICATION	EMAIL VERIFIED 14 OCT 2025 09:12:10	

Rotherham Abuse Advocacy and Counselling Service

England & Wales - Charity number 1175142

Accounts

ROTHERHAM ABUSE COUNSELLING SERVICE

Financial statements for the

year ended 31st March 2024

Charity number: 1175142

Registered England and Wales

ROTHERHAM ABUSE COUNSELLING SERVICE
Contents of the financial statements
for the year ended 31st March 2024

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ROTHERHAM ABUSE COUNSELLING SERVICE
Administrative details
for the year ended 31st March 2024

Registered Name	ROTHERHAM ABUSE COUNSELLING SERVICE
Registered Charity number	1175142
Trustees	Anne Cooper — Trustee/Chair Laraine Bisby — Trustee/Treasurer Alexa Wortley — Trustee/Secretary Wendy Peake — Trustee Eileen Brookes — Trustee Jayne Waters — Trustee Gavin Glasby — Trustee
Service Manager	Jo McKinney
Registered Office	38 Moorgate Road Rotherham South Yorkshire S60 2AG
Bankers	Unity Trust Bank Four Brindley Place Birmingham B1 2HB Redwood Bank The Nexus Building Broadway Letchworth Garden City Herffordshire SG6 3TA
Independent Examiner	Mr Heera Singh FMAAT HSL Accountancy Solutions Ltd Enterprise House 61a Carr House Doncaster DN1 2BY

The trustees of the charity submit their annual report and financial statements for the year ended 31st March 2024.

Objectives and activities
The charity's objectives are:

1) To preserve and protect the physical and mental health of individuals in Rotherham and the surrounding area who have suffered any form of sexual violence, sexual abuse, domestic abuse or harassment. In particular, but not exclusively by the following means:

a) The provision of a confidential face to face and telephone counselling service
b) onward referral with permission of those clients needing help of a more specialist nature.

2) To advance the education of the public in the subject of sexual abuse and undertake research and disseminate the results to the public.

3) Nothing in this constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 or section 2 of the Charities Act (Northern Ireland) 2008.

Structure, governance and management
The charity is a charitable incorporated organization formed on 12th October 2017 and is managed by a board of trustees, who are responsible for ensuring financial stability and providing professional and strategic advice on policy and resource management. To manage this a subgroup and responsibilities structure is in place with three decision-making subgroups: finance, communications and working differently, each bounded by their own terms of reference for group members. Terms of reference provide clear levels of responsibility for each group and reporting mechanisms to full board. Minutes of each meeting are recorded and made available for all members to access.

In addition to membership of a subgroup, many trustees oversee key areas of the charity, such as health and safety and safeguarding. Annually the trustee representing these areas audits the service to ensure that legal requirements are met and complied with.

One of our recently joined trustees resigned this year but we have been fortunate to welcome another new trustee with experience in the mental health sector in the latter part of the year.

Trustees are appointed according to the Articles of Association.
The following served as trustees during the accounting period:

Catherine Cooper	Chair since 9th July 2020
Laraine Bisby	Treasurer
Alexa Wortley	Secretary since 9th July 2020
Wendy Peake	
Eileen Brooks	
Liz Bennett	
Gavin Galsby	
Jayne Waters	

Trustees can be nominated at the annual general meeting or co-opted during the year by the board for their special skills or expertise but must be appointed by resolution at a properly convened meeting of trustees. None of the trustees have any beneficial interest in the company. The trustees are responsible for the overall management and control of the charity and receive regular reports from staff and managers. All matters and powers of strategic management and control are vested in the board. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Chair's Report
2023 was a year of highs and lows for Rothacs. We started off welcoming our new CEO and Senior Counsellor and absorbing the Stovewood ISVA team into our building but in May discovered that we were losing our MOJ funding which provided approximately 30% of our counselling services as well as contributing to our running costs. Considerable amount of time was then spent on reducing staff hours and sadly this meant we were able to see less clients.

Chair's Report
In the meantime, some relief came in the form of receipt of a grant from the Serious Violence Duty Fund and some extra work for the TRS which allowed us to reinstate some of the counselling hours and from a generous amount raised by the Louise Smalley sponsored walk. We decided to proceed with our plans to try and improve waiting lists by implementing a list clean and a system of triage of new referrals offering them pre-therapy group work or online work before counselling.

RMBC identified potential funding for us in October-to be used by end of March 2024, but this allowed immediate increase in staff hours. In November we heard that they would also be able to fund us in 2024 making up the deficit from the lost MOJ funding so as well as restoring normal counselling and admin hours we were able to plan a substantive post for 2024.

The small Children in Need grant we have received for the last 3 years has ended and we are not yet eligible to apply for a new one.

Sadly, our Finance Officer resigned 6 months into the year, but we were fortunate to be able to reappoint a new officer.

Organisation and management
Rothacs continues to work as a Charitable Incorporated Organisation governed by its constitution with regular meetings of the Board of Trustees, supporting and supported by the Senior Management Team and supplemented by subcommittees.

Aims, Objectives and our Mission
Rothacs' mission is to help survivors of sexual, physical, mental abuse and domestic abuse (living or working in Rotherham) to fulfil their potential and lead happier and healthier lives.

We aim to provide free accessible therapeutic counselling to adults and young people aged 13 and over who have suffered sexual or domestic abuse, alongside more broad support, onward referral where appropriate and to develop wider awareness with the public and other organisations.

Activities
Demand for the service remains high and the gap in our funding announced in the early part of the year caused a slight increase in waiting lists but this was starting to improve by the end of the year with the provision of funding from RMBC and Serious Violence Duty Fund and the work done on waiting lists and triage. The RMBC-funded post CSE service continues, providing a counsellor to work with Children and Young People, as well as the Trauma and Resilience Service (TRS) and Independent Sexual Violence Advocacy (ISVA) services.

In the last year we have continued to deliver our service via a mixture of platforms. They are:

- Face to face one to one therapeutic counselling for anyone aged 13+. Rothacs offers a maximum of 20 counselling sessions with safeguards around safe space and confidentiality for clients to identify, explore and find strategies to cope with the issues causing them distress. This time is spent developing new coping strategies with the client gaining insights and confidence building to make independent choices and move forward in their recovery journey.
- Online one to one therapeutic counselling as above via the Zoom platform
- Telephone based therapeutic counselling as above for those unable or unwilling to undertake video calls.
- Telephone welfare support calls for those unable or unwilling to continue therapeutic counselling remotely
- Women's group sessions – Normally this group provides an opportunity to explore issues in a supportive, confidential environment. We recognize this type of therapy is not for everyone therefore specific assessments are completed before this is offered and sessions are delivered in a safe secure environment.
- Men's group sessions – due to low numbers we defer starting groups until the waiting list of suitable clients builds up and in the interim use the counsellor time for one-to-one work
- Pre-therapy course – this 6-week course is for women aged 17+ who may benefit from additional support prior to entering counselling. This continues to be well-received.
- Drop-in sessions for Young People have been trialed this year
- Drop-in sessions for women – continue monthly with various themes
- Recovery@Rothacs -Our self-support online platform provides counselling and ISVA clients aged 16+ access to online tutorials in a modular form 24/7. The sessions focus on response, rescue and resilience and can be used after assessment, during therapy, post-therapy or as maintenance but is now also being used as pre-therapy for new service users.

ROTHERHAM ABUSE COUNSELLING SERVICE
The Directors (trustees) present their annual report (continued)
for the year ended 31st March 2024

Activities
In addition to counselling, we have continued to deliver Rotherham's Independent Sexual Violence Service (ISVA) funded by the Police and Crime Commissioner and are part of the South Yorkshire ISVA partnership.

The ISVA worker supports victims to make an informed decision on whether they want to report the incident(s) to the police. If they decide not to report the matter, they can still access the service. If a victim does decide to report the matter, the ISVA worker will help them through the entire process, including working with the police and the rest of the criminal justice system. ISVAs advocate on behalf of someone who has been a victim of sexual violence, independently supporting them to access the services they need depending on their choice of action. Unfortunately, post-pandemic delays in court cases continue both to increase the number of service users and the duration of support needed by service users. The number of Stovewood clients is slowly reducing as the cases are seen in court but this work is labour-intensive and severely affected by court delays.

The Trauma Resilience Service (TRS,) funded by the Stovewood Project via RDASH, is now well established and we understand the contract will be extended.

We continue to make significant use of our social media platforms and have now added a news feed to the website.

Staff and Volunteers
All team members have continued to work flexibly to provide both extended hours of work and a remote service. This year, due to the financial ups and downs we have suffered, staff have had to be particularly flexible with their hours. Alongside our core administrative and therapeutic staff, we continue to employ bank counsellors as well as volunteer and placement counsellors and this year we had medical student placements who developed a Young Persons Drop-in Session which was a great success. The Senior Management Team have again worked extremely hard and have succeeded in achieving BACP accreditation and have implemented a new process of Performance and Development Reviews for staff. They have continued to work with other agencies in South Yorkshire and promoted Rothacs.

Going Forward
We are grateful for the financial contributions from National Lottery, RMBC, MOJ, OPCC, RDASH and Children in Need as well as from some very generous individual donors. Unfortunately, to avoid a budget deficit from 2025 we still need to continue to seek further charitable funding.

Now that we have restored funding for 2024-25 we hope that our new system of triage and pre-therapy work will continue to have a positive impact on waiting lists.

We are indebted to our loyal and supportive team who have had to cope with a lot of uncertainty in the last year and to the generosity of our funders and donors and we are extremely grateful to all.

BASIS AND VALUES
The trustees review our aims and objectives each year looking at what we achieved and the outcomes of our work throughout the year. The board has considered the success of each key activity and the benefits they have brought to those groups of people we are set up to help. Particularly, this has been evidenced through an outcome framework which uses evidence-based tools such as PHQ and bespoke methods. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefits when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set and submit the following report and accounts for the accounting period ending 31st March 2024.

STAFF AND VOLUNTEERS
The trustees would like to acknowledge and thank all the commitment and care given by staff, placement students, bank staff and volunteers during this year. Rothacs, like many others, continues to adapt to a post-pandemic world and the constant uncertainty that has brought. Having worked through the pandemic maintaining trauma support we now see both the personal and professional long-term effects on our staff team. We have supported and continue to support work life balance and healthy working practice through hybrid working, allowing our team flexibility when needed.

ROTHERHAM ABUSE COUNSELLING SERVICE
The Directors (trustees) present their annual report (continued)
for the year ended 31st March 2024

STAFF AND VOLUNTEERS

We have over the year seen several staff changes and as at the end of the financial year 2023/24 Rothacs delivery team consisted of:

- 1 Chief Executive Officer
- 1 Executive Clinical Lead
- 1 Senior Counsellor
- 1 Operations Manager
- 1 Finance Officer
- 1 Admin Lead
- 2 Admin/Comms
- 5 Employed counsellors
- 5 Bank Counsellors
- 4 Placement Counsellors
- 1 Drop-in/Group Volunteer

We also have:

- 1 ISVA Manager
- 1 ISVA Lead
- 7 ISVAs
- 1 ISVA Admin

ACTIVITIES FOR THE PUBLIC BENEFIT

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission in reporting on how we are achieving our charitable objectives.

This report outlines our key achievements and the challenges we continue to face as a small charity.

Throughout 2023-2024, Rotherham Abuse Counselling Service (Rothacs) has continued to provide free specialist therapeutic counselling support for women, men and young people aged 13 and over who have experienced abuse and an ISVA support service for people reporting sexual abuse in the criminal justice system. Having successfully negotiated service delivery through the pandemic our support services have now changed for all. Rothacs now offers a flexible approach to both counselling or ISVA support offering face to face, online or telephone sessions for all. This has not only increased availability for both clients and staff but has provided a wider package of support delivery and options for our service users.

We were unsuccessful in a bid for continued funding from the MOJ which amounted to 30% of the counselling service funding. This put further pressure on the waiting list for counselling and impacted the staff team. It was at this time we introduced a pre-counselling service which prior to counselling gives people the option of online support developed by a survivor of sexual abuse, or a place on our 6-week pre-therapy course. We already had these courses in place, but they were optional and under-utilised. This service provides support earlier to service users on the waiting list and encourages attendance and engagement when counselling does begin. It also helps people recognise whether they are ready for counselling much sooner into the waiting period. It was vital we introduced this as the loss of the MOJ funding was going to have a negative impact on our waiting times and capacity. RMBC have supported us during this time with a grant from the Covid Recovery Fund.

Our building is as busy as ever with several warm inviting counselling rooms, an ISVA room and a central project office. We are located close to the city centre and have parking facilities and disabled access. This year we improved our accessibility with the use of an accessibility tool on the website to share our services in many different languages and we also provide interpreters when requested.

Towards the end of 2023 we were supported by two medical students from Sheffield University who, along with young people using our service and our young person's counsellor, developed a young person's drop-in. This was a great success. We plan to make this a permanent offer of support to young people going forward. Our women's monthly drop in is going from strength with a regular group meeting for activities and conversation. These sessions are facilitated by a dedicated volunteer.

ROTHERHAM ABUSE COUNSELLING SERVICE
The Directors (trustees) present their annual report (continued)
for the year ended 31st March 2024

ACTIVITIES FOR THE PUBLIC BENEFIT
In addition to the counselling provision, Rothacs delivers a parallel service as part of the South Yorkshire Sexual Violence Partnership providing an Independent Sexual Violence Advocate (ISVA) service across Rotherham, supporting victims of sexual abuse to navigate their way through the criminal justice system. There is still disruption to this system due to external factors with adjournments and long waiting times for cases to be heard in court increasing the need for support from the ISVA/CHISVA team. This service also follows the same hybrid delivery package with Recovery@Rothacs also available to ISVA clients

In the past year Rotherham Abuse Counselling Service has received 487 counselling referrals, delivered 374 online counselling sessions, 1398 face to face counselling sessions, 610 telephone counselling sessions and 272 telephone counselling assessments. In addition, our ISVA service received 367 new referrals, and we made contact with a total of 637 ISVA clients over the year to support them through their recovery journey.

We made the decision in 22/23 to only accept self-referrals for out counselling service this was in response to the overwhelming number of referrals we were receiving from third parties. We have seen the benefits of this decision this year.

Service Data :

During the period of this report the following achievements and data has been recorded for the charity.

Counselling service:

Number of referrals received	487

Of the number of referrals received our assessments were:

	Offered	Attended
Number of assessments	377	272

Counselling sessions delivered this period are:

	Offered	Attended
Online	452	374
Telephone	797	610
Face to Face	1845	1398
Total sessions	3094	2382

Both online and telephone counselling sessions remain popular for people who are unable to attend face to face counselling sessions.

Additional service delivery:

To address the waiting list, we introduced the pre-counselling service this year offering more choice to service users. We trialled a young person's drop in.

Outcomes:
The PHQ9 and GAD7 remain the recognised impact measuring tools Rothacs uses when measuring the impact counselling has made with our service users. In addition, our own bespoke measuring tool WATCH measures each impact by rating the improvement rather than just scoring mental health at a moment in time.

ROTHERHAM ABUSE COUNSELLING SERVICE
The Directors (trustees) present their annual report (continued)
for the year ended 31st March 2024

Service Data :
Our outcomes for 2023-2024 are represented below:

	Improvement	Previous year comparison
Mental Health and wellbeing	79%	An increase from the previous year of 55%. This year has seen a mixed response from people in the re-opening of society. During this time, more people have experienced improved mental health and wellbeing than ever before.
Self-esteem and confidence	85%	Again, an increase from the previous year –likely to be secondary to the improved mental health parameters
Trauma symptoms	111%	A significant increase from previous years of people who feel they can now better manage their trauma symptoms such as flash backs and nightmares
Social engagement	44%	A slight increase but significant in these socially challenging times

The clinically used GAD7 and PHQ9 are also used by Rothacs to measure levels of depression and anxiety using a score system of 0-5 shows mild and 15 and above severe. The results of these are:
PHQ9- improvement of 41%
GAD7- improvement of 38%

FINANCIAL REVIEW
The organisation offers a free service to people who live or work in the Rotherham area and is dependent on funding from grants, Statutory Authority funding and personal donations and donations from smaller organisations.

We would like to thank all our funders for the support given during this last year -they have shown great support and flexibility during these challenging times for Rothacs.

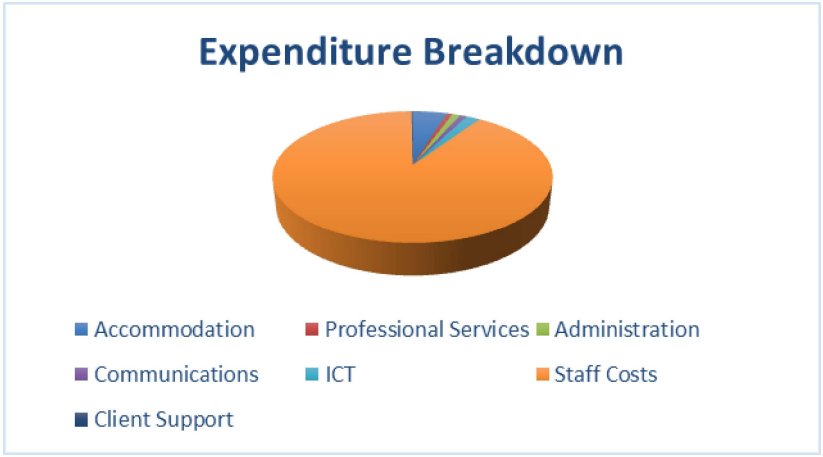
Fundraising and Funding
We would like to say a big thank you to our supporters, many who donate privately through 'Local Giving' and to our major funders for their support and continued belief in the service we provide.

Our main sources of income came from the following organisations for which we are very grateful:

National Lottery, Ministry of Justice, RDASH, Police and Crime Commissioner, Rotherham Metropolitan Borough Council and Children in need

Our income for the year was £820.341 and expenditure was £625,794

See the final accounts for more detail but the chart below shows a breakdown of how we spent our income.



ROTHERHAM ABUSE COUNSELLING SERVICE
The Directors (trustees) present their annual report (continued)
for the year ended 31st March 2024

Reserves Policy
The trustees have designated an amount of £70,000 to cover two months running costs for closure and statutory redundancy payments should the remaining operational reserves deplete to a level that is no longer sustainable. This reflects the current increase in staffing levels.

Operational reserves are monitored monthly through management reports which help determine the level of additional funding required through grant application processes. The trustees are aware of the shortfall and are planning to increase unrestricted funds to manage the shortfall as required.

Governance
The trustees have sought to discharge their responsibilities by the implementation of strong recruitment and supervision policies, and by regular and rigorous reviews of policy, ensuring that they are fully implemented by all staff and volunteers. An annual safeguarding report is required by the trustees, who have all received appropriate safeguarding training. The trustees also regularly review the financial situation to ensure the continued viability of Rothacs.

During this period, no trustees have received expenses or financial payment from Rothacs. One trustee is a member of a political party, but it has been agreed that this does not impact on the trustee role.

FUTURE PLANNING
Rothacs will continue to make plans in line with its Objectives and Mission Statement. We continue to face strong challenges in the current environment and expect that Trustees need to continue to be vigilant and creative in responding to threats from reduced income and the strategic priorities of the public sector and funding bodies.

Our financial monitoring group regularly manages the charity's budgets highlighting any known future concerns in time to minimize their effects on long-term funding.

We continue to manage and apply for funding from numerous funding bodies while fundraising and awareness raising to increase the possibility of sustainability for both restricted and unrestricted funds.

Statement of Trustees' responsibilities
The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance Charity law 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 at the year end and of its incoming resources and resources expended during that year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP; where applicable
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011.

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 declare that they have approved the above report.

Signed on behalf of the trustees

Signed: 

Name and position: Anne Cooper, Chair of Trustees Date: 8th November 2024

Examiners report to the trustees of
ROTHERHAM ABUSE COUNSELLING SERVICE
for the year ended 31st March 2024

I report on the accounts of the charity for the ended 31st March 2024 which are set out on pages 7 to 9.

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(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 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 seeking 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 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have 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.

Mr Heera Singh FMAAT
HSL Accountancy Solutions Ltd
Enterprise House
61a Carr House
Doncaster
DN1 2BY

Date: 2024-12-19

Heera Singh

ROTHERHAM ABUSE COUNSELLING SERVICE
Statement of Financial Activities
(Including the Income and Expenditure Account)
for the year ended 31st March 2024

		Unrestricted funds	Designated fund	Restricted fund	Total 2024	Total 2023
Income from:	**Notes**	**£**	**£**	**£**	**£**	**£**
Grants and donations	**2**	28,634	0	780,036	808,669	741,993
Charitable activities		6,785	0	0	6,785	927
Investment income		4,887	0	0	4,887	880
Total		**40,306**	**0**	**780,036**	**820,341**	**743,800**
Expenditure on:						
Charitable activities	**3**	-3,978	609	629,163	625,794	665,567
Total		**-3,978**	**609**	**629,163**	**625,794**	**665,567**
Net income/(expenditure)		44,283	-609	150,873	194,547	78,233
Transfers between funds		0	0	0	0	0
Net movement in funds after transfers		**44,283**	**-609**	**150,873**	**194,547**	**78,233**
Total funds brought forward at 1st April 2023		111,937	653	88,480	201,070	122,837
Total funds carried forward 31st March 2024		**156,220**	**44**	**239,353**	**395,618**	**201,070**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing.

The accounting policies and notes on pages 13 to 19 form part of these financial statements.

ROTHERHAM ABUSE COUNSELLING SERVICE
Balance sheet
As at 31st March 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	**4**	0	609
Current assets			
Debtors	**5**	73,170	42,078
Cash at bank and in hand		335,755	165,368
		408,925	207,446
Creditors (amounts falling due in one year)	**6**	-13,307	-6,985
Net current assets		395,618	200,461
Net assets		**395,618**	**201,070**
Reconciliation of Funds			
Unrestricted funds		156,220	111,937
Designated funds		44	653
Restricted funds		239,353	88,480
Total funds		**395,618**	**201,070**

The Trustees declare that they have approved the accounts above.

Signed on behalf of the Charity:

Signed: Anne Cooper

Name and position: Chair of Trustees

Date: 2024-12-19

The accounting policies and notes on pages 13 to 19 form part of these financial statements.

ROTHERHAM ABUSE COUNSELLING SERVICE
Statement of Cash Flows
As at 31st March 2024

	Total 2024	Total 2023
Cash flows from operating activities:	**£**	**£**
Net income/(expenditure) per SoFA	189,660	77,353
(Increase)/decrease in assets	609	2,660
(Increase)/decrease in debtors	-31,092	-10,707
Increase/(decrease) in creditors	6,322	-2,070
	-24,161	-10,117
Cash flows from investing activities:		
Investment income	4,887	880
Net increase/(decrease) in cash:	**170,387**	**68,116**
Total cash as at 01 April 2023	165,368	97,252
Total cash as at 31 March 2024	**335,755**	**165,368**

ROTHERHAM ABUSE COUNSELLING SERVICE
Notes to the financial statements
for the year ended 31st March 2024

1 Accounting policies

1.1 Basis of preparation

These accounts (financial statements) have been prepared under the historic cost convention, with items recognised at cost or transaction value, unless otherwise stated in the relevant note(s), in accordance with:
(a) The Charities Act 2011
(b) Accounting & Reporting by Charities: Statement of Recommended Practice (Charities SORP FRS102) (effective January 2015)

The charity meets the definition of a public benefit entity as defined by FRS 102. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.2 Incoming resources

These are included in the Statement of Financial Activities (SoFA). Incoming resources are recognised when:
(a) The company becomes entitled to the resources
(b) The directors are virtually certain they will receive the resources; and
(c) The monetary value can be measured with sufficient reliability

Where incoming resources have related expenditure (as with fund-raising or contract income) the incoming resources and related expenditure are reported gross in the SoFA. Grants and donations are only included in the SoFA when the company has unconditional entitlement to the resources. Contractual income is only included in the SoFA once the related goods or performance related services have been delivered. Investment income is included in the accounts when receivable.

1.3 Expenditure

Expenditure is charged to the statement of financial activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred in the delivery of the charity's activities and services for its beneficiaries, including both direct and support costs.

Governance costs include those costs associated with meeting constitutional and statutory requirements, including Accountancy fees.

1.4 Fund accounting

Restricted funds are funds received from donors which are subject to restrictions on the purposes for which they may be used of which have been raised for a specific project. Unrestricted funds are those where there are no externally imposed restrictions. These include funds freely available to the charity for expenditure or appropriation to reserves for internally designated purposes.

1.5 Assets

Items of expenditure are capitalised if the cost is in excess of £750 and the item is estimated to have a life of at least 3 years.

Depreciation is calculated to write down the cost or valuation, less estimated residual value of all tangible fixed assets over their expected useful lives on a straight line basis.

Depreciation rates applicable are:
Furniture 25%
IT Equipment 33%

1.6 Taxes

The company is not VAT registered. As a Charity the company is exempt from taxation on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act 1992 to the extent that these are applied to its charitable objects.

ROTHERHAM ABUSE COUNSELLING SERVICE
Notes to the financial statements
for the year ended 31st March 2024

1.7. Creditors

Creditors are recognised where the charity has a present obligation resulting 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 are normally recognised at their settlement amount, usually the invoice amount. Accrued charges are normally valued at their settlement amount.

1.8. Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

1.9. Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme for employees. Pension costs charged to the Statement of Financial Activities represent the contributions payable by the charity in the year.

1.10 Going Concern Note

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2. Income from

Grants and donations	**General Fund £**	**Restricted Fund £**	**Total 2024 £**	**Total 2023 £**
Donations & legacies	28,634	0	28,634	26,180
The Big Lottery fund	0	115,210	115,210	98,703
RMBC - CSE Counselling	0	45,000	45,000	0
RMBC - Covid recovery	0	170,000	170,000	0
RMBC -Space to Breathe	0	0	0	44,912
RDASH - Trauma and Resilience	0	34,500	34,500	39,500
RDASH - Trauma and Resilience uplift	0	15,000	15,000	0
South Yorkshire Sexual Violence Partnership	0	128,232	128,232	138,924
South Yorkshire Sexual Violence Partnership - uplift	0	38,604	38,604	28,953
South Yorkshire Sexual Violence Partnership – Stovewood	0	111,000	111,000	161,004
Ministry of Justice - Rape and sexual abuse support	0	7,659	7,659	79,155
Ministry of Justice - Male rape support	0	26,385	26,385	22,976
Police Crime Commission	0	43,446	43,446	43,446
Police Crime Commission - Community Grant	0	5,000	5,000	0
Police Crime Commission - VRU	0	30,000	30,000	0
BBC Children in Need	0	10,000	10,000	10,750
South Yorkshire Mayoral Community fund	0	0	0	2,490
Total 2024	**28,634**	**780,036**	**808,669**	**696,993**
Total 2023	**31,680**	**710,313**	**741,993**	

Charitable activities	**General Fund £**	**Restricted Fund £**	**Total 2024 £**	**Total 2023 £**
Other income	6,085	0	6,085	227
Group Supervision	700	0	700	700
Total 2024	**6,785**	**0**	**6,785**	**927**
Total 2023	**927**	**0**	**927**	

ROTHERHAM ABUSE COUNSELLING SERVICE
Notes to the financial statements
for the year ended 31st March 2024

2. Income from

Investment income	General Fund £	Restricted Fund £	Total 2024 £	Total 2023 £
Bank interest	4,887	0	4,887	880
Total 2024	**4,887**	**0**	**4,887**	**880**
Total 2023	**880**	**0**	**880**	

3. Expenditure on

Charitable activities	General Fund £	Restricted Fund £	Total 2024 £	Total 2023 £
Salary costs	-5,000	542,393	537,393	526,708
Sessional staff	0	17,015	17,015	28,620
HR services	0	3,248	3,248	4,691
DBS charges	0	340	340	445
Bank charges & giving fees	199	0	199	196
External supervision	0	5,560	5,560	4,561
Staff expenses	0	4,727	4,727	6,246
Volunteer expenses	0	193	193	216
Client access/Support & activities	332	583	915	895
Cleaning & hygiene	0	1,192	1,192	977
Furnishing and decoration	0	4	4	363
Rent and rates	0	15,500	15,500	26,339
Accommodation: Maintenance	-40	3,244	3,204	1,591
Accommodation: Health & Safety	0	2,466	2,466	1,475
Accommodation: Utilities	0	6,916	6,916	3,683
Training and conference	30	110	140	10,415
Office costs and equipment	0	189	189	252
ICT support, software & equipment	0	11,929	11,929	19,324
Insurance	0	3,980	3,980	3,836
Telephone and internet	0	5,994	5,994	6,656
Professional Fees	0	1,600	1,600	1,600
Printing, postage and stationery	0	1,329	1,329	1,528
Memberships and subscriptions	0	455	455	1,252
Depreciation	609	0	609	2,660
Settlement fees	0	0	0	6,000
Staff costs: TUPE	0	0	0	5,000
Sundry expenditure	501	195	696	37
Total 2024	**-3,369**	**629,163**	**625,794**	**665,566**
Total 2023	**4,602**	**660,965**	**665,567**	

ROTHERHAM ABUSE COUNSELLING SERVICE
Notes to the financial statements
for the year ended 31st March 2024

4. Tangible fixed assets

	Total Equipment £
Cost	11,012
Additions	0
Disposals	0
At 31st March 2024	11,012
Depreciation	
At 1st April 2023	10,403
Charge this period	609
At 31st March 2024	11,012
Net book value at 31st March 2024	**0**
Net book value at 31st March 2023	**609**

5. Debtors

	2024 £	2023 £
Trade debtors	69,314	40,150
Other debtors	0	890
Prepayments	3,856	1,038
	73,170	**42,078**

6. Creditors (amounts falling due in one year)

	2024 £	2023 £
Trade Creditors	7,151	605
Accruals	2,024	2,247
Provision for liability	4,132	4,132
	13,307	**6,984**

7. Salaries costs

	2024 £	2023 £
Staff costs		
Salaries	465,468	461,280
Employer national insurance	36,009	33,498
Employers allowance	-5,000	-5,000
Employers pensions contributions	40,916	36,930
	537,393	**526,708**
Average number of employees during the period was:		
No person received emoluments of more than £60,000.in the year.	**17**	**17**

The organisation was supported by a total of 9 Volunteers through the of the year.

8. Trustees and key management remuneration, benefits and expenses

No remuneration or expenses were paid to the trustees of the Charity. (2023: £10) There were no related party transactions during the period of the accounts. (2023: none)

ROTHERHAM ABUSE COUNSELLING SERVICE
Notes to the financial statements
for the year ended 31st March 2024

9. Independent examiners fee

The fees paid for Independent examination services was £1,450. (£1,600 :2023)

10. Designated Funds

	Opening 01.04.2023	Incoming resources	Expended resources	Transfers	Closing 31.03.2024
	£	£	£	£	£
Fixed assets	609	0	-609	0	0
Ministry of Justice	44	0	0	0	44
	653	**0**	**-609**	**0**	**44**

The balance on the fixed asset fund will be used to write down the value over the useful life of the asset.

The balance remaining on the Ministry of Justice fund was given to improve the outside area.

	Opening 01.04.2022	Incoming resources	Expended resources	Transfers	Closing 31.03.2023
	£	£	£	£	£
Fixed assets	2,431	0	-1,822	0	609
Ministry of Justice	44	0	0	0	44
	2,475	**0**	**-1,822**	**0**	**653**

11. Movement in Restricted funds

	Opening 01.04.2023	Incoming resources	Expended resources	Transfers	Closing 31.03.2024
	£	£	£	£	£
The Big Lottery Fund	10,462	115,210	-115,472	0	10,200
Ministry of Justice - Rape and sexual abuse support	0	7,659	-7,659	0	0
Ministry of Justice - Male rape support	0	26,385	-26,385	0	0
South Yorkshire Sexual Violence Partnership	23,356	128,232	-135,769	0	15,818
South Yorkshire Sexual Violence Partnership - uplift	0	38,604	-38,604	0	0
South Yorkshire Sexual Violence Partnership - Stovewood	29,231	111,000	-112,608	0	27,623
RDASH - Trauma and Resilience	10,838	34,500	-35,195	0	10,143
RDASH - Trauma and Resilience uplift	0	15,000	-15,000	0	0
BBC Children in Need	165	10,000	-10,165	0	0
RMBC - CSE Counselling	9,430	45,000	-45,557	0	8,872
RMBC - Covid recovery	0	170,000	-13,154	0	156,846
RMBC -Space to Breathe	5,000	0	-149	0	4,851
Police Crime Commission	0	43,446	-43,446	0	0
Police Crime Commission - Community Grant	0	5,000	0	0	5,000
Police Crime Commission - VRU	0	30,000	-30,000	0	0
	88,480	**780,036**	**-629,163**	**0**	**239,353**

ROTHERHAM ABUSE COUNSELLING SERVICE
Notes to the financial statements
for the year ended 31st March 2024

11. Movement in Restricted funds

	Opening 01.04.2022 £	Incoming resources £	Expended resources £	Transfers £	Closing 31.03.2023 £
The Big Lottery Fund	5,650	98,703	-93,891	0	10,462
Ministry of Justice - Rape and sexual abuse support	0	79,155	-79,155	0	0
Ministry of Justice - Male rape support	0	22,976	-22,976	0	0
South Yorkshire Sexual Violence Partnership	9,876	138,924	-125,444	0	23,356
South Yorkshire Sexual Violence Partnership - uplift	0	28,953	-28,953	0	0
South Yorkshire Sexual Violence Partnership - Stovewood	0	161,004	-131,773	0	29,231
RDASH - Trauma and Resilience	8,596	34,500	-32,258	0	10,838
BBC Children in Need	1,795	10,000	-11,630	0	165
BBC Children in Need - Anna Freud	0	250	-250	0	0
RMBC - CSE Counselling	8,038	45,000	-43,608	0	9,430
RMBC -Space to Breathe	5,179	44,912	-45,091	0	5,000
SY Police Crime Commissioner	0	43,446	-43,446	0	0
South Yorkshire Mayoral Community fund	0	2,490	-2,490	0	0
	39,132	**710,313**	**-660,965**	**0**	**88,480**

Restricted funds
Big Lottery Fund
3 Year funded project, which runs from 1st May 2022 to 30th April 2025, to deliver one to-one counselling and group therapy. In addition to salaries, funding also provides a contribution towards running costs.

South Yorkshire Sexual Violence Partnership SYSVP
Along with our partner agencies this project delivers the ISVA and CHISVA service across South Yorkshire. The current contract, which runs from 1st April 2022 to 31st March 2025, mostly funds the salaries for ISVA/CHISVA and a contribution to delivery support.

SYSVP - Stovewood
The funding for the Stovewood ISVA project, (Operation Stovewood being the NCA's investigation into child sexual abuse in Rotherham), has now been incorporated within the overall SYSVP contract and this project is now being delivered by Rothacs until 31st March 2025. The funding mostly covers the ISVA staff salaries who were TUPED over from BSARCS and a contribution to some of the overhead costs of the project.

South Yorkshire Sexual Violence Partnership - Uplift
In addition to the original funding for the ISVA/CHISVA service, a further MOJ grant for special characteristics was awarded. Due to the delay in the award, the amount was reprofiled to cover a proportion of the delivery support and overhead costs associated with the project.

SY Police Crime Commissioner - DV/SV
This grant, which runs to 31st March 2025, provides funding for .5 FTE trauma counsellor(s) x2. One post to provide specialist therapeutic counselling to support victims of domestic abuse and the other to provide the same specialist support to victims of sexual violence. The grant also covers a contribution to delivery support and running costs.

Ministry of Justice RSASF
Provides a contribution towards the provision of support for female and male victims of rape and sexual abuse, including victims of child sexual abuse. The funding covers, salaries, and a contribution to running costs. The uplift in funding also covered sessional counsellors.

Ministry of Justice MRSSF
Additional funding provided by MOJ for gender-specific male support (who have experienced rape or sexual abuse) services from 1st August 2022 to 31st March 2023.

The funding covers salaries and a contribution towards overheads.

RDASH - Trauma and Resilience
This contract is to deliver counselling support for victims of CSE who have been identified as victims of Operation Stovewood. This contract mainly covers salaries and a contribution to overheads. The contract runs from 1st April to 31st March and is reviewed annually. Funding has been confirmed for 2023/2024.

BBC Children in Need
The overall aim of this project to increase access to counselling of young people aged 13-18affected by trauma across Rotherham. The project, which runs from 19th April 2021 to 18th April 2024 funds a contribution towards salaries (for a specialist counsellor, delivery support and line management), and associated costs.

RMBC - CSE Counselling
The purpose of the contract is to deliver one-to-one counselling in any format to victims of CSE. In addition to this, an additional criterion of the funding is that Rothacs enhances the social impact of the contract ie hiring local people, using local contractors. The funding covers salaries and a contribution to overheads. The current contract runs from 1st January 2022 to 31st December 2022 and has been renewed for 2023.

RMBC -Space to Breathe
This project which ran from January 2022 to 31st March 2023 has now been wound up. The project delivered one-to-one counselling and a group session/drop-in. The funding covered salaries, activities/materials and a contribution to accommodation.

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12. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2024
	£	£	£
Tangible fixed assets	0	0	0
Current assets	164,472	244,453	408,925
Current liabilities	-8,207	-5,100	-13,307
	156,265	**239,353**	**395,618**

	Unrestricted Funds	Restricted Funds	Total 2023
	£	£	£
Tangible fixed assets	609	0	609
Current assets	116,113	91,333	207,446
Current liabilities	-4,132	-2,853	-6,985
	112,590	**88,480**	**201,070**

13. Previous periods figure
The previous periods figures are provided for comparison purposes only.

Signature Certificate

Reference number: CJSSL-HNSML-NFYE3-SUDFZ

Signer	Timestamp	Signature
Anne Cooper Email: anne.cooper@rothacs.org.uk		
Sent:	19 Dec 2024 11:26:53 UTC	
Viewed:	19 Dec 2024 11:53:39 UTC	
Signed:	19 Dec 2024 11:59:19 UTC	
Recipient Verification:		IP address: 86.175.115.181
✔Email verified	19 Dec 2024 11:53:39 UTC	Location: Sheffield, United Kingdom

Document completed by all parties on:
19 Dec 2024 11:59:19 UTC

Page 1 of 1

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Signature Certificate

Reference number: WMA9J-4HT5F-K8XKW-2PJPV

Signer	Timestamp	Signature
Heera Singh Email: info@hslaccountancysolutions.co.uk		
Sent:	19 Dec 2024 13:00:20 UTC	
Viewed:	19 Dec 2024 13:01:25 UTC	
Signed:	19 Dec 2024 13:02:22 UTC	
Recipient Verification:		IP address: 82.41.42.86
✔Email verified	19 Dec 2024 13:01:25 UTC	Location: Doncaster, United Kingdom

Document completed by all parties on:
19 Dec 2024 13:02:22 UTC

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Rotherham Abuse Advocacy and Counselling Service

England & Wales - Charity number 1175142

Accounts

Rotherham Abuse Counselling Service

Financial statements

For the year ended 31 March 2023

Registered charity number: 1175142

The Spectrum, Coke Hill, Rotherham, S60 2HX
Tel: 01709 829821 Fax: 01709 829822
Email: admin@varotherham.org.uk Web: www.varotherham.org.uk

Rotherham Abuse Counselling Service
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Rotherham Abuse Counselling Service
Legal and administrative informaiton

Committee

Chair	Catherine Cooper
Treasurer	Laraine Bisby
Secretary	Alexa Wortley
	Wendy Peake
	Eileen Brookes
	Jacqueline Rigby - resigned 27 January 2023
	Margaret E Bennett
	Gavin Glasby - appointed 18 October 2022
	Jayne Waters - appointed 13 December 2022

Service Manager

Angela Toulson - resigned 31 January 2023
Jo McKinney - appointed 7 March 2023

Date of registration

12th October 2017

Registered Office

38 Moorgate Road
Rotherham
South Yorkshire
S60 2AG

Registered charity number

1175142

Bankers

Unity Trust Bank
Four Brindley Place
Birmingham
B1 2HB

Redwood Bank
The Nexus Building
Broadway
Letchworth Garden City
Hertfordshire SG6 3TA

Independent Examiner

Faye Hazlehurst FMAAT
Voluntary Action Rotherham Ltd
Community Accountancy
The Spectrum
Coke Hill
Rotherham S60 2HX

Rotherham Abuse Counselling Service
Trustees' annual report
for the year ending 31 March 2023

Objectives and activities

The charity's objectives are:

1) To preserve and protect the physical and mental health of individuals in Rotherham and the surrounding area who have suffered any form of sexual violence, sexual abuse, domestic abuse or harassment. In particular, but not exclusively by the following means:

   a) The provision of a confidential face to face and telephone counselling service

   b) onward referral with permission of those clients needing help of a more specialist nature.

2) To advance the education of the public in the subject of sexual abuse and undertake research and disseminate the results to the public.

3) Nothing in this constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 or section 2 of the Charities Act (Northern Ireland) 2008.

Structure, governance and management

The charity is a charitable incorporated organisation formed on 12 October 2017. The charity is managed by a board of trustees, who are responsible for ensuring financial stability and providing professional and strategic advice on policy and resource management.

To manage this a subgroup and responsibilities structure is in place with three decision making sub groups: finance, communications and working differently, each bounded by their own terms of reference for group members. Terms of reference provide clear levels of responsibility for each group and reporting mechanisms to full board. Minutes of each meeting are recorded and made available for all members to access.

In addition to membership of a sub group, a number of trustees oversee key areas of the charity, namely health and safety and safeguarding. Annually the trustee representing this area audits the service to ensure compliance and meeting of legal requirements.

One of our trustees resigned this year but we have been fortunate to welcome another 2 new trustees, with experience in education and criminal law, in the latter part of the year.

Structure, governance and management continued

The trustees are appointed in accordance with the terms of the Articles of Association.

Trustees can be nominated at the annual general meeting or co-opted during the year by the board for their special skills or expertise but must be appointed by resolution at a properly convened meeting of trustees. None of the trustees have any beneficial interest in the company. The trustees are responsible for the overall management and control of the charity and receive regular reports from staff and managers. All matters and powers of strategic management and control are vested in the board. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Chair's report

2022 continued to bring many changes to our organisation. Following on from the successful SYISVA bid at the end of 2021-22, the new cohort of Stovewood ISVAs have settled in and we undertook restructuring of the ISVA team once induction had taken place. A lot of work was needed on the part of our EO and FO to align and manage the new ISVA budget. Initially the new team had to be accommodated off-site, but at the end of the year we were able to move them into the main premises having re-allocated some of the rooms.

The National lottery funded work has gone well and we were pleased with the results of the DLUHC funded Space to Breathe service (sadly this funding has now ended and the project has been wound up).

Unfortunately, our MOJ contract and funding is ending on 31st July 2023 and we await the outcome of our contract renewal bid which potentially could have a significant impact on the service we can offer in the next year. We have, however, had some generous donations this year.

We have had a much needed expansion to our administration team this year. We were very sorry to see our Executive Officer and Senior Counsellor move on to new posts at the end of this year but were pleased that we could internally reappoint the latter post and were joined by a new CEO, Jo McKinney, in March. We look forward to working together to improve the service further and seek as much funding as possible.

Organisation and management

Rothacs continues to work as a Charitable Incorporated Organisation governed by its constitution with regular meetings of the Board of Trustees, supporting and supported by the Senior Management Team and supplemented by subcommittees.

Aims, Objectives and our Mission

Rothacs mission is to help survivors of sexual, physical or mental abuse and domestic abuse (living or working in Rotherham) to fulfil their potential and lead happier and healthier lives.

We aim to provide free accessible therapeutic counselling to adults and young people aged 13 and over who have suffered sexual or domestic abuse, alongside more general support, onward referral where appropriate and develop wider awareness with the public and other organisations.

Activities

Demand for the service remains high, although the number of clients on a suspended waiting list for face to face counselling has reduced. The RMBC-funded post CSE service continues providing a counsellor to work with Children and Young People as well as the Trauma and Resilience Service (TRS) and Independent Sexual Violence Advocacy (ISVA) services. The Space to Breathe service was well received but sadly was only for 12 months.

In the last year we have continued to deliver our service via a mixture of platforms. They are:

- Face to face one-to-one therapeutic counselling for anyone aged 13+. Rothacs offers a maximum of 20 counselling sessions with safeguards around safe space and confidentiality for clients to identify, explore and find strategies to cope with the issues causing them distress. This time is spent developing new coping strategies with the client gaining insights and confidence building to make independent choices and move forward in their recovery journey.

- Online one-to-one therapeutic counselling as above via the platform Zoom

- Telephone based therapeutic counselling as above, for those unable or unwilling to undertake video calls.

Activities continued

- Women's group sessions – Normally this group provides an opportunity to explore issues in a supportive, confidential environment. We recognise this type of therapy is not for everyone, therefore specific assessments are completed before this is offered and sessions are delivered in a safe secure environment.

- Men's group sessions – due to low numbers we defer starting groups until the waiting list of suitable clients builds up and in the interim use the counsellor time for one-to-one work.

- Pre-therapy course – this 6-week course is for women aged 17+ who may benefit from additional support prior to entering counselling. This continues to be well-received.

- Drop-in sessions – continue monthly with various themes.

- Recovery@Rothacs -Our self-support online platform provides counselling and ISVA clients aged 16+ access to online tutorials in a modular form 24/7. The sessions focus on response, rescue and resilience and can be used after assessment, during therapy, post-therapy or as maintenance.

In addition to counselling, we have continued to deliver Rotherham's Independent Sexual Violence Service (ISVA) funded by the Police and Crime Commissioner and are part of the South Yorkshire ISVA partnership.

The ISVA worker supports victims to make an informed decision on whether they want to report the incident(s) to the police. If they decide not to report the matter, they can still access the service. If a victim does decide to report the matter, the ISVA worker will help them through the whole process, including working with the police and the rest of the criminal justice system. ISVAs advocate on behalf of someone who has been a victim of sexual violence, independently supporting them to access the services they need depending on their choice of action.

Unfortunately, post-pandemic delays in court cases continue both to increase the number of service users and the duration of support needed by service users. In spite of changes due to sickness and maternity leave we have been able to cover the service and a new part-time post continues to be helpful. As part of the restructure necessitated by the addition of the Stovewood ISVA team we now have a part-time ISVA manager and a part-time ISVA lead. So far the number of Stovewood ISVA clients hasn't reduced as expected.

Chairs report continued

The Trauma Resilience Service (TRS,) funded by the Stovewood Project via RDASH, is now well established and we understand the contract will be renewed.

We continue to make great use of our social media platforms.

Staff and Volunteers

All team members have continued to work flexibly to provide both extended hours of work and a remote service. Alongside our core administrative and therapeutic staff, we continue to employ more bank counsellors as well as volunteer and placement counsellors. The Senior Management Team have again worked extremely hard on our latest MOJ bid while continuing to implement last year's successful bids and looking for other sources of funding. They have continued to work with other agencies in South Yorkshire.

Going forward

The ongoing Covid pandemic was successfully navigated with hybrid working and combined office and home working continues for most staff.

We are grateful for the financial contributions from National Lottery, Police & Crime Commissioner, MOJ, RMBC, DLUHC, RDASH, Children in Need and SYMCF as well as from some very generous individual donors. Unfortunately, to avoid a budget deficit we still need to seek further charitable funding.

A key objective for the future continues to be finding a way to deal with the demand for our service. Since January we have undertaken a trial of limiting new clients to those who self-refer, only accepting third party referrals from those services who have a specific contract with us. We will continue to offer one-to-one counselling but we are looking at triaging new referrals with a view to allocating pre-therapy or Recovery@Rothacs before they need to access this. However, we do want to remain accessible.

All of this is made possible by our loyal and supportive team and the generosity of our funders and doners. We are extremely grateful to both.

Catherine Cooper
Chair of Board of Trustees
Rotherham Abuse Counselling Service (Rothacs)

Basis and Value

The trustees review our aims and objectives each year looking at what we achieved and the outcomes of our work throughout the year. The board has considered the success of each key activity and the benefits they have brought to those groups of people we are set up to help. Particularly this has been evidenced through the use of an outcome framework which uses evidence-based tools such as PHQ and bespoke methods. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set and submit the following report and accounts for the accounting period ending 31st March 2023.

Staff and Volunteers

The trustees would like to acknowledge and give thanks for all the commitment and care given by staff, placement students, bank staff and volunteers during the last year despite the challenge of several key staff changes. The hybrid way of working both from home and on-site, which developed during the pandemic, has become embedded in our working practices and has increased our flexibility.

Several staff members have progressed from working as placement, bank or volunteer counsellors having been able to take up substantive posts and a better administrative structure is now in place with an Operations Manager post, a part-time ISVA Manager and ISVA Lead post. Our big changes have been the departure of our Senior Counsellor and Executive Officer, though we are pleased to report that we have been able to re-appoint both these posts.

At the end of the financial year – 31.03.2023 Rothacs delivery team consisted of:

- 1 Chief Executive Officer
- 1 Executive Clinical Officer
- 1 Senior Counsellor
- 1 Operations Manager
- 1 Finance Officer
- 1 Admin Lead
- 2 Admin/Comms
- 5 Employed Counsellors
- 6 Bank Counsellors
- 2 Qualified Volunteers
- 6 Placement Counsellors
- 1 Drop-in/Group Volunteer

Staff and Volunteers continued
We also have:

- 1 ISVA Manager
- 1 ISVA Lead
- 7 ISVAs
- 1 ISVA Admin

Activities for the Public Benefit
The trustees can confirm that they have due regard to public benefit guidance published by the Charity Commission in reporting on how we are achieving our charitable objects.

Achievements and performance
This report outlines our key achievements and the challenges we continue to face as a small but growing charity.

Throughout 2022-2023, Rotherham Abuse Counselling Service (Rothacs) has continued to provide free specialist therapeutic counselling support for women, men and young people aged 13 and over who have experienced abuse and the ISVA service for people reporting sexual abuse through the criminal justice system. The ISVA service is operated under a South Yorkshire wide partnership. We continue to offer a flexible approach with both counselling and ISVA services offering face to face, online or telephone sessions. This flexibility has proved useful more recently in situations such as extreme weather preventing travel into work as well as avoiding risk of spreading infection when the need arises. Obviously, management of the room rota is crucial to the success of this system.

Our service provision is enhanced by the addition of group therapy, drop-in support and an online support package Recovery@Rothacs.

Counselling rooms have been redecorated and refurbished sympathetically and more recently other rooms have been re-purposed to allow all the ISVA team, inclusive of Stovewood ISVAs, to be accommodated in the Rothacs building.

In the past year Rotherham Abuse Counselling Service has received **705** counselling referrals, delivered **411 online** counselling sessions, **1604 face to face** counselling sessions, **641 telephone** counselling sessions **and 431 telephone** counselling assessments throughout the year. In addition, our ISVA service received **389** referrals and have made contact with **378** clients to support them through their recovery journey.

Achievements and performance continued

Demand for both services continues to exceed provision and our waiting time over the year has remained high, although there has been a reduction in the number waiting for both assessments and appointments. For various reasons around specific requirements, we have been unable to make much impact on the suspended list. The criminal justice system continues to suffer long delays with the result that the ISVA workload has increased due to clients needing extra support for longer.

Service Data

During the period of this report the following achievements and data has been recorded for the charity.

Counselling service:

Referrals

	22/23	21/22
Number of referrals received	705	887

Of the number of referrals received our assessments were:

Offered	604	551
Attended	431	379

Counselling sessions delivered this period are:

Online	411	1017
Telephone	641	1009
Face to Face	1604	1234
Courtesy calls	130	31

Additional service delivery

We have been able to establish group therapy again this year. We have lower numbers of male candidates for the group, so these are being run only once a group has been built up. Recently we have only been able to offer a small women's group as we don't have a support group therapist. Hopefully this can be rectified soon. We are hopeful this will be becme an important part of our bid to triage referrals into treatment and take some pressure off the waiting list.

Outcomes:

The PHQ9 and GAD7 remain the recognised impact measuring tools Rothacs uses when measuring the impact counselling has made with our service users. In addition, our own bespoke measuring tool WATCH measures each impact by rating the improvement rather than just scoring mental health at a moment in time. Our outcomes for 2022-2023 are represented below:

On average clients who completed therapy say a 34% decrease in their depression/PHQ scores (from 15.38 to 10.02) and a 33% decrease in their anxiery level/GAD score (from 13.33 to 8.90).

The WATCH workbook provides a score system the client works towards measuring the improvements they aim to make on in their lives. Scores are based between 0 and 10 and are gathered from the people who end counselling and complete the required workbook.

Outcomes continued

	Improvement	Previous year comparison
Mental Health and wellbeing	58%	Improvement rates reduced slightly from the previous year however we believe this still to be a creditable outcome when taking into account the unknowns and fears of Covid-19 which has impacted on the mental health of the nation
Self-esteem and confidence	56%	As above, this has been a lower outcome this year however the unknown will have effected people's self-belief and self confidence
Trauma symptoms	73%	Although less than the previous year this is still a high number of people who feel they can now better manage their trauma symptoms such as flash backs and nightmares
Risk of harm	13%	A similar percentage to previous years showing 12% of people felt they could now better manage the risk of harm to themselves. This in a global pandemic is a more impactful increase than maybe shown, these people may have attempted their own life and therefore needed medical care impacting on the NHS during a time of medical crisis
Physical/medical symptoms of abuse	33%	Similar to other outcomes a 16% improvement during a time of national medical crisis is a help to the wider medical landscape
Coping strategies	48%	Similar to previous year's 39% showed an increase their personal ability to cope
Social engagement	30%	During this time of the pandemic we were all unable to socialise and therefore a 25% improvement although down from previous years is a positive outcome. Social isolation was and still is a major impact on the country and the way people live their lives
Relationships and support	21%	A similar percentage increase shows despite the pandemic our work impacted on relationships and not just the single person involved.

Outcomes continued
The clinically used GAD7 and PHQ9 are also used by Rothacs to measure levels of depression and anxiety using a score system of 0-5 shows mild and 15 and above severe. The results of these are:

PHQ9 - improvement of 34%
GAD7 - improvement of 33%

Financial Review
The organisation offers a free service to people who live or work in the Rotherham area and is totally dependent on funding from grants, Statutory Authority funding and personal donations, donations from smaller organisations and legacies.

We would like to thank all our funders for their support and assistance given during this last year.

Fundraising and Funding
We would also like to say a big thank you to our supporters, many of whom donate privately through 'Local Giving', Amazon and Paypal and to our major funders for their support and continued belief in the service we provide.

Our main sources of income during this financial year came from the following organisations for which we are very grateful:

Big Lottery, Police and Crime Commissioner, Ministry of Justice, RMBC, DLUHC, RDASH, Children in Need and South Yorkshire Mayoral Community Fund.

Our income for the year was £743,800 (2021: £458,285) and expenditure was £665,567 (2021: £504,326).

The funds at the year-end stand at £201,070 (2022: £122,837). Funds consist of fixed assets to the value of £609 (2022: £3,269), balances remaining on restricted fund £88,480 (2022: £39,132) designated funds of £653 (2022: £2,475) and general reserve of £111,937 (2022: £81,230)

Reserves

The trustees have ring fenced an amount of £80,000 to cover 1 months' running costs for closure and statutory redundancy payments should the remaining operational reserves deplete to a level that is no longer sustainable. The trustees are aware that this is below the target reserves period of 3 months' running costs, as per the reserves policy and are planning to increase unrestricted funds by sourcing additional funding to manage the shortfall.

Operational reserves are monitored monthly through management reports which help determine the level of additional funding required through grant application processes.

Governance

The trustees have sought to discharge their responsibilities by the implementation of strong recruitment and supervision policies, and by regular and rigorous reviews of policy, ensuring that they are fully implemented by all staff and volunteers. An annual safeguarding report is required by the trustees, who have all received appropriate safeguarding training. The trustees also regularly review the financial situation to ensure the continued viability of Rothacs.

One trustee has received travel expenses of £9.90. One trustee is a member of a political party, but it has been agreed that this does not impact on the trustee role.

Future Planning

Rothacs will continue to make plans in line with its Objectives and Mission Statement. We continue to face strong challenges in the current environment and expect that Trustees need to continue to be vigilant and creative in responding to threats from reduced income and the strategic priorities of the public sector and funding bodies.

Our financial monitoring group regularly manages the budgets for the charity highlighting any future known concerns in time to minimize their effects in relation to long-term funding.

We continue to manage and apply for funding from numerous funding bodies alongside fundraising and awareness raising to increase the possibility of sustainability for both restricted and unrestricted funds.

Approved and signed on behalf of the board of trustees:

Signed: C Cooper Date: 22/08/2023

Print Name: CATHERINE ANNE COOPER

Trustee

Independent Examiner's report to the trustees of Rotherham Abuse Counselling Service (the charity)

I report to the trustees on my examination of the accounts of Rotherham Abuse Counselling service ("the Charity") for the period ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I can confirm that I am qualified to undertake the examination because I am a member of Association of Accounting Technician, which is one of the listed bodies.

I have completed my examination. I can 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 Trust 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.

Signed:  Date: 30/8/2023

F Hazlehurst FMAAT
an employee of Voluntary Action Rotherham Ltd
Community Accountancy service
The Spectrum, Coke Hill
Rotherham S60 2HX

Rotherham Abuse Counselling Service
Statement of Financial Activities
(incorporating the income and expenditure account)
for the year ending 31 March 2023

		Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Income from:		£	£	£	£
Donations and grants	2	31,680	710,313	741,993	454,244
Charitable Activities	3	927	-	927	3,980
Bank interest		880	-	880	61
Total income		**33,487**	**710,313**	**743,800**	458,285
Expenditure on:					
Charitable Activities	4	4,602	660,965	665,567	504,326
Total expenditure		**4,602**	**660,965**	**665,567**	504,326
Net income/expenditure		**28,885**	**49,348**	**78,233**	(46,041)
Transfers between funds		-	-	-	-
Net movement in funds		28,885	49,348	78,233	(46,041)
Total funds brought forward		83,705	39,132	122,837	168,878
Total funds carried forward		**112,590**	**88,480**	**201,070**	122,837

Rotherham Abuse Counselling Service
Balance Sheet
as at 31 March 2023

	Notes	2023 Total £	2022 Total £
Fixed Assets	6	609	3,269
Current Assets			
Debtors	7	42,078	31,371
Cash at Bank and in hand		165,368	97,252
		207,446	128,623
Liabilities			
Creditors - amounts due within one year	8	(6,985)	(9,055)
Net current assets		200,461	119,568
Net assets		**201,070**	122,837
Funds of the company			
General Funds		111,937	81,230
Designated Funds	14	653	2,475
Restricted Funds	15	88,480	39,132
Total funds		**201,070**	122,837

Approved and signed by the board of trustees on:

Signed: [signature] **Date:** 22/08/2023

(Print name): [illegible]
Trustee

Rotherham Abuse Counselling Service
Statement of Cash flows
as at 31 March 2023

	Note	2023	2022
Cashflow from operating activities	17	**67,236**	(45,019)
		67,236	(45,019)
Net cashflow from operating activities		**67,236**	(45,019)
Cashflow from investing activities			
Interest received		**880**	61
Payment to acquire tangible fixed asset		**-**	(1,827)
Net cashflow from investing activities		880	(1,766)
Net increase in cash and cash equivalents		**68,116**	(46,785)
Cash and cash equivalents at 1 April 2022		**97,252**	144,037
Cash and cash equivalents at 31 March 2023		**165,368**	97,252
Cash and cash equivalents consists of:			
Cash at bank and in hand		**165,368**	97,252
Cash and cash equivalents at 31 March 23		**165,368**	97,252

Rotherham Abuse Counselling Service
Notes to the financial statement
for the year ending 31 March 2023

Accounting policies

Basis of preparation of the accounts

These 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 applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019). - (Charities SORP (FRS102)).

Rotherham Abuse Counselling Service meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value, unless otherwise stated in the relevant accounting policy note(s).

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Funds

Incoming resources that may be applied for the charities general purposes are treated as unrestricted incoming resources and are credited to the unrestricted funds.

Where a donation or grant is required to be used for a specific purpose, the amount concerned is treated as restricted income and is credited to the appropriate restricted fund.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes or projects which they have decided to undertake.

Incoming resources

Income is recognised in the SOFA when the charity has entitlement to the funds, any performance conditions attached to the monies have been met, the receipt of the income is probable and its amount can be reliably measured.

No amount is included in the financial statement for volunteer time in line with the SORP (FRS102).

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Incoming resources continued
If entitlement is not met, then these amounts are deferred. These grants and voluntary income are included in incoming resources when these are receivable and allocated appropriately between unrestricted and restricted income depending upon restrictions imposed.

Donations and legacies are accounted for when the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when distribution is received from the estate.

Resources expended
All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Bank Interest
Bank Interest is recognised as an incoming resource when it is credited to the bank statement. All bank interest is treated as unrestricted income.

Tangible fixed assets
Items of expenditure are capitalised if the cost is in excess of £750 (this was increased from £500 during the year) and the item is estimated to have a life of at least 3 years.

Depreciation is calculated to write down the cost or valuation, less estimated residual value of all tangible fixed assets over their expected useful lives on a straight line basis.

Depreciation rates applicable are:

Furniture	25%
IT Equipment	33%

Debtors and creditors receivable/payable within one year
Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme for employees. Pension costs charged to the Statement of Financial Activities represent the contributions payable by the charity in the year.

Going Concern Note

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Donations and grants	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Donations & legacies	26,180	-	26,180	14,902
The Big Lottery fund	-	98,703	98,703	101,209
RMBC - CSE Counselling	-	45,000	45,000	45,000
RMBC -Space to Breathe	-	44,912	44,912	15,677
RMBC - Taste of recovery	-	-	-	4,500
RDASH - Trauma and Resilience	5,000	34,500	39,500	34,500
South Yorkshire Sexual Violence Partnership	-	138,924	138,924	132,472
South Yorkshire Sexual Violence Partnership - uplift	-	28,953	28,953	-
South Yorkshire Sexual Violence Partnership - Stovewood	-	161,004	161,004	-
Ministry of Justice - Rape and sexual abuse support	-	79,155	79,155	65,538
Ministry of Justice - Male rape support	-	22,976	22,976	22,976
Police Crime Commision	-	43,446	43,446	-
BBC Children in Need	500	10,250	10,750	10,000
South Yorkshire Mayoral Community fund	-	2,490	2,490	7,470
	31,680	**710,313**	**741,993**	**454,244**
Total 2022	14,902	439,342	454,244	

3 Income from charitable activities	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Other income	227	-	227	-
Group supervision	700	-	700	380
Training - reimbursement	-	-	-	3,600
	927	**-**	**927**	3,980
Total 2022	380	3,600	3,980	

4 Expenditure on charitable activities

		Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
		£	£	£	£
Salary costs	9	(5,000)	531,708	526,708	385,657
Sessional staff		-	28,620	28,620	41,158
HR services		-	4,691	4,691	4,572
DBS charges		-	445	445	329
Bank charges & giving fees		196	-	196	164
External supervision		-	4,561	4,561	3,392
Staff expenses		-	6,246	6,246	856
Volunteer expenses		-	216	216	176
Client access/Support & activities		66	829	895	530
Evaluation		-	-	-	10,000
Cleaning & hygiene		-	977	977	813
Furnishing and decoration		-	363	363	695
Rent and rates		-	26,339	26,339	15,500
Accommodation: Maintenance		40	1,551	1,591	1,804
Accommodation: Health & Safety		-	1,475	1,475	-
Accommodation: Utilities		-	3,683	3,683	4,962
Training and conference		140	10,275	10,415	3,600
Office costs and equipment		-	252	252	446
ICT support, software & equipment		-	19,324	19,324	16,586
Insurance		-	3,836	3,836	2,784
Telephone and internet		-	6,656	6,656	5,526
Professional Fees		-	1,600	1,600	1,190
Printing, postage and stationery		-	1,528	1,528	399
Memberships and subscriptions		-	1,252	1,252	371
Depreciation		2,660	-	2,660	2,660
Settlement fees		6,000	-	6,000	-
Staff costs: TUPE		-	5,000	5,000	-
Sundry expenditure		500	(463)	37	155
		4,602	**660,965**	**665,567**	504,326
Total 2022		4,529	499,797	504,326	

5 Net income/expenditure for the year	**2023**	2022
	£	**£**
Net income/expenditure is stated after charging:		
Independent Examination fee	1600	1100
Depreciation of tangible fixed assets	2660	2660
	4260	3760

6 Tangible Fixed Assets	**Equipment**	**Total 2023**
Cost	**£**	**£**
At 31 March 2022	11,012	11,012
Additions	-	-
at 31 March 2023	11,012	11,012
Depreciation		
at 31 March 2022	7,743	7,743
Charge this period	2,660	2,660
Disposals	-	-
at 31 March 2023	10,403	10,403
Net book value at 31 March 2023	**609**	**609**
Net book value at 31 March 2022	3,269	3,269

7 Debtors	**2023**	**2022**
	£	**£**
Trade debtors	40,150	27,049
Other debtors	890	-
Accrued income	-	3,600
Prepayments	1,038	722
	42,078	31,371

8 Creditors: amounts falling due within one year	**2023**	**2022**
	£	**£**
Trade Creditors	605	1,333
Accruals	2,247	1,100
Provision for liability	4,132	4,132
Deferred income	-	2,490
	6,985	7,722

9 Staff Costs	**Total 2023 £**	**Total 2022 £**
Salaries	461,280	335,339
Employers National Insurance	33,498	26,615
Employers allowance	(5,000)	(4,000)
Employers pension	36,930	27,703
	526,708	385,657

The average number of employees during the period is 25 (2022: 17)

No person received emoluments of more than £60,000 in the year.

The organisation was supported by a total of 9 Volunteers through the of the year.

10 Trustees and key management remuneration, benefits and expenses
One trustee received expenses of £10 during the year (2022: £nil).
No trustees received any remuneration or other benefits (2022: nil)

11 Fees paid to the Independent examiners organisation.

	2023 £	2022 £
Room Rent/Hire	10,780	-
Book Keeping and Software	252	130
	11,032	130

12 Independent examination and accountancy services
During the period, the cost of the independent examinaton and accountancy services was £1,600 (2022: £1,100).

13 Related Party Transactions
There were no related party transactions during the year. In 2022 the spouse of the CEO received payment for landscaping services provided to the charity via Urban Landscaping amounting to £1,454.

14 Designated Funds

	Opening balance	Incoming resources	Resources expended	Transfers	Closing balance
	£	£	£	£	£
Fixed Asset Fund	2,431	-	1,822	-	609
Ministry of Justice	44	-	-	-	44
	2,475	-	1,822	-	653

The balance on the fixed asset fund will be used to write down the value over the useful life of the asset.

The balance remaining on the Ministry of Justice fund was given to improve the outside area.

2022	*Opening balance*	*Incoming resources*	*Resources expended*	*Transfers*	*Closing balance*
	£	£	£	£	£
Fixed Asset Fund	*3,264*	-	*2,660*	*1,827*	*2,431*
Ministry of Justice	*1,500*	-	*1,456*	-	*44*
	4,764	-	*4,116*	*1,827*	*2,475*

Funds transfer

The transfer of £1,827 from the Big Lottery Fund and RMBC - Space to Breathe into a designated fixed asset fund for the purchase of equipment. The remaining balance will be used to write down the value over the useful life of the asset.

15 Movement on Funds Restricted	Brought forward	Incoming Resources	Expended Resources	Transfers	Carried forward
	£	£	£	£	£
The Big Lottery Fund	5,650	98,703	93,891	-	10,462
Ministry of Justice - Rape and sexual abuse support	-	79,155	79,155	-	-
Ministry of Justice - Male rape support	-	22,976	22,976	-	-
South Yorkshire Sexual Violence Partnership	9,876	138,924	125,444	-	23,356
South Yorkshire Sexual Violence Partnership - uplift	-	28,953	28,953	-	-
South Yorkshire Sexual Violence Partnership - Stovewood	-	161,004	131,773	-	29,231
RDASH - Trauma and Resilience	8,596	34,500	32,258	-	10,838
BBC Children in Need	1,795	10,000	11,630	-	165
BBC Children in Need - Anna Freud	-	250	250	-	-
RMBC - CSE Counselling	8,038	45,000	43,608	-	9,430
RMBC -Space to Breathe	5,179	44,912	45,091	-	5,000
SY Police Crime Commissioner	-	43,446	43,446	-	-
South Yorkshire Mayoral Community fund	-	2,490	2,490	-	-
	39,132	710,313	660,965	-	88,480

2022	*Brought forward*	*Incoming Resources*	*Expended Resources*	*Transfers*	*Carried forward*
	£	*£*	*£*	*£*	*£*
The Big Lottery Fund	*15,000*	*101,209*	*109,239*	*(1,320)*	*5,650*
Brelms Trust	*2,500*	*-*	*2,500*	*-*	*-*
Ministry of Justice - Rape and sexual abuse support	*-*	*65,538*	*65,538*	*-*	*-*
Ministry of Justice - Male rape support	*-*	*22,976*	*22,976*	*-*	*-*
South Yorkshire Sexual Violence Partnership	*23,347*	*136,072*	*149,543*	*-*	*9,876*
RDASH - Trauma and Resilience	*23,118*	*34,500*	*49,022*	*-*	*8,596*
BBC Children in Need	*-*	*10,000*	*8,205*	*-*	*1,795*
RMBC - CSE Counselling	*15,601*	*45,000*	*52,563*	*-*	*8,038*
RMBC -Space to Breathe	*-*	*15,677*	*9,991*	*(507)*	*5,179*
RMBC - Taste of recovery	*-*	*4,500*	*4,500*	*-*	*-*
Lloyds bank Foundation	*18,250*	*-*	*18,250*	*-*	*-*
South Yorkshire Mayoral Community fund	*-*	*7,470*	*7,470*	*-*	*-*
	97,814	442,942	499,797	(1,827)	39,132

Funds transfer

The transfer of £1,827 from the Big Lottery Fund and RMBC - Space to Breathe into a designated fixed asset fund for the purchase of equipment. The remaining balance will be used to write down the value over the useful life of the asset.

Restricted funds

Big Lottery fund

3 Year funded project, which runs from 1st May 2022 to 30th April 2025, to deliver one-to-one counselling and group therapy. In addition to salaries, funding also provides a contribution towards running costs.

South Yorkshire Sexual Violence Partnership (SYSVP)

Along with our partner agencies this project delivers the ISVA and CHISVA service across South Yorkshire. The current contract, which runs from 1st April 2022 to 31st March 2025, mostly funds the salaries for ISVA/CHISVA and a contribution to delivery support.

SYSVP - Stovewood

The funding for the Stovewood ISVA project, (Operation Stovewood being the NCA's investigation into child sexual abuse in Rotherham), has now been incorporated within the overall SYSVP contract and this project is now being delivered by Rothacs until 31st March 2025. The funding mostly covers the ISVA staff salaries who were TUPED over from BSARCS and a contribution to some of the overhead costs of the project.

South Yorkshire Sexual Violence Partership - Uplift

In addition to the original funding for the ISVA/CHISVA service, a further MOJ grant for special characteristics was awarded. Due to the delay in the award, the amount was reprofiled to cover a proportion of the delivery support and overhead costs associated with the project.

SY Police Crime Commissioner - DV/SV

This grant, which runs to 31st March 2025, provides funding for .5 FTE trauma counsellor(s) x2. One post to provide specialist therapeutic counselling to support victims of domestic abuse and the other to provide the same specialist support to victims of sexual violence. The grant also covers a contribution to delivery support and running costs.

Ministry of Justice (RSASF)

Provides a contribution towards the provision of support for female and male victims of rape and sexual abuse, including victims of child sexual abuse. The funding covers, salaries, and a contribution to running costs. The uplift in funding also covered sessional counsellors.

Rotherham Abuse Counselling Service
Notes to the financial statement continued
for the year ending 31 March 2023

Restricted funds continued

Ministry of Justice (MRSSF)

Additional funding provided by MOJ for gender-specific male support (who have experienced rape or sexual abuse) services from 1st August 2022 to 31st March 2023. The funding covers salaries and a contribution towards overheads.

RDASH - Trauma and Resilience

This contract is to deliver counselling support for victims of CSE who have been identified as victims of Operation Stovewood. This contract mainly covers salaries and a contribution to overheads. The contract runs from 1st April to 31st March and is reviewed annually. Funding has been confirmed for 2023/2024.

BBC Children in Need

The overall aim of this project to increase access to counselling of young people aged 13-18 affected by trauma across Rotherham. The project, which runs from 19th April 2021 to 18th April 2024 funds a contribution towards salaries (for a specialist counsellor, delivery support and line management), and associated costs.

RMBC - CSE Counselling

The purpose of the contract is to deliver one-to-one counselling in any format to victims of CSE. In addition to this, an additional criterion of the funding is that Rothacs enhances the social impact of the contract ie hiring local people, using local contractors. The funding covers salaries and a contribution to overheads. The current contract runs from 1st January 2022 to 31st December 2022 and has been renewed for 2023.

RMBC -Space to Breathe

This project which ran from January 2022 to 31st March 2023 has now been wound up. The project delivered one-to-one counselling and a group session/drop-in. The funding covered salaries, activities/materials and a contribution to accommodation.

South Yorkshire Mayoral Community Fund

This grant which ran from 1st October 2021 to 31st May 2022 was used to deliver additional trauma focused counselling support to clients who had experienced, domestic or sexual abuse. The funding covered a contribution towards salary for a trauma counsellor and delivery support staff.

16 Analysis of net assets by fund

	Unrestricted Funds	Restricted Funds	Total
	£	£	£
Fixed assets	609	-	609
Current assets	116,113	91,333	207,446
Current liabilities	(4,132)	(2,853)	(6,985)
	112,590	88,480	201,070

2022

	Unrestricted Funds	*Restricted Funds*	*Total*
	£	*£*	*£*
Fixed assets	*3,269*	*-*	*3,269*
Current assets	*84,611*	*44,012*	*128,623*
Current liabilities	*(4,175)*	*(4,880)*	*(9,055)*
	83,705	*39,132*	*122,837*

17 Reconciliation of net (expenditure)/income to net cash flow from operating activities

	2023	2022
	£	£
Net income for year	78,233	(46,041)
Investment income received	(880)	(61)
Depreciation of tangible fixed assets	2,660	2,660
(Increase)/ decrease in debtors	(10,707)	6,327
Increase/(decrease) in creditors	(2,070)	(7,904)
Net cash flow from operating activities	**67,236**	(45,019)

Rotherham Abuse Advocacy and Counselling Service

England & Wales - Charity number 1175142

Accounts

Rotherham Abuse Counselling Service

Financial statements

For the year ended 31 March 2022

Registered charity number: 1175142

The Spectrum, Coke Hill, Rotherham, S60 2HX
Tel: 01709 829821 Fax: 01709 829822
Email: admin@varotherham.org.uk Web: www.varotherham.org.uk

Rotherham Abuse Counselling Service
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Rotherham Abuse Counselling Service
Legal and administrative Informalton

Committee

Chair	Catherine Cooper
Treasurer	Laraine Bisby
	Wendy Peake
	Eileen Brookes
Secretary	Alexa Wortley
	Jacqueline Rigby
	Rob Ashton - resigned 14 October 2021
	Margaret E Bennnet - appointed 17 February 2022

Service Manager Angela Toulson

Date of registration 12th October 2017

Registered Office 38 Moorgate Road
Rotherham
South Yorkshire
S60 2AG

Registered charity number 1175142

Bankers

Unity Trust Bank
Four Brindley Place
Birmingham
B1 2HB

Redwood Bank
The Nexus Building
Broadway
Letchworth Garden City
Hertfordshire SG6 3TA

Independent Examiner Faye Hazlehurst FMAAT
Voluntary Action Rotherham
Community Accountancy
The Spectrum
Coke Hill
Rotherham
S60 2HX

Rotherham Abuse Counselling Service
Trustees' annual report
for the year ending 31 March 2022

Objectives and activities

The charity's objectives are:

1) To preserve and protect the physical and mental health of individuals in Rotherham and the surrounding area who have suffered any form of sexual violence, sexual abuse, domestic abuse or harassment. In particular, but not exclusively by the following means:

   a) The provision of a confidential face to face and telephone counselling service

   b) onward referral with permission of those clients needing help of a more specialist nature.

2) To advance the education of the public in the subject of sexual abuse and undertake research and disseminate the results to the public.

3) Nothing in this constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 or section 2 of the Charities Act (Northern Ireland) 2008.

Structure, governance and management

The charity is a charitable incorporated organisation formed on 12 October 2017. The charity is managed by a board of trustees, who are responsible for ensuring financial stability and providing professional and strategic advice on policy and resource management.

To manage this a subgroup and responsibilities structure is in place with three decision making sub groups: finance, communications and working differently, each bounded by their own terms of reference for group members. Terms of reference provide clear levels of responsibility for each group and reporting mechanisms to full board. Minutes of each meeting are recorded and made available for all members to access.

In addition to membership of a sub group, a number of trustees oversee key areas of the charity, namely health and safety and safeguarding. Annually the trustee representing this area audits the service to ensure compliance and meeting of legal requirements.

One of our recently joined trustees resigned this year but we have been fortunate to welcome another new trustee, with experience in the mental health sector, in the latter part of the year.

Structure, governance and management continued

The trustees are appointed in accordance with the terms of the Articles of Association.

Trustees can be nominated at the annual general meeting or co-opted during the year by the board for their special skills or expertise but must be appointed by resolution at a properly convened meeting of trustees. None of the trustees have any beneficial interest in the company. The trustees are responsible for the overall management and control of the charity and receive regular reports from staff and managers. All matters and powers of strategic management and control are vested in the board. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Chair's report

This has been a busy year with many positives including a very positive independent evaluation and client survey, a successful bid for National Lottery funding and renewal of the South Yorkshire Partnership ISVA contract. The latter has brought with it a new cohort of Stovewood ISVAs to complete the project from Rotherham over the coming years. It has involved a lot of teamwork on the part of the management team but also from staff who were not directly involved in the bids but whose support was invaluable. A new 1-year post has also been developed with the aid of funding from DLUHC through RMBC. Although we can approach 2022 onwards with a more stable financial position, we are faced with a complex contract transfer for the Stovewood team and the prospect of managing salaries to keep up with inflation. So the challenges continue.

Organisation and management

Rothacs continues to work as a Charitable Incorporated Organisation governed by its constitution with regular meetings of the Board of Trustees, supporting and supported by the Senior Management Team and supplemented by subcommittees.

Aims, Objectives and our Mission

Rothacs mission is to help survivors of sexual, physical or mental abuse and domestic abuse (living or working in Rotherham) to fulfil their potential and lead happier and healthier lives.

We aim to provide free accessible therapeutic counselling to adults and young people aged 13 and over who have suffered sexual or domestic abuse, alongside more general support, onward referral where appropriate and develop wider awareness with the public and other organisations.

Activities

Demand for the service increased after the lockdown but seems more stable now even though it remains high. The list of clients on the suspended waiting list, who didn't want remote counselling, is slowly being tackled as existing face to face clients reach the end of their therapy. We were successful last year in being awarded the contract for part of the Rotherham Metropolitan Borough Council (RMBC) post Child Sexual Exploitation (CSE) service which is funding a counsellor to work with Children and Young People and now have confirmation of ongoing funding for the Trauma and Resilience Service (TRS) and Independent Sexual Violence Advocacy (ISVA) services as well as further National Lottery funding beginning May 2022. Further Ministry of Justice (MOJ) monies have also allowed us to expand our ISVA team.

In the last year we have continued to deliver our service via a mixture of platforms. They are:

- Face to face 1 to 1 therapeutic counselling for anyone aged 13+. Rothacs offers a maximum of 20 counselling sessions with safeguards around safe space and confidentiality for clients to identify, explore and find strategies to cope with the issues causing them distress. This time is spent developing new coping strategies with the client gaining insights and confidence building to make independent choices and move forward in their recovery journey.

- Online one to one therapeutic counselling as above via the platform Zoom

- Telephone based therapeutic counselling as above

- Women's group sessions – Normally this group provides an opportunity to explore issues in a supportive, confidential environment. We recognise this type of therapy is not for everyone, therefore specific assessments are completed before this is offered and sessions are delivered in a safe secure environment. Following the pandemic, this therapy option resumed successfully this year.

- Men's group sessions – were also resumed after the pandemic but numbers have been low so the immediate plan is to use the time for 1 to 1 counselling until the waiting list of suitable clients builds up.

- Pre-therapy course – this 6-week course is for women who may benefit from additional support prior to entering counselling. This has now re-started successfully.

- Drop-in sessions – were discontinued during the lockdown and on recommencing were replaced with themed sessions unfortunately with limited take-up so will be re-evaluated for the forthcoming year.

Activities continued

- Recovery@Rothacs – this new self-support online platform provides accepted counselling and ISVA clients aged 16+ access to online tutorial sessions 24/7. The sessions focus on response, rescue and resilience.

In addition to counselling we have continued to deliver Rotherham's Independent Sexual Violence Service (ISVA) funded by the Police and Crime Commissioner and are part of the South Yorkshire ISVA consortium.

The ISVA worker supports victims to make an informed decision on whether they want to report the incident(s) to the police. If they decide not to report the matter, they can still access the service. If a victim does decide to report the matter, the ISVA worker will help them through the whole process, including working with the police and the rest of the criminal justice system. ISVA's advocate on behalf of someone who has been a victim of sexual violence, independently supporting them to access the services they need depending on their choice of action. In the last year, work has had to be done remotely or in outdoor spaces and the inevitable delays in court cases continues both to increase the number of service users and the amount of telephone support needed by service users. In spite of changes due to sickness and maternity leave we have been able to cover the service and a new part-time post continues to be helpful. We foresee changes ahead with taking on the Stovewood ISVA contract which is expected to continue for a minimum of 3 years, though with reducing numbers of clients.

The Trauma Resilience Service (TRS,) funded by the Stovewood Project via RDASH, is now well established and we understand the contract will be renewed for a further year.

Our external communication has been of even more importance in the last year and our new social media platforms of Facebook, Twitter and Instagram accounts, alongside the new website, have gone from strength to strength. Several internal improvements have been undertaken and the outside garden work has been completed.

With the help of funding from Sheffield Soroptomists and the Community Safety partnership we have been able to purchase a new online therapeutic service rebranded as Recovery@Rothacs and offered to our clients either after assessment, during therapy or post-therapy as maintenance or as a resource to return to.

Chairs report continued

Staff and Volunteers

All team members have continued to work flexibly to provide both extended hours of work and a remote service. Post-pandemic we have once again been able to employ more bank counsellors as well as volunteer and placement counsellors. We have unfortunately encountered problems related to staff sickness this year which has meant that cover has to be provided and has also put extra pressure on staff. It has also reinforced the need to consider staff welfare at all times. The Senior Management Team have worked extremely hard on the new contracts and continue to do so now that the bids have been successful. They have continued to work with other agencies in South Yorkshire.

We continue to be ably supported by bank staff, volunteers and placement workers as well as the core administrative and therapeutic staff members.

Going forward

The ongoing Covid pandemic was successfully navigated with hybrid working and combined office and home working continues for most staff.

We are grateful for the financial contributions from National Lottery, RMBC, MOJ, PCC, RDASH, Children in Need, DLUHC and the SYCF Mayoral fund as well as from individual donors. Unfortunately, to avoid a budget deficit we still need to source further charitable funding.

A priority for the future is to find ways to deal with the demand the service is experiencing. We will continue to offer one to one counselling but we are determined to secure more funding while investigating new ways of dealing with the needs of our service users in order to offer as much accessible support as is possible. We are only able to do this thanks to the loyal support and enthusiasm of our staff and funders.

Catherine Cooper
Chair of the board
Rotherham Abuse Counselling Service (Rothacs)

Basis and Value

The trustees review our aims and objectives each year looking at what we achieved and the outcomes of our work throughout the year. The board has considered the success of each key activity and the benefits they have brought to those groups of people we are set up to help. Particularly this has been evidenced through the use of an outcome framework which uses evidence-based tools such as PHQ and bespoke methods. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set and submit the following report and accounts for the accounting period ending 31st March 2022.

Staff and Volunteers

The trustees would like to acknowledge and thank all the commitment and care that has been given by staff, placement students, bank staff and volunteers during this year. Rothacs, like many organisations, continues to adapt to a world of 'living with covid' and the constant uncertainty that brings. Having worked through the pandemic maintaining trauma support alongside the pandemic both personally and professionally we now see the long term effects on our staff team. We have and continue to support work life balance and healthy working practice through hybrid working allowing our team flexibility when needed. We have, over the year, seen a number of staff changes and as at the end of the financial year 2021/2022 Rothacs delivery team consisted of:

- 1 Executive Officer
- 1 Clinical Lead
- 1 Senior Counsellor
- 1 Senior Administrator
- 5 Employed Counsellors
- 7 Bank Counsellors
- 3 Qualified Volunteers
- 3 Placement Counsellors

We also have:

- 4 ISVAS/CHISVA
- 1 ISVA Support Worker
- 1 Administrator
- 1 Finance Officer
- 1 Volunteer

One counsellor left Rothacs to study a master's degree but returned as bank within the same financial year and remains with Rothacs.

Activities for the Public Benefit

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission in reporting on how we are achieving our charitable objects.

Achievements and performance

This report outlines our key achievements and the challenges we continue to face as a small charity.

Throughout 2021-2022, Rotherham Abuse Counselling Service (Rothacs) has continued to provide free specialist therapeutic counselling support for women, men and young people aged 13 and over who have experienced abuse and an ISVA support service for people reporting sexual abuse in the criminal justice system. Having successfully negotiated service delivery through the pandemic our support services have now changed for all. Rothacs now offers a flexible approach to both counselling or ISVA support offering face to face, online or telephone sessions for all. This has not only increased availability for both clients and staff but has provided a wider package of support delivery and options for our service users. More and more people are getting used to working on line and what was once an area of anxiety for some people is now daily business.

Delivering our service this way supports the 'living with covid' world we live in and allows staff or clients to still access support if they test positive for covid but remain fit and well by accessing support remotely. Although providing challenges such as the environment where sessions are held our skilled staff team manage this with the individuals to ensure where possible there are no or limited breaks in their support.

Our building this year has seen the beginnings of an uplift again, taking into account a hybrid working system. Our rooms have been or are in the process of being upgraded to position staff and clients in a covid-safe, face to face and 'warm' online environment to ensure as much of a relaxed setting as possible for all forms of support.

In addition to one to one support we also offer group therapy, drop-in support and a new online support package available 24/7 ensuring as wider package of support as possible is available to our service users.

Achievements and performance continued

In addition to the counselling provision, Rothacs delivers a parallel service for the Independent Sexual Violence Advocates (ISVA) across a South Yorkshire Partnership, supporting victims of sexual abuse to navigate their way through the criminal justice system. This service also follows the same hybrid delivery package with Recovery@Rothacs also available to ISVA clients. During the pandemic a major challenge to the service related to the criminal justice system, we are still seeing today major changes and further disruption to this system due to the pandemic with cases only now being heard in court. This has resulted in many cases being severely delayed or in some cases no further action taken increasing the need for support from the ISVA/CHISVA team.

In the past year Rotherham Abuse Counselling Service has received 750 counselling referrals, delivered 1052 online counselling sessions, 1149 face to face counselling sessions, 1056 telephone counselling sessions and 374 telephone counselling assessments. In addition, our ISVA service received 348 new referrals and have made contact with 357 clients to support them through their recovery journey.

Demand for both services continues to grow, in particular our counselling service. Since the 'reopening' of the country we have seen a significant increase in demand. In previous years an average of 55 referrals a month would have been received. This year our average has increased to 74 and is continuing to rise. Funding such services is even more challenging due to the country's economic effects of covid, the impact of the world economy and the rising cost of living. Rothacs faces a greater challenge to manage this ever growing need for service over limited financial capacity. Towards the end of the financial year, despite all the uncertainty, Rothacs received confirmation of future financial support from the National Lottery and Police and Crime Commissioner to deliver the SYISVA service.

This enables Rothacs to build foundations for our future to provide this much needed service across our locality.

Service Data

During the period of this report the following achievements and data has been recorded for the charity.

Counselling service:

Referrals

During the period of this report the following achievements and data has been recorded for the charity.

Number of referrals received	750

There is a significant increase from the previous year and continues to grow.
Of the number of referrals received our assessments were:

Offered	720
Attended	460

Counselling sessions delivered this period are:

Online	1052
Telephone	1056
Face to Face	1149

The similar number of sessions shows our wider support package has been welcomed by service users particularly during this year of uncertain times and social anxiety.

Additional service delivery

Covid has seen a continuing effect on our group therapy offer. Many people are reporting during this year the uncertainty of group work, social anxiety and a fear of returning to the outside world. We see this as a challenge and are focusing priorities on this over the year ahead.

Outcomes:

The PHQ9 and GAD7 remain the recognised impact measuring tools Rothacs uses when measuring the impact counselling has made with our service users. In addition, our own bespoke measuring tool WATCH measures each impact by rating the improvement rather than just scoring mental health at a moment in time.

Outcomes continued

Our outcomes for 2021-2022 are represented below:

	Improvement	Previous year comparison
Mental Health and wellbeing	67%	An increase from the previous year of 55%. This year has seen a mixed response from people in the re-opening of society. During this time many people have experienced metal health and wellbeing more than ever before.
Self-esteem and confidence	45%	Again an increase from the previous year reflecting society changes as we live with covid.
Trauma symptoms	74%	A significant increase from previous years of people who feel they can now better manage their trauma symptoms such as flash backs and nightmares
Social engagement	37%	A small increase but significant in these socially challenging times

The clinically used GAD7 and PHQ9 are also used by Rothacs to measure levels of depression and anxiety using a score system of 0-5 shows mild and 15 and above severe. The results of these are:

PHQ9 - improvement of 46%
GAD7 - improvement of 43%

Financial Review

The organisation offers a free service to people who live or work in the Rotherham area and is totally dependent on funding from grants, statutory authorities, personal donations and donations from smaller organisations.

We would like to thank all our funders for their support during this last year, particularly for the assistance, and flexibility they have provided during these challenging times.

Fundraising and
Funding

We would also like to say a big thank you to all our supporters, many who donate privately through 'Local Giving', Amazon and PayPal and also to our major funders for their support and continued belief in the service we provide.

Our main sources of income during this financial year came from the following organisations for which we are very grateful:

Big Lottery, Police and Crime Commissioner, Ministry of Justice, Rotherham MBC, RDASH, Lloyds Foundation.

Fundraising and Funding continued
New sources of funding for this financial year include: Children in Need, RMBC (Department of Levelling Up and Housing Communities) and South Yorkshire Community Foundation (Mayoral)

Our income for the year was £458,285 and expenditure was £504,326.

The funds at the year-end stand at £122,837 (2021: £168,878). Funds consist of fixed assets to the value of £3,269 (2021: £4,102), balances remaining on restricted fund £39,132 (2021: £97,814) designated funds of £2,475 (2021: £4,764) and general reserve of £81,230 (2021: £66,300)

Reserves

The trustees have ring fenced an amount of £60,000 to cover one month's running costs for closure and statutory redundancy payments should the remaining operational reserves deplete to a level that is no longer sustainable. The trustees are aware that this is below the target reserves period of 3 months' running costs, as per the reserves policy, and are planning to increase unrestricted funds by sourcing additional funding to manage the shortfall.

Operational reserves are monitored monthly through management reports which help determine the level of additional funding required through grant application processes.

Governance

The trustees have sought to discharge their responsibilities by the implementation of strong recruitment and supervision policies, and by regular and rigorous reviews of policy, ensuring that they are fully implemented by all staff and volunteers. An annual safeguarding report is required by the trustees, who have all received appropriate safeguarding training. The trustees also regularly review the financial situation to ensure the continued viability of Rothacs.

During this period no trustees have received expenses or financial payment from Rothacs. One trustee is a member of a political party but it has been agreed that this does not impact on the trustee role.

Future planning

Rothacs will continue to make plans in line with its Objectives and Mission Statement. We continue to face strong challenges in the current environment and expect that Trustees need to continue to be vigilant and creative in responding to threats from reduced income and the strategic priorities of the public sector and funding bodies.

Future planning continued

Our financial monitoring group regularly manages the budgets for the charity highlighting any future known concerns in time to minimize their effects in relation to long term funding.

We continue to manage and apply for funding from numerous funding bodies alongside fundraising and awareness raising to increase the possibility of sustainability for both restricted and unrestricted funds.

Approved and signed on behalf of the board of trustees:

Signed: _____ Date: 16.8.22

Print Name: LORAINE BISBY

Trustee

Independent Examiner's report to the trustees of Rotherham Abuse Counselling Service (the charity)

I report to the trustees on my examination of the accounts of Rotherham Abuse Counselling service ("the Charity") for the period ended 31 March 2022.

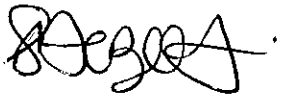
Responsibilities and basis of report
As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I can confirm that I am qualified to undertake the examination because I am a member of Association of Accounting Technician, which is one of the listed bodies.

I have completed my examination. I can 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 Trust 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.

Signed: 

Date: 17 August 2022

F Hazlehurst FMAAT
Voluntary Action Rotherham Ltd
Community Accountancy service
The Spectrum, Coke Hill
Rotherham
S60 2HX

Rotherham Abuse Counselling Service
Statement of Financial Activities
(incorporating the income and expenditure account)
for the year ending 31 March 2022

		Unrestricted Funds	Restricted Funds	Total 2022	Unrestricted Funds	Restricted Funds	Total 2021
Income from:		£	£	£	£	£	£
Donations and grants	2	14,902	439,342	454,244	13,305	415,037	428,342
Charitable Activities	3	380	3,600	3,980	1,728	-	1,728
Bank interest		61	-	61	103	-	103
Total Income		**15,343**	**442,942**	**458,285**	15,136	415,037	430,173
Expenditure on:							
Charitable Activities	4	4,529	499,797	504,326	7,227	360,138	367,365
Total expenditure		**4,529**	**499,797**	**504,326**	7,227	360,138	367,365
Net income/expenditure		**10,814**	**(56,855)**	**(46,041)**	7,909	54,899	62,808
Transfers between funds		1,827	(1,827)	-	7,654	(7,654)	-
Net movement in funds		12,641	(58,682)	(46,041)	15,563	47,245	62,808
Total funds brought forward		71,064	97,814	168,878	55,501	50,569	106,070
Total funds carried forward		**83,705**	**39,132**	**122,837**	71,064	97,814	168,878

Rotherham Abuse Counselling Service
Balance Sheet
as at 31 March 2022

	Notes	Total £	Total £
Fixed Assets	7	3,269	4,102
Current Assets			
Debtors	8	31,371	37,698
Cash at Bank and in hand		97,252	144,037
		128,623	181,735
Liabilities			
Creditors - amounts due within one yea	9	(9,055)	(16,959)
Net current assets		119,568	164,776
Net assets		**122,837**	168,878
Funds of the company			
Unrestricted Funds		81,230	66,300
Designated Funds	10	2,475	4,764
Restricted Funds	11	39,132	97,814
Total funds		**122,837**	168,878

Approved and signed by the board of trustees on:

Signed: LB.S.B **Date:** 16.8.22

(Print name): LARAINE BISBY

Trustee

Rotherham Abuse Counselling Service
Notes to the financial statement
for the year ending 31 March 2022

Accounting policies

Basis of preparation of the accounts

These 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 applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).
- (Charities SORP (FRS102)).

Rotherham Abuse Counselling Service meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value, unless otherwise stated in the relevant accounting policy note(s).

Going Concern Note

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Incoming resources

Income is recognised in the SOFA when the charity has entitlement to the funds, any performance conditions attached to the monies have been met, the receipt of the income is probable and its amount can be reliably measured.

No amount is included in the financial statement for volunteer time in line with the SORP (FRS102).

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.
If entitlement is not met, then these amounts are deferred. These grants and voluntary income are included in incoming resources when these are receivable and allocated appropriately between unrestricted and restricted income depending upon restrictions imposed.

Donations and legacies are accounted for when they are receivable.

Resources expended
All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Bank Interest
Bank Interest is recognised as an incoming resource when it is credited to the bank statement. All bank interest is treated as unrestricted income.

Support cost allocation
Support costs are those that assist the work of the charity but do not directly respresent charitable activities and include the cost of governance and administrative payroll costs . Given that support costs are less that 5% of total costs, they are allocated directly to expenditure on charitable activities.

Tangible fixed assets
Items of expenditure are capitalised if the cost is in excess of £500 and the item is estimated to have a life of at least 3 years.

Depreciation is calculated to write down the cost or valuation, less estimated residual value of all tangible fixed assets over their expected useful lives on a straight line basis.

Depreciation rates applicable are:

Furniture	25%
IT Equipment	33%

Debtors and creditors receivable/payable within one year
Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme for employees. Pension costs charged to the Statement of Financial Activities represent the contributions payable by the charity in the year.

Tax
The charity is exempt from corporation tax on income from its charitable activities.

2 Donations and grants	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
The Big Lottery fund	-	101,209	101,209	104,414
RMBC - CSE Counselling	-	45,000	45,000	36,000
RMBC -Space to Breathe	-	15,677	15,677	-
RMBC - Taste of recovery	-	4,500	4,500	-
Brelms Trust	-	-	-	5,000
RDASH - Trauma and Resilience	-	34,500	34,500	52,500
Tudor Trust	-	-	-	3,300
South Yorkshire Sexual Violence Partnership	-	132,472	132,472	103,897
Ministry of Justice - Rape and sexual abuse support	-	65,538	65,538	79,012
Ministry of Justice - Male rape support	-	22,976	22,976	-
Lloyds Bank Foundation	-	-	-	33,000
Police Crime Commision	-	-	-	3,914
BBC Children in Need	-	10,000	10,000	-
South Yorkshire Mayoral Community fund	-	7,470	7,470	-
Co-op Community	-	-	-	2,264
Donations	14,902	-	14,902	5,041
	14,902	**439,342**	**454,244**	428,342

Income received from donations and grants was £454,244 (2021: £428,342) of which £14,902 (2021: £13,305) was attributable to unrestricted funds and £439,342 (2021: £415,037) was attributable to restricted funds.

3 Income from charitable activities	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Other income	-	-	-	1,728
Group supervision	380	-	380	-
Training - reimbursement	-	3,600	3,600	-
	380	**3,600**	**3,980**	1,728

All prior year income on charitable activities is unrestricted.

4 Expenditure on charitable activitl

		Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
		£	£	£	£
Salary costs	5	(4,000)	389,657	385,657	281,336
Sessional staff		-	41,158	41,158	30,979
HR services		-	4,572	4,572	3,515
DBS charges		-	329	329	-
Bank charges & giving fees		164	-	164	242
External supervision		-	3,392	3,392	920
Staff/volunteer expenses		-	1,032	1,032	4,976
Client access/Support & activities		-	530	530	-
Evaluation		-	10,000	10,000	-
Covid related costs		-	-	-	8,277
Cleaning & hygiene		-	813	813	-
Furnishing and decoration		-	695	695	-
Rent and rates		-	15,500	15,500	15,809
Maintenance		1,455	349	1,804	427
Training and conference		-	3,600	3,600	1,100
Office costs and equipment		-	446	446	4,236
ICT support, software & equipment		4,132	12,454	16,586	-
Insurance		-	2,784	2,784	2,558
Telephone and internet		-	5,526	5,526	3,092
Professional Fees		43	1,147	1,190	1,100
Printing, postage and stationery		-	399	399	-
Subscription		-	371	371	1,630
Depreciation		2,660	-	2,660	3,062
Utilities		-	4,962	4,962	3,608
Sundry expenditure		74	81	155	499
		4,529	**499,797**	**504,326**	367,365

Expenditure on charitable activities is £504,326 (2021: £367,365) of which £4,529 (2021: £7,227) was attributable to unrestricted funds and £499,797 (2021: £360,138) was attibutable to restricted funds.

5 Staff Costs	Total 2022 £	Total 2021 £
Salaries	335,339	245,521
Employers National Insurance	26,615	19,347
Employers allowance	(4,000)	(4,000)
Employers pension	27,703	20,498
	385,657	281,366

The average number of employees during the period is 17 (2021: 13)

No person received emoluments of more than £60,000 in the year.

6 Trustees and key management remuneration, benefits and expenses

There were no payments, remuneration or expenses made to trustees during the period (2021: £nil).

7 Tangible Fixed Assets

	Equipment	Total 2022
Cost	£	£
At 31 March 2021	9,185	9,185
Additions	1,827	1,827
at 31 March 2022	11,012	11,012
Depreciation		
at 31 March 2021	5,083	5,083
Charge this period	2,660	2,660
Disposals	-	-
at 31 March 2022	7,743	7,743
Net book value at 31 March 2022	**3,269**	**3,269**
Net book value at 31 March 2021	4,102	4,102

8 Debtors

	2022	2021
	£	£
Trade Debtors	27,049	5,000
Accrued income	3,600	31,023
Prepayments	722	1,675
	31,371	32,698

9 Creditors: amounts falling due within one year

	2022	2021
	£	£
Trade Creditors	1,333	-
Accruals	1,100	9,908
Provision for liability	4,132	-
Deferred income	2,490	-
HMRC liabilities	-	7,051
	9,055	16,959

10 Designated Funds

	Opening balance	Incoming resources	Resources expended	Transfers	Closing balance
	£	£	£	£	£
Fixed Asset Fund	3,264	-	2,660	1,827	2,431
Ministry of Justice	1,500	-	1,456	-	44
	4,764	-	4,116	1,827	2,475

11 Movement on Funds Restricted	Brought forward	Incoming Resources	Expended Resources	Transfers	Carried forward
	£	£	£	£	£
The Big Lottery Fund	15,000	101,209	109,239	(1,320)	5,650
Brelms Trust	2,500	-	2,500	-	-
Ministry of Justice - Rape and sexual abuse support	-	65,538	65,538	-	-
Ministry of Justice - Male rape support	-	22,976	22,976	-	-
South Yorkshire Sexual Violence Partership	23,347	136,072	149,543	-	9,876
RDASH - Trauma and Resilience	23,118	34,500	49,022	-	8,596
BBC Children in Need	-	10,000	8,205	-	1,795
RMBC - CSE Counselling	15,601	45,000	52,563	-	8,038
RMBC -Space to Breathe	-	15,677	9,991	(507)	5,179
RMBC - Taste of recovery	-	4,500	4,500	-	-
Lloyds bank Foundation	18,250	-	18,250	-	-
South Yorkshire Mayoral Community fund	-	7,470	7,470	-	-
	97,814	442,942	499,797	(1,827)	39,132

Funds transfer
The transfer of £1,827 from the Big Lottery Fund and RMBC - Space to Breathe into a designated fixed asset fund for the purchase of equipment. The remaining balance will be used to write down the value over the useful life of the asset.

prior year	*Brought forward*	*Incoming Resources*	*Expended Resources*	*Transfers*	*Carried forward*
	£	£	£	£	£
The Big Lottery Fund	*5,131*	*104,414*	*94,545*	-	*15,000*
Brelms Trust	*2,500*	*5,000*	*5,000*	-	*2,500*
Ministry of Justice	-	*79,012*	*77,512*	*(1,500)*	-
South Yorkshire Sexual Violence Partership	*12,548*	*103,897*	*93,098*	-	*23,347*
RDASH	*7,187*	*46,500*	*30,569*	-	*23,118*
Awards for All	*4,845*	-	*4,845*	-	-
Royal London	*2,435*	-	*2,435*	-	-
RMBC	*15,925*	*36,000*	*36,324*	-	*15,601*
Lloyds bank Foundation	-	*33,000*	*14,750*	-	*18,250*
Tudor Trust	-	*3,300*	*458*	*(2,842)*	-
Police Crime Commissioner	-	*3,914*	*602*	*(3,312)*	-
	50,569	*415,037*	*360,138*	*(7,654)*	*97,814*

Funds transfer
The transfer of £1,500 from Ministry of Justice into designated funds is to cover the costs of improving the outside area. This improvement was unable to take place during the pandemic and the transfer has been agreed with the funder.

The transfer of £6,154 from the Tudor Trust and Police Crime Commissioner into a designated fixed asset fund for the purchase of ICT. The remaining balance will be used to write down the value over the useful life of the asset.

12 Analysis of net assets by fund

	Unrestricted Funds	Restricted Funds	Total
	£	£	£
Fixed assets	3,269	-	3,269
Current assets	84,611	44,012	128,623
Current liabilities	(4,175)	(4,880)	(9,055)
	83,705	39,132	122,837

prior year	***Unrestricted Funds***	***Restricted Funds***	***Total***
	£	£	£
Fixed assets	*4,102*	-	*4,102*
Current assets	*66,962*	*114,773*	*181,735*
Current liabilities	-	*(16,959)*	*(16,959)*
	71,064	*97,814*	*168,878*

13 Related Party Transactions

During the period the spouse of the CEO received payment for landscaping services provided to the charity via Urban Landscaping amounting to £1,454 (2021: none).

There were no other related party transactions.

Rotherham Abuse Advocacy and Counselling Service

England & Wales - Charity number 1175142

Accounts

Rotherham Abuse Counselling Service

Financial statements

For the year ended 31 March 2021

Registered charity number: 1175142

The Spectrum, Coke Hill, Rotherham, S60 2HX
Tel: 01709 829821 Fax: 01709 829822
Email: admin@varotherham.org.uk Web: www.varotherham.org.uk

Rotherham Abuse Counselling Service
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Rotherham Abuse Counselling Service
Legal and administrative informaiton

Committee		
	Chair	Faye Batho - resigned as Chair 9 July 2020
	Chair	Catherine Cooper - Chair from 9 July 2020
	Treasurer	Laraine Bisby
		Wendy Peake
		Eileen Brookes
	Secretary	Alexa Wortley - Secretary from 9 July 2020
		Jacqueline Rigby
		Rob Ashton - appointed 10 December 2020
Service Manager		Angela Toulson
Date of registration		12th October 2017
Registered Office		38 Moorgate Road Rotherham South Yorkshire S60 2AG
Registered charity number		1175142
Bankers		Unity Trust Bank Nine Brindley Place Birmingham B1 2HB
Independent Examiner		Faye Hazlehurst FMAAT Voluntary Action Rotherham Community Accountancy The Spectrum Coke Hill Rotherham S60 2HX

Rotherham Abuse Counselling Service
Trustees' annual report
for the year ending 31 March 2021

Objectives and activities

The charity's objectives are:

1) To preserve and protect the physical and mental health of individuals in Rotherham and the surrounding area who have suffered any form of sexual violence, sexual abuse, domestic abuse or harassment. In particular, but not exclusively by the following means:

   a) The provision of a confidential face to face and telephone counselling service

   b) By referring with permission those clients needing help of a more specialist nature.

2) To advance the education of the public in the subject of sexual abuse and undertake research and disseminate the results to the public.

3) 3) Nothing in this constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 or section 2 of the Charities Act (Northern Ireland) 2008.

Structure, governance and management

The charity is a charitable incorporated organisation formed on 12 October 2017. The charity is managed by a board of trustees, who are responsible for ensuring financial stability and providing professional and strategic advice on policy and resource management.

To manage this a subgroup and responsibilities structure is in place with three decision making sub groups: finance, communications and working differently, each bounded by their own terms of reference for group members. Terms of reference provide clear levels of responsibility for each group and reporting mechanisms to full board. Minutes of each meeting are recorded and made available for all members to access.

In addition to membership of a sub group, a number of trustees oversee key areas of the charity, namely health and safety and safeguarding. Annually the trustee representing this area audits the service to ensure compliance and meeting of legal requirements.

Trustees have seen no resignations this year but have appointed a new trustee Rob Ashton on the 10th December 2020 bringing project management expertise to the board of trustees.

Structure, governance and management continued

The trustees are appointed in accordance with the terms of the Articles of Association.

Trustees can be nominated at the annual general meeting or co-opted during the year by the board for their special skills or expertise but must be appointed by resolution at a properly convened meeting of trustees. None of the trustees have any beneficial interest in the company. The trustees are responsible for the overall management and control of the charity and receive regular reports from staff and managers. All matters and powers of strategic management and control are vested in the board. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Chairs report

It is with some relief that we can report a successful end to the 20-21 year with the resilience of management and staff allowing the service to adapt to the situation presented to us by the Covid pandemic.

Organisation and management

Rothacs continues to work as a Charitable Incorporated Organisation governed by its constitution with regular meetings of the Board of Trustees, supporting and supported by the Senior Management Team and supplemented by subcommittees.

We aim to provide free accessible therapeutic counselling to adults and young people aged 13 and over who have suffered sexual or domestic abuse, alongside more general support, onward referral where appropriate and develop wider awareness with the public and other organisations.

Activities

Demand for the service fortunately levelled off during the pandemic but lists increased due to the time lost in setting up and training for offering a remote service. Some service users unable to undertake remote work had to be placed on a suspended list and now that restrictions have been eased there has been a big surge in referrals both of which have had a negative impact on the waiting times. We have been greatly helped by the Covid funding support received from both our local and national funders but the organisation continues to have to look for future funding to support the service. We were successful last year in being awarded the contract for part of the RMBC post CSE service and now look to reapplying for National Lottery funding and applying to continue to provide the TRS service, both of which contracts end in 2022.

Chairs report continued

In the last year we have continued to deliver our service via a number of platforms but largely by remote working both by telephone and Zoom calls. They are:

- Face to face 1 to 1 therapeutic counselling delivered by Zoom for anyone aged 13+. Rothacs offers a maximum of 20 counselling sessions with safeguards around safe space and confidentiality for clients to identify, explore and find strategies to cope with the issues causing them distress. This time is spent developing new coping strategies with the client gaining insights and confidence building to make independent choices and move forward in their recovery journey.

- Telephone based therapeutic counselling as above for those unable or unwilling to undertake video calls.

- Telephone welfare support calls for those unable or unwilling to continue therapeutic counselling remotely

- Women's group sessions – normally this group provides an opportunity to explore issues in a supportive, confidential environment. We recognise this type of therapy is not for everyone, therefore specific assessments are completed before this is offered and sessions are delivered in a safe secure environment. Sadly this year,

- Men's group sessions – were also suspended during the pandemic and our plan is to review the effectiveness of these and look at other possibilities as part of a consultation process before restarting.

- Pre-therapy course – this 6-week course is for women aged 17+ who may benefit from additional support prior to entering counselling. During this reporting period pre-therapy had also had to be suspended due to government regulations, however this has now re-started and will be reported on in next year's report.

- Drop in sessions – also had to be discontinued during the lockdown and will be re-evaluated for the forthcoming year

In addition to counselling we have continued to deliver Rotherham's Independent Sexual Violence Service (ISVA) funded by the Police and Crime Commissioner and are part of the South Yorkshire ISVA consortium.

Chairs report continued

The ISVA worker supports victims to make an informed decision on whether they want to report the incident(s) to the police. If they decide not to report the matter, they can still access the service. If a victim does decide to report the matter, the ISVA worker will help them through the whole process, including working with the police and the rest of the criminal justice system. ISVAs advocate on behalf of someone who has been a victim of sexual violence, independently supporting them to access the services they need depending on their choice of action. In the last year work has had to be done remotely or in outdoor spaces and the inevitable delays in court cases have both increased the number of service users and the amount of telephone support needed by service users.

This year the Trauma Resilience Service (TRS) funded by the Stovewood Project via RDASH, is now well established although it has reached capacity necessitating overspill to be taken on as part of the mainstream Rothacs service.

We are grateful to the financial contributions from National Lottery, RMBC, MOJ, Stovewood, RDASH, Lloyds, BRELMS, Tudor Trust and Children in Need. Unfortunately, the recurrent donations from Henry Smith and the Tudor Trust have now come to an end and as we have only one more year of National Lottery Funding we are actively seeking new funding.

Our external communication has been of even more importance in the last year and our new social media platforms of Facebook, Twitter and Instagram accounts alongside the new website have been very successful. Changes necessitated by requirements for a Covid secure environment have meant that we have also been able to make internal improvements to our premises as well as long-planned work on the outside space.

Staff and Volunteers

All team members have continued to work flexibly to provide both extended hours of work and a remote service. A lot of work has gone into ensuring both the safety of remote working and the safety of the premises on our temporary return from lockdown last summer thanks to the input of our Senior Management Team. They have continued to work with other agencies in South Yorkshire.

We have been able to take on new staff in the last year with the success of the RMBC bid and we continue to be ably supported by bank staff, volunteers and placement workers.

Chairs report continued

Going Forward

We have been able to undertake a phased return to office based working this year but continue to offer a mixed service with remote and on site working. The plan is to continue to do this which should give us some flexibility of hours offered and also, if funding allows, to offer more sessions as we won't be restricted by availability of office space. Alexa Wortley has successfully developed her role as secretary on the board and we have been pleased to welcome a new trustee, Rob Ashton, to the board and, with his experience of project management, are already benefitting from his skills.

We are grateful to have received grants from NHS, MOJ, PCC and Tudor Trust to help with the changes necessitated by Covid 19 - both setting up remote working and making the premises suitable for a safe return to work in the near future. Sadly, Covid-19 has also meant that we have been unable to use the bank and volunteer staff as we did and this, along with the time setting up the remote service, has resulted in loss of counselling sessions. We have now recruited a new counsellor and with the imminent return to onsite working, more bank staff will be brought in to rectify the deficit.

We know that an urgent priority for the future is to find ways to deal with the demand the service is experiencing. We are determined to persevere with securing funding and looking for new ways of dealing with the needs of our service users alongside one to one counselling in order to offer as much accessible support as possible. We are only able to do this thanks to the loyal support and enthusiasm of our staff and funders.

Catherine Cooper
Chair of the board
Rotherham Abuse Counselling Service (Rothacs)

Basis and Value

The trustees review our aims and objectives each year looking at what we achieved and the outcomes of our work throughout the year. The board has considered the success of each key activity and the benefits they have brought to those groups of people we are set up to help. Particularly this has been evidenced through the use of an outcome framework which uses evidence-based tools such as PHQ and bespoke methods. The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set and submit the following report and accounts for the accounting period ending 31st March 2021.

Staff and Volunteers

The trustees would like to acknowledge and thank all the commitment and care that has been given by staff, students, bank staff and volunteers during this particularly difficult and challenging year. None of what follows would have been possible without their efforts especially in the unknown world of the Covid-19 pandemic. The effects of the pandemic changed Rothacs shape, delivery methods, income and focus but in spite all this our staff and volunteers supported service users and one another through the world-wide crisis to maintain contact with our service users and support them through the unknown.

This year saw a number of forced changes particularly with the number of volunteers Rothacs were able to support during the height of the pandemic. As we were able to work from home the government funded furlough scheme was not used, all core and bank staff were able to remain with Rothacs, some volunteers left to manage their own personal circumstances, however some have returned and new ones have been appointed.

At the end of the financial year – 31.03.2021 Rothacs delivery team consisted of:

- 1 Executive Officer
- 1 Clinical Lead
- 1 Senior Counsellor
- 1 Senior administrator
- 6 employed counsellors
- 5 bank counsellors
- 5 qualified volunteers
- 2 placement counsellors

We also have:

- 3 ISVAS
- 1 ISVA support worker
- 1 Finance officer
- 1 Volunteer

Basis and Value continued
In addition, Rothacs saw the following team members leave Rothacs for their own personal development:

- 3 bank counsellors
- 5 qualified volunteers

One bank counsellor successfully applied for an employed role within Rothacs as a CSE

Activities for the Public Benefit
The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission in reporting on how we are achieving our charitable objects.

Achievements and perfomance
This report outlines our key achievements and the challenges we continue to face as a small charity.

Throughout 2020-2021, Rotherham Abuse Counselling Service (Rothacs) has continued to provide free specialist therapeutic counselling support for women, men and young people aged 13 and over who have experienced abuse. The pandemic however, changed delivery methods for the year. Pre-covid Rothacs delivered face to face sessions only, therefore being forced to work from home and deliver sessions on a telephone and online basis meant a change of venue, equipment, policies and procedures, safeguarding and health and safety protocol in a short space of time. To manage this initially counselling sessions were replaced by welfare calls to maintain contact and support whilst new procedures where agreed. A number of service users were unable to continue support either online or via the telephone due to a number of reasons:- children at home, unsafe environment or just unable to cope with the pandemic and trauma counselling sessions at that time. Therefore we made the decision to suspend these clients and come back to them later rather than exit from the service.

Rothacs followed strict government guidance and all staff worked from home during the first National Lockdown with a brief return in September. It was clear however, that this was not suitable for Rothacs at that time and alongside a second and third national lockdown, Rothacs staff returned to home working continuing to deliver sessions online and on the telephone.

As a service we are now returning to the office on a staggered and Covid safe format protecting our staff and service users with Covid protocol and delivery of face to face sessions. Priority to return to face to face work was given to the suspended clients and most have taken the opportunity to return to traditional face to face sessions.

We have taken a Covid lessons-learnt approach and have re-shaped our service delivery package to include face to face, online and telephone sessions in the future to increase availability, options and flexibility for all our service users and staff alike.

Achievements and performance continued

In addition to the counselling provision, Rothacs delivers a parallel service for the Independent Sexual Violence Advocates (ISVA) across a South Yorkshire Partnership supporting victims of sexual abuse to navigate their way through the criminal justice system. This service also followed the same protocol as counselling during Covid and all sessions were held remotely with all staff working from home and no home visits. Challenges to this service in particular related to the criminal justice system and how this was affected during and after the height of the pandemic. With courts closing, a shortage of police, isolation rules and limited client contact this affected our clients with increased waiting times for the criminal justice system and considerable delays in decision making. As a result, this service has not necessarily seen an increase in referrals but has seen a significant increase in the time clients spend with the ISVA often reaching two/three years.

In the past year Rotherham Abuse Counselling Service has received 470 counselling referrals, delivered 739 online counselling sessions, 109 face to face counselling sessions, 949 telephone counselling sessions and 419 telephone counselling assessments and an additional 1199 contact sessions throughout the year. In addition, our ISVA service received 266 referrals and have made contact with 329 clients to support them through their recovery journey.

Demand for both services continues to grow and our waiting time over the year has remained at high level due to demand levels exceeding funding availability and the effects of the pandemic. A number of temporary Covid funding grants were gratefully received enabling Rothacs to quickly change service delivery methods. However numbers are now continuing to grow as we pass the height of the pandemic and demand for both services rises, increasing waiting times further. We are constantly addressing this issue and are investing in a new online package of support to increase trauma support for people whilst they are waiting for support from either service, during sessions or when sessions end to create a wider, more sustainable service delivery package. However, all of this comes at a cost and, with a number of significant funds ending in the next financial year, applications for funding whilst managing this increased demand will be the primary concern for Rothacs this coming year.

Our team is working hard to manage increased demand, secure restricted and unrestricted funding and support our staff through the pandemic as all our personal and working lives continue to change and adapt to the virus.

Achievements and performance continued

Service Data

During the period of this report the following achievements and data has been recorded for the charity.

Counselling service:

Number of referrals received	470

In comparison to 2019/2020 this shows a reduction in referrals to the project however this is unsurprising as this is the Covid year reporting period and for the period of April 2020 until we were in a position to be able to deliver safe online and telephone counselling sessions the Board of Trustees took the decision to temporarily close the waiting list. This was for a period of five weeks reopening to new referrals when existing clients had all been contacted. After this period Rothacs received referrals every week averaging 9 a week for the remaining reporting period. Since that point referrals have increased over time and are now at a regular rate of over 15 a week.

Of the number of referrals received our assessments were:

Offered	465
Attended	419

In comparison to 2019/2020 the number attended is a significant higher attendance rate for 40% last year to 90% this. Our assessments are all now completed on the telephone and this will continue due to the increased attendance rate. This is a positive effect of Covid which we believe relates to availability during the lockdown.

Counselling sessions delivered this period are:

Online	739
Telephone	949
Face to Face	109
Welfare/contact sessions	1199

This year, a like for like comparison cannot be made for counselling sessions. The whole reporting period relates to major service delivery changes in response to Covid-19 and therefore only the above can be reported. As we will be continuing to deliver all styles of sessions however in the 2021/2022 period next year like for like comparisons can be made.

Achievements and performance continued

Additional service delivery

Unfortunately, due to Covid restrictions imposed by central government, all additional service delivery normally reported such as Women's group, Men's group, drop-in and pre-therapy had to be cancelled as they were unsuitable for delivery online and, at the time of the reporting period, restrictions mean that group work outside the imposed bubbles could not be completed. However next year we will be offering most of these services and re-modelling others, therefore reporting can return during the next financial year.

Outcomes

The PHQ9 and GAD7 remain the recognised impact measuring tools Rothacs uses when measuring the impact counselling has made with our service users. In addition, our own bespoke measuring tool WATCH measures each impact by rating the improvement rather than just scoring mental health at a moment in time. Our outcomes for 2020-2021 are represented below:

The WATCH workbook provides a score system the client works towards measuring improvements they aim to make in their lives. Scores are based between 0 and 10 and are gathered from the people who end counselling and complete the required workbook.

Please note comparisons from the previous year must all take into account the effects of Covid-19 across this period in time. The pandemic has no doubt changed everyone's lives and for the people accessing our service at the time of the report they were having to cope with their trauma management and the unknown of the pandemic especially in the early part of the year.

Achievements and performance continued

	Improvement	Previous year comparison
Mental Health and wellbeing	55%	Improvement rates reduced slightly from the previous year. However we believe this still to be a creditable outcome when taking into account the unknowns and fears of Covid-19 which has impacted on the mental health of the nation
Self-esteem and confidence	39%	As above, this has been a lower outcome this year, however the unknown will have effected people's self-belief and self confidence
Trauma symptoms	56%	Although less than the previous year this is still a high number of people who feel they can now better manage their trauma symptoms such as flash-backs and nightmares
Risk of harm	12%	A similar percentage to previous years showing 12% of people felt they could now better manage the risk of harm to themselves. This in a global pandemic is a more impactful increase than maybe shown, these people may have attempted to take their own life and therefore needed medical care impacting on the NHS during a time of medical crisis
Physical/ medical symptoms of abuse	16%	Similar to other outcomes a 16% improvement during a time of national medical crisis is a help to the wider medical landscape
Coping strategies	39%	Similar to previous year's 39% showed an increase their personal ability to cope
Social engagement	25%	During this time of the pandemic we were all unable to socialise and therefore a 25% improvement although down from previous years is a positive outcome. Social isolation was and still is a major impact on the country and the way people live their lives
Relationships and support	11%	A similar percentage increase shows despite the pandemic our work impacted on relationships and not just the single person involved.

The clinically used GAD7 and PHQ9 are also used by Rothacs to measure levels of depression and anxiety using a score system of 0-5 shows mild and 15 and above severe. The results of these are:

PHQ9 - improvement of 41%

GAD7 - improvement of 42%

Financial Review

The organisation offers a free service to people who live or work in the Rotherham area and is totally dependent on funding from grants, statutory authorities, personal donations and donations from smaller organisations.

We would like to thank all our funders for the support given during this last year. Due to the Covid-19 pandemic we had to radically adjust our ways of working and many of our present and past supporters offered financial assistance to enable us to work towards alternative means of service delivery and ensure we were equipped to make those necessary changes.

Fundraising and Funding

We would like to say a big thank you to our supporters, many who donate privately through 'Local Giving' and also to our major funders for their support and continued belief in the service we provide. Due to the Covid-19 pandemic we had to radically adjust our ways of working and many of our present and past supporters offered financial assistance to enable change and equipment to make those necessary changes.

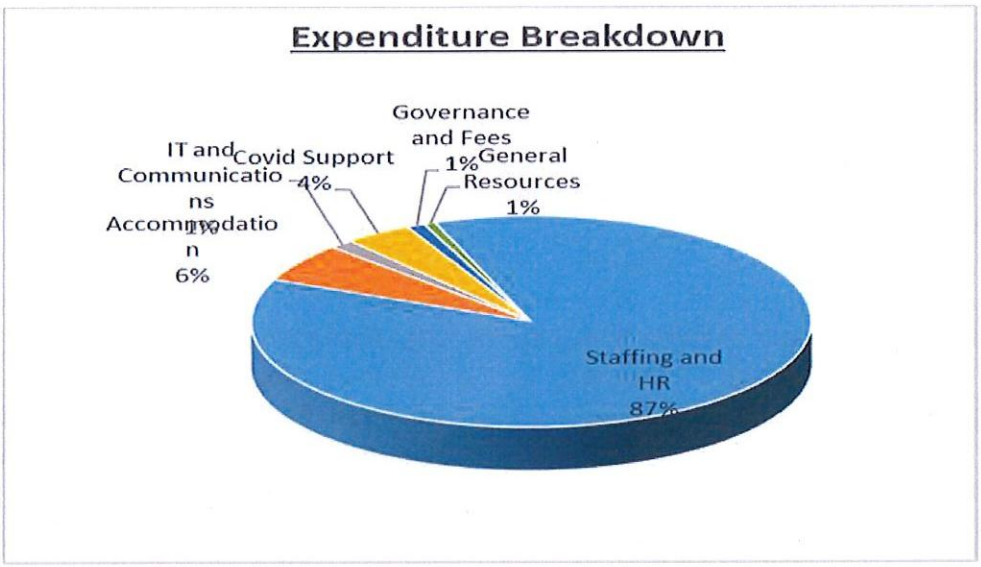
Our main sources of income came from the following organisations for which we are very grateful:

Big Lottery, Tudor Trust, Ministry of Justice, RDASH, Police and Crime Commissioner, Brelms Trust, Rotherham MBC and Lloyds. We also received additional funding to address our Covid-19 impact from RDASH, PCC, Ministry of Justice, Tudor Trust and a donation from Soroptomist International through their fundraising efforts.

Our income for the year was £430,173 and expenditure was £367,365.

Financial Review continued

See the final accounts for more detail but the chart below shows a breakdown of how we spent our income.



The funds at the year-end stand at £168,878 (2020: £106,070). Funds consist of fixed assets to the value of £4,102 (2020: £1,010), balances remaining on restricted funding of £97,814 (2020: £50,569), designated funds of £4,764 (2020:£nil) and general reserve of £61,536 (2020: £55,501).

Reserves Policy

The trustees have designated an amount of £60,000 to cover two months running costs for closure and statutory redundancy payments should the remaining operational reserves deplete to a level that is no longer sustainable. This reflects the current increase in staffing levels.

Operational reserves are monitored monthly through management reports which help determine the level of additional funding required through grant application processes. The trustees are aware of the shortfall and are planning to increase unrestricted funds to manage the shortfall as required.

Governance

The trustees have sought to discharge their responsibilities by the implementation of strong recruitment and supervision policies, and by regular and rigorous reviews of policy, ensuring that they are fully implemented by all staff and volunteers. An annual safeguarding report is required by the trustees, who have all received appropriate safeguarding training. The trustees also regularly review the financial situation to ensure the continued viability of Rothacs.

During this period no trustees have received expenses or financial payment from Rothacs. One trustee is a member of a political party but it has been agreed that this does not impact on the trustee role.

Future plans

Rothacs will continue to make plans in line with its Objectives and Mission Statement. We continue to face strong challenges in the current environment and expect that Trustees need to continue to be vigilant and creative in responding to threats from reduced income and the strategic priorities of the public sector and funding bodies.

Our financial monitoring group regularly manages the budgets for the charity highlighting any future known concerns in time to minimize their effects in relation to long term funding.

We continue to manage and apply for funding from numerous funding bodies alongside fundraising and awareness raising to increase the possibility of sustainability for both restricted and unrestricted funds.

Approved and signed on behalf of the board of trustees:

Signed: _____ Date: 18/11/21

Print Name: CATHERINE ANNE COOPER

Trustee

Independent Examiner's report to the trustees of
Rotherham Abuse Counselling Service (the charity)

I report to the trustees on my examination of the accounts of Rotherham Abuse Counselling service ("the Charity") for the period ended 31 March 2021.

Responsibilities and basis of report
As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I can confirm that I am qualified to undertake the examination because I am a member of Association of Accounting Technician, which is one of the listed bodies.

I have completed my examination. I can 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 Trust 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.

Signed:  Date: 29 November 2021

F Hazlehurst FMAAT
Voluntary Action Rotherham Ltd
Community Accountancy service
The Spectrum, Coke Hill
Rotherham
S60 2HX

Rotherham Abuse Counselling Service
Statement of Financial Activities
(Incorporating the income and expenditure account)
for the year ending 31 March 2021

		Unrestricted Funds	Restricted Funds	Total 2021	Unrestricted Funds	Restricted Funds	Total 2020
Income from:		£	£	£	£	£	£
Donations and grants	2	13,305	415,037	428,342	5,784	357,929	363,713
Charitable Activities	3	1,728	-	1,728	1,040	-	1,040
Bank Interest		103	-	103	392	-	392
Total Income		**15,136**	**415,037**	**430,173**	7,216	357,929	365,145
Expenditure on:							
Charitable Activities	4	7,227	360,138	367,365	946	335,455	336,401
Total expenditure		**7,227**	**360,138**	**367,365**	946	335,455	336,401
Net income/expenditure		**7,909**	**54,899**	**62,808**	6,270	22,474	28,744
Transfers between funds		7,654	(7,654)	-	-	-	-
Net movement in funds		15,563	47,245	62,808	6,270	22,474	28,744
Total funds brought forward		55,501	50,569	106,070	49,231	28,095	77,326
Total funds carried forward		**71,064**	**97,814**	**168,878**	55,501	50,569	106,070

Rotherham Abuse Counselling Service
Balance Sheet
as at 31 March 2021

	Notes	Total 2021 £	Total 2020 £
Fixed Assets	7	4,102	1,010
Current Assets			
Debtors	8	37,698	23,133
Cash at Bank and in hand		144,037	91,705
		181,735	114,838
Liabilities			
Creditors - amounts due within one year	9	(16,959)	(9,778)
Net current assets		164,776	105,060
Net assets		**168,878**	106,070
Funds of the company			
Unrestricted Funds		66,300	55,501
Designated Funds	10	4,764	-
Restricted Funds	11	97,814	50,569
Total funds		**168,878**	106,070

Approved and signed by the board of trustees on:

Signed: [signature] **Date:** 18/11/21

(Print name): CATHARINE ANNE COOPER
Trustee

Accounting policies

Basis of preparation of the accounts

These 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 applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019). - (Charities SORP (FRS102)).

Rotherham Abuse Counselling Service meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value, unless otherwise stated in the relevant accounting policy note(s).

Going Concern Note

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Incoming resources

Income is recognised in the SOFA when the charity has entitlement to the funds, any performance conditions attached to the monies have been met, the receipt of the income is probable and its amount can be reliably measured.

No amount is included in the financial statement for volunteer time in line with the SORP (FRS102).

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.
If entitlement is not met, then these amounts are deferred. These grants and voluntary income are included in incoming resources when these are receivable and allocated appropriately between unrestricted and restricted income depending upon restrictions imposed.

Donations and legacies are accounted for when they are receivable.

Resources expended
All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Bank Interest
Bank Interest is recognised as an incoming resource when it is credited to the bank statement. All bank interest is treated as unrestricted income.

Support cost allocation
Support costs are those that assist the work of the charity but do not directly respresent charitable activities and include the cost of governance and administrative payroll costs . Given that support costs are less that 5% of total costs, they are allocated directly to expenditure on charitable activities.

Tangible fixed assets
Items of expenditure are capitalised if the cost is in excess of £500 and the item is estimated to have a life of at least 3 years.

Depreciation is calculated to write down the cost or valuation, less estimated residual value of all tangible fixed assets over their expected useful lives on a straight line basis.

Depreciation rates applicable are:

Furniture	25%
IT Equipment	33%

Debtors and creditors receivable/payable within one year
Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme for employees. Pension costs charged to the Statement of Financial Activities represent the contributions payable by the charity in the year.

Tax
The charity is exempt from corporation tax on income from its charitable activities.

2 Donations and grants	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
The Big Lottery Fund	-	104,414	104,414	95,700
RMBC	-	36,000	36,000	33,000
Brelms Trust	-	5,000	5,000	5,000
RDASH	6,000	46,500	52,500	34,500
Tudor Trust	-	3,300	3,300	30,000
Awards for All	-	-	-	9,965
South Yorkshire Sexual Violence Partnership	-	103,897	103,897	92,164
The Henry Smith Charity	-	-	-	20,600
The Ministry of Justice	-	79,012	79,012	32,000
Royal London	-	-	-	5,000
Health Education England	-	-	-	2,020
Lloyds Bank Foundation	-	33,000	33,000	-
Police Crime Commision	-	3,914	3,914	-
Co-op Community	2,264	-	2,264	-
Donations	5,041	-	5,041	3,764
	13,305	**415,037**	**428,342**	363,713

Income received from donations and grants was £428,342 (2020: £363,713) of which £13,305 (2020: £5,784) was attributable to unrestricted funds and £415,037 (2020: £357,929) was attributable to restricted funds.

3 Income from charitable activities	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
General fundraising	-	-	-	250
Other income	1,728	-	1,728	90
Training	-	-	-	500
Girls Day School Trust	-	-	-	200
	1,728	-	1,728	1,040

All income on charitable activities in 2020 and 2019 were received into unrestricted funds.

4 Expenditure on charitable activities

		Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
		£	£	£	£
Salary costs	5	-	281,336	281,336	257,556
Sessional staff		-	30,979	30,979	31,030
Payroll/HR service		-	3,515	3,515	3,202
Bank charges & giving fees		-	242	242	159
External supervision		-	920	920	1,075
Staff/volunteer expenses		-	4,976	4,976	5,992
Client access fund		-	-	-	732
Covid related costs		4,332	3,945	8,277	-
Rent and rates		-	15,809	15,809	16,653
Maintenance		-	427	427	1,513
Training and conference		-	1,100	1,100	860
Office costs and equipment		-	4,236	4,236	2,806
Insurance		-	2,558	2,558	2,151
Telephone and internet		-	3,092	3,092	1,823
Professional Fees		-	1,100	1,100	2,238
Printing, postage and stationery		-	-	-	3,396
Subscription		-	1,630	1,630	552
Depreciation		2,895	167	3,062	1,010
Utilities		-	3,608	3,608	3,606
Sundry expenditure		-	499	499	47
		7,227	**360,138**	**367,365**	336,401

Expenditure on charitable activities is £367,365 (2020: £336,401) of which £7,227 (2020: £946) was attributable to unrestricted funds and £360,138 (2020: £335,455) was attibutable to restricted funds.

5 Staff Costs	Total 2021 £	Total 2020 £
Salaries	245,521	225,310
Employers National Insurance	19,347	16,063
Employers allowance	(4,000)	(3,000)
Employers pension	20,498	19,183
	281,366	257,556

The average number of employees during the period is 13 (2020: 13)

No person received emoluments of more than £60,000 in the year.

6 Trustees and key management remuneration, benefits and expenses

There were no payments, remuneration or expenses made to trustees during the period (2020: £nil).

7 Tangible Fixed Assets

	Equipment	Total 2021
Cost	£	£
At 31 March 2020	3,031	3,031
Additions	6,154	6,154
at 31 March 2021	9,185	9,185
Depreciation		
at 31 March 2020	2,021	2,021
Charge this period	3,062	3,062
Disposals	-	-
at 31 March 2021	5,083	5,083
Net book value at 31 March 2021	**4,102**	**4,102**
Net book value at 31 March 2020	1,010	1,010

8 Debtors

	2021	2020
	£	£
Debtor	5,000	-
Accrued income	31,023	22,430
Prepayments	1,675	703
	37,698	23,133

9 Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals	9,908	6,106
HMRC liabilities	7,051	3,672
	16,959	9,778

10 Designated Funds

	Opening balance	Incoming resources	Resources expended	Transfers	Closing balance
	£	£	£	£	£
Fixed Asset Fund	-	-	2,890	6,154	3,264
Ministry of Justice	-	-	-	1,500	1,500
	-	-	2,890	7,654	4,764

11 Movement on Funds Restricted	Brought forward	Incoming Resources	Expended Resources	Transfers	Carried forward
	£	£	£	£	£
The Big Lottery Fund	5,131	104,414	94,545	-	15,000
Brelms Trust	2,500	5,000	5,000	-	2,500
Ministry of Justice	-	79,012	77,512	(1,500)	-
South Yorkshire Sexual Violence Partership	12,548	103,897	93,098	-	23,347
RDASH	7,187	46,500	30,569	-	23,118
Awards for All	4,845	-	4,845	-	-
Royal London	2,435	-	2,435	-	-
RMBC	15,925	36,000	36,324	-	15,601
Lloyds bank Foundation	-	33,000	14,750	-	18,250
Tudor Trust	-	3,300	458	(2,842)	-
Police Crime Commissioner	-	3,914	602	(3,312)	-
	50,569	415,037	360,138	(7,654)	97,814

Funds transfer

The transfer of £1,500 from Ministry of Justice into designated funds is to cover the costs of improving the outside area. This improvement was unable to take place during the pandemic and the transfer has been agreed with the funder.

The transfer of £6,154 from the Tudor Trust and Police Crime Commissioner into a designated fixed asset fund for the purchase of ICT. The remaining balance will be used to write down the value over the useful life of the asset.

prior year	*Brought forward*	*Incoming Resources*	*Expended Resources*	*Transfers*	*Carried forward*
	£	£	£	£	£
The Big Lottery Fund	-	*95,700*	*90,569*	-	*5,131*
Brelms Trust	*2,500*	*5,000*	*5,000*	-	*2,500*
Ministry of Justice	-	*32,000*	*32,000*	-	-
South Yorkshire Sexual Violence Partership	*6,475*	*92,164*	*86,092*	-	*12,548*
RDASH	-	*34,500*	*27,313*	-	*7,187*
The Henry Smith Charity	-	*20,600*	*20,600*	-	-
The Tudor Trust	-	*30,000*	*30,000*	-	-
Awards for All	-	*9,965*	*5,120*	-	*4,845*
Royal London	-	*5,000*	*2,565*	-	*2,435*
RMBC	*19,120*	*33,000*	*36,195*	-	*15,925*
	28,095	*357,929*	*335,455*	-	*50,569*

12 Analysis of net assets by fund

	Unrestricted Funds	Restricted Funds	Total
	£	£	£
Fixed assets	4,102	-	4,102
Current assets	66,962	114,773	181,735
Current liabilities	-	(16,959)	(16,959)
	71,064	97,814	168,878

prior year	*Unrestricted Funds*	*Restricted Funds*	*Total*
	£	*£*	*£*
Fixed assets	*843*	*167*	*1,010*
Current assets	*54,658*	*60,180*	*114,838*
Current liabilities	-	*(9,778)*	*(9,778)*
	55,501	*50,569*	*106,070*

13 Related Party Transactions

During the period there were no related party transactions (2019: 1 trustee - £260).