



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1 May 2020 To 31 May 2021

Charity name: if Only...

Charity registration number: 1192043

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	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
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Provision of Messages of Encouragement and Hope by expanding our social media presence, putting out regular support messages on Instagram, on Facebook and on our website. Establishing an online community of Survivors: Through social media messaging exchanges such as those above, messages connecting with survivors, letting them know that they are not alone, that it was not their fault and that healing is possible, have built a supportive online community that we look to develop further through face to face workshops, retreats and events once it is Covid-safe to do so.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Extensive liaison with the Charities Commission in finalising the Charity Objects and achieving Charity Registration

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Building a social media daily presence with messages of hope and encouragement. Establishing an online community. Reaching over 3,000 people with those messages. Receiving over 1,000 positive responses from survivors being helped on their healing journey. Building network links with other related charities. Inspiring other survivor initiatives to be started. Continuing and growing the online services throughout Covid-19 pandemic. Fund raising through online events. Planning towards first face to face events once Covid restrictions start to lift. Establishing connections with Survivor businesses which make donations as Commercial Participators. Building resources for signposting survivors via the Charity's website. Running fund raising events generating over £8,000 income for the Charity. Creating and providing Comfort Packs for survivors

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£6,010 closing balance
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves held for future events, workshops, retreats and projects
Amount of reserves held	Para 1.22	£6,000
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Fully viable concern

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Charity Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are currently founder members. Further Trustee appointments governed by minuted trustee meetings

Reference and Administrative details

Charity name	If Only...
Other name the charity uses	No other names used
Registered charity number	1192043
Charity's principal address	44 Waterloo Road ILFORD IG6 2EG

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	Mark Johnson	Chair		
2	Jo Nachshon	Secretary		
3	Karen Solomon	Treasurer		
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Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

Exemptions from disclosure

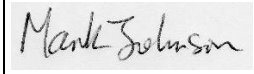
Reason for non-disclosure of key personnel details

None

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mark Peter Johnson	
Position (eg Secretary, Chair, etc)	Chair	
Date	23/11/2021	

if Only... Charity - Income & Expenditure Report - Fiscal Year 2020/21

	<u>Income</u>	<u>Expenditure</u>
Donations	£4,251.62	
Events	£3,911.55	£61.00
Sales	£358.38	
Materials		£1,923.79
Shipping		£214.36
Admin	£20.28	£331.96
Total	£8,541.83	£2,531.11

Opening Balance	£0.00
Nett Income (Expenditure)	£6,010.72
Closing Balance	£6,010.72