



if Only... Charity Annual Report June 2022 to May 2023

Most Supportive Childhood Sexual Abuse Survivors Charity 2023 - UK *

Summary

If Only... Charity provides support to adult survivors of childhood sexual abuse. This report reflects on the Charity's third year of operations.

The Charity was awarded the prize for Most Supportive Childhood Sexual Abuse Survivors Charity 2023 - UK

Our community of survivors and supporters has grown both in number and in depth of relationship. Extensive messages back to the Charity reflect the profound impact on the lives of Survivors of the regular, consistent, and inspirational messages of hope and encouragement that are put out on social media daily. The evidence of our achievements are recorded in our feedback below.

We held our first Art Therapy workshop, and also Cookery Therapy, during our Survivors' Retreat which were found particularly beneficial by the participants.

This year following the relaxation of Covid 19 rules, we were able to host our first two live fundraising events.

The Charity received its first Fundraising Grant from the National Lottery Community Fund. This is to overhaul and extend the Charity's online presence on its website and to further develop the skillsets of the team.

The Charity extends its thanks to all those who have volunteered and served throughout the year enabling ...

See below for full details of all these and more ...

* Acquisition International Non-Profit Awards 2023

Support for Survivors

Throughout the year the Charity continued to develop survivor support services impacting a growing community network with increased direct support to survivors.

Reflecting the impact of its outreach helping survivors of childhood sexual abuse, the Charity was proud to be recognised in the Acquisition International Non-Profit Awards 2023 as the:

**Most Supportive Childhood Sexual Abuse Survivors
Charity 2023 - UK**



In order to increase the outreach of the Charity a new website is being developed to promote the hope and encouragement messages and to make a rich source of resources available to survivors and those supporting them To this end Grant Funding of £8,755 was obtained from the National Lottery Community Fund. The associated training and website development is in progress for deployment later in 2023.

Global context

The year has seen a significant increase in disclosures of cases of childhood sexual abuse which has raised awareness of the scale of abuse. This is bringing with it a greater willingness to speak about childhood sexual abuse. This in turn reinforces to survivors that they are not alone. It lowers the threshold of difficulty to others speaking up. It brings attention to the needs for greater support services; and it reinforces that childhood sexual abuse is completely unacceptable, and highlights the importance of reporting every safeguarding concern or signs of potential that you become aware of.

'Della's Law' – Prevent Sex Offenders From Changing Their Name - is being pursued by MP Sarah Champion and has received all party backing - but does not yet have a government commitment to be introduced into law.

On 14th April 2023 the Charity met with Wes Streeting (shadow health minister and labour MP for Ilford North). Wes and his colleagues showed a great interest in the charity and have offered to help publicise our endeavours.

In the coming year the Charity is planning to engage with further high profile people who can advocate for Survivors.

The Charity year closed on 31 May 2023 very significantly with the screening on Channel 4 of "A Paedophile in my family: Surviving Dad" with survivor Emily Victoria powerfully telling her story and raising awareness for other survivors.

Survivor Support

Daily and weekly IM's and direct support to a growing community of survivors with regular check-ins.

Survivor support has included assisting someone to succeed in her application for legal aid.

There has been a consistent growth in the number of followers on social media - increased by 227 percent.

Retreat

An off-site retreat was held at the beautiful and peaceful context of the Othona Community in Nov 2022 for a number of survivors. This extended to include both Cookery and Art Therapy.

Extensive positive feedback reflected the confidence that this built and encouragement on the survivors' healing journeys:

- The retreat was welcoming and helped me feel at ease
- I felt accepted with no judgement and 100% support
- I've never before been with people who get who I am and enable me to be myself
- I feel privileged to have been able to take part
- I really recommend attending an if Only... retreat

Online Presence

Social Media messages of hope and encouragement

Over 1,500 messages of hope and encouragement were posted on social media to the growing network of survivors. This was an increase of over 100% on previous years and ensured fresh messages at whatever time of day a survivor might need that vital positive presence in their lives.

These generated over 8,000 Likes and around 600 direct messages of follow up.

Web development rebranding

We have engaged the services of a professional web designer. We are using grant funding to create a website that is specifically aimed at survivors and their supporters who are unable to find help and support.

Charity Introduction Leaflet

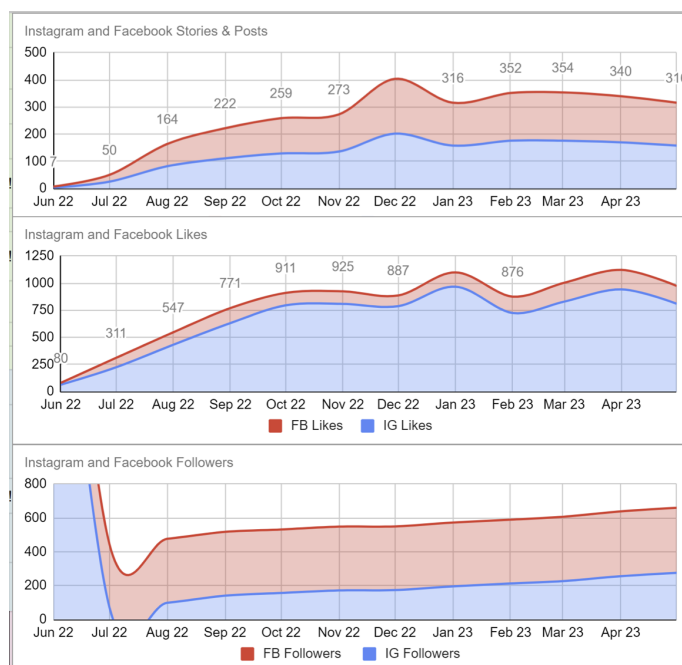
The charity has produced its first glossy 3-fold introductory leaflet. This is proving valuable in providing an initial introduction to the Charity's vital work together with contact information. It can be used to be available to those in need of reaching out for support as well as in raising the profile of the scale of need to be addressed.



Evidences

Instagram and Facebook daily messages of hope and encouragement plus instant message direct support exceed all previous years. This provided a wealth of support to a growing network of closely connected survivors.

This has grown the core number of survivors connected whilst thriving out non-active followers from initial launch events.



High levels of online account security were further enhanced to protect online social media account logins ensuring service continuity of this vital outreach.

Training Planned

Further skills development and training has been initiated in the following areas:

- Mental Health First Aid
- Level 4 Counselling Training
- Deep Release Counselling Training
- Gabor Mate Compassionate Enquiry
- Working with Suicide
- Mental Health & the Body - Carolyn Spring
- Working with Shame - Carolyn Spring

Finances

Summary

Overall income increase eightfold including:

- £439 (25%) increase in regular giving and donation
- £1,203 (500%) event income from Quiz Night & Race Night.
- £136 (100%) increase in sale of supportive items
- £8.755 grant funding for website, social media development and training

Outgoings included the first 50% of the grant funding spend.

The balance at the end of the year £6,473 including the remaining £5,488 committed to the remaining website development and caring skills development training.

The Charity formally appointed accountants to verify the accounts, being an external professional voice confirming the rigour of financial prudence being applied by the Charity Trustees.

The Year ahead

In the year ahead will include:

- Sustained provision of online messages of Hope & Encouragement, growing the network of survivors being supported on their healing journeys.
- Further Retreat events including in the peaceful environment of Othona, and other face-to-face support events.
- The year will see the deployment of a major new online website resource platform showcasing the work of the Charity and providing access to a wealth of support resources.
- We plan to extend the support base of professional and highly experienced Trustees/Advisors.
- Continued lobbying of Councillors, MP's, Government and Opposition to increase awareness of Child Sexual Abuse needs and provision for Survivors
- Further face to face and, online fundraising events.

IF ONLY...

FOR THE YEAR ENDED 31 MAY 2023

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF
IFONLY...

I am reporting on the accounts for the year ended 31st May 2023 which are set out on pages 3 to 6.

Respective responsibilities of trustees and examiner

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with requirements of the Charities Act 2011. (the Act)

It is my responsibility to:

report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts represent a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act, have not been met: or
- 2) which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Steve Castle FCCA
Castle & Co - Chartered Certified Accountants
16-18 West Street
Rochford
Essex
SS4 1AJ

Date: 24 July 2023

IFONLY...
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31ST MAY 2023

RECEIPTS

	2023		2022
Gifts and other donations	1,975		1,536
Grants	8,755		-
Sales	251		115
Event income	<u>1,203</u>		<u>23</u>
		12,184	1,674
TOTAL RECEIPTS		<u><u>12,184</u></u>	<u><u>1,674</u></u>

PAYMENTS

Events	733		929
Materials	2,608		355
Shipping	168		108
Online development	5,423		-
Training	2,500		-
Accountancy	240		
Admin	<u>914</u>		<u>641</u>
		12,586	2,032
		<u><u>12,586</u></u>	<u><u>2,032</u></u>
NET (PAYMENTS)/RECEIPTS		(402)	(358)
CASH FUND B/FWD		5,759	6,117
		<u><u>5,357</u></u>	<u><u>5,759</u></u>

IFONLY...
BALANCE SHEET
FOR THE YEAR ENDED 31ST MAY 2023

	<u>2023</u>	<u>2022</u>
CURRENT ASSETS:		
Cash at bank	11,710	5,759
CURRENT LIABILITIES:		
Accruals	240	-
Committed funds	6,113	-
	(6,353)	-
	<u>5,357</u>	<u>5,759</u>
CAPITAL AND RESERVES		
Accumulated Fund	5,357	5,759
	<u>5,357</u>	<u>5,759</u>