

CLEAN SLATE

England & Wales - Charity number 1197726

Details

Status Registered

Legal form CIO

Registered 2022-01-31

Register [View on the Charity Commission register](#)

Contact

Address The Chapel
building 572 Brice Rd
Heyford Park
Nr Bicester
Oxon

Phone 01869 232461

Email office@cleanslate.org.uk

Website <https://www.cleanslate.org.uk>

Activities

Objects: TO FURTHER OR BENEFIT ADULTS AND YOUNG PEOPLE (THE BENEFICIARIES) IN THE UK, IN PARTICULAR IN CHERWELL AND WIDER OXFORDSHIRE, WITHOUT DISTINCTION OF SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS OR OTHER OPINIONS BY ASSOCIATING TOGETHER THE SAID BENEFICIARIES AND VOLUNTARY AND OTHER ORGANISATIONS IN A COMMON EFFORT TO ADVANCE EDUCATION, PROTECT AND PRESERVE GOOD PHYSICAL AND MENTAL HEALTH, FOR THE VICTIMS OF PHYSICAL, MENTAL AND SEXUAL ABUSE, RELIEVE FINANCIAL HARDSHIP AND TO PROVIDE FACILITIES IN THE INTEREST OF SOCIAL WELFARE FOR RECREATION LEISURE TIME OCCUPATION WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE FOR THE BENEFICIARIES.

Activities: At Clean Slate we aim to provide an eclectic approach to therapy for Survivors of abuse, including; Counselling / Peer Support Support Groups Courses Workshops Online resources Volunteering opportunities Placements for Trainee counsellors

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Northamptonshire
- Oxfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£81,105	£89,345	-	-
2024-03-31	£99,712	£84,142	-	-
2023-03-31	£78,276	£89,194	-	-

Trustees

Name	Role	Appointed
Jo Baker	Chair	2023-05-26
Amy Farrell		2022-01-31
Gemma Roper		2023-02-03
Louise Yeomans		2023-02-03
Megan Foster		2023-02-03
Rebecca Sutherland		2022-01-31
Tanya Mcdonald		2023-02-03

CLEAN SLATE

England & Wales - Charity number 1197726

Accounts

Charity Commission

Clean Slate Accounts

For the period from 1st April 2024 to 31st March 2025

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Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Clean Slate

On accounts for the year
ended

31st March 2025

Charity no
(if any)

1197726

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

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 ("the Act").

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

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 the 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 accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: L Boss

Date: 07/08/2025

Name: Leeann Boss

Relevant professional AAT

qualification(s) or body
(if any):

--

Address:

90, Purslane Drive

Bicester

OX26 3EF

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1 st	April	2024		31 st	March	2025

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

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	Jo Baker	Chair		
2	Megan Foster	Secretary		
3	Rebecca Sutherland			
4	Amy Farrell			
5	Amanda Lovejoy			
6	Penelope Buckler			
7	Tanya Macdonald			
8	Gemma Roper			
9	Louise Yeomans			
10				
11				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nadia Brown CEO

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution Adopted on the 31st of January 2022 when changing to CIO originally constituted on 23/9/2009
How the charity is constituted <i>(eg. trust, association, company)</i>	CIO
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Trustees are appointed or reappointed annually at the Annual General Meeting held in February

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Board Trustees are responsible for the integral running of Clean Slate, and to ensure that services given are ethically and morally delivered. All disputes and complaints are dealt with by the Trustees if major or complex. This consists of a group of named individuals who are responsible to the charity and the Charities Commission.

There is a standing agenda item for:

- Safeguarding
- Complaints and Incidents
- Standards and Quality
- CEO report – (Service delivery update)

The CEO is a paid member of staff who is supported by two part-time coordinators. They oversee the general running of the whole service and are accountable to the Board of Trustees. The CEO seeks the views of users, staff, and volunteers when deciding on the activities we provide.

There is a safeguarding policy in place. Criminal Records Bureau checks are carried out before commencement of employment or trusteeship and checks are carried out again in line with statutory requirements. All volunteers and Trustees are required to attend Inductions and undertake Level 1 Safeguarding before commencing their role.

Clean Slate is affiliated with The Survivors Trust. Members of the National Counselling Society & ACCPH, we have a long-running affiliation with Dorchester Living who allow us to run our services from their premises at a reduced rate. All trustees give their time voluntarily and receive no remuneration or other benefits.

Summary of the objects of the charity set out in its governing document

To further or benefit Adults and Young People (the beneficiaries) in the UK, in particular in Cherwell and wider Oxfordshire, without distinction of sexual orientation, race or of political, religious or other opinions by associating together the said beneficiaries and voluntary and other organisations in a common effort to advance education, protect and preserve good physical and mental health, for the victims of Physical, Mental and Sexual Abuse.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Summary of Activities Undertaken for the Public Benefit (2024–25)

During the financial year 2024–25, Clean Slate continued to deliver therapeutic services and support programmes designed to promote emotional wellbeing, personal agency, and community integration. Our core activities included:

- **Individual and Group Support:** Providing accessible therapeutic spaces and group programmes focused on healing, resilience, and empowerment. These included “Healing Your Inner Child,” which was specifically designed to offer shame-free, non-judgemental support.
- **Volunteer Coordination and Supervision:** Engaging and supervising a dedicated network of volunteers, ensuring they receive reflective support and training to uphold safeguarding standards and offer informed, empathetic care.
- **Resource Development:** Creating and distributing practical tools and reflective sheets for both clients and practitioners, designed to encourage emotional regulation, self-exploration, and supportive engagement.
- **Safeguarding and Ethical Oversight:** Implementing robust safeguarding procedures and compliance mechanisms to ensure our services remained safe, inclusive, and aligned with our values of participant dignity and autonomy.
- **Community Advocacy and Accessibility:** Ensuring our programmes were financially accessible through tiered fee structures and flexible registration processes. Communications were tailored to foster transparency and psychological safety.

The trustees have had due regard to the guidance issued by the Charity Commission on public benefit, and confirm that all activities carried out during the year served to further Clean Slate’s charitable objectives and deliver tangible public benefit

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are deeply appreciative of the generous time, energy, and expertise our volunteers have invested throughout the year. Their dedication—whether through listening, encouraging clients, or working alongside our team—has been instrumental to everything we’ve achieved.

Volunteers continue to be at the heart of Clean Slate’s mission. This year, the value of in-kind contributions surpassed £150,000—more than double that of previous years. This growth reflects both the increasing volume of referrals and our strategic expansion of the volunteer team to meet rising demand, ensuring participants continue to receive accessible, high-quality support.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Clean Slate has had a transformative year of growth and deepened impact. Over the course of 2024–25, we:

- Received **208 referrals**, reflecting a strong and growing demand for our services
- Delivered **4214 hours of counselling**, offering high-quality therapeutic support to individuals navigating complex emotional challenges
- Supported **150 clients** through counselling, contributing to healing, self-understanding, and improved wellbeing
- Increased regular attendance at our **women's support group**, expanding access to communal healing and peer connection
- Sustained a team of **97 qualified and trainee counsellors**, enhancing capacity while nurturing professional growth
- Welcomed **three trainee social workers** from Oxford Brookes University, reflecting our commitment to professional development and collaborative practice

These milestones reflect Clean Slate's dedication to meeting rising community needs while maintaining excellence in therapeutic provision, safeguarding, and ethical care.

Section E

Financial review

Brief statement of the charity's policy on reserves

Cash at bank on 31/3/2025 was £20490

£8340 - Unrestricted funds
£12467 - Restricted.

The charity faces its main financial risk with the potential loss of funding opportunities, and reduced donations, and contributions.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Clean Slate's principal sources of income during 2024–25 included:

- **Client Contributions:** Income from counselling services and therapeutic programmes, structured to ensure financial accessibility while sustaining service quality.
- **Voluntary Donations and Fundraising:** Contributions from individuals and community partners, including ad hoc fundraising initiatives and in-kind support.
- **Volunteer Contributions:** Though not a financial inflow, the significant value of volunteer hours (exceeding £150,000 this year) materially strengthened our capacity and reach.

All income was directed towards advancing our charitable objectives

Clean Slate received a variety of grants and charitable donations throughout the financial year, totalling **£15,730.00**. These funds directly supported service delivery across key programme areas, including female services, male services, and youth engagement. Notable contributions included:

Warburtons	400.00
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Cherwell Lottery	650.00
Moto Foundation	1000.00
Albert Hunt Trust	2000.00
Platform Housing	2180.00
Oxford Diocesan	1000.00
Souter Charitable Trust	2000.00
Allen Lance Foundation	3000.00
J A Pye	2500.00

Clean Slate received generous financial support from local Parish and Town Councils across the region, totalling **£2,876.00**. These contributions reflect growing recognition of our therapeutic and safeguarding work within local communities.

Section F Other optional information

Future Plans (2025–26)

Clean Slate is entering a year of intentional growth, focusing on quality, accessibility, and sustainability:

- **Increase fundraising income** to support programme development and core operations
- **Train and deliver the Own My Life programme**, with emphasis on **volunteer training and facilitation support**
- **Promote self-paced therapeutic courses** for flexible, independent learning
- **Use social media strategically** to amplify reach and deepen engagement

Long-Term Vision

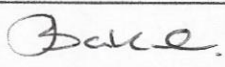
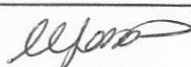
As Clean Slate continues building stability and impact, our long-term goals include:

- **Secure additional face-to-face counselling space** to meet rising demand
- **Develop a funding strategy for new premises**, aligning with our values and future scale
- **Transition to self-funding** to reduce grant dependency and support organisational autonomy
- **Establish a youth provision**, bringing trauma-informed support to younger participants

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jo Baker	Megan Foster
Position (eg Secretary, Chair, etc)	Chair	Trustee

Date 07/08/2025



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Charity Name
CLEAN SLATE

No (if any)
1197726

Receipts and payments accounts

CC16a

For the period
from

Period start date
1st April 2024

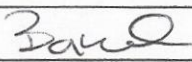
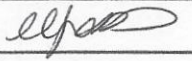
To

Period end date
31st March 2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last period
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	1,281	4,230	-	5,511	18,000
Contract	-	-	-	-	-
Charitable Trusts	2,000	8,500	-	10,500	16,413
Parish Councils	2,476	-	-	2,476	6,315
Fundraisers	162	1,003	-	1,165	1,602
Donations/Pledges	2,025	-	-	2,025	5,225
Client Contribution	54,087	-	-	54,087	45,411
Gift Aid	5,341	-	-	5,341	6,746
Furlough/Sundry	-	-	-	-	-
Sub total(Gross income for AR)	67,372	13,733	-	81,105	99,712
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	0	-	-	-	-
Total receipts	67,372	13,733	-	81,105	99,712
A3 Payments					
Salaries	22,730	44,843	-	67,573	65,603
Subcontract Fees	8,993	650	-	9,643	7,383
Rent	1,090	-	-	1,090	960
Telephone & Internet	1,424	-	-	1,424	376
Zoom Communication	140	-	-	140	187
Office Supplies	413	51	-	464	744
Postage	-	-	-	-	-
Fundraising Charges	1,032	-	-	1,032	606
Insurance	730	-	-	730	679
Accounts Audit & Payroll	397	-	-	397	420
IT & SOFTWARE	210	-	-	210	483
Subscriptions	386	-	-	386	100
Training	-	600	-	600	162
Volunteer Expenses	426	668	-	1,094	1,225
Work From Home Allowance	-	1,800	-	1,800	1,800
Travel Expenses	-	250	-	250	634
DBS Checks	-	156	-	156	283
Womens Support Group Sundry	5	3	-	8	120
Publicity & Sundry	1,101	1,247	-	2,348	2,377
Sub total	39,077	50,268	-	89,345	84,142
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	39,077	50,268	-	89,345	84,142
Net of receipts/(payments)	28,295	- 36,535	-	- 8,240	15,570
A5 Transfers between funds	- 23,000	23,000	-	-	-
A6 Cash funds last year end	3,045	26,002	-	29,047	13,477
Cash funds this year end	8,340	12,467	-	20,807	29,047

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	NATWEST BANK	8,023	12,467	-
	PAYPAL	317		-
				-
	Total cash funds	8,340	12,467	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
	AYDYEN CONTRIBUTIONS RECEIVED	15	-	-
	KINDLINK CONTRIBUTIONS RECEIVED	15	-	-
	CAF	790	-	-
		-	-	-
		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Details			
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details			
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details			
	HMRC PAYE	Unrestricted	3,257	22 April 2025
	SUBCONTRACT FEES	Unrestricted	885	05 April 2025
	FINANCE CHARGES	Unrestricted	34	04 April 2025
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		J. BAKER		07/08/2025
		M. FOSTER		07/08/25

CLEAN SLATE

England & Wales - Charity number 1197726

Accounts



Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees

CLEAN SLATE

On accounts for the year ended

31ST MARCH 2024

Charity no (if any)

1197726

Set out on pages

1 OF 2.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

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 ("the Act").

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

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 the 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 accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

18/07/24

Name:

LISA PRIOR.

Relevant professional qualification(s) or body

N/A.

(if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last period
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	-	18,000	-	18,000	14,595
Contract	-	-	-	-	0
Charitable Trusts	763	15,650	-	16,413	24,882
Parish Councils	6,315	-	-	6,315	3,975
Fundraisers	972	630	-	1,602	285
Donations/Pledges	5,225	-	-	5,225	4,482
Client Contribution	45,411	-	-	45,411	26,640
Gift Aid	6,746	-	-	6,746	3,417
Furlough/Sundry	-	-	-	-	-
Sub total(Gross income for AR)	65,432	34,280	-	99,712	78,276
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	0	-	-	-	-
Total receipts	65,432	34,280	-	99,712	78,276
A3 Payments					
Salaries	46,323	19,280	-	65,603	74,528
Subcontract Fees	7,383	-	-	7,383	4,248
Rent	960	-	-	960	240
Telephone & Internet	376	-	-	376	288
Zoom Communication	171	16	-	187	202
Office Supplies	465	279	-	744	503
Postage	-	-	-	-	58
Fundraising Charges	606	-	-	606	561
Insurance	679	-	-	679	581
Accounts Audit & Payroll	420	-	-	420	423
IT & SOFTWARE	483	-	-	483	710
Subscriptions	100	-	-	100	340
Training	17	145	-	162	341
Volunteer Expenses	-	1,225	-	1,225	1,368
Work From Home Allowance	-	1,800	-	1,800	1,800
Travel Expenses	-	634	-	634	1,747
DBS Checks	-	283	-	283	303
Womens Support Group Sundry	100	20	-	120	865
Publicity & Sundry	2,084	293	-	2,377	90
Sub total	60,167	23,975	-	84,142	89,194
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	60,167	23,975	-	84,142	89,194
Net of receipts/(payments)	5,265	10,305	-	15,570	- 10,918
A5 Transfers between funds	- 7,454	7,454	-	-	-
A6 Cash funds last year end	5,234	8,243	-	13,477	24,395
Cash funds this year end	3,045	26,002	-	29,047	13,477



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1 st	April	2023		31 st	March	2024

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

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	Jo Baker	Chair		
2	Megan Foster	Secretary		
3	Rebecca Sutherland			
4	Amy Farrell			
5	Amanda Lovejoy		04/10/2023	
6	Penelope Buckler		26/05/2023	
7	Tanya Macdonald			
8	Gemma Roper			
9	Louise Yeomans			
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nadia Brown CEO

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution Adopted on the 31st of January 2022 when changing to CIO originally constituted on 23/9/2009

How the charity is constituted
(eg. trust, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

Trustees are appointed or reappointed annually at the Annual General Meeting held in February

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
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There is a standing agenda item for:

- Safeguarding
- Complaints and Incidents
- Standards and Quality
- CEO report – (Service delivery update)

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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year, we considered the Charity Commission's guidance on public benefit during our trustee meetings. The main activities are as follows:

- Counselling
- Peer to peer Emotional support
- Group support
- Freedom programme (Domestic Abuse Programme for women)
- Online support groups
- Educational courses around personal development.
- Volunteer development

These activities promote long-term emotional support for survivors of abuse in Oxfordshire. We aim to encourage individuals to explore their own mental health needs and adopt positive coping strategies for long term recovery.

To support Men, Women and their families who have been victim too or witnessed domestic, sexual, mental, emotional, and financial abuse regardless of personal background, faith, gender, or personal circumstances.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are extremely grateful for the many hours volunteers have spent listening, encouraging our clients, and working with the team. Without this valuable contribution of time, energy, and expertise, we would not have been able to achieve so much.

Our volunteers are the lifeblood of our charity. Contributions in kind from volunteers exceeded £150,000 this year, which is more than double the amount from previous years. This increase is a result of us increasing our number of volunteers in line with the growing number of referrals.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

This year our achievements and performances have been:

- 366 Referrals
- 3265 counselling hours
- 295 clients accessed counselling.
- 3 x Freedom Programmes delivered.
- We have increased the number of women attending the women's support group regularly.
- 79 Qualified/Trainee Counsellors
- We have welcomed 2 trainee social workers from Brookes University who are completing their placements with us.
- Updated our Client Management System

Section E

Financial review

Brief statement of the charity's policy on reserves

Cash at bank on 31/3/2024 was £29047

£3045 - Unrestricted funds
£26002 - Restricted.

The charity faces its main financial risk with the potential loss of funding opportunities, and reduced donations, and contributions.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our primary sources of funding this year include contributions in kind from volunteers, grants, client contributions, charitable trusts, parish councils, and donations.

We use general funds to subsidise activity costs and hold a small, restricted fund to subsidise activity costs for individuals who would otherwise not be able to access the service.

The majority of the income is allocated to cover expenses related to charitable activities, including services, staffing, and volunteer development.

Grants & Donations Received

J A Pye	£ 1,000.00
Albert Hunt	£ 2,000.00
Asda Foundation	£ 450.00
Oxfordshire Community - OCVA	£ 3,000.00
Doris Field	£ 1,000.00
Lottery	£ 10,000.00
Co-op	£ 763.36
Platform Housing	£ 3,200.00

Magdalen Hospital	£ 2,000.00
Souter Charitable Trust	£ 4,000.00
Bartlett Taylor	£ 500.00
J A Pye	£ 1,500.00
TCPCC Community Fund	£ 5,000.00

Parish & Town Councils

Cumnor Parish Council
 Launton Parish Council
 Kennington Parish Council
 Lewknor Parish Council
 Wallingford Town Council
 Tetsworth Parish Council
 Steeple Barton Parish Council
 Eye & Dunsden Parish Council
 Easr Hagbourne Parish Council
 Bletchingdon Parish Council
 Chalgrove Parish Council
 Crowmarsh Parish Council
 Stanford Parish Council
 Drayton Abingdon Parish Council
 Witney Town Council
 Bix & Assen Parish Council
 Harwell Parish Council
 Aston Cote Shifford Parish Council
 Appleton with Eaton Parish Council
 East Hendred Parish Council
 Forest Hill with Shotover Parish
 Council
 Uffington Parish Council
 Caversfield Parish Council
 Heyford Park Parish Council
 Abingdon Town Council
 Didcot Town Council
 Chipping Norton Town Council
 Faringdon Town Council
 Hinton Waldrist PA
 Croperdy Parish Council

Section F

Other optional information

Future

The coming year we hope to

- Gain TST Standards
- Increase fundraising income.
- Promotion of self-paced courses
- Using social media to promote our services.
- Update our Volunteer Management System
- Develop a weekly male support group

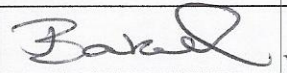
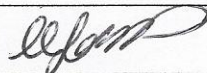
Long-term Goals

- Sourcing and securing additional space for counselling face-to-face.
- Funding strategy for new premises
- Become self-funded to not require access to grants which can be time-consuming.
- Develop a Youth provision

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jo Baker	Megan Foster
Position (eg Secretary, Chair, etc)	Chair	Trustee
Date	27/6/2024	

CLEAN SLATE

England & Wales - Charity number 1197726

Accounts

Clean Slate for the period from 1st February 2022 to 31st March 2023

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Receipts and Payments Accounts	7-8



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report
on the accounts

Section A Independent Examiner's Report

Report to the
trustees/directors/memb
ers of

Clean Slate

On accounts for the year
ended

March 31st 2023

Charity no: 1197726

Set out on pages

2-8

I report to the charity trustees on my examination of the accounts of the Company for the year ended **31/03/2023**.

Responsibilities and
basis of report

I report in respect of my examination of Clean Slate's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the 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 material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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: *Pattira Udomsathapol*

Date: 25/03/2023

Name: Pattira Udomsathapol

Relevant professional
qualification(s) or body
(if any):

Address: 14 All Saints Road, Acton

London

W3 8FG



Trustees' Annual Report for the period

Period start date

Period end date

From

1st February 2022

To

31st March 2023

Section A

Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

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	Anji Hall	Interim Chair	01/10/2022	
2	Megan Foster	Secretary	03/02/2023	
3	Rebecca Sutherland			
4	Amy Farrell			
5	Ian Bush			
6	Jo Baker		03/02/2023	
7	Tanya Macdonald		03/02/2023	
8	Gemma Roper		03/02/2023	
9	Louise Yeomans		03/02/2023	
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Nadia Brown CEO

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution Adopted on the 31st of January 2022 when changing to CIO originally constituted on 23/9/2009
How the charity is constituted <i>(eg. trust, association, company)</i>	CIO
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Trustees are appointed or reappointed annually at the Annual General Meeting held in February

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

The Board Trustees are responsible for the integral running of Clean Slate, and to ensure that services given are ethically and morally delivered. All disputes and complaints are dealt with by the Trustees if major or complex. This is made up of a group of named persons who are held accountable to the charity and the Charities Commission.

There is a standing agenda item for:

- Safeguarding
- Complaints and Incidents
- Standards and Quality
- CEO report – (Service delivery update)

CEO is a paid member of staff who is supported by 2 part-time coordinators, they oversee the general running of the whole service. They are accountable to the Board of Trustees. The CEO seeks the views of users, the staff, and volunteers in deciding the activities we provide.

There is a safeguarding policy in place. Criminal Records Bureau checks are carried out prior to commencement of employment or trusteeship and checks are carried out again in line with statutory requirements. All volunteers and Trustees are required to attend Inductions and undertake Level 1 Safeguarding before commencing their role.

Clean Slate is affiliated with The Survivors Trust. Members of the National Counselling Society & ACCPH, we have a long running affiliation with Dorchester Living who allow us to run our services from their premises free of charge. All trustees give their time voluntarily and received no remuneration or other benefits.

Summary of the objects of the charity set out in its governing document

To further or benefit Adults and Young People (the beneficiaries) in the UK, in particular in Cherwell and wider Oxfordshire, without distinction of sexual orientation, race or of political, religious or other opinions by associating together the said beneficiaries and voluntary and other organisations in a common effort to advance education, protect and preserve good physical and mental health, for the victims of Physical, Mental and Sexual Abuse.

Relieve financial hardship and to provide facilities in the interest of social welfare for recreation leisure time occupation with the object of improving the conditions of life for the beneficiaries.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

The main activities are as follows:

- Counselling
- Peer to peer Emotional support
- Group support
- Freedom programme (Domestic Abuse Programme for women)
- Online support groups
- Educational courses around personal development.
- Volunteer development

These activities promote long-term emotional support for survivors of abuse in Oxfordshire. We aim to encourage individuals to explore their own mental health needs and adopt positive coping strategies for long term recovery.

To support Men, Women and their families who have been victim too or witnessed domestic, sexual, mental, emotional, and financial abuse regardless of personal background, faith, gender, or personal circumstances.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are extremely grateful for the many hour's volunteers have spent listening and encouraging our clients and working with the team. Without this valuable contribution of time, energy, and expertise we would not have been able to achieve so much.

Our volunteers are the life blood of our charity. Contributions in Kind from volunteers was in excess of £120,000 this year, which is over double the amount from previous years, this is due to us increasing our volunteers in line with the increased number of referrals.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

This year our achievements and performances have been:

- 246 Referrals
- Provided 2495 counselling hours.
- 254 clients accessed counselling.
- 65 victims of domestic abuse attended the freedom programme.
- 5 x Freedom Programmes delivered.
- We have increased the numbers of women attending women's support group.
- 48 Trainee Counsellors
- 5 Qualified counsellors
- We have taken on 2 trainee social workers from Brookes University to do their placements with us.

Section E

Financial review

Brief statement of the charity's policy on reserves

Cash at bank on 31/3/2023 was £13,477.

£5234 - Unrestricted funds
£8244 - Restricted.

The main financial risk to the charity is loss of funding opportunities and reduced donations and contributions.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our main source of funds this year has been contribution in kind from volunteers, grants, client contributions, charitable trust, parish councils and donations.

We use general funds to subsidise activity costs and hold a small, restricted fund to subsidise activity costs for individuals who would otherwise not be able to access the service.

The majority of income is applied for to cover the charities related activities. With the main costs incurred being services, staffing and volunteer development.

Section F

Other optional information

Future

The coming year we hope to

- Gain TST Standards
- Increase fundraising income.
- Promotion of self-paced courses
- Using social media to promote our services.
- Update our Client Management System
- Train more Peer support workers

Long-term Goals


- Sourcing and securing additional space for counselling face to face.
- Funding strategy for a new premises
- Become self-funded so as to not require access to grants which can be time consuming.
- Have a dedicated male services manager who can facilitate group work for males which is so needed.

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Angela Jane Hall	
Position (eg Secretary, Chair, etc)	Chair	
Date	24/04/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
CLEAN SLATE

No (if any)
1197726

Receipts and payments accounts

CC16a

For the period from
1st February 2022

To
31st March 2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	0	14,595	-	14,595	-
Contract	0	-	-	0	-
Charitable Trusts	500	24,382	-	24,882	-
Parish Councils	3,975	-	-	3,975	-
Fundraisers	285	-	-	285	-
Donations/Pledges	4,482	-	-	4,482	-
Client Contribution	26,640	-	-	26,640	-
Gift Aid	3,417	-	-	3,417	-
Furlough/Sundry	-	-	-	-	-
Sub total(Gross income for AR)	39,299	38,977	-	78,276	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	0	-	-	-	-
Total receipts	39,299	38,977	-	78,276	-
A3 Payments					
Salaries	30,356	44,171	-	74,528	-
Subcontract Fees	4,248	-	-	4,248	-
Rent	240	-	-	240	-
Telephone & Internet	288	-	-	288	-
Zoom Communication	202	-	-	202	-
Office Supplies	389	114	-	503	-
Postage	22	35	-	58	-
Fundraising Charges	561	-	-	561	-
Insurance	581	-	-	581	-
Accounts Audit & Payroll	423	-	-	423	-
IT & SOFTWARE	235	475	-	710	-
Subscriptions	340	-	-	340	-
Training	222	119	-	341	-
Volunteer Expenses	100	1,268	-	1,368	-
Work From Home Allowance	0	1,800	-	1,800	-
Travel Expenses	250	1,497	-	1,747	-
DBS Checks	70	234	-	303	-
Womens Support Group Sundry	186	679	-	865	-
Freedom Programme Sundry	37	53	-	90	-
Sub total	38,749	50,445	-	89,194	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	38,749	50,445	-	89,194	-
Net of receipts/(payments)	550	- 11,468	-	- 10,918	-
A5 Transfers between funds	- 4,746	4,746	-	-	-
A6 Cash funds last year end	9,429	14,966	-	24,395	-
Cash funds this year end	5,234	8,244	-	13,477	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	NATWEST BANK	5,057	8,244	-
	PAYPAL	177		-
				-
	Total cash funds	5,234	8,244	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
	AYDYEN CONTRIBUTIONS RECEIVED	1,498	-	-
	KINDLINK CONTRIBUTIONS RECEIVED	560	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	HMRC PAYE	Unrestricted	3,185	22 April 2023
	HMRC PAYE	Restricted	104	22 April 2023
	CHERWELL DC	Restricted	254	22 April 2023
	SUBCONTRACT FEES	Unrestricted	800	05 April 2023
	FINANCE CHARGES	Unrestricted	51	05 April 2023
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	<i>L. Yeomans</i>	LOUISE YEOMANS		26/4/23
	<i>Megan Foster</i>	MEGAN FOSTER		26/4/23