



# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 01	Month 04	Year 2021		Day 31	Month 03	Year 2022

## Section A Reference and administration details

**Charity name**

Inner Child Potential

**Other names charity is known by**

**Registered charity number (if any)**

1186031

**Charity's principal address**

Centre 88

Saner Street, Anlaby Road

Hull

**Postcode**

HU3 2TR

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Paula Smythe			
2	Diane Green			
3	Helen Sleight			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- ☐ policies and procedures adopted for the induction and training of trustees;
- ☐ the charity's organisational structure and any wider network with which the charity works;
- ☐ relationship with any related parties;
- ☐ trustees' consideration of major risks and the system and procedures to manage them.

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## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

To relieve the mental and physically related sickness of persons resident in Hull and East Yorkshire suffering from abuse and trauma by the provision of counselling and support for such persons

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

Counselling and psychotherapy, telephone, video call, in person support.  
Provision of additional welfare calls for those experiencing severe reactions to the pandemic – which increased trauma responses of those already struggling.  
Trauma training of additional volunteers to reduce waiting times.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- ☐ policy on grantmaking;
- ☐ policy programme related investment;
- ☐ contribution made by volunteers.

## Section D

## Achievements and performance

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Continued to work remotely due to the pandemic. Increased the number of people seen, and trained some additional volunteers. Due to the continued risks, very small training groups were organised to ensure distancing still possible. The new volunteers set up secure accounts. As the pandemic has progressed, additional clients have been seen, with the new ways of working being updated as needed. Additional support for those with complex needs was further increased. A few with severe mental health conditions have been seen face to face, with strict cleaning / disinfecting of space used.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

Fundraising cancelled due to the pandemic, there are no current reserves

**Details of any funds materially in deficit**

Not applicable

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- ☐ the charity's principal sources of funds (including any fundraising);
- ☐ how expenditure has supported the key objectives of the charity;
- ☐ investment policy and objectives including any ethical investment policy adopted.

Income has been from donations and small training groups. Funding was received from Police Crime Commissioners Office for a pilot project, but this money has been held until covid risks are no longer prevalent. Decisions need to be made as to whether this project is still feasible, or whether the project needs to be cancelled and money returned. More training needs to be organised, as generally this is the main source of income, which was on hold originally due to the pandemic, but is still very restricted.

**Section F Other optional information****Section G Declaration**

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

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>	PJSmythe	DGreen
<b>Full name(s)</b>	Paula Smythe	Diane Green
<b>Position (eg Secretary, Chair, etc)</b>		
<b>Date</b>	31/03/2022	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inner Child Potential

1186031

## Receipts and payments accounts

For the period  
from

4/1/2021

To

3/31/2022

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
<b>A1 Receipts</b>				
Donations	205		-	205
Training fees	720		-	720
	-		-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	925	-	-	925
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	925	-	-	925
<b>A3 Payments</b>				
Room rental	1,000	-	-	1,000
		-	-	-
		-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	1,000	-	-	1,000
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	1,000	-	-	1,000
<b>Net of receipts/(payments)</b>	- 75	-	-	- 75
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-
<b>Cash funds this year end</b>	- 75	-	-	- 75

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>		-	-
		-	-
		-	-
	<b>Total cash funds</b>	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
<b>B3 Investment assets</b>			-
			-
			-
			-
			-
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)
	Rent		5,000
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name
		PJSmythe	P J Smythe



**CC16a**



**Last year**  
**to the nearest £**

-
-
-
-
-
-
-
-
5,140

-
-
-

5,140
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-
-
-
-
-
-
-
-
-
-

-
-
-

-
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5,140
-
-
5,065



**Endowment  
funds**  
to nearest £

-
-
-
-

OK

**Endowment  
funds**  
to nearest £

-
-
-
-
-
-

**Current value  
(optional)**

-
-
-
-
-

**Current value  
(optional)**

-
-
-
-
-
-
-
-
-

**When due  
(optional)**

asap

Date of  
approval

22.1.23