



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2024		31	03	2025

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			
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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 trauma. This is not a crisis service and therefore referrals are made where appropriate to crisis team.

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, since 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.

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, albeit at a reduced level.

Closure of the charity will be on the agenda due to lack of appropriate standards of several volunteers.

Section E Financial review

Brief statement of the charity's policy on reserves

No fundraising although donations have been received, 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.
More training needs to be organised.

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

31/03/2025

Accounts Apr 22-Mar 23

Date	Opening balance	Money in	Money in details	Spending £	Spending details
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1.4.22	£5,065.68				
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12.4.22		£30.00	donation		
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19.4.22		£30.00	donation		
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9.5.22		£100.00	donation		
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12.5.22		£10.00	donation		
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27.5.22		£10.00	donation		
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20.6.22		£65.00	training fee		
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21.6.22		£65.00	training fee		
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1.7.22		£100.00	donation		
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21.11.22		£110.00	donation		
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15.12.22		£195.00	3 x training fees		
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28.12.22		£200.00	donation		
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6.1.23		£150.00	cash donation		
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12.1.23				£1,100.00	rent
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27.3.23		£130.00	2 x training fees		
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	£5,065.68	£1,195.00			
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				-£1,100.00	
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					rent
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pre-covid proposal

Money due outMoney Due in

£5,160.68

-£7,833.28

-£2,672.60

£5,000.00

Accounts Apr 24-Mar 25

Date	Opening bal	Money in	Money in c	Spending £	Spending c	Money due o
1.4.24	£5,195.68					
20.5.24				£195.0	CVS rent	
28.5.24		£100.00	donation			
9.7.24				£100.00	CVS rent	
9.12.24		£120.00	donation			
31.1.25		£50.00	donation			
31.3.25				£170.00	CVS rent	
	£5,195.68	£270.00		-£465.00		£5,000.68
						£5,000.00
						£14,678.28
			balance	£5,000.68		
			Minus			
			Rent due	£14,678.28		
				-£9,677.60		

Money Due in

CVS Rent