



*An experience in learning, sharing, growing - individually and together*

## **Trustees' Annual Report**

**1<sup>st</sup> April 2023 - 31<sup>st</sup> March 2024**

Please note, when **CIS'ters** was founded in 1995,  
the name was chosen in 1994 and represents  
CIS (childhood incest survivors) and  
'ters, for the sisters who had been victims within the same family

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## Section one: Reference and administrative details

<b>Charity Name</b>	<b>CIS'ters</b> –surviving rape and sexual abuse during childhood
<b>Registered charity number</b>	1184857 (previously 1123125)
<b>Charity's principal address</b>	<b>CIS'ters</b> Po Box 119 Eastleigh Hampshire SO50 9ZF

## Trustees

<b>Trustee Name</b>	<b>Office</b>	<b>Dates</b>
Samantha Richley	Trustee/Chair	12/08/2019 - present
Mary Bridgman	Trustee/Treasurer	12/08/2019 - present
Louise Bird	Trustee	12/08/2019 - present
Gillian Finch	Trustee/Founder Unpaid Manager	12/08/2019 - present
Eileen Gorrod	Trustee	12/08/2019 - present
Catherine Handley	Trustee	17/11/2020 - present
Jude McBride	Trustee	Joined 25/03/2024
Elsa Montgomery	Trustee	12/08/2019 – 12/07/2023
Theresa Stephens	Trustee	Joined 25/03/2024
Shelley Unwin	Trustee	12/08/2019 – 06/02/2024



## Section two: Structure, governance, and management

**Type of governing document:** Charitable Incorporated Organisation - Foundation

The charity migrated from original registration (1123125) to a CIO format and achieved registration on 12<sup>th</sup> August 2019 (1184857). Funds were transferred from the original registration on 31<sup>st</sup> March 2020, to the new CIO and 1123125 was formally closed on 19<sup>th</sup> January 2021.

It is important that when reviewing the Annual Report and Audited Accounts, that consideration is given to the achievements gained whilst previously registered (as 1123125) as they cover a substantial part of the history of our charity since the original set up in 1995 and then the initial registration with the Charities Commission.

### TrusteeShip – led by and for

**CIS'ters** constitution stipulates that at a minimum 50% of trustees must be adult female survivors of childhood rape, sexual abuse or sexual exploitation (i.e. lived experience (LE)). Trustees are selected following skills gap analysis and are appointed on their knowledge, skills and current abilities and availability. They may be recommended by existing trustees and/or advertisement.

It is important that there are trustees with LE, who are able to represent direct beneficiaries of the charity, but also demonstrate that survivors are so much more than their childhood experience, and have a wide range of skill sets that can be used professionally to assist the work of the charity at a strategic level.

**CIS'ters** is a charity that was set up by a someone with lived experience in 1995 and continues to be led by survivors. The majority of trustees and workforce have lived experience and are representative of the individuals who access the charity. i.e. led by and for adult female survivors who experienced, as female children, sexual abuse within a familial setting.

### Policies

The policy framework, developed under the original registration, was adopted in January 2014 and distributed to the trustees and workers in the agency in April 2014. There is a rolling programme of review. During the reporting period of 2023-24, the following policies have been:

*finalised following major review commenced year earlier:*

Capability Policy; unsatisfactory standard of work  
Redundancy  
Retirement  
Conflicts of Interest  
Gifts, Hospitality and Gratuities

*finalised following major review within financial year:*

Consultation with Service Users



## Conflict of Interest

A Conflict-of-Interest Register was initiated at the Trustee meeting on 23rd May 2018 and is now a formal part of each meeting. During the reported period, Trustees confirmed that they had no conflicts of interest.

## Financial review

Income received during the year 2023-24 was £41,582, compared with £92,784 during previous financial year. The prior year included a major sponsorship event, plus four grants.

Expenditure during the year 2023-24 was £70,573, compared with £63,417 during previous financial year. The challenges of increased costs accounted for the rise, plus we also hosted a major one-day conference (delegates from other sectors).

At 31<sup>st</sup> March 2024, the end of year balance was £66,587, compared with £95,395 which was the balance on 31<sup>st</sup> March 2023. The prior higher total included two grants which did not align with financial years and therefore inflated the end of year balances.

Our **Reserves** policy is kept under constant review as our income is so unstable and volatile. The policy recognises the need to ensure cash reserves to:

- ❖ Meet contractual liabilities should the organisation have to close. This includes redundancy pay, amounts due to creditors and commitments under leases.
- ❖ Meet unexpected costs
- ❖ Replace equipment as it wears out
- ❖ Provide working capital if and when funding is paid in arrears
- ❖ Ensure the charity can continue to provide a stable and quality service

Our **Business continuity plan** requires us to have 4-6 months close down reserves and we achieved this. The level of reserves is crucial to our charity in that new funding is never stable and we have good and not-so-good income years. The year under report, 2023-24, has been designated as a 'not-so-good year' in terms of new income. However, we have experienced a notable rise in basic running costs, such electricity and stationery (in common with the rest of the country). As such, our expenditure is subject to ongoing and particularly robust review. We already have taken note that the forthcoming financial year, 2024-25 is going to be a particularly difficult year financially – putting extra pressure on both trustees and workforce.

## Risk management statement

The trustees take responsibility for management of risk within the charity. Major risks are reviewed by the Trustees at their regular quarterly meetings and control systems have been established to predict (where possible) and manage those risks. Risk management extends to financial awareness.

In order for Board meetings to be quorate, number of trustees with lived experience need to be equal or higher than remaining trustees. Trustees did acknowledge in mid 2023 that our Board was struggling with resilience and agreed a recruitment initiative that commenced in July 2023. Attendance and commitment of existing members of the Board continued to be under review and a skills gap undertaken to highlight gaps.



A designated trustee provides documented supervision sessions on a monthly basis with the manager during which risks (known and emerging) are subject to ongoing monitoring.

The charity continued to deliver against priorities agreed with funders for key projects.

With careful monitoring throughout the year, at specified intervals, trustees continued to be satisfied that the charity had sufficient financial resources for the year. In common with the majority of small/medium size charities and particularly those, like ours, who focus on subjects that society would prefer to not so easily acknowledge – future and sustainable funding remains an issue that requires constant attention from within scarce workforce resources.

### Public benefit statement

All trustees have complied with their duty to have due regard to guidance on public benefit when exercising their duties.

### Audit and banking

<b>Main Account</b>	HSBC	3 Leigh Road, Eastleigh SO50 9YW
<b>Online Current account</b>	CoOp	PO Box 250 Skelmersdale WN8 6WT
<b>Auditor</b>	Fred Bendall	8 Tenby Drive, Chandlers Ford, SO53 4NL

## Section three: Objectives

The Trustees shall hold the trust fund and its income upon trust to apply them for the following objects (“the objects”):

- a. to promote and protect the health of female survivors aged over 18 who, born as female, during childhood were raped, sexually abused or sexually exploited in particular but not limited to those who were raped, sexually abused or sexually exploited by a member of their immediate or extended family; empowering such survivors in their own personal healing through the mutual affirmation, acceptance, respect and support of other survivors and, subject to funding, to assist in the provision or development of services for other persons affected directly or indirectly by rape, sexual abuse or sexual exploitation as the trustees shall think fit.
- b. to advance the education of the public, in particular those providing services, of the impact on child victims/adult survivors of childhood rape/sexual abuse/exploitation and the associated coping strategies used by some victims; and to promote an improved

service response to the unmet needs of such child victims/adult survivors, and others affected directly or indirectly by experiences of sexual crimes.

## Section four: Achievements, performance and services

### Our Workforce (Volunteers, Trustees, Paid)



Feedback from survivors who make contact with us, including those that go on to become Members, consistently give us feedback that they value above everything else that our team members have lived experiences.

Consistently they assert that the greatest value in their contact with us, is that those they communicate with, within our frontline teams, are also 'like them' i.e. female born, still identify as a female and victim/survivors of sexual abuse (as children) within a familial setting.

The challenges and difficulties currently being experienced by our Members, and 'new-to-us' contacts, is reflected within our Membership and Workforce. We have an unquestionable appreciation of the triggering experienced when attending (or choosing not to attend) a health screening, a visit to the dentist or optician, contact with some family members, or of the million and one other circumstances that can be a reminder of the harm that was caused by being a victim of familial childhood sexual abuse. Survivors are used to professionals/others using the term "trust me", but non-survivors rarely understand that 'trust' involved damaging experiences/outcomes for survivors of CSA. It has to be earned.

Based on the consistent feedback and our constitutional agreement – that we are set up by, and led by, and delivered by survivors – Trustees have continued to place emphasis on the requirement to build a workforce with lived experience, despite the additional work that this requires to choose and maintain resilience of individuals.



### Pandemic Update

The pandemic has continued to impact on our small organisation, in terms of funding but also the resilience of the workforce.

The compromised resilience of our workforce, due to the pandemic, has been an ongoing limiting factor on how services are now being delivered and on the resources (workforce being the most critical) available. Individuals with trauma backgrounds, as is the case of our members & workforce drawn from within the membership, experienced significant affects due to the pandemic. The majority of our workforce had underlying health issues (physical and emotional) prior to the pandemic and these were exacerbated thereafter. This impacted on their ability to remain resilient and remain part of the front line work



streams. In common with other organisations we have also found that many within our workforce also took the opportunity to rethink their lives going forward and to choose less stressful careers or volunteer roles. Thus as a small charity we lost some team members due to health issues, or a decision to step back. In both cases, the majority of these team members were 'members' and continued to be so, even after leaving the workforce. At a time when membership numbers were increasing, our workforce was withering and needing additional support.



### **Emotional Resilience of Workforce:**

The majority of our workforce are members (i.e. survivors with lived experience of sexual abuse during childhood within a familial environment). They are carefully monitored to ensure that they are sufficiently resilient individuals, in order to undertake their respective roles.



### **Strategy & Business Plan**

During 2023 we took the opportunity to review what we delivered and how, and whether it was feasible to return to the 'way it had been done', or not. There had been an expectation that time would bring a return to resilience of our prior workforce, but this has proved not to be the case.

In July 2023 we embarked on a trustee recruitment process, and in January 2024 we held a strategy day, which was externally facilitated by one of our long-term Patrons (Professor Sir Jonathan Montgomery).

In addition to trustees, our remaining workforce were invited to attend, providing an opportunity for all of our workforce with lived experience to be able to express their opinion on our future pathway.

The output from the Strategy event was taken to the February 2024 Trustee meeting and it was agreed that as a priority the charity would focus on the following strands:

- Maintaining and upgrading the website
- Maintaining the helpline (voice mail and email)
- Delivery of the Member Only Annual workshop
- Ongoing development and delivery of the Self Help Toolkit
- Continuing to produce and cascade the Member Newsletter
- And fundraising



## Services for Core Beneficiaries

**Membership** (i.e. service users): As of 31<sup>st</sup> March 2024, we had 518 Members. Of these 50% live within combined Hampshire, Isle of Wight, Portsmouth and Southampton local government areas. The remaining 50% of our Members live across England and Wales.

Throughout the year some Members feel resilient and able to 'let go' of their Membership, and others join. Our approach is NOT to state a limit on how long an individual should remain a Member, it is their choice as to how long they feel the need to remain and access, on a needs basis, the emotional peer support offered by our small charity.

We signpost to counselling services offered by specialist services, such as those offered by a rape and sexual abuse crisis centre, and often Members will remain in contact with us, accessing emotional support (email and phone) whilst on a waiting list elsewhere.

Our approach is to be part of a journey, encouraging Members to access help across a number of services, as the need arises, rather than to be too reliant upon one. Our contribution is that our workforce is one that 'has lived' experience; and relatable.



**Helpline:** (phone and email):

We continue to receive higher numbers of emails from new contacts versus phone calls.

Communicating via emails therefore appears easier for the initial contact being made by the individual i.e. any hour of any day.

In addition, we often receive emails and calls from professionals/others who are seeking more

information about our service in general terms. They may also be seeking an affirmation that the way in which they are working with a specific client (anonymous to us) is an approach that is helpful rather than creating boundaries. Non abusing family members also reach out to us.

**Our website:**  
[www.cisters.org.uk](http://www.cisters.org.uk)

We have ensured that there is a wealth of content on our [website www.cisters.org.uk](http://www.cisters.org.uk) which enables and empowers victim/survivors to find a suitable pathway, that does not necessarily include making direct contact with us.



## Annual Weekend (Residential) Workshop for Members:

In May 2023 we were able to successfully deliver our annual weekend residential workshop. A total of 24 attended.

This has been a regular event since 1999, though in 2020 and 2021 was postponed due to the global pandemic.





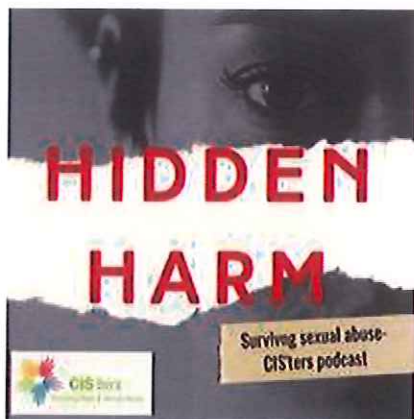
**Signposting:** In recognition of the fact that **CIS'ters** might be part of a survivor/members journey, we have ensured that there is comprehensive information on our website which can be used by survivors and others to find additional services such as counselling.

Within **CIS'ters**, when responding to emails and phone calls we continue to highlight the existence of additional services so that individuals have the widest choices open to them.



**Advocacy:** Increasingly we are finding that many of our members, whether they live in Hampshire or elsewhere, require advocacy or empowerment in addition to emotional support. Currently this is an under resourced area and will need sustainable funding if we were to promote it as a service.

We are currently undertaking the task on a case by case basis, which is very much dependent on how time/people resources allow, and continue to signpost to other services that might be more appropriate geographically or have required specific skill sets.



#### **Hidden Harm Podcasts:**

During the reporting year upon there was continued interest in the podcasts which can be accessed via our website

<https://www.cisters.org.uk/podcastsnewslettersurvivors-voices/the-hidden-harm-podcasts/>

We have a list of other topics which have yet to be developed into new podcasts, which have been suggested by our key beneficiaries and colleagues.



#### **Tolly's Tool Kit (a self-help resource)**

During 2023/24 we have continued with the development of a part NHS England funded resource. Whilst other products do exist elsewhere, none capture the reality of being a female-born victim/survivor of sexual abuse/rape/exploitation within a family environment.

This unique resource is being created by an exceptional team of individuals with lived experience; and the participants in the pilot phase are also providing feedback which is



further enhancing the product. Work is ongoing into the next financial year (without the benefit of a further grant) as it is taking longer to finalise, not least because of the enriched content being created by not only the development team, but also pilot participants.

Feedback extract from participants in the Toolkit Pilot Phase:

*"I was surprised at how much I do find helpful and didn't realise until I wrote it all down"*

*"Understanding my resilience and why I have struggled with this for so long has helped me to realise I need to be kinder to myself, as I didn't have anyone to show me or be a positive influence"*

*"This has been helpful to enable me to break down all my experiences into smaller sections rather than getting overwhelmed with too many memories and feelings"*

*"Window of Tolerance (WoT) was explained a lot better than mental health services did. It makes a lot of sense to help with stress"*

*"Less apprehensive and avoidant"*

*"It's made me realise I need to do more mindfulness to help keep me in the WoT. When I fluctuate I think I need to give myself some breathing space"*

*(Reflections) "Easy to follow. Great session. Easy to understand"*

*"What surprised me is the realisation I don't care enough for myself/prioritise my own wellbeing"*

*"It is good to understand what is happening to me. I am working on developing a good routine of scanning my body"*

*"Getting better at noticing if I am in a child or adult state. Makes me feel hopeful that things are moving forward"*

*"It's surprising how well simple things work if I can remember to do them"*

*"I have more of a sense of relief and calm after realising I have coping strategies"*



## Conference

On 12<sup>th</sup> October 2023 we hosted an 'in-person' conference at the Holiday Inn, Eastleigh, Hampshire, UK.

The event was organised and delivered primarily by our team of individuals with lived experience of the core issue under discussion i.e. sexual abuse of female children within a family environment.

**In addition to presenters with lived experience**, from within CIS'ters Membership, we were joined by external presenters:

Kate Davies CBE, Director of Health and Justice, Armed Forces and Sexual Assault Services Commissioning, NHS England





Anna Glinski, Deputy Director (Knowledge and Practice Development) Centre of Expertise on Child Sexual Abuse

Lorna Jane O'Doherty, Professor of Abuse, Trauma and Health, Coventry University

A grant from Hampshire and IoW Community Fund provided a major financial contribution towards the event, and we were appreciative that their CEO, Jacqui Scott, gave the opening presentation.

Though fewer attendees than we were used to prior to pandemic, trustees made a decision to proceed. Delegate feedback supported this decision, as they stated that they valued not only the content, but also its physical nature as a refreshing change from 'on-line'. However, trustees will be mindful that whilst in-person events are able to provide dynamic settings and networking, 'On-line' options are more attractive to organisations who prefer staff to access cheaper training with no travel costs.

Feedback extract from delegates who attended the professionals conference 12/10/23

"Really enjoyable event – Face-2-Face helps everyone. Venue well organised". *NHS Commissioner*

"Absolutely brilliant, everyone introduced themselves and were really good in sharing experiences" *MoD Victim support*

"Fantastic organisation for the day." *NHS SARC*

"The whole day was really insightful and a great learning opportunity. The openness was amazing." *Statutory Children's Specialist Service*

"I felt inspired by the Lived Experience presentations. It highlighted that there is a need for further training and development of services". *NHS Commissioner*

"Very engaging, open and honest." *Statutory Children's Specialist Services*

"All speakers contributed to my learning. Very useful update re NHS, great to hear about the research projects, reminders from Gillian always reassuring and great to hear about Tolly's Toolkit – look forward to receiving more information." *Therapist*

"All excellent and helpful. Learnt something valuable from each. Good balance of policy/research/frontline experiences/National perspective." *CEO Voluntary Sector Specialist Service*

"All presenters have been excellent. Have very much enjoyed the conference and found it very informative." *Ambulance Service*

"To encourage others to ask the question if appropriate. Mandy, Gillian and Julies presentations I thought were brilliant." *Witness Support*

"It was inspiring to see professionals and our survivor community working as equals, presenting key issues and explaining them in a language that was accessible to all." *Trustee, CIS'ters*

"In our sector, CIS'ters presents the reality that behind the words 'incest survivor' is a real person, and that they are so much more than this title and that we need to acknowledge and affirm the whole person and not limit them to that aspect of their life". *Counsellor Specialist Sexual Violence and Abuse Sector*





## From CIS'ters – as a community:

### Messages to Funders from Members (i.e. service users)

#### *From Marie, who joined in 2021:*

*As survivors of sexual abuse within our family, as children, we live as dark isolated secrets that society sees as 'ick'. I had to wait for over forty years before I felt safe to talk and that was only possible with the emotional support of CIS'ters. Sexual abuse is complex, and society needs to understand how common it is and how to improve safeguarding.*

#### *From Louise, who joined in 2016:*

*Being part of CIS'ters, led and delivered by females with lived experience has helped me so much. I have previously been supported by other charities for survivors, but there is nothing quite like CIS'ters. It is unique and a lifeline.*

#### *From Alex, who joined in 2023:*

*Unless you have experienced sexual abuse as a child, where the offender is part of your family, you will never really understand the terror, shame and loneliness that you feel as a child and still as an adult. The impact on your life is everlasting. The past cannot be changed.*

*To be part of CIS'ters and then to attend the weekend workshop made me feel heard, it validated my feelings, it gave me courage and it made me feel as if I belong. The feeling of being cared for, about, is so powerful.*

*Unable to have a normal childhood cause so much hardship in my life. Even as an adult the suffering still continued. Being able to connect with other female survivors of sexual abuse within a family, is invaluable – and it enables you to let go of all that you try to forget on a day to day basis. CIS'ters helps people like me, and I hope you can see that too.*

#### *From Caitlin, who joined in 2021:*

*If you are not a survivor of sexual abuse as a child, within a family, I cannot even begin to make you understand what it means to be surrounded by people 'like me' and especially being set NOT in a therapeutic/clinical setting – but where we are free to share in laughter, tears, joy and sadness, and learning (such as the Window of Tolerance, a model from Dan Siegel to help gain emotional resilience).*

*Maybe if you have ever experienced feeling isolated and then finding your 'tribe' you may understand. Being a survivor and getting to share a beautiful female only safe space with other female survivors is that times a million.*

*In 2023 I arrived at the weekend workshop with depression and left without depression and it hasn't been back since. Such is the power of a deep connection and being seen and loved, as a member of the community which is CIS'ters.*



*If I have a blip during the year, I know I can email the office and someone will respond. So far I haven't needed to do that. Being part of CIS'ters means that I belong.*

*You may think funding the weekend supports us, the survivors, and you would be correct. But in helping our healing, our resilience, you also contribute to a ripple effect which touches the lives of those around us, as individuals.*

*Many survivors, like me, have been drawn into healthcare professions. Prior to my attending the 2023 residential I had many episodes of illness due to mental and physical health. I am still not 'fixed'. I never will be but I have had no further absences from work due to mental health.*

*When funders/others invest in supporting survivors, through CIS'ters, you are helping a group of amazing and resilient people who when helped to be well can do amazing things. It helped me to connect with not only delegates (who are all members of CIS'ters) but also the team members who are 'like me' too i.e. females with lived experience who are (like me) members of CIS'ters who now 'help others'.*

*As someone who has previously spent (elsewhere) many hours in every therapy I could try, and engaged in anything research said would be good for my well-being I can honestly say that weekend offered by CIS'ters to members, is the most healing thing I have ever done.*

## **Section Five: Consultancy/Commissions**

We continue to be part of a number of national, regional and local consultative forums (statutory and non-statutory) including those that are cross government, such as the Advisory Group (administered by NHS England) seeking to improve services for victims of sexual assault and abuse.

## **Section Six: Acknowledgements**

We wish to give thanks to the countless individuals and organisations for the exceptional emotional and financial support we have received during 2023–2024. It has been a difficult year in a variety of ways.

Set up in 1995, our focus for nearly 30 years is to do what we can (nationally) to emotionally support adult biological females who were victims of sexual abuse as children within a familial setting, from our small centre based in Hampshire. Our lived experience peer support is a key part of our approach, and this extends to ensuring that our trustees include an equal if not higher ratio of individuals with lived experience.

As a small charity we are largely reliant upon others that we meet, to create pathways and be facilitative; to see beyond the label of 'a survivor' and see that 'this person' is so much more than that label.

Survivors are emotionally alert to the way in which others respond to them. When our team members with lived experience say to a member of the public/others "I am a survivor" the vulnerability of the survivor is open to being judged. Time has shown us that it takes a special kind of person to reply "how can I help?".



During the recent financial year and in the past we have had many examples of societal/professional's responses that lacked the sensitivity that is needed. **BUT we have also been warmed and encouraged** by the way in which other individuals and professionals (across sectors) have stepped towards us, offered help and support, and been part of our journey and that many continue to be part of the 'friends of' support system. **Without such help and support (emotional, not only financial) we would not be able to remain open.**

All of our trustees give their personal time to help and support this small unique charity which has itself changed and evolved over the past 3 decades. In a world that is ever more challenging and which continues to present mountains to climb, the professionalism and ability of our trustees is critical to our sustainability. Our thanks are extended to trustees (past and present).

### Section Seven: Declaration

The trustees declare that they have approved the trustees' report above:

Signed on behalf of the charity's trustees (as at this date):

<b>Signatures</b>		
<b>Full Names</b>	Samantha Richley <i>In Role as Chair, Trustees</i>	Gillian Finch <i>In Role as a Trustee</i>
<b>Date</b>	19 <sup>th</sup> August 2024	19 <sup>th</sup> August 2024

# CIS'ters - AUDIT OF ACCOUNTS - 1st April 2023 until 31st March 2024

<u>INCOME BROUGHT FORWARD</u>		
Balance b/f - General Ledger 1	£8,808.28	
Balance b/f - General Ledger 2	£86,373.17 (Note 1)	
Deposit for Office Premises (SEC)	£1,724.00	
Petty Cash	£489.09	
Adjustment of written back cheque	£184.35	
	<u>£95,578.89</u>	

Note 1: Includes restricted grants that end during 2023

<u>NEW INCOME 2023/24</u>	<u>WITHIN YEAR</u>	
<u>Grants:</u>		
Joseph Rank - 2nd year of 3 year grant	£15,000	A1.1A
<u>Other Income:</u>		
Conference 2023 (12 October)	£2,080.00	A1.3
Consultancy and Give Talks	£1,345.00	
Donations (Including online Gift Aid)	£6,288.49	A1.1B
Gift Aid - via HMRC (4 years)	£6,498.95	
Vitality 10k September 2023	£654.74	A1.5
Weekend workshop 2023 & 2024	£2,765.00	
Refund - external payroll service	£5,546.65	(Note 2)
Cheques written back (from prior year)	£0.00	
Interest (General Ledger 2)	£1,402.99	A1.6
	<hr/>	
Income	£41,581.82	

<u>EXPENDITURE</u>		
Salaries & travel etc (including contractors & seasonal workers)	£38,169.35	A3.1
Conference - October 2023	£2,577.70	A3.21
Awareness Local and National	£550.00	
Survivor Meetings/Wkaps/Residentials	£6,622.77	A3.22
Volunteers: Recruit, Train, Travel & Food	£1,793.45	A3.2.2
Trustees: Recruit, Train, Travel & Food	£36.00	A3.2.4
Office Rent(s) & Room Hire	£11,263.08	A3.3.2
Electricity	£1,236.65	A3.3.4
Business Rates	£623.64	A3.3.3
PO Box	£330.00	A3.3
Combined Insurances (12 months policy)	£1,135.11	A3.4
Stamps	£458.44	A3.5
Communications incl domains & software	£1,796.29	A3.5
Stationery	£445.41	A3.6
Photocopying incl Service Charge etc	£1,382.52	A3.6
Other Advice, CRB Checks, IC etc	£142.00	A3.7
Audit/Accountancy Advice	£1,500.00	A3.7
Prof fees/memberships	£50.00	A3.7
Equipment & Repairs & Purchase Books	£51.28	A3.9
Other: sundries, refreshments etc	£323.36	
Bank Charges	£86.40	A3.10
Refunds	£0.00	
	<u>Expenditure</u>	
	<u>£70,573.43</u>	

Balances as at 1st April 2024:

General Ledger 1	£4,557.42
General Ledger 2	£59,776.16
Imprest Account (online purchases)	£109.11
Petty Cash	£20.59
Deposit for Office Premises (SEC) incl key cards	£1,724.00
Plus:	
cash in transit	£400.00
	<u>£66,587.28</u>
	<u>£137,160.71</u>

## Statement on Behalf Of CIS'ters:

This is a true and fair record of accounts for year 2023/24

Signature: 

Date: 13th May 2024

Name: Mary Bridgman  
Treasurer

## Auditor Opinion:

I have examined the income and expenditure for 2023/24 including miscellaneous income.

I believe this statement to be a true reflection of these transactions.

Signature: 

Date: 13th May 2024

Name: F Bendall (C.I.P.F.A.)  
External Auditor





# Independent examiner's report on the accounts

## Section A

## Independent Examiner's Report

Report to the trustees/  
members of

On accounts for the year  
ended

Set out on pages

Respective responsibilities  
of trustees and examiner

Charity Name

CIS'ters: surviving rape and sexual abuse during childhood

31<sup>st</sup> March 2024

Charity no  
(if any)

1184857

(remember to include the page numbers of additional sheets)

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

It is my responsibility to:

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

Basis of Independent  
examiner's statement

My examination was carried out in accordance with 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 the 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 (other than that disclosed below \*)

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

\* Please delete the words in the brackets if they do not apply.

Signed:

*F Bendall*

Date:

13<sup>th</sup> May 2024

Name:

F BENDALL

Relevant professional  
qualification(s) or body  
(if any):

C.I.P.F.A

Address:

8 Tenby Drive  
Chandlers Ford  
Hampshire  
SO53 4NL

Only complete if the examiner needs to highlight material problems.

**Give here brief details of any items that the examiner wishes to disclose.**