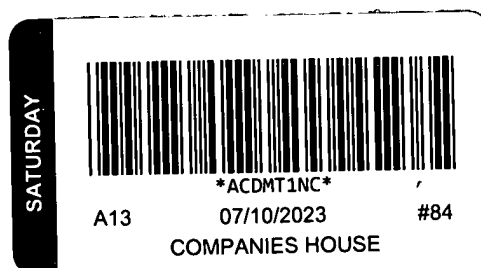


Company no. 07956417
Charity no. 1146885

**Trauma Foundation South West
Report and Unaudited Financial
Statements
28 February 2023**



Trauma Foundation South West

Report of the trustees

For the year ended 28 February 2023

Company number	07956417
Charity number	1146885
Registered office and operational address	St Pauls Learning Centre, 94 Grosvenor Rd, Bristol BS2 8XJ
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: John Eames Sarah Fairbairns Louise McCabe Chair Elizabeth Murphy Miriam Nye
Company secretary	Judith Ryde
Bankers	NatWest Bank 40 Queens Road Bristol BS8 1BF
Independent examiners	Alos Bristol Limited Easton Business Centre Felix Road BS5 6AF

Trauma Foundation South West

Report of the trustees

For the year ended 28 February 2023

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the Memorandum and Articles of Association and the Statement of Recommended Practice - Accounting and Reporting by Charities (effective from January 2019).

Objectives and activities

The charitable objectives of TFSW are two-fold and are as follows:

- 1) The relief of mental distress in those who have suffered psychological trauma through experiences such as witnessing traumatic events and loss of family and community, as a result of oppression, armed conflict, and torture, and in particular though not exclusively to meet such needs among asylum seekers and refugees through the provision of counselling and psychotherapy, to be carried out individually and in groups, in the south-west of England.
- 2) The education of the public, to improve their understanding of the mental distress suffered by asylum seekers, refugees and others who have experienced oppression or armed conflict; and to advance the education of counsellors, psychotherapists and other helping professionals working with similar client groups, in order to improve their skills and practice, and advance and improve their supervision.

In order to meet these objectives, we:

- Provide free counselling and psychotherapy for refugees and asylum seekers including art therapy and groupwork;
- Provide supervision and support for staff of other agencies who work with refugees and asylum seekers;
- Provide training in work with refugees and asylum seekers and in giving information of staff being protected from vicarious trauma;
- Put on conferences which educate and inform members of the public, particularly professionals who work with traumatised populations; and
- Fundraise to ensure that we can meet these objectives, particularly point one as points two, three and four raise money for us by charging for our services.

The public benefit by our provision of psychotherapy, supervision, training and information

Professionals such as support workers and medical professionals refer traumatised refugees and asylum seekers to us. We then assess them, and if they seem to be someone that can benefit from our work, will be put on a waiting list. We have 12 psychotherapists who carry out this work by seeing three clients each per week and when they have a space, they take a client from the waiting list.

We work with most of the agencies who work with asylum seekers and refugees in Bristol by providing supervision and support for their work. The work is often stressful as it is with highly traumatised and distressed individuals who often feel hopeless about their lives. Our work helps them not to become 'burnt out' or suffer from vicarious trauma.

We have provided conferences over the years which explore areas of working with trauma. Our fundraising activities often have an educative function as well.

Achievements and performance

Our work has helped to sustain 33 clients over the period in question. Our clients have been highly

Trauma Foundation South West

Report of the trustees

For the year ended 28 February 2023

traumatised in their country of origin, having often been tortured or imprisoned and/or been threatened with being killed and/or witnessing the torture, imprisonment, or death of family members. Their experiences on their journey to England and through interrogations by the Home Office have often been re-traumatising. In the light of that we need to be able to 'stay with' people who have lost hope and suffer from post-traumatic stress symptoms such as flash backs, nightmares, anxiety and hypervigilance.

During the pandemic we worked with our clients online, often by phone as many do not have the use of a computer. In 2022, most therapists worked in-person work, but some continued with remote sessions. We plan to continue with remote sessions for clients who are unable to meet in person.

We have increased our work with agencies this year as a response to increased demand and need. We provided regular supervision to more than 100 members of staff from 17 agencies through one-to-one and group sessions to help them continue with this difficult work. We set up a training project with Somerset County Council and provided 10 half day trainings on working with interpreters to both mental health and resettlement workers, and training on working in mental health settings for interpreters. In addition to 155 people who were trained as part of the Somerset Project, we trained more than 300 people working and volunteering with services who support refugees around Vicarious Trauma and Resilience, and Essential Self Care for Helpers/Hosts through bespoke workshops.

We recruited two more members of staff and six new counsellors and psychotherapists in this period. Our 2 day a week Communication and Administration Coordinator started in May (taking over from a Finance and Administration Officer who left during probation), and a Clinical Director to replace Judy Ryde who retired in December 2022.

Financial review

In 2022/23 TFSW generated funds of £114,438 and expended £102,902.

Our donated funding comes from trusts, foundations, regular donors, fundraising events and gift aid. The Equator Fund has been our main funder for the last decade. We are grateful to Quartet's Resilience Fund for a grant of £10,000; The Blue Thread who gave us £8,000; the Practice rooms who donated £6,000; Picton Street Fayre who donated £2,000; £3,000 from the Foxglove Trust; £5,000 from The Renewal Foundation; £2,000 from the Lady Balogh Psychotherapy Trust; £700 from the Marsh Charitable Trust. The remainder of donated income was from individual donors, sales of our merchandise, and events at Barrow Castle.

Our charitable activities income of £64,923 constitutes £40,000 from Somerset County Council for working with interpreters training and the remaining £24,923 came from our provision of supervision and training services to other refugee organisations.

All funding received has been vital in ensuring that we can continue to be here for our clients, and we would like to thank all donors and funders for supporting us.

Public benefit

The trustees have complied with their duty under the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

Trauma Foundation South West

Report of the trustees

For the year ended 28 February 2023

Reserves policy

The reserves policy is reviewed at least every 3 years. The policy in 2022/23 was to hold a financial reserve equivalent to 6 months' expenditure, which amounts to £51,451. This reserves level was deemed both achievable and to be of a sufficient level to ensure continuing operation of the charity. Total unrestricted reserves at 28 February 2023 were £45,294

Structure, governance and management

Trauma Foundation South West is a company limited by guarantee, incorporated on 20 February 2012 (company number 07956417) and as a registered charity on 16 April 2012 (charity number 1146885). The company was set up under Articles and Memorandum of Association, which established the objects and powers of the charitable company.

Trauma Foundation South West is governed by a board of trustees, who also act as the directors of the company. They formally delegate a variety of functions to management to enable the effective day-to-day operation of the company. The board retain oversight and meet quarterly. Serving trustees at the date the accounts were signed are listed on page 1.

Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and accounting estimates that are reasonable and prudent.
- state whether applicable UK accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trauma Foundation South West

Report of the Trustees

For the year ending 28 February 2023

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent examiners

Alos Bristol Limited were appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 25 April 2023 and signed on their behalf by

 25/04/2023

Louise McCabe - Chair

Independent examiner's report

To the trustees of

Trauma Foundation South West

I report to the charity trustees on examination of the accounts of the Trust for the year ended 28th February 2023, which are set out on pages 7 to 16.

Responsibilities and basis of report

As the trustees of the charitable company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company'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

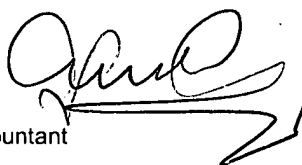
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) Accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Selman Sheshi FMAAT

Certified and Licensed Accountant



For and on behalf of

Alos Bristol Limited

Easton Business Centre

Felix Road, Easton

Bristol, BS5 0HE

Date: 25/04/2023

TRAUMA FOUNDATION SOUTH WEST		Charity No	1146885
		Company No	7956417
Annual accounts for the period			
Period start date	01/03/2022	To	28/02/2023

Section A Statement of financial activities (including summary income and expenditure account)

Guidance Note

Recommended categories by activity

Income (Note 3)

Income and endowments from:

Donations and legacies

Charitable activities

Other trading activities

Total

Expenditure (Note 4)

Expenditure on:

Raising funds

Charitable activities

Total

Net income/(expenditure) before tax for the reporting period

Net income/(expenditure) after tax before investment gains/(losses)

Net income/(expenditure)

Net movement in funds

Reconciliation of funds:

Total funds brought forward

Total funds carried forward

	Unrestricted funds £ F01	Total funds £ F04	Prior year funds £ F05
S01	48,700	48,700	60,170
S02	64,923	64,923	23,682
S03	860	860	920
S07	114,483	114,483	84,772
S08	3,500	3,500	3,301
S09	99,402	99,402	74,838
S12	102,902	102,902	78,139
S13	11,581	11,581	6,633
S15	11,581	11,581	6,633
S17	11,581	11,581	6,633
S22	11,581	11,581	6,633
S23	45,294	45,294	38,661
S24	56,875	56,875	45,294

Section B Balance sheet

	Guidance Note	Unrestricted funds £	Total this year £	Total last year £
Current assets				
Debtors (Note 9)	B07	7,240	7,240	12,005
Cash at bank and in hand (Note 10)	B09	65,627	65,627	39,999
Total current assets	B10	72,867	72,867	52,004
Creditors: amounts falling due within one year (Note 11)				
	B11	- 15,992	- 15,992	- 6,710
Net current assets/(liabilities)	B12	56,875	56,875	45,294
Total assets less current liabilities	B13	56,875	56,875	45,294
Total net assets or liabilities	B16	56,875	56,875	45,294
Funds of the Charity				
Unrestricted funds	B19	56,875	56,875	45,294
Total funds	B22	56,875	56,875	45,294

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

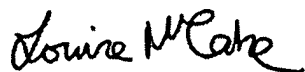
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by the chair of trustees/directors on behalf of all the trustees/directors

Louise McCabe



Date of approval
25/04/2023

1. Accounting policies**a. Basis of preparation**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

b. Going concern

The accounts have been prepared on the assumption that the charity is able to continue as a going concern. The charity holds unrestricted, general reserves of £45,294 including a cash balance of £39,999. The trustees consider that the charity has sufficient cash reserves and confirmed funding to continue as a going concern for a period of at least 12 months from the date on which these financial statements are approved.

c. Change of accounting policy

The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note 1.

Note 2

Accounting policies

2.2 INCOME

Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Legacies

Legacies are included in the SoFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Government grants

The charity has received government grants in the reporting period

Tax reclaims on donations and gifts

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

Donated goods

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.

Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.

Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.

Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.

Donated services and facilities

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.

Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SoFA.

Support costs

The charity has incurred expenditure on support costs.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Income from interest, royalties and dividends income from membership subscriptions

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

Settlement of insurance claims

Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.

Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

2.3 EXPENDITURE AND LIABILITIES**Liability recognition**

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding

Redundancy cost

The charity made no redundancy payments during the reporting period.

Deferred income

No material item of deferred income has been included in the accounts.

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

Basic financial instruments

The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

2.4 ASSETS

Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year, and cost at least

They are valued at cost.

The depreciation rates and methods used are disclosed in note 14.

Intangible fixed assets

The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 15.

They are valued at cost.

Heritage assets

The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 16.

They are valued at cost.

Investments

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Current asset investments

The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity of less than one year held for investment purposes rather than to meet short-term cash commitments as they fall due.

They are valued at fair value except where they qualify as basic financial

Section C	Notes to the accounts	(cont)
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Note 3

Income

Analysis of income

Donations and legacies:

Donations and gifts

	Unrestricted funds £	Total funds £	Prior year £
	48,700	48,700	58,978
Total	48,700	48,700	58,978

Charitable activities:

Provision of services

	64,923	64,923	23,682
Total	64,923	64,923	23,682

Other trading activities:

Lettings income

	860	860	920
Total	860	860	920

TOTAL INCOME

	114,483	114,483	83,580
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Section C
Notes to the accounts
(cont)
Note 4 Expenditure

Analysis	This year		Last year	
	Unrestricted funds	Total funds	Unrestricted funds	Total funds
Expenditure on raising funds:	£		£	
Staff costs (note 7.1)	3,158	3,158	2,859	2,859
Staging fundraising events	342	342	442	442
Total expenditure on raising funds	3,500	3,500	3,301	3,301
Expenditure on charitable activities:				
Staff costs (note 7.1)	8,620	8,620	2,859	2,859
Therapists	23,365	23,365	23,352	23,352
Supervision	1,443	1,443	1,918	1,918
Supervision & training - POS	13,873	13,873	11,907	11,907
Interpreters	3,885	3,885	7,170	7,170
Art therapy	-	-	8,366	8,366
Group therapy	435	435	4,336	4,336
Assessment	140	140	575	575
	-	-	-	-
Total expenditure on charitable activities	51,761	51,761	60,483	60,483
Expenditure on projects				
Staff costs (note 7.1)	18,182	18,182	-	-
Rent and rates	1,905	1,905	-	-
Office costs	2,366	2,366	-	-
Accountancy and bookkeeping	2,000	2,000	-	-
Interpreters	600	600	-	-
Somerset training costs	8,616	8,616	-	-
Total	33,669	33,669		
Support and governance costs				
Staff costs (note 7.1)	4,377	4,377	3,812	3,812
Staff training	-	-	161	161
Rent and Rates	4,240	4,240	4,438	4,438
Insurance	2,358	2,358	185	185
Office costs	133	133	781	781
Legal and professional	6	6	6	6
Accountancy and bookkeeping	2,857	2,857	3,780	3,780
Total other expenditure	13,972	13,972	13,163	13,163
TOTAL EXPENDITURE	102,902	102,902	76,947	76,947

Section C

Notes to the accounts

(cont)

Note 5 Details of certain types of expenditure**Note 6.1** Fees for examination of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

	This year £	Last year £
Independent examiner's fees	1,000	1,380

Note 6 Net movement in funds
This is stated after charging:

	This Year £	Last Year £
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	Nil	Nil
Independent examiner's remuneration: -Independent examination (including VAT)	1000	1380

Note 7 Paid employees**7.1** Staff Costs

	This year £	Last year £
Salaries and wages	32,570	9,252
Pension costs (defined contribution scheme)	740	278
Total staff costs	33,310	9,530

	This year Number	Last year Number
7.2 Average head count in the year	2	1
Total	2	1

No employee or freelancer earned more than £60k during the current or prior year.

The key management personnel of the charitable company comprise of trustees, the secretary to the trustees (paid as a freelancer), Head of Operations (paid via payroll) and the Clinical Director (paid via payroll). The total remuneration of the key management personnel was £22,167 (2022: £10,429).

Note 8 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

Section C**Notes to the accounts****(cont)****Note 9 Debtors and prepayments**

	This year	Last year
	£	£
Trade debtors	7,240.0	12,005.0
Total	7,240.0	12,005.0

Note 10 Cash at bank and in hand

	This year	Last year
	£	£
Cash at bank and on hand	65,627	39,999
Other	-	-
Total	65,627	39,999

Note 11 Analysis of creditors - amounts falling due within one year

	This year	Last year
	£	£
Trade creditors	6,502	3,652
Payments received on account for contracts		
or performance-related grants	3,077	-
Accruals and deferred income	3,773	1,380
Taxation and social security	940	179
Pension	216	108
Other creditors	1,484	1,391
Total	15,992	6,710

Note 12 Related party transactions

There were no related party transactions in the current or prior year.