

**CONTROLLING CHEMSEX**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE PERIOD ENDED 28 FEBRUARY 2023**

**Charity Registration No. 1197081**

# CONTROLLING CHEMSEX

## LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr John Edward Sadler (appointed 2 July 2021) Mr Philip David Mark Hurd (appointed 2 July 2021) Dr Emilio Arbe-Herrero (appointed 2 July 2021) Mr Darren John Irvine-Duffy (appointed 20 January 2023)
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Charity number	1197081
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Registered office	Gemma House 39 Lilestone Street London NW8 8SS
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Independent examiner	Lance Moylan
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# CONTROLLING CHEMSEX

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# **CONTROLLING CHEMSEX**

## **TRUSTEES' REPORT**

### ***FOR THE PERIOD ENDED 28 FEBRUARY 2023***

The trustees present their report and financial statements for the period ended 28 February 2023.

The registered office is Gemma House, 39 Lilestone Street, London NW8 8SS.

The charity's aim is to promote and protect the health of individuals suffering from involvement in Chemsex behaviours with a particular focus on the LGBTQ+ community by:

- Providing advice, information and support to them and others affected by their involvement;
- Providing psychosexual therapy; and
- Raising awareness in society of the issues arising from Chemsex.

In this report "Chemsex" is the use of drugs before or during planned sexual activity to sustain, enhance, disinhibit or facilitate the experience. Chemsex commonly involves crystal methamphetamine, GHB/GBL and mephedrone, and sometimes injecting these drugs (also known as slamming).

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015).

#### **Objectives and activities**

Controlling Chemsex is a CIO which was registered with the Charities Commission on 13 December 2021. The period of reference in this annual report is 13 December 2021 to 28 February 2023. The activities of the charity were formerly operated from Controlling Chemsex C.I.C. (registered number 12475301). Controlling Chemsex C.I.C. was converted to Controlling Chemsex on 13 December 2021. Controlling Chemsex was registered in order to facilitate the receipt of the grants on offer at the time, and also to encourage further gifts of donations and grants from future and prospective donors.

The Chief Executive Officer is the founder, Ignacio Labayen de Inza, who stood in this position for the whole period and continues in this position at the date of signing of this annual report.

Controlling Chemsex secured two major grants in 2021, which were payable upon the successful registration of the organisation as a charity. The grants awarded by the Lotteries Commission (£150,000) and The Tudor Trust (£70,000) both have terms of three years. Controlling Chemsex received the first tranche of each of these awards in February 2022.

The grant awarded by the Lotteries Commission supports the operational activities of the charity in achieving its aims aforementioned in this report and that recorded in the charity document held on record at the Charities Commission. These activities include costs such as staff costs (employed and contracted), technical costs, marketing costs and training and development of current and prospective staff and volunteers.

The grant awarded by Tudor Trust is to fund a live chat service on our website. The funds were also used to offer a chemsex self-assessment on our website so that visitors can explore the impact that chemsex is having on their lives.

# **CONTROLLING CHEMSEX**

## **TRUSTEES' REPORT (CONTINUED)**

### ***FOR THE PERIOD ENDED 28 FEBRUARY 2023***

Volunteers are critical to the operations of Controlling Chemsex. We continue to recruit and train 'keyworkers' who either have experience with chemsex issues or are aware of chemsex issues. Our volunteers undergo an eight-week training programme. This ensures our clients receive the best possible service when our volunteers begin to support them. The Trustees acknowledge the support of our volunteers and thank them for their support to the charity. The Trustees are continually looking at ways in which volunteer retention can be maximised.

Finding volunteers was, and continues to be, the greatest challenge we face in order to provide the level of support that is being sought by our clients.

When our clients completed their initial keywork sessions with keyworkers, it was evident that further support was required. For this reason, we expanded our service offering with the introduction of psychosexual therapists and counsellors, who are both paid and volunteer.

Demand for our service is greater than that which we can provide. To support clients waiting for keyworker support we implemented an email support programme for those who contact us in order to keep them engaged with the process of making changes prior to receiving keyworker support.

#### **Goals**

- Recruitment and training of between five and ten new keyworkers, to be able to offer specialised chemsex support on a one-to-one basis by the end of this period;
- Recruitment of at least five new psychosexual therapists, who can support our clients who are experiencing relationship, intimacy or psychosexual issues, in order to relieve the pressure of a long waiting list;
- Recruitment of a part-time administration officer to help with the operational needs of our charity;
- Recruitment of an external clinical supervisor who supports the keyworking team in our weekly group meeting, and individually once a month;
- Open a live chat in our website, which operates 4 hours a day, offering reliable chemsex information, practical advice, and referrals for those who need support to stop/reduce their chems use;
- Creation of a daily programme for those who need support more regularly than weekly;
- Reinforcement of our outreach support on Grindr and Scruff in London;
- Recruitment of a new trustee, to reinforce the governing board of our charity;
- Establishment of links and partnership relationships with other organisations, to be able to support them and to get support in return regarding the areas that we don't cover specifically (sexual health, mental health, etc.);
- Growth and development of content of our website, including a self-assessment for those who want to explore the impact that chemsex is having on their lives; and
- Development and reinforcement of our presence on social media.



# **CONTROLLING CHEMSEX**

## **TRUSTEES' REPORT (CONTINUED)**

### ***FOR THE PERIOD ENDED 28 FEBRUARY 2023***

The Trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work within the period. The Trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the Trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

#### **Achievements and performance**

During the period we recruited and trained eight new keyworkers who are providing one-to-one chemsex support to our clients. In total we are seeing, on average, 60 people per week.

Our psychosexual and relationship therapy team is now integrated with 10 therapists who are seeing, on average, 20 people per week. These clients are experiencing problems connected to the reasons that could push our clients to become involved in chemsex which include but are not limited to; premature ejaculation, lack of libido, painful sex, intimacy and relationship issues.

We recruited an administration officer who is working for Controlling Chemsex one day per week, and that role is making the work for the rest of the team much easier.

We recruited an external clinical supervisor who supports the keyworking team in weekly group meetings, and individually once per month. This role is crucial in ensuring the quality of the work of the team members is held to a high standard.

During the period 1,023 people contacted us through our web chat. In the same period 437 people used the self-assessment offered on the website, so that they can explore the impact chemsex is having on their lives.

We recruited an external chemsex specialist advisory who is responsible for a revolutionary daily email programme that we have implemented, which is helping those who need more than weekly support, and which is also helping us to support people in a more immediate period since they first make contact with us. Our email support programme is supporting, on average, 20 people per day.

#### **Financial review**

The Statement of Financial Activities shows a surplus of £6,215 and the Statement of Financial Position shows net assets at 28 February 2023 of £6,215.

#### **Structure, governance and management**

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

# **CONTROLLING CHEMSEX**

## **TRUSTEES' REPORT (CONTINUED)**

### ***FOR THE PERIOD ENDED 28 FEBRUARY 2023***

John Sadler, Philip Hurd and Emilio Arbe-Herrero were appointed as trustees on 2 July 2021 when the application to convert Controlling Chemsex C.I.C. to Controlling Chemsex was submitted to the Charities Commission. Darren Irvine-Duffy was appointed as a trustee on 20 January 2023. All trustees continue to serve as trustees up to the date of signature of the financial statements:

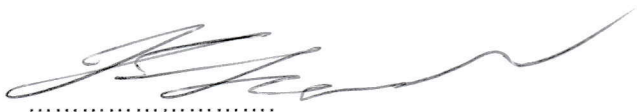
Mr John Edward Sadler (appointed 2 July 2021)

Mr Philip David Mark Hurd (appointed 2 July 2021)

Dr Emilio Arbe-Herrero (appointed 2 July 2021)

Mr Darren John Irvine-Duffy (appointed 20 January 2023)

The trustees' report was approved by the Board of Trustees

A handwritten signature in dark ink, appearing to be 'John Sadler', written over a dotted line.

**John Sadler**

Trustee

Dated 30 May 2023

# CONTROLLING CHEMSEX

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF CONTROLLING CHEMSEX

I report to the trustees on my examination of the financial statements of Controlling Chemsex (the charity) for the period ended 28 February 2023.

#### **Responsibilities and basis of report**

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

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the charity in accordance with section 130 of the Charities Act; or
2. The financial statements do not accord with those records; or
3. The financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that accounts give a 'true and fair' view which is not a matter considered as part of an independent 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 financial statements to be reached.



Lance Moylan

Chartered Institute of Management Accounts (CIMA), registered number 9387081

Dated 30 May 2023



# CONTROLLING CHEMSEX

## STATEMENT OF FINANCIAL ACTIVITIES

**FOR THE PERIOD ENDED 28 FEBRUARY 2023**

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total Funds 2023 £
	Notes			
<b><u>Income from:</u></b>				
Donations and legacies	2	4,509	80,443	84,952
<b>Total income</b>		<b>4,509</b>	<b>80,443</b>	<b>84,952</b>
<b><u>Expenditure on:</u></b>				
Charitable activities	3	6,881	70,088	76,969
Support costs	4	-	1,768	1,768
<b>Net (loss) income for the period / Net movement in funds</b>		<b>(2,372)</b>	<b>8,587</b>	<b>6,215</b>
Fund balances at 13 December 2021		-	-	-
Fund balances at 28 February 2023		(2,372)	8,587	6,215

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

# CONTROLLING CHEMSEX

## STATEMENT OF FINANCIAL POSITION

**AS AT 28 FEBRUARY 2023**

	Notes	2023 £
<b>Current assets</b>		
Cash at bank and in hand		25,825
Prepayments		1,193
		<hr/>
		27,018
<b>Creditors: amounts falling due within one year</b>	8	(20,803)
		<hr/>
Net current assets		6,215
		<hr/>
<b>Income funds</b>		
Unrestricted funds		(2,372)
Restricted funds		8,587
		<hr/>
		6,215
		<hr/>

The notes at pages 11 to 14 form part of these accounts

The financial statements were approved by the Trustees on 30 May 2023.



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John Sadler  
Trustee

# CONTROLLING CHEMSEX

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE PERIOD ENDED 28 FEBRUARY 2023

#### 1 Accounting policies

The principal accounting policies, all of which have applied consistently throughout the period, are set out below.

##### **Charity information**

Controlling Chemsex is an unincorporated charity registered in England and Wales. The registered office is Gemma House, 39 Lilestone Street, London NW8 8SS.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's SORP (FRS102) 'Accounting and reporting by Charities: statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015)', Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006, the Companies Act 2006 and "Accounting and Reporting by Charities: statement of Recommended Practice applicable to charities preparing their accounts in accordance with the financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary accounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting prepare the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the trustees' report.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

#### 1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

# CONTROLLING CHEMSEX

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE PERIOD ENDED 28 FEBRUARY 2023

#### 1 Accounting policies (continued)

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt, or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

#### 1.5 Resources expended

Costs expended in order to generate funds are recognised once it becomes obligated to paying those costs.

#### 1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### **Basic financial liabilities**

Creditors are not interest bearing and are stated at their nominal value.

#### 2 Donations and legacies

	Unrestricted funds	Restricted funds	Total
	2023 £	2023 £	2023 £
Donations and gifts	4,509	-	4,509
Grants	-	80,443	80,443
	<hr/>	<hr/>	<hr/>
	4,509	80,443	84,952
	<hr/>	<hr/>	<hr/>



# CONTROLLING CHEMSEX

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 28 FEBRUARY 2023

### 3 Charitable activities

	Unrestricted funds	Restricted funds	Total
	2023 £	2023 £	2023 £
Advertising and marketing	-	471	471
Bank fees	142	-	142
Subcontractors and Freelancers	-	16,797	16,797
Subsistence	-	204	204
Insurance	-	394	394
Interest paid	3	-	3
Printing and stationery	-	386	386
IT costs	-	1,357	1,357
Staff costs	6,736	50,238	56,974
Subscriptions	-	79	79
Sundry other costs	-	162	162
	<hr/> 6,881	<hr/> 70,088	<hr/> 76,969

### 4 Support costs

	Unrestricted funds	Restricted funds	Total
	2023 £	2023 £	2023 £
Accounting fees	-	1,768	1,768
	<hr/> -	<hr/> 1,768	<hr/> 1,768

### 5 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period in respect of employment.

### 6 Employees

There were 1.2 full time-equivalent (FTE) employees during the period, excluding subcontractors and freelancers.

# CONTROLLING CHEMSEX

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 28 FEBRUARY 2023

### 7 Independent examination

In respect of the Independent Examination of the accounts for the period ended 28 February 2023, no fee was paid.

### 8 Creditors: amounts falling due within one year

	2023 £
Unearned revenue	18,550
Payroll payable	1,724
Accruals	529
	<hr/>
	20,803
	<hr/>

### 11 Related party transactions

During the period accounting fees of £1,269 were paid to Sadler Advisory Limited at arm's length rates.

### 12 Movement in Funds

	At 13 Dec 2021 £	Incoming resources £	Resources expended £	Gross Transfers £	At 28 Feb 2023 £
<b>Restricted Funds</b>					
<b>Restricted Income Funds:</b>					
National Lottery	-	54,165	(48,882)	-	5,284
Community Fund					
Tudor Trust	-	25,278	(22,812)	-	2,466
Albert Hunt Trust	-	1,000	(162)	-	838
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<b>Total</b>	-	80,443	(71,856)	-	8,588
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<b>Unrestricted funds</b>					
General Funds	-	4,509	(6,881)	-	(2,373)
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<b>Total Funds</b>	-	84,952	(78,737)	-	6,215
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>