



if Only... Charity Annual Report June 2024 to May 2025

A village of wise & courageous women

Summary

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

Welcome, not just to if Only... Charity's AGM, but to a true milestone of maturity and achievement. For it is not just that the Charity has continued for 5 whole years, But that it is thriving, growing and extending its impact into an ever-wider network of survivors and supporters. 5 years ago, a dream was dreamt by Jo, and a seed was sown. And that seed has been nurtured and tended and loved every single day since that moment. What we see today is a MASSIVE tribute to that vision and heart's desire, and to all who have contributed to its growth and success. Today we will hear from Jo & Karen of more activities, events, achievements and exciting plans than we have ever had before. Today we will hear from Kelci of the massive financial growth in both donations and fundraising. But, most particularly for me as I look around the table and online, I see a capable and empowered team bringing a rich and diverse set of skills, experiences and insights to power the way forward as you each make your invaluable contributions to the future of the Charity.

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; 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.

Survivor Support

Throughout the year the Charity continued to develop survivor support services impacting a growing community network with greatly increased direct support to survivors. The Charity continued and extended its primary outreach through daily online messages of hope and encouragement. Daily and weekly IM's and direct support to a growing community of survivors with regular check-ins. This was a sustained increase over all previous years. This ensured fresh messages at whatever time of day a survivor might need that vital positive presence in their lives. It has resulted in consistent growth in the number of survivors following on social media.

See 'Online Presence' below for details and the evidences of the impact.

Retreat

The year saw another immensely successful Retreat providing transformational support to the participants and inspiring ideas for future Retreat plans for the year ahead.

Really positive feedback obtained from the retreat below:

- I felt so safe and welcomed.
- It was so lovely to step away from the difficulties I face in everyday life and be surrounded by support and understanding.
- It was so helpful to be able to share with others who truly understand and not feel judged.

Online Presence

All these have been built on the sustained foundation and core of the Charity's work in the vital life-line of Social Media messages of Hope & Encouragement. This has included over 1,500 Instagram & Facebook Posts & Stories. The number of our Survivor Followers has grown a further 10% over the year and is now exceeding 1,000.

These have generated an overwhelming array of positive responses indicating just how helpful the support of the Charity is in the daily lives of Survivors.

Whilst the daily lifeline support is invaluable to so many, the deepest level of support is from the individual personal significant supportive conversations which Jo provides in the follow up to the messages of support. These grew by 25% to 420 in the previous Charity year; and have grown further by almost 50% to over 600 individual support conversations this year. This is profound in both the scale and the depth of support which it provides, and which we need to cherish and carefully support going forwards.

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.

Over the year there has been 1,573 messages of hope and encouragement on Instagram and Facebook.

These generated a wealth of 'Likes' showing positive engagement and response:

- Total of 6,813 'Likes'

In addition to the welcome and vital support this provided to the existing network of survivors, there has been a substantial growth in the number of survivor social media followers throughout the year:

- 80 new followers
- By the end of the Charity year: 509 on Instagram and 574 on Facebook.

The impact of these were demonstrated in the positive Survivor Messages received in response:

- Total of 835 positive response messages from survivors

Website Support Resources for Survivors

Ongoing support is being offered through the charities website which has seen an increase in contacts by survivors reaching out for support/guidance and also interest in our support cards and retreats. We have also had an increase in survivors signing up to our mailing list.

This has generated enquires for retreats, support & joining mailing lists:

- Total number of website enquires = 156
- Total number of support cards sent out to survivors via website = 21

Additional Key Achievements

This year has seen more Fundraisers and more funds raised by them than ever before. Their successes, which Kelci will describe in more detail, provide rich insights from:

- Our regular **Bingo Night** success formula - maximising networking, community growth and fundraising – to be run again this coming weekend.
- Our hugely successful **Afternoon Tea** - with it's exhausting, and never to be repeated sandwich making!
- And the successes of the grand **Casino Night** with its further opportunities for cost and marketing optimisation for future events.
- We hosted a self harm by Satveer Nijjar workshop for survivors and any professionals to attend
- Trustees attended an event hosted by Bessel Van Der Kolk
- Attended UKAFNP conference to showcase our charity and work to numerous professionals who work with patients in SARCs and custody suits across the UK
- A supporter ran the French Riviera Marathon and raised £1360 for the charity

Finances

Summary

This summary is based on the draft End of Year accounts. See Accounts for full details. The final accounts verified by the accountants will be submitted to the Charity Commission and be available from there.

Overall income for the year

- £ 5302 Donations
- £ 410 Sales of Charity branded items
- £ 6899 Income from fundraising events

Total income £ 12611

Overall outgoings for the year

- £ 4218 event expenditure
- £ 3607 materials & shipping
- £ 457 online development & training
- £ 487 Accountancy & admin
- £ 972 Travel

Total Expenditure £ 9741

The end of year closing balance £ 7607

The Charity's appointed accountants fully verify the 2024/25 accounts, and will do so again for the financial year now completed. The Charity will continue to ensure this external professional voice confirming the rigour of financial prudence being applied by the Charity Trustees.

The Year Ahead

In the year ahead will include:

- Saturday 19th July 2025 charity bingo night
- Annual if Only picnic Saturday 6th September 2025
- UKAFNP conference Friday 12th September 2025
- First 3 night retreat in Saffron Walden (Abbey House) 15th -18th September 2025
- Launch of if Only newsletter
- If Only 5th birthday celebration Saturday 25th October 2025
- Annual wave of light Tuesday 10th February 2026
- Bingo night Saturday 28th March 2026
- Charity fundraiser Snowdon Climb Saturday 16th May 2026

IF ONLY...

FOR THE YEAR ENDED 31 MAY 2025

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF
IF ONLY...

I am reporting on the accounts for the year ended 31st May 2025.

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: 17th July 2025

IFONLY...
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31ST MAY 2025

RECEIPTS

	2025	2024
Gifts and other donations	5,302	337
Grants	-	-
Sales	410	382
Event income	<u>6,899</u>	<u>1,362</u>
	12,611	2,081

TOTAL RECEIPTS

<u>12,611</u>	<u>2,081</u>
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PAYMENTS

Events	4,218	809
Materials	3,342	1,419
Shipping	265	192
Online development	302	330
Training	155	224
Travel	972	-
Accountancy	240	240
Admin	<u>247</u>	<u>(513)</u>
	9,741	2,701

<u>9,741</u>	<u>2,701</u>
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NET (PAYMENTS)/RECEIPTS

2,870	(620)
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CASH FUND B/FWD

4,737	5,357
<u>7,607</u>	<u>4,737</u>

IF ONLY...
BALANCE SHEET
FOR THE YEAR ENDED 31ST MAY 2025

		<u>2025</u>	<u>2024</u>
CURRENT ASSETS:			
Cash at bank		7,837	4,977
Amounts owed back by staff		<u>10</u>	<u> </u>
		7,847	4,977
CURRENT LIABILITIES:			
Accruals	240		240
Committed funds	-		-
	<u> </u>	<u>(240)</u>	<u>(240)</u>
NET ASSETS		<u><u>7,607</u></u>	<u><u>4,737</u></u>
CAPITAL AND RESERVES			
Accumulated Fund		7,607	4,737
		<u><u>7,607</u></u>	<u><u>4,737</u></u>