

Trustee's Annual Report

November 1st, 2022 –

October 31st, 2023

Foreword by Chair of Trustees



**WALKING ALONGSIDE
THOSE WHO HAVE
EXPERIENCED
ABUSE AND TRAUMA
WITHIN FAITH.**

**GET SUPPORT.
GET INVOLVED.**

www.replenished.life



Welcome to Annual Report 2022/23 for Replenished Life. This is the second Annual Report following registration with the Charity Commission in Sept 2021.

The second year of Replenished Life has been a busy time continuing to establish the Charity, delivering excellent outcomes for beneficiaries and manage the challenges of increases in demand alongside financial and capacity challenges in meeting this demand. This second year has seen enormous growth, progress and success.

The Support Line has ensured one hundred and one beneficiaries feel heard, understood, and supported. Through 709 contacts this has enabled these beneficiaries to feel safe to process, understand their experience and explore the likely impact of this. They have been empowered by our service to make confident decisions in relation to a wide range of topics such as managing mental health, emotional health, and wellbeing, reporting their experience, raising complaints or concerns, accessing housing and benefit support, accessing statutory services, reconnecting with their faith safely.

The development of an online presence through the website has been another major success this year. With over eleven thousand page views this is providing significant public benefit for our beneficiaries, alongside raising awareness of the issue of spiritual abuse. The online resources provide excellent information and advice for our beneficiaries and development of a future resource library for survivors and faith organisations will provide further benefit.

Replenished Life does not just support those who have experienced abuse and trauma within faith but also seeks to raise awareness and equip organisations to understand and support those survivors. There has been a large amount of work done on developing high quality training around Abuse and Trauma within faith. The delivery of this training has enabled us to equip a range of faith organisations to best support those who have experienced this type of abuse. The training has received excellent feedback with all 388 delegates leaving with a deeper understanding, skills, and actions to undertake to improve this support. We have also had the privilege of contributing to a BBC Radio: All These Things Considered episode on Spiritual Abuse and contribute a reflection to the Premier Christianity Podcast Soul Survivors.

Replenished Life have contributed to a Spiritual Abuse Video Project within the Church of England and worked in partnership to develop a project proposal for a Safeguarding in Faith Hub. We have also worked in partnership with the University of Chester to develop a Spiritual Abuse Postgraduate Researchers Hub.

We have much to achieve over the next few years, and in the current climate within faith organisations our work is more vital than ever. As Trustees we extend huge gratitude to every individual, group and organisation who has chosen to support us this year to ensure survivors are heard, validated, understood, and supported. We would also like to acknowledge the passion and hard work of Simon and Caroline who work tirelessly to further the work of this charity. Working towards sustained funding for employees is another key part of how we have progressed this year as a charity, as this allows for more investment in growing our resources. Together, we can make change that improves support for those who have experienced abuse and trauma within faith.

Lisa Oakley, Chair of Trustees

The Trustees of Replenished Life CIO present their annual report and audited accounts for the year ended 31 October 2023 and confirm they comply with the requirements of the Charities Act 2011, and the Charities SORP (FRS 102).

The Trustees have complied with their duty to have due regard to the Charity Commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

1. Structure, Governance and Management

The charity Trustees are responsible for the strategic management of Replenished Life CIO and meet quarterly. The charity trustees manage the charity in line with the constitution (foundation model) of Replenished Life CIO.

The Trustees were interviewed and appointed as first charity trustees in the registration process of Replenished Life CIO. In the Period October 2022 -23 the Chair of Trustees resigned from her role in September 2023 and a further trustee was appointed for a term of three years by a resolution passed at a properly convened meeting in August 2023. The Charity Trustees had regard to the skills, knowledge and experience needed for the effective administration of the CIO in this appointment. Recruitment and appointment included due diligence around ensuring the appointment was legal and in line with Charity Commission legislation, regulation and guidance.

Apart from the first charity trustees, every trustee will be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees will have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

2. Reference and Administrative Details

Replenished Life CIO is a Registered Charity (Charitable Incorporated Organisation) in England and Wales (1195846)

Registered Office

24 Nun Street
St David's
Haverfordwest
Pembrokeshire
SA62 6NT

Trustees

Sarah Brombley (Chair of Trustees) (resigned September 2023)

Dr Lisa Oakley (Chair of Trustees)

Farooq Mulla

Ruth Appleton (Appointed August 2023)

3. Objectives and Activities.

a) The Purposes of Replenished Life CIO.

The charitable objects of Replenished Life CIO are:

1. To protect and preserve the physical and mental health and relieve the needs of people who have suffered abuse and trauma, including spiritual abuse, within a religious context, through the provision of support and practical advice.
2. To advance the education of the public on the subject of abuse, trauma and spiritual abuse within religious contexts, and to promote research for the public benefit in all aspects of that subject and to disseminate the useful results.

For the purpose of these objects 'spiritual abuse' is a form of emotional and psychological abuse characterised by a systematic pattern of coercive and controlling behaviour in a religious context

b) The Main Activities Undertaken in Relation to those Purposes.

i). Support, Advice and Resources

Support line

We provide practical support and advice to those who have experienced abuse and trauma within faith through a support line.

The support line was open three days a week between 9am and 5pm. Mutually convenient times outside these hours have also been arranged if necessary.

We are very aware that callers are likely to have some concerns about seeking support. It is vital that there are as few barriers to seeking support as possible.

To give the necessary reassurance to callers, all support given is:

- **Confidential** – All calls are confidential (unless there is a concern that you or someone else is at risk of harm. In which case we will discuss any safeguarding action we need to take together and agree a way forward.)
- **Independent** – whilst our support workers do have a faith, they are independent to any denomination or faith community. As an organisation we are completely independent.
- **Multi Faith and no faith**– Our support workers understand all faiths and no faith and provide support accordingly with understanding.
- **From Lived Experience** – all our support workers have lived experience of abuse and trauma within faith and callers value the fact that we “get it.”
- **Inclusive** – support is given based on need regardless of any protected characteristics or theological positions held in relation to any protected characteristics.
- **Open ended** – from experience individuals we support, all have different support needs, need to take things at their own pace and need a differing

length of time of support. We also are aware that people may need to revisit us in the future, so we are always available if people need to come back for more support as life events occur or life changes.

- **Free to Survivors** – the cost of the support call is only the cost of a call to a mobile (usually included in minutes). If cost is an issue, just drop us an email or text and we will arrange a convenient time to ring you.

Where organisations are referring people who have been harmed within their organisation or denomination, there is an expectation that the organisation discuss the appropriate arrangements for financially supporting the work of Replenished Life prior to referral or asking the person to contact Replenished Life.

ii). Conference, Workshop, Training, and research participant support

Where the content and discussion matter of workshops, training, conference, or research projects may cause distress, trauma or may trigger previous experiences of abuse and trauma we can provide support for delegates or participants.

This will be tailored to each situation dependant on the number of hours of support that may be needed, and the subject matter discussed.

iii). Equipping and Awareness Raising

Training courses for faith organisations and secular organisations.

We deliver a number of training courses for faith organisations.

Spiritual abuse: coercion and control within a religious context – recognising, responding, and supporting well within healthy cultures.

This course explores issues of Spiritual Abuse: Coercion and Control within Faith Organisations and Communities. It covers how to recognise spiritual abuse, how to respond well and how to support well and the importance of policy, procedure, and practice in achieving this. The course also explores the impact of spiritual abuse and what needs to be considered when supporting survivors. In addition, the course explores preventing Spiritual Abuse through building healthy Faith Culture.

Supporting those who have experienced abuse and trauma within faith.

This course provides an in-depth exploration of the survivor journey from recognition through disclosure and response, to accessing support and therapy. The course explores the impact of abuse and trauma within faith and the support needs associated with this impact. The course examines best practice, research messages and survivor voice to enable effective support.

This course can be run with a Faith Organisation focus or with a Secular Organisation focus.

There is also scope for this course to be further specialised to focus on Police, Social Services or Health functions.

Awareness raising and preventive training: healthy faith awareness, prevention and seeking support.

When young people first leave home and make their first steps into the world with less support from significant adults this can bring vulnerability.

This Awareness Raising and Preventative training will equip young people in their understanding of what healthy faith organisations look like and where they can seek support if they have concerns.

3. Achievements and Performance

a). Support line

i). Contacts of the Support line

Month	Phone/ Zoom	Email	Face to Face	Total
Nov 2022	16	13	0	29
Dec 2022	11	18	0	29
Jan 2023	11	13	0	24
Feb 2023	12	26	0	38
Mar 2023	22	29	5	56
Apr 2023	15	37	0	52
May 2023	32	64	0	96
Jun 2023	21	24	5	50
July 2023	13	54	0	67
Aug 2023	21	46	0	67
Sept 2023	20	73	0	93
Oct 2023	42	66	0	108
Overall Total	236	463	10	709

There have been 709 contacts made with Replenished Life CIO this year (Nov 1st, 2022, to Oct 31st, 2023). These contacts have been made by 101 individuals seeking support. These contacts are made up of 463 emails, 236 phone calls or zoom calls and 10 face to face support conversations. These 10 face to face support sessions are made up of 5

conversations that were held in response to awareness raising of Replenished Life during the St David's Festival of Ideas and 5 at the Big Retreat.

In 2021-2022 there were 417 contacts made by 44 individuals seeking support. These contacts were made up of 271 emails, 140 phone calls or zoom calls and six face to face support conversations.

The figures for Nov 2022 to Oct 31st, 2023, represent a significant increase in demand. Contacts have risen by 70% overall and within phone/zoom and emails. There has been a 130% increase in the number of individuals seeking support.

Length of time supported.

All phone or zoom contacts are at least an hour in length. For some individual one phone call is enough, for others a short time of regular phone calls is needed, for others intensive support over many months is required.

Length of support	Number of Individuals
Up to 1month	74
Up to 3 months	7
Up to 6 months	9
Up to 9 months	2
Up to 12 months	3
12 months plus	6

There have been three callers who have had a shorter number of support sessions and have then needed further support in relation to life events or changes of circumstance. The time between these support sessions have varied between a few months and a year.

Whilst some contacts have needed support for over a year this is not always a consistent support with some contacts dipping in and out of support.

Public Benefit of Support line

Those who have experienced abuse and trauma in faith and have accessed the support services of Replenished:

- feel heard, understood, and supported and therefore feel safe to process their experience, understand their experience and the likely impact.
- feel a sense of belonging to a supportive community.
- are informed of options in relation to a wide range of topics such as managing mental health, emotional health, and wellbeing, reporting their experience,

raising complaints or concerns, accessing housing and benefit support, accessing statutory services, reconnecting with their faith safely,

As a result, callers are able and confident to make informed decisions in relation to living well with their experience.

Caller one.

"I just wanted to thank you for listening yesterday on the phone. I felt heard, understood and believed, which has been very healing for me.....It was such a release to hear the recognition in your voice that identified with what I was saying, where I have been misunderstood and at times criticised for my actions.....I know my journey is not yet complete, but I really feel supported by you and will definitely keep in touch."

Caller two

"You recommended a couple of books, and I accessed your online Survivors Manual all of which was most helpful as I waded through the treacle of my experience. One of the most valuable things though quite apart from very good information, was the listening and discussion we had. It resonated with me and allowed me to get a framework for what had happened. It was quite uncanny how you started mentioning things that really fitted my experience but which I had not yet been able to coherently formulate in my mind.

A couple of months into our chats I felt something 'shift' for me and from then on, I think I've been able to make good progress with much less angst and pain".

Caller 3

"...somewhere along the line I found contact details for Replenished Life. This was a turning point for me. After contact was made, I was able to make regular telephone appointments. I was now speaking with someone with knowledge and experience of spiritual abuse, and I could make mention of my own experiences and feel that I was being understood and well advised.

Replenished Life sent me a book and literature free of charge which I found to be insightful and helpful. I was signposted to different agencies which could help me with other issues that had arisen from my experiences of spiritual abuse. ... It has been an encouraging experience to have found Replenished Life and I am really grateful for the work they do."

Caller 4

"In the depths of an intensely dark time in my spiritual life, a light of truth and love shone into my despair. That light is Replenished Life! Without the empathy, compassion, and affirmation that I have been blessed with by them, the depths of my traumatic experience would have spiralled way beyond my ability to cope. I am eternally thankful for their support of helping me rebuild and for the restoration in learning to live well with what had the potential to scar me for life."

Feedback has been gained through regular requests for feedback throughout the support given. Where quotes have been used within the Annual Report consent has

been given to use these quotes publicly and care has been taken to ensure no individual can be identified through these quotes.

It is recognised that a more formal approach to gaining feedback is needed and development of this is a priority for the first quarter of the next 12 months.

Advocacy

Replenished Life have delivered advocacy for 2 individuals where this has been necessary. Each piece of advocacy has been delivered through an advocacy agreement which outlines clear boundaries around the work as well as clear deliverables. This has created a clear separation from support given.

b). Online Presence and Communications

The Replenished Life website has been reviewed and relaunched in September 2022.

The previous website had 879 visits in 21/22, and this resulted in 3121 page views.

The review and redevelopment of the website was followed by a clear digital marketing strategy to increase site visits and page views. This digital marketing strategy included online and social media presence. A digital marketing company has assisted in the development of the strategy and has delivered the online aspect of the strategy including the application and management of a google ads grant worth up to £7500 per month of free advertising. As part of the commissioned work Replenished Life CIO had access to digital marketing workshops each month.

There were 5663 visits by new users in the period Nov 1st, 2022, to October 31st, 2023, leading to 11390 page views.

Online Resources

The Spiritual Abuse Survivors Handbook has been reviewed and further online resources for survivors and faith organisations have been developed. Further resources will be developed in the next financial year with the aim of building a significant library of online resources.

Social Media

Replenished Life has maintained a presence on social media. There is a need for more consistent content, and this is recognised as an area of development.

Replenished Life has 632 followers on Linked In, 381 on our Facebook Page and 422 on Twitter.

Blog

The Blog is another underused communication tool, and the development of a monthly blog will again be a key action for the next 12 months. High levels of demand and low staff capacity has meant there has not been the focus necessary in this area.

Email updates

The development of monthly email updates for our subscribers list of 59 will again also be a vital communication tool for the next 12 months. Development of an increased subscriber list is a key marketing priority. High levels of demand and low staff capacity has meant there has not been the focus necessary in this area.

Future Plans

The next stage of website content development is to continue to develop a survivor's resource area, supporters resource area and a faith-based organisation resource area. These resource areas will include a mix of replenished life developed resources and resources from other organisations.

The Social Media Accounts, Blog and Email updates of Replenished Life are currently an underused resource. There is a need to protect time and capacity for development of Social Media Content and other communications and marketing.

Public Benefit of Online Presence and Communications

Whilst there is recognition of the need for further work in this area 7157 people are aware of the work of Replenished Life CIO. They have further information about abuse and trauma within faith and are better placed to support themselves or others.

With further development and promotion of the website and online resources along with consistent social media content there will be a greater public benefit in the future.

c). Conference, Workshop, Training, and research participant support

Research project support.

Support has been given to a number of research students. This has included raising awareness of Replenished Life CIO and ensuring that they are aware of where to seek support and an opportunity to discuss research projects and research ideas. There have been opportunities given to debrief after participant interviews where these have triggered past experiences.

Spiritual Abuse Postgraduate Researchers Hub

In October 2023 a Spiritual Abuse Post Graduate Researchers hub was established in partnership with the University of Chester. The aim of this hub is to connect Postgraduate Researchers in the field of Spiritual Abuse/ Religious Trauma and provide a safe space to discuss the unique challenges of research in this area. This partnership project is at an early stage, and it is hoped that this will be a continued area of development for the future.

Public benefit of Research project support

Those who choose to undertake research in this field predominantly do so as they have experienced abuse and trauma within faith themselves. This area of research is specialist and therefore those undertaking this research can be isolated. Support through the support line and the Spiritual Abuse/.Religious Trauma Postgraduates Researcher's Hub

provides a safe space where researchers can discuss specific challenges around their research.

d). Equipping and Awareness Raising

i). Training Development

Training packages and workbooks have been developed for:

- Spiritual abuse: coercion and control within a religious context – recognising, responding, and supporting well within healthy cultures.
- Supporting those who have experienced abuse and trauma within faith.
- Awareness raising and preventive training: healthy faith awareness, prevention and seeking support.

Thirteen courses have been delivered to a variety of faith organisations year reaching over 300 delegates. There has been excellent feedback alongside some suggestions for improvement. The Training package and workbook have been regularly reviewed in relation to feedback.

Month	Training Courses	Online	Face to Face	Total Attendees
Nov 2022	1	0	1	35
Dec 2022	0	0	0	0
Jan 2023	0	0	0	0
Feb 2023	0	0	0	0
Mar 2023	1	1	0	25
Apr 2023	1	0	1	10
May 2023	0	0	0	0
Jun 2023	4	3	1	92
July 2023	2	2	0	35
Aug 2023	0	0	0	0
Sept 2023	3	3	0	60
Oct 2023	2	2	0	91
Overall Total	13	10	3	388

4. Financial Review (Draft –while awaiting final accounts sign off)

In 2022/3 Replenished Life CIO received £27,609 deferred income from the WCVA Third Sector Resilience Fund 2021/22.

Replenished Life CIO has had an overall income of £49343 between Nov 21st, 2022, and Oct 31st, 2023. This is broken down into unrestricted funds of £16984 and restricted funds of £32359.

Unrestricted funds are made up of:

Training Income	£7647
Advocacy Income	£420
Individual Donations	£2494
Organisation Donations	£600
Gift Aid	£823
Allen Lane grant	£5000

Restricted Funds are made up of:

Sir Halley Stewart Small Grant £5000 (deferred to 2023/4)

WCVA Third Sector Resilience Fund £27,609 (deferred from 2021/2)

Replenished Life CIO has employed a full time member of staff between Nov 1st, 2022, until April 31st, 2023. This employee then reduced to 0.6 FTE between May 2023 and Oct 31st, 2023. This employee has contributed 0.4 FTE on a voluntary basis. 2 other volunteers have contributed a significant number of voluntary hours in 2022/23.

1456 employee hours have been delivered and 819 volunteer hours have been accrued in this budget year.

Fundraising Performance

The Charity was successful in a Third Sector Resilience Fund Grant application, and the deferred income from this has been the primary source of funding for this budget year. The focus of the grant has been to increase financial sustainability through a wider variety of funding such as regular donations and the development of income streams. A further restricted grant from Sir Halley Stewart was successful with the aim of creating collective wisdom webinars. A further unrestricted grant of £5000 towards core costs was made by the Allen Lane Foundation.

£3094 of donations have been raised in this budget year and it is expected that as projects such as a fundraising strategy, fundraising certificate (Chartered Institute of Fundraising) external marketing and website review impact this figure will rise significantly.

Reserve Policy

The financial climate for the Charity Sector has been and continues to be difficult. Replenished Life therefore have not been able to hold any more than minimal reserves. It is likely this will continue into the next financial year.

Replenished Life has £3487 of restricted funds remaining and has no unrestricted funds available for the next budget year.

Principal risks facing Replenished Life in the next budget year.

As is the case for all third sector organisations the current cost of living crisis presents potential risks. At times of fiscal crisis financial giving often drops and becomes less regular. In addition, there is often an increase in demand.

Replenished Life has seen a significant increase in demand of 70%. There has been a reduction in employee capacity and therefore there has been an increased reliance on volunteers.

In continuing to raise the profile of Replenished Life in the current year there is a risk of further significantly increased demand. Replenished Life has limited capacity to respond to a significant increase in demand, in that there is currently one 0.6 FTE employee who volunteers 0.4 FTE and 2 part time volunteers contributing 0.2 FTE.


It is recognised that the employee as well as volunteering has had to undertake private consultancy work to supplement their income.

A further risk is the referral of callers to the support line by organisations without the financial support for Replenished Life. This leads to an increase in demand without the financial support to respond to that demand.

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)	Lisa Ruth Oakley	
Position (e.g., Chair, Secretary)	Chair	

Date 27/8/24

Charity Number
1195846

Replenished Life

Accounts

31 October 2023

Replenished Life
Report and accounts
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Replenished Life Company Information

Trustees

Sarah Elizabeth Smith
Farooq Mohamed Mulla
Dr Lisa Ruth Oakley
Ruth Appleton (appointed 11th August 2023)

Accountants

Gwenno Accountancy Services Ltd
Glan Gwaun
Pontfaen
Fishguard
Pembrokeshire
SA65 9SG

Registered office

24 Nun Street
St Davids
Haverfordwest
Pemborkeshire
SA62 6NT

Charity number

1195846

Replenished Life
Independent examiner's report on the accounts

Report to the Trustees of Replenished Life
on accounts for the year ended 31st October 2023

I report to the trustees on my examination of the accounts of the above charity, Replenished Life for the year ended 31st October 2023.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's account 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.

Independent examiner's Statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date: 22.08.2024

Name: Miss Gwenno S Eynon

Relevant Professional Qualification of body: FMAAT, FMATT

Replenished Life
Profit and Loss Account
for the year ended 31 October 2023

	2023 £	2022 £
Turnover	11,984	11,779
Other income	32,359	22,060
Cost of goods sold	-	(577)
Gross profit	<hr/> 44,343	<hr/> 33,262
Staff costs	(35,972)	(14,680)
Other charges	(9,573)	(18,386)
(Loss)/profit before taxation	<hr/> (1,202)	<hr/> 196
(Loss)/profit	<hr/> (1,202)	<hr/> 196

Replenished Life
Registered number:
Balance Sheet
as at 31 October 2023

1195846

	2023	2022
	£	£
Fixed assets	1,346	944
Current assets	3,457	26,861
Creditors: amounts falling due within one year	(5,309)	(27,359)
Net current liabilities	(1,852)	(498)
Total assets less current liabilities	(506)	446
Accruals and deferred income	(500)	(250)
Net (liabilities)/assets	(1,006)	196
Capital and reserves	(1,006)	196
	Number	Number
Average number of employees	1	1

Lisa Ruth Oakley
 Trustee
 Approved by the board on 22 August 2024

Replenished Life
Detailed profit and loss account items
for the year ended 31 October 2023

This schedule does not form part of the statutory accounts

	2023	2022
	£	£
Sales		
Book sales	-	79
Donations	3,094	6,474
Work done	7,647	1,681
Sundry Income	823	3,545
Commissioned advocacy	420	-
	<u>11,984</u>	<u>11,779</u>
Other income		
Grants	<u>32,359</u>	<u>22,060</u>
Cost of good sold		
Purchases	<u>-</u>	<u>577</u>
Staff costs		
Wages and salaries	31,938	13,637
Pensions	2,475	233
Staff training and welfare	693	76
Travel and subsistence	866	734
	<u>35,972</u>	<u>14,680</u>
Other charges		
Premises costs:		
Rent	4,800	1,600
Use of home	-	310
	<u>4,800</u>	<u>1,910</u>
General administrative expenses:		
Telephone and emails	826	737
Postage	16	2
Stationery and printing	227	923
Subscriptions	357	2,159
Bank charges	16	23
Insurance	533	478
Fees and licences	277	130
Software	832	1,368
Repairs and maintenance	109	475
Sundry expenses	57	112
	<u>3,250</u>	<u>6,407</u>
Legal and professional costs:		
Accountancy fees	250	250
Consultancy fees	71	8,736
Advertising and PR	1,202	1,083
	<u>1,523</u>	<u>10,069</u>
	<u>9,573</u>	<u>18,386</u>

Replenished Life
Detailed balance sheet items
as at 31 October 2023

This schedule does not form part of the statutory accounts and should NOT be sent to HMRC

	2023 £	2022 £
Fixed assets		
Plant and machinery etc	1,346	944
Current assets		
Other debtors	151	335
Cash at bank and in hand	3,336	26,526
	3,487	26,861
Creditors: amounts falling due within one year		
Bank loans and overdrafts	30	-
Other creditors	-	27,359
	30	27,359
Accruals and deferred income		
Deferred Grant	27,359	
Accruals	500	250
	27,859	250
	27,859	
Capital and reserves		
Profit and loss account	(1,006)	196
Profit and loss account		
Brought forward	196	-
(Loss)/profit	(1,202)	196
	(1,006)	196

Charity Number
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Replenished Life
Registered number: 1195846
Balance Sheet
as at 31 October 2023

	2023	2022
	£	£
Fixed assets	1,346	944
Current assets	3,457	26,861
Creditors: amounts falling due within one year	(5,309)	(27,359)
Net current liabilities	(1,852)	(498)
Total assets less current liabilities	(506)	446
Accruals and deferred income	(500)	(250)
Net (liabilities)/assets	(1,006)	196
Capital and reserves	(1,006)	196
	Number	Number
Average number of employees	1	1

Lisa Ruth Oakley
Trustee
Approved by the board on 22 August 2024

Replenished Life
Detailed profit and loss account items
for the year ended 31 October 2023

This schedule does not form part of the statutory accounts

	2023	2022
	£	£
Sales		
Book sales	-	79
Donations	3,094	6,474
Work done	7,647	1,681
Sundry Income	823	3,545
Commissioned advocacy	420	-
	<u>11,984</u>	<u>11,779</u>
Other income		
Grants	<u>32,359</u>	<u>22,060</u>
Cost of good sold		
Purchases	<u>-</u>	<u>577</u>
Staff costs		
Wages and salaries	31,938	13,637
Pensions	2,475	233
Staff training and welfare	693	76
Travel and subsistence	866	734
	<u>35,972</u>	<u>14,680</u>
Other charges		
Premises costs:		
Rent	4,800	1,600
Use of home	-	310
	<u>4,800</u>	<u>1,910</u>
General administrative expenses:		
Telephone and emails	826	737
Postage	16	2
Stationery and printing	227	923
Subscriptions	357	2,159
Bank charges	16	23
Insurance	533	478
Fees and licences	277	130
Software	832	1,368
Repairs and maintenance	109	475
Sundry expenses	57	112
	<u>3,250</u>	<u>6,407</u>
Legal and professional costs:		
Accountancy fees	250	250
Consultancy fees	71	8,736
Advertising and PR	1,202	1,083
	<u>1,523</u>	<u>10,069</u>
	<u>9,573</u>	<u>18,386</u>

Replenished Life
Detailed balance sheet items
as at 31 October 2023

This schedule does not form part of the statutory accounts and should NOT be sent to HMRC

	2023 £	2022 £
Fixed assets		
Plant and machinery etc	1,346	944
Current assets		
Other debtors	151	335
Cash at bank and in hand	3,336	26,526
	3,487	26,861
Creditors: amounts falling due within one year		
Bank loans and overdrafts	30	-
Other creditors	-	27,359
	30	27,359
Accruals and deferred income		
Deferred Grant	27,359	
Accruals	500	250
	27,859	250
	27,859	
Capital and reserves		
Profit and loss account	(1,006)	196
Profit and loss account		
Brought forward	196	-
(Loss)/profit	(1,202)	196
	(1,006)	196