



An experience in learning, sharing, growing - Individually and together

Survivors are emotionally alert to the way in which others respond to them.

When someone on our CIS'ters team (comprising females with lived experience) says to a member of the public/others "I am a survivor of sexual abuse within a family" 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?"

Trustees' Annual Report

1st April 2024 - 31st March 2025

**CIS'ters was founded in 1995,
the name chosen at that time represents 'who we are'
Childhood Incest Survivors (CIS) and
'ters, for the sisters who had been victims within the same family**

**Registered charity number: 1184857
Previously 1123125**



Annual weekend residential workshop for Members	16
Tolly's tool kit (self-help resource)	17
Member survey	18
Members message to funders	18
Section five: Consultancy and commissions	19
Section six: Acknowledgements	19
Section seven: Declaration	21
Income and expenditure 2019 – 2024/25	Annex A



Contents

Section one: Reference and administrative details

Trustees	4
----------	---

Section two: Structure, governance and management

Type of governing document	5
Trusteeship – led by survivors and for survivors	5
Conflict of interest	6
Policies	6
Financial review	6
Business continuity plan	7
Reserves	7
Risk management statement	7
Public benefit statement	8
Audit and bank details	8

Section three: Objectives

Summary - objects of the charity in our governing document	8
--	---

Section four: Achievement, performance and services

Our workforce	9
Strategy and business plan	10
Website	10
Hidden harm podcasts	11
Helpline	11
Newsletter	12
Fundraising	13
Services for core beneficiaries (our Members)	14
Members (i.e. clients)	14
Signposting	15
Advocacy	15



Section one: Reference and administrative details

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

Trustees

Trustee Name	Office	Dates
Samantha Richley	Trustee/Chair	12/08/2019 - present
Mary Bridgman	Trustee/Treasurer	12/08/2019 – 28/5/24
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	25/03/2024 - present
Theresa Stephens	Trustee	25/03/2024 - present

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 12th August 2019 (1184857). Funds were transferred from the original registration on 31st March 2020, to the new CIO and 1123125 was formally closed on 19th 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 is a charity that was set up in 1995 by a biological female who had personally experienced, as a child, sexual abuse within her family. The ethos at that time, and continuing, is that the entity is a self-help/peer-group, survivor-run for females age 18+ who were similarly abused within families, as children, by a member of their immediate/extended family.

It remains important that our constitution stipulates that at a minimum 50% of trustees must be adult female survivors of childhood rape, sexual abuse or sexual exploitation within a familial environment. (i.e. lived experience (LE)).

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.

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. During the year being reported upon, one trustee resigned and two more were recruited.

Focus of the work: Due to the recognised prevalence of all sexual abuse within society it was clear from the beginning that the large numbers of victims who might be seeking emotional support, balanced against the limited services available within **CIS'ters** and elsewhere, meant that the potential demand at that time and subsequently would exceed an ability to deliver. On this basis, from the outset, a decision was taken that **CIS'ters** would focus on



delivering emotional support to females age 18+ who had been sexually abused as children/teens by someone who was an immediate/extended member of their family. In addition that the emotional support on offer would be from the lived experience perspective i.e. provided by a peer.

The ethos of the trustees remains the same and continues to remain designated as survivor-led. Constitutionally this is assured by the inclusion of an additional 'shared' vote that trustees with LE can use jointly, should a situation arise where strategic decisions could be over-ridden by a casting vote of the chair if that appointed individual did not have LE.

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 had no conflicts of interest.

Policies

The policy framework was vastly expanded in 2014 and there is a rolling programme of review. During the reporting period of 2024-25, the following policies have been reviewed or developed:

- Participation in Coroners Processes
- Suicide Prevention
- Statement of Financial Viability and Reserves
- Consultancy and Delivery of Training

Financial review

Income received during the year 2024-25 was £31,108 compared with £41,582 during previous financial year.

Expenditure during the year 2024-25 was £56,283 compared with £70,573 during previous financial year. At 31st March 2025, the end of year balance was £41,413 compared with £66,587 which was the prior year balance on 31st March 2024.

Our income remains financially unstable (see Annex A) and therefore the subject of reserves is a standing agenda item for each board meeting, with a protocol for early escalation and reporting to trustees should the need arise. A key feature is that the charity ensures that it can:

- ❖ Meet contractual liabilities should the charity have to close. This includes redundancy pay, amounts due to creditors and commitments under leases.

- ❖ Meet unexpected costs (where these are reasonable and legal)
- ❖ Replace essential equipment/resources 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

It is a requirement within our **business continuity plan** that we hold, as part of designated reserves, not less than 4 months funding which could be used to close down the service safely and avoid as much emotional distress as can be to our beneficiaries.

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, 2024-25, is obviously a 'not-so-good year' in terms of new income. We also continue to experience rises in basic running costs, such office rent, electricity and stationery (in common with the rest of the country).

Increased costs and reduced income continues to be a significant challenge and thus, our expenditure is subject to ongoing and particularly robust review.

Expenditure included a vital website software upgrade which presented us with a higher than expected financial outlay. This specific project (which is due to conclude in September 2025) has been partly funded by a donation. The risk to the charity has been minimised (in acknowledgement of the size and limited resources internally) by using an an outsourced project manager to assist with technical aspects of the website upgrade and migration.

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 these (where possible), and manage them. Risk management extends to financial awareness.

With close scrutiny throughout the year, at specified intervals, trustees continued to be satisfied that the charity had sufficient financial resources for the year 2024-2025. 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 demands constant attention from a stretched workforce.

In order for board meetings to be quorate, the 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. Consequently, two new trustees have been recruited who joined the Trust board in March 2024. Attendance and commitment of existing members of the Board continued to be under review.

A designated trustee provides documented supervision sessions on a monthly basis with our current Manager (who is unpaid) during which risks (known and emerging) are subject to ongoing monitoring.

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

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

Main Account	HSBC	3 Leigh Road, Eastleigh SO50 9YW
Online Current account	Co-op	PO Box 250 Skelmersdale WN8 6WT
Auditor	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, employees)

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

It is pivotal 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' usually involved damaging experiences/outcomes for survivors of CSA. It has to be earned.

Based on the consistent feedback and our constitutional agreement – that we were set up by, and are now led by, and delivered by - **survivors** –, trustees have continued to place emphasis on the requirement to build and maintain a workforce with lived experience. This creates a measure of additional work when choosing and maintaining the resilience of individual workers. They are carefully monitored and supported to ensure they remain able to undertake their respective roles.



Strategy & Business Plan

The Trust Board agreed priorities following a Strategy Meeting in January 2024 – attended by our whole workforce i.e. ratio LE to non was 3:1. Topics identified at that time and which continued to be a priority during the year 2024-2025 were:

- Maintaining and upgrading the website
- Maintaining the helpline (voicemail and email)
- Delivery of the Member-Only Annual workshop – to be held in May 2024
- Ongoing development and delivery of the Self Help Toolkit
- Continuing to produce and distribute the Member Newsletter
- Fundraising

Updates as follows:

Our website:
www.cisters.org.uk

We have continued to ensure that feedback from those with LE contribute to the growing content on our **website** www.cisters.org.uk.

The website is a key feature within **CIS'ters** and accessed by existing Members and others who might or might not make direct contact with us via our Helpline.

We rely on external technical support for our website and during the prior year we received notice that the existing software and security features of our existing website needed to be upgraded as it would no longer be technically supportable in current format.

A project commenced to fully determine the scale of the issue and funding implications. The team assigned includes LE individuals and work has now commenced.

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/podcastsnewsletterssurvivors-voices/the-hidden-harm-podcasts/> - feedback confirms that these are of interest to existing

Members and also new contacts (who might or might not access Membership Service).

Funding currently prevents us from expanding our portfolio of 33 podcasts, though Members continue to alert us to new subjects they wish to see included.



Helpline: (phone and email):

We continue to receive emails and messages left on our helpline. Ratio of emails to phone messages continues to remain at 8:1. Communicating via emails, therefore, continues to appear to be easier for those seeking contact with us (whether a new contact or existing).

Although our constitutional focus appears limited we continue, as we have from the beginning, to respond with sensitivity and compassion to all those who contact us. Depending on the unique requirements of contacts, and as appropriate, we are able to use the following national websites to signpost to additional specialist support services. The three national umbrella organisations, are: The Survivors Trust (TST (we are an organisational member of TST and are also one of the five founding agencies)), Rape Crisis England and Wales (RCE&W) and Male Survivors Partnership (MSP).

The key umbrella agencies above are important to us providing an ability to highlight pathways for key services, such as counselling which we do not deliver, and also for specific requirements which include: those with learning disabilities, non-English speaking, neuro diversity, gender, domestic violence/abuse, services working with offenders, and those working with child/teen victim/survivors.

Core to our response is that we always do our best to be considerate to the unique needs of each person contacting to us – but within, always, an acknowledgement and appreciation that the explicit offer of **Membership**, is limited to our constitutional criteria of LE i.e. biological female with experience, as children/teen, of sexual abuse by a member of immediate/extended family - a specific community of victim/survivors (whom we have three decades experience of assisting) where we have a unique insight into issues faced during childhood years, and into adulthood.

Our helpline is also used by external professionals/workers who are seeking (in the main) more information about our service in general terms on behalf of their clients. We only accept self-referrals and it is important therefore to be able to explain in detail to external contacts what and how emotional support is provided within the context of 'Membership' and that the contacting worker is then able to pass this information on. In addition, this gives the external worker themselves an opportunity to experience contacting our charity and communicating with someone with LE, who is not their current client. Our approach is that our workforce is able to represent survivors as more than clients..... more than '*only a survivor*'. We model this from the initial point of contact. Run by survivors and for survivors.



Newsletter - We have continued to produce and cascade by email and hard copy (at the preference of the member). Each circulation reaches 700 recipients (Members and others) and is also uploaded to our website for public access. Based on feedback we are aware that the newsletter is valued by our Members, and also used by others as an information source. The topics included are provided by our LE team, and from our Members directly.



Fundraising – remains our biggest ongoing issue in that we are a small team with increasing demands, including fundraising, set against a backdrop of a LE workforce with health inequalities. We continue to seek assistance with fundraising, as we currently have such restricted time or specialist capacity. Thus, income remains unstable (see Annex A).

During 2024/25 we were in receipt of year-3 of a three year grant from Joseph Rank Trust. Their support again was very much appreciated and not least because a *belief* in what our small charity is doing and continues to do, is of equal value to a donation or a grant.

It is a reality that whilst members of the public and others might readily take on a challenge to run in aid of, say, NSPCC or similar – they will more often than not shy away from undertaking a similar event so openly on behalf of charities like ours. It is too close, and leaves them open to being potentially viewed (even if not) as a prior victim or that someone close to them is. This has been our experience over 3 decades.

In action: so when individuals or organisations are willing to step forward, to help us, the warmth derived by their acceptance and understanding – makes a massive difference to us.

Example A: We were encouraged when the Chief Fire Officer for Hampshire and IoW Fire and Rescue Service personally undertook the Vitality 10k in London in 22nd September 2024, accompanied by six of his colleagues/friends/family. Collectively they raised £1,658 for us. Belief in action.

Example B: During February 2025 we were commissioned to deliver a one-day training seminar for NHS Inclusion on the topic of Trauma Aware Services. We had been recommended as a trainer by their Lead Counsellor who had attended prior training we had delivered. Example of feedback from the event in February 2025 includes:

"I found it beneficial to further enhance my current practice. To refresh on past training and hearing the real accounts again, very impactful."

"I think the service is brilliant support for survivors. I've recently worked with a client who was supported by the service, she told me CIS'ters have been such great support for her."

"This training was very relevant to my role. I come across traumatized clients daily in my work and this is a reminder to never, ever become complacent and to keep on top of CPD. The training was thought provoking and had moments of being uncomfortable – which is exactly what trauma training should be! This is tough work myself and the team do and to be given the chance to experience slightly uncomfortable feelings within a safe environment is, I believe, vital to our resilience and our own mental health! The hand outs were comprehensive, well presented and relevant."

Services for core beneficiaries (our Members)



Membership i.e. biological females who meet our constitutional criteria re lived experience are offered 'Membership' (includes signing up to a 'code' of behaviour).

At the end of the year being reported upon i.e. as at 31st March 2025, we had **526** Members. Of these 51% lived within combined Hampshire, Isle of Wight, Portsmouth and Southampton local government areas. The remaining 49% of our Members live across England and Wales. Numbers are constantly changing as new contacts translate into new Members, and some existing Members move on.

Over time Members feel more resilient and are 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.

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.

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 – and often return to us once their counselling has concluded (often counselling on offer is time limited so not necessarily reached an 'end'). Plus, life continues to be a roller coaster with peaks and troughs of emotion and the individual may still feel quite isolated.

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.

Plus, we use databases provided by other specialist services, for those seeking to manage coping strategies such as gambling, drugs, alcohol or other difficulties. This can also include bereavement following the death of an abuser or other family member. All life experiences that have been met within our LE workforce, who are also drawn from within our current Membership i.e. part of our **CIS'ters** community.

Advocacy: Whether they live in Hampshire or elsewhere, many of our Members require advocacy or empowerment in addition to emotional support. This is beyond signposting.

For example, this might be a Member considering whether to make a report to the police, an emotional and difficult step as it often also means confronting the failure of other family members to protect them as a child. If reporting, our advice is to also seek the support of an Independent Sexual Violence Adviser (ISVA). This is a trained specialist who supports an individual pre and post reporting. They usually found within nominated specialist counselling services (such as a rape crisis service) and more often than not funded by local Police and Crime Commissioners. As a national charity we are therefore signposting or referring to ISVA services across multiple police force regions.

ISVA services are under tremendous pressure (which includes the current protracted delays in court processes) and have large caseloads (typically in excess of 100) and that can restrict the time they have available to sustain

emotional support for their clients. Within **CIS'ters** we continue to offer any Member who is going through the criminal justice system process (CJS) additional emotional support, as and when they seek it from us.

Another key feature is that an ISVA service supporting a Member might be in one police area, but the crime and therefore the investigation and any subsequent court case is held in another. Whilst ISVAs do attend court with their clients, they rarely do this if the court is out of area.



Annual Weekend (Residential) Workshop for Members:

In May 2024 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.

Excerpts from participant's feedback:

"This weekend helps me gather the strength to work the years ahead. It's the one weekend I can be truly myself".

"Going to CIS'ters where I am understood by like-minded people is a lifeline"

"It's the one time I can be free to be me".

"There is nothing quite like connecting with others at the residential. A very unique experience... the best thing I have done in my 'healing journey'. There is nothing like it"

"When you spend most of your life feeling the odd on out (at best) and a complete freak, it is so reassuring to find out otherwise".

"The impact it has had on me is immense... To be able to be yourself without having to pretend all the time is priceless".

"This weekend has helped me heal from the past... but also from the difficulty of hiding everything for my whole life".

"If you are not a survivor, I cannot even begin to make you understand what it means to be surrounded by people like me and especially not in a therapeutic/clinical setting".



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

During 2024/25 we have continued with the development of a self-help manual (resource). During the prior financial year NHS England had provided limited funding towards this project.

The importance to our beneficiaries is that whilst other self-help products do exist, none capture the reality and perspective 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 (without the benefit of a further grant) as it is taking longer to finalise, not least because of the enriched content being created by the pilot participants as well as the LE development team.

Feedback extract from participants in the Toolkit Pilot Phase:

"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"

(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"

"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"

Member Survey 2024/25: In recognition of the priorities set by Trustees, during the latter part of 2024 we undertook a short survey of Members. It was helpful to find that, of the respondents,

100%	No longer felt so isolated
97%	Felt understood
94%	Felt a sense of belonging
91%	Felt they were not being judged
89%	Were more resilient knowing we were there 'when needed'
91%	Confirmed that it was critical to them that our support workers were individuals with lived experience (and also Members); and that Board remained 'survivor led'.



Messages from Members to Funders

"Surviving CSA is difficult and complicated enough. When the perpetrator was family it just adds another layer of trauma, with its own set of complications. CIS'ters is the only charity that commits to being available for as long as needed ... Being run by biological female survivors means they have a unique understanding of the journey I am going through and the resources that can help people like me become our best selves".

"CIS'ters is a vital service. We need to provide support for future generations who will be affected by incest. It is so little spoken of, one of the last taboos ... There has to be ongoing support for women whose lives are shattered forever..." A Member since 2020:

"If I hadn't found CIS'ters, my life would look very different to how it currently does. Don't underestimate the power of the ongoing emotional support via email and also the weekend event. Being amongst other survivors pulls you through. A Member since 2022:

"Unless you are a female who has experienced CSA within a family you'll never really understand the terror, shame and loneliness that you feel as a child and as an adult. The impact this has on your life is everlasting. To have the opportunity to be part of our small community makes you feel heard, validates your feelings, gives courage and sense of belonging. The feeling of being cared for is so powerful. Unable to have a normal childhood caused so much hardship in my life. Even as an adult, the suffering still continues". A Member since 2024:

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.

CIS'ters continues to provide input to closed and public consultations and participates nationally and regionally in various ongoing initiatives, including those being piloted by the Office of National Statistics, which is seeking to determine greater accuracy in the numbers of those affected by sexual crimes.

In February 2025 we were commissioned to provide a bespoke trauma training for 20 delegates (in person) from NHS Inclusion (based in Hampshire).

Previously, training has been an invaluable source of income and we are keen to re-develop this. However, since the covid pandemic, it is much clearer that the training landscape has changed and majority of employers are not as willing to fund physical face-to-face courses. In addition, the financial pinch is affecting all sectors (statutory and non-statutory) and economies have to be made, including workforce professional development.

Whilst we have an intention to pursue more training commissions in the future, we may need to reconsider how these are actually delivered.

Section Six: Acknowledgements

We wish to give thanks to the individuals and organisations for the emotional and financial support we have received during 2024–2025. 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.

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).

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. A timely reminder that Survivors are emotionally alert to the way in which others respond to them.

When someone on our CIS'ters team (comprising females with lived experience) says to a member of the public/others "I am a survivor of sexual abuse within a family" they are 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.

However, 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 to our community of CIS'ters.

Without such help and support (emotional, not only financial) we would not have been able to remain open during the period April 2024 - March 2025.



Going into the next financial year (2025/26) we face increasing challenges, some known and others not yet surfaced. We trust that we will have the strength, the courage, and ability to continue – and that others will be available to help and sustain us – together.



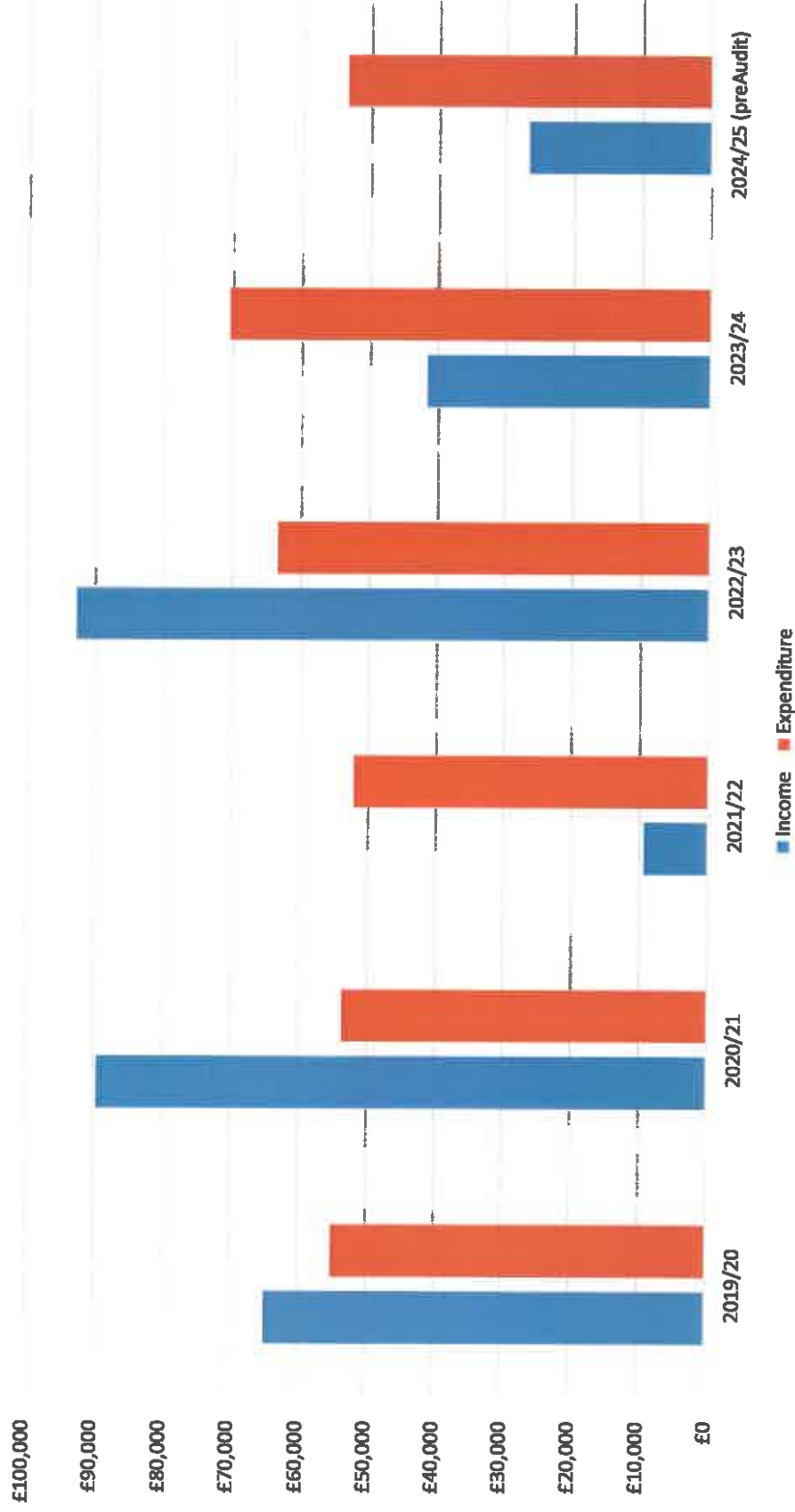
Section Seven: Declaration

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

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

Signatures		
Full Names	Samantha Richley <i>In Role as Chair, Trustees</i>	Gillian Finch <i>In Role as a Trustee</i>
Date	30 th July 2025	30 th July 2025

CIS'ters Income/Expenditure



CIS'ters - AUDIT OF ACCOUNTS - 1st April 2024 until 31st March 2025

<u>INCOME BROUGHT FORWARD</u>	
Balance b/f - General Ledger 1	£4,557.42
Balance b/f - General Ledger 2	£59,776.16
Deposit for Office Premises (SEC)	£1,724.00
Cash In Transit	£400.00
Petty Cash	£20.59
Imprest Account (online purchases)	£109.11
	£66,587.28

NEW INCOME 2024/25

Grants:

Joseph Rank Trust (Yr 3 of 3) Grant	£15,000.00	A1.1A
IP Technology (restricted grant)	£2,500.00	

Other Income:

Consultancy and Give Talks etc	£640.00	A1.3
Donations - direct	£5,371.35	
Donations - via online platforms	£2,364.70	A1.1B
Gift Aid - via HMRC (2023/24)	£1,120.63	
Weekend workshop 2024 and 2025	£2,970.00	
Refund - other	£62.88	
Cheques written back (from prior year)	£0.00	
Interest (General Ledger 2)	£1,078.83	A1.6

Income £31,108.39


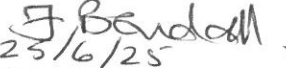
£97,695.67 £0.00

<u>EXPENDITURE</u>	
Salaries & travel etc (incl contractors & sessional workers)	£24,479.53 A3.1
Awareness Local and National	£33.98
Survivor Meetings/Wksp/Residentials	£6,294.59 A3.22
Volunteers: Recruit, Train, Travel & Food	£2,111.64 A3.2.2
Trustees: Recruit, Train, Travel & Food	£626.90 A3.2.4
Office Rent(s) & Room Hire	£11,725.68 A3.3.2
Electricity	£713.31 A3.3.4
Business Rates	£608.78 A3.3.3
PO Box	£353.40 A3.3
Combined Insurances (12 months policy)	£1,219.02 A3.4
Stamps	£143.41 A3.5
Communications incl domains & software	£3,930.14 A3.5
Stationery	£425.40 A3.6
Photocopying incl Service Charge etc	£946.46 A3.6
Other Advice, DBS Checks, IC etc	£63.57 A3.7
Audit/Accountancy Advice	£1,600.00 A3.7
Prof fees/memberships	£88.00 A3.7
Equipment & Repairs & Purchase Books	£0.00 A3.9
Other: sundries, refreshments etc	£403.64
Bank Charges	£82.00 A3.10
Refunds/Other	£433.50
Expenditure	£56,282.95

Balances as at 1st April 2025:

General Ledger 1	£2,653.78
General Ledger 2	£36,854.99
Imprest Account (online purchases)	£44.35
Petty Cash	£135.60
Deposit for Office Premises (SEC) incl key cards	£1,724.00
Plus:	
	£41,412.72

£97,695.67

<p>Statement on Behalf Of CIS'ters:</p> <p>This is a true and fair record of accounts for year 2024/5</p> <p>Signature: </p> <p>Date: 15th June 2025 25/6/25</p> <p>Name: Gillian L Finch</p> <p>Trustee</p>	<p>Auditor Opinion:</p> <p>I have examined the income and expenditure for 2024/25 including miscellaneous income.</p> <p>I believe this statement to be a true reflection of these transactions.</p> <p>Signature: </p> <p>Date: 15th June 2025 25/6/25</p> <p>Name: F Bendall (C.I.P.F.A.)</p> <p>External Auditor</p>
--	---



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

Basis of independent
examiner's statement

Independent
examiner's statement

Charity Name

CIS'ters: surviving rape and sexual abuse during childhood

31st March 2025

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.

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.

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:

J Bendall

Date:

25/6/2025

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.

