

**Report of the Trustees
and
Unaudited Financial
Statements For The
Year Ended 31st July 2021
for
Breaking the Silence (BTSUK)**

**AB Accounting Services and Taxation Services Limited
17 Gleneagles Drive, Great Barr
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Breaking the Silence (BTSUK)

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Breaking the Silence (BTSUK)
Report of the Trustees
for the Year Ended 31 July 2021

The trustees present their report with the financial statements of the charity for the year ended 31 July 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1185017

Principal address

Suite 4 Fazeley House
Aston Cross Business Village
50 Rocky Lane
Birmingham
B6 5RQ

Trustees

Raj Holness
Angela Weise-Bent
Sadia Gauntlett
Sukhvinder Hayes (Resigned 16th April 2021)

COMMENCEMENT OF ACTIVITIES

The charity commenced activities in August 2019

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document

Recruitment and training of trustees and their responsibilities

The trustees are responsible for the day to day administration and compliance matters. Every year at the annual general meeting, trustees automatically step down, but may be reappointed in accordance with the adopted constitution. During 2020 2021 there was no newly appointed trustee and no trustee resignations. Training is ongoing, with a greater emphasis to explore and put in place further training for all the Trustees to ensure compliance and confidence

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The church currently undertakes regular risks assessments. All persons having contact with children are DBS checked.

Any decision of a financial nature are sanctioned by at least two trustees. Any accounting and expenditure is carried out transparently and any member is at liberty to view details of any transactions.

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Report of the Trustees
for the Year Ended 31 July 2021

Our objectives and Activities

Breaking the Silence (BTSUK) has been in operation since July 2014 and became a charity in August 2019

The charity not only raises awareness around domestic abuse, forced marriages and human trafficking, it actively dispels it, with the CEO having first hand experience in overcoming such life-threatening ordeals.

The Aims of the Charity are:

Support and empower victims and their dependents from all walks of life to take back control about their lives and break the silence of their trauma, achieved through our Building from Broken Pieces Programme.

Educate communities and businnes on how to recognise and respond to signs of abuse, achieved through our Behind Closed Doors Programme

Honour the former and currend victims of domestic abuse, achieved through our Evening of Honour, theatre productions and fundraising events

Protect women and children who need to escape their domestic situatlion achieved through working in partnership with Womens's refuges

Partner with corporate friends, so that together we can help more women break their silence

During the year the charity has received funding mainly from the Big Lottery, BBC Children in Need, NatWest COVID Fund and Reaching Communities COVID19 Response Fund. These fundings have enabled the charity to achieve it aims

Income was also received from donations, fundraising and sales of services

Acheivements during the year

Reaching Communities - Building from Broken Pieces Programme

Regarding our Building from Broken Pieces programme (BFBP), four additional 6-month programmes have been completed with 18 women in attendance from a variety of cultural and ethnic backgrounds. The group participants presented various historical effects of abuse such as substance misuse, high level mental health diagnoses, childhood abuse, rape, and sexual assaults and trauma. As a result, we have developed stronger links with partner agencies such as Birmingham Community Mental Health teams to ensure that the referred women were adequately supported throughout the programme.

The programmes were offered during the day and evening to enable the admission of women with childcare responsibilities and those in employment and further education. The women attended twice a month for 3hrs over 6months. The women have weekly calls before the sessions begin and then calls throughout the programme to check on their well being.

Several women in the application form process were identified as severe high-risk referrals and, after assessment, were offered counselling before they were due to start the programme.

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Referrals have been received from various sources such as Birmingham Children's Trust, Health, Mental Health, Refugees, immigration teams, Probation, Job Centre Plus, Women Against Radicalisation Network, Women's aid and self-referrals.

The sessions are discussion-based, using various interactive exercises to make the learning realistic, stimulating, and relevant to the women's situations.

A relatively high number of the women described themselves as depressed, suicidal and having severe mental health concerns due to the trauma they have experienced.

100% of the women stated that they most wanted from the programme was more confidence and restored identity. This was reflected in the fact that at the start of the programme the women reported low confidence, self-esteem, contentment, and a lack of respect, feeling unloved and suicidal.

We have seen an increase of interest from women with a range of mental health concerns which has resulted in a need to find out more about invisible disabilities, including mental health issues which may have emerged as a result of experiences of abuse, in order to ensure that the programme accommodates needs related to such disability we have been working closely with the mental health teams who previously referred the women to the programme. This close partnership has enhanced the efficiency and quality of the service offered to the women who have required additional support during the programme.

Due to the nature of the programme and the complexities that some of the women face before they could even start on the programme we provided 1-2-1 counselling. It was highlighted that they were unprepared to engage in a group setting and talk openly about their experiences. The women were later enrolled onto the programme and have done really well.

The sessions were discussion based, with use of a variety of interactive exercises to make the learning realistic, stimulating, and relevant to the women's own situations. Each session focused on themes that promoted a safe environment for the women to both talk about and make sense of their experiences thus challenged to see their lives from a different perspective. In a similar way with the use of the journal which complimented the themes addressed in the programme, this encouraged them to set dedicated time for themselves outside of the programme to further reflect and confront past and future concerns.

In regard to feedback and evaluation the women were asked to complete an initial questionnaire, a midpoint and post evaluation). The emerging themes from the evaluation was that the women felt that the programme helped them to make sense of their experiences and the associated impact on this had on their lives. This empowered them to identify, confront and change the destructive coping mechanisms that was developed over time as a method of survival. As a result of this, the women were able to make better choices for their lives and future.

The programme evaluation showed that all the women felt that their expectations for the future had improved and that they were confident to pursue both their goals and dreams.

Breaking the Silence (BTSUK)

**Independent Examiner's Report
to the Trustees of**

Breaking the Silence (BTS)

I report on the accounts of the charity for the year ended 31 July 2021, which are set out on pages 7 to 11

Respective Responsibilities of the Trustees and Examiner

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

It is my responsibility to:

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

Basis of Independent Examiner's 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

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 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.

Angela Weise-Bent
Trustee

27th April 2022

Breaking the Silence (BTSUK)
Statement of Financial Activities
for the Year Ended 31 July 2021

	Notes	Unrestricted Funds	Restricted Funds	2021 Total Funds
INCOMING RESOURCES				
Incoming resources from generated funds	8			
Voluntary income		29,078	64,404	93,482
Total incoming resources		<u>29,078</u>	<u>64,404</u>	<u>93,482</u>
RESOURCES EXPENDED				
Costs of generating funds	8			
Costs of generating voluntary income		22,011	238,555	260,565
Governance costs		13	0	13
Other resources expended		0		0
Total resources expended		<u>22,024</u>	<u>238,555</u>	<u>260,578</u>
NET INCOMING RESOURCES		7,054	-174,150	-167,096
RECONCILIATION OF FUNDS				
Total funds brought forward		2,526	196,188	198,714
Transfers		-3,406	3,406	0
TOTAL FUNDS CARRIED FORWARD		<u>6,174</u>	<u>25,444</u>	<u>31,618</u>

Breaking the Silence (BTSUK)

Balance Sheet At 31 July 2021

	Notes	Unrestricted Funds	Restricted Funds	2021 Total Funds
FIXED ASSETS				
Tangible assets	4	0	47,680	47,680
CURRENT ASSETS				
Debtors	5	2,847	0	2,847
Cash at bank and in hand		<u>9,580</u>	<u>30,955</u>	<u>40,535</u>
		12,427	30,955	43,382
CREDITORS				
Amounts falling due within one year	6	-1,568	-53,028	-54,596
NET CURRENT ASSETS		<u>10,858</u>	<u>-22,073</u>	<u>-11,215</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		10,858	25,607	36,465
Amounts falling due after one year	7	-36,827	0	-36,827
NET ASSETS		<u><u>-25,969</u></u>	<u><u>25,607</u></u>	<u><u>-362</u></u>
FUNDS				
Unrestricted funds				30,387
Restricted funds				-30,749
TOTAL FUNDS				<u><u>-362</u></u>

The financial statements were approved by the Board of Trustees on the 27th April 2022 and were signed on its behalf by:

Raj Holness

The notes form part of these financial statements

Breaking the Silence (BTSUK)
Notes to the Financial Statements
for the Year Ended 31 July 2021

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the 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.

Tangible fixed assets

Tangible fixed assets are at cost less accumulative depreciation. Assets are written off over four years

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

Founder Trustee remuneration for the year was £47,250 plus pension costs £1,650

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31 July 2021

3. STAFF COSTS

	2021
	£
Wages and salaries	114,324
Social security costs	10,612
Pension costs	4,496
	<u>129,432</u>

Breaking the Silence (BTSUK)
Notes to the Financial Statements - continued
for the Year Ended 31 July 2021

4. TANGIBLE FIXED ASSETS	Plant and machinery £
COST	
At 1 August 2020	56,267
Additions	2,429
At 31 July 2021	<u>58,696</u>
DEPRECIATION	
At 1 August 2020	7,851
Charge for the year	3,165
	<u>11,016</u>
NET BOOK VALUE	
At 31 July 2021	<u>47,680</u>
At 31 July 2020	<u>48,416</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £
Trade Debtors	816
Prepayments	1,922
Sundry	109
	<u>2,847</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £
Taxation and social security	12,594
Pension	715
Accruals and Deferred income	41,287
	<u>54,596</u>

7. CREDITORS: AMOUNTS FALLING DUE AFTER ONE YEAR

	2021 £
BounceBack Loan	<u>36,827</u>

Breaking the Silence (BTSUK)
Notes to the Financial Statements - continued
for the Year Ended 31 July 2021

8. MOVEMENT IN FUNDS

	At 01/08/2020	Net movements in funds	At 31/07/2021
Unrestricted funds			
General fund	2,526	3,648	6,174
Restricted funds			
Reaching Communities	101,607	-101,607	0
BBC Children in Need	6,147	9,755	15,902
NatWest Covid19 Fund	9,304	-3,715	5,589
Reaching Communities Covid19 Fund	79,131	-75,178	3,953
TOTAL FUNDS	<u>198,715</u>	<u>-167,097</u>	<u>31,618</u>