



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2022		31	03	2023

## 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				
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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

### 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.

**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 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**

Rent

### 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, this project has had to be shelved due to lack of availability of volunteers. This project is not feasible at this time. 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**

**Signature(s)**

*PSmythe*

DGreen

**Full name(s)**

Paula Smythe

Diane Green

**Position (eg Secretary, Chair, etc)**

**Date**

31/03/2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Inner Child Potential

1186031

## Receipts and payments accounts

CC16a

For the period from	01/04/2022	To	31/03/2023
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### 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 £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	740		-	740	-
Training fees	455		-	455	-
	-		-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	1,195	-	-	1,195	5,140
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1,195	-	-	1,195	5,140
<b>A3 Payments</b>					
Room rental	1,100	-	-	1,100	-
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	1,100	-	-	1,100	-
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	1,100	-	-	1,100	-
<b>Net of receipts/(payments)</b>	95	-	-	95	5,140
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	95	-	-	95	5,065

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Rent		7,833	asap
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	PJSmythe	P J Smythe	22.1.24	