



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2023		Day 31	Month 03	Year 2024

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				
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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

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 mostly, due to the pandemic. The number of people seen has been reduced, and although trained some additional volunteers, they have not worked well for the charity. Despite these problems a few more people have been seen face to face.

Small training groups were organised which included people who were not looking to volunteer.

Additional clients have been seen, however the waiting list has had to be closed.

Additional support for those with complex needs was further increased. A few more people with severe mental health conditions have been seen face to face.

The charity has been struggling since covid – and there has been a problem engaging the right volunteers. Despite this, services are still being offered.

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)	<i>PSmythe</i>	DGreen
Full name(s)	Paula Smythe	Diane Green
Position (eg Secretary, Chair, etc)		
Date	31/03/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Inner Child Potential

1186031

Receipts and payments accounts

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For the period from	01/04/2023	To	31/03/2024
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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 £
A1 Receipts					
Donations	400	-	-	400	-
Training fees	555	-	-	555	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	955	-	-	955	5,160
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	955	-	-	955	5,160
A3 Payments					
Room rental	920	-	-	920	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	920	-	-	920	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	920	-	-	920	-
Net of receipts/(payments)	35	-	-	35	5,160
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	35	-	-	35	5,195

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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Rent		11,963	asap
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	PJSmythe	P J Smythe	26.1.25	