CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/04/2024 **Period start date**

To 31/03/2025 **Period end date**

Charity name: Not Just You, Survivors of Sexual Violence Community

Charity registration number: 1204156

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document	To relieve sickness and preserve health of persons suffering from mental illness of any description or requiring rehabilitation and support as a result of being the victim of sexual violence in England and Wales.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	The provision of; ● Peer to peer support ● Educational workshops and courses on understanding the effects of trauma on the mind, brain and body and understanding sexual violence in society. ● Holistic therapies including but not exclusively, yoga, meditation, breath work, somatic experiencing therapy, group gestalt therapy, dance movement therapy, drama therapy and tai chi.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	The trustees have had regard to the Charity Commission's guidance on public benefit.

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Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	In the period the charity delivered weekly sessions of peer support and trialled new additional trauma-focused physical therapy sessions. There were 32 beneficiaries. Group size is kept small so that the quality of the work can be particularly beneficial with reduced reliance on maladaptive coping mechanisms such as self-herm, improved quality of life and hope for the future, reduced self-blame and improved understanding of the causes of sexual violence. Beneficiaries reported high levels of feelings of support within the group and found that awareness of traumatic triggers reduced their severity and impact on daily life. During the period, the beneficiaries supported each other through the criminal investigations of their rapes, of new experiences of trauma, of long-standing issues of trauma and of finding support from third-party organisations (such as counselling).

Financial Review

Review of the charity's financial position at the end of the period	The charity had an income of £22,044.72 during the period. During the period, the total expenditure was £13,689.15.
Statement explaining the policy for holding reserves stating why they are held	The charity does not currently have a reserves policy due to its scale and current income levels.
Amount of reserves held	No formal reserves are held by the charity.

Reasons for holding zero reserves	The charity does not have any ongoing financial liabilities, and therefore funding is assigned to specific activities.
Details of fund materially in deficit	The charity does not have a deficit.
Explanation of any uncertainties about the charity continuing as a going concern	There are no uncertainties about the charity's ability to continue as a going concern.
The charity's principal sources of funds (including any fundraising)	The charity's principal sources of funds for the period was from grants and fundraising.
A description of the principal risks facing the charity	The principal risks facing the charity are its ability to seek ongoing grants (due to its short period of operation to date), the ability to make new beneficiaries aware of its services and resourcing growth ambitions.

Structure, Governance and Management

Type of governing document	Foundation model constitution
How is the charity constituted?	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Trustees are selected via a formal Board of Trustees meeting and appointment.

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Reference and Administrative details

Charity name	Not Just You, Survivors of Sexual Violence Community
Other name the charity uses	N/A
Registered charity number	1204156
Charity's principal address	Heather Cottage Thornden Wood Rd CT6 7NZ

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)
Natasha Healey	N/A	16 October 2024 - Present	Board of Trustees
Helen Wimble	N/A	31 July 2023 – Present	Board of Trustees
Willow Michael	N/A	31 July 2023 - 16 May 2025	Board of Trustees
Jaye Saskia Helen Cornes	N/A	16 May 2025 - Present	Board of Trustees

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	No assets held in this capacity.

Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable.
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable.

Name of chief executive or names of senior staff members

Nicola Parle

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	N Healey	H Wimble

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Full name(s)	Natasha Healey	Helen Wimble
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	15 September 2025	

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Charity Name	No (if any)
Not Just You	

Receipts and payments accounts

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For the period from	Period start date	To	Period end date
	4/1/2024		3/31/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	317	-	-	317	-
Fundraising	8,768	-	-	8,768	-
Grants	12,944	-	-	12,944	-
Overheads (refunds)	16	-	-	16	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	22,044.72	-	-	22,045	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,045	-	-	22,045	-
A3 Payments					
Donations (refund)	4	-	-	4	-
Fundraising costs	3,574	-	-	3,574	-
Overheads (insurance, IT)	2,794	-	-	2,794	-
Resources / supplies	1,340	-	-	1,340	-
Salaries	5,680	-	-	5,680	-
Suppliers (supervision)	298	-	-	298	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	13,689.15	-	-	13,689	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	13,689	-	-	13,689	-
Net of receipts/(payments)	8,356	-	-	8,356	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	8,356	-	-	8,356	-

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	Cash balance	9,733	-	-
		-	-	-
		-	-	-
	Total cash funds	9,733	-	-
	(agree balances with receipts and payments account (s))	Agreement Error	OK	OK

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
N Healey	Natasha Healey	9/15/2025
H Wimble	Helen Wimble	9/15/2025