

IF ONLY...

England & Wales · Charity number 1192043

Details

Status Registered

Legal form CIO

Registered 2020-10-28

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS OF SURVIVORS OF CHILDHOOD SEXUAL ABUSE THROUGHOUT ENGLAND AND WALES BY UTILISING TECHNOLOGY TO FACILITATE SMARTER CONNECTIONS TO ORGANISATIONS, CHARITIES AND INDIVIDUALS AND PROVIDING RESOURCES THAT OFFER PRACTICAL HELP FOR THOSE IN NEED OF SUPPORT, AND THE PROVISION OF RESOURCES, WORKSHOPS AND RELEVANT SERVICES.

Activities: The Charity provides messages of encouragement and hope on social media for adult survivors of childhood sexual abuse. These provide encouragement and a community network for survivors to help them on their healing journey. The Charity signposts to resources and provides support workshops to enable that healing process.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£12,611	£9,741	-	-
2024-05-31	£2,976	£9,710	-	-
2023-05-31	£12,184	£12,586	-	-
2022-05-31	£1,673	£2,032	-	-
2021-05-30	£8,541	£2,531	-	-

Trustees

Name	Role	Appointed
Karen Solomon	Chair	2020-05-01
Colette Green		2025-10-13
Emily Charlotte Bird		2024-07-25
Joanne Nachshon		2020-05-01