



INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

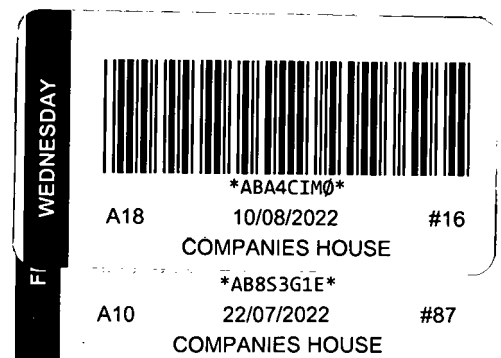
ANNUAL REPORT AND FINANCIAL

STATEMENTS FOR THE YEAR ENDED

30 NOVEMBER 2021

A Company Limited by Guarantee

Company number: 08786935 | Charity number: 1156924



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INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)**REPORT OF THE TRUSTEES****FOR THE PERIOD ENDED 30 NOVEMBER 2021**

Trustees

The members of the Management Committee of the Trustees during the year ended 30 November 2021 and to the date of their report were:

Mr GJ G McAllister

Mrs CM Walsh (resigned 09.10.21)

Mrs C Harrop (resigned 15.10.20)

Mrs S Duncan

Mr P Finegan (resigned 13.05.21)

Ms J Sansom

Dr Lin Graham Ray

Mr R Cross

Mr J Fayle

Mr J Reid (appointed 15.10.21)

Mr A Palmer (appointed 29.04.22)

Registered office

Office 1 Shrieves Walk

Stratford-upon-Avon

Warwickshire CV37 6GJ

Company number

08786935

Charity number

1156924

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 30 NOVEMBER 2021

The Trustees, who are also the directors of the Institute of Recovery from Childhood Trauma ("the Charity") for the purposes of company law and comprise the management committee, are pleased to present their annual report together with the financial statements of the Charity for the year ending 30 November 2019 which are also prepared to meet the requirements for a directors' report and financial statements for the purposes of the Companies Act 2006.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charitable company's memorandum and articles, the Companies Act 2006, 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 (FRS 102) effective 1 January 2015 as amended by Update Bulletin 1 (issued on 2 February 2016) and FRS102.

Structure, governance and management

a) *Constitution*

The charitable company is registered as a charitable company limited by guarantee and was set up by a Memorandum and Articles of Association and became a registered charity on 22 November 2013.

The reference and administration information is set out on page 1 of the financial statements.

b) *Method of appointment or election of trustees*

The management of the charitable company is the responsibility of the trustees who are elected and co-opted under the terms of the Memorandum and Articles of Association.

c) *Policies adopted for the induction and training of trustees*

New Trustees are on appointment supplied with copies of all documents necessary and relevant guidance in order for them to understand their role. All necessary Trustees have been chosen with a view of them providing the charitable company with a range of skills expedient to setting up, developing and managing the running of the Institute of Recovery from Childhood Trauma (IRCT).

d) *Organisation structure and decision making*

The charitable company has a Board of Trustees which meet regularly. Between board meetings, necessary decisions taken and actions are the responsibility of the Chair, and the individual Directors.

e) *Risk assessment*

The trustees have assessed the major risks to which the charitable company is exposed, in particular those related to the operations and finances of the charitable company, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Objectives and activities

The objects of the Charity are as follows:

*for the public benefit, to relieve the needs of and promote the mental and physical health of people who have suffered childhood trauma with particular focus on their recovery from that trauma, and

* for the public benefit to promote the education of the public and professionals and specialists in the field of childhood trauma on issues relating to the mental and physical health of (children and young) people who have suffered childhood trauma, including through undertaking or promoting research and making useful the results of such publically available. For the purposes of these objects "childhood trauma" may include (but is not limited to) sexual abuse, physical abuse, domestic community and school violence, medical trauma, motor vehicle accidents, acts of terrorism, war experiences, natural and man made disasters, suicides and other traumatic losses.

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 30 NOVEMBER 2021

Achievements and Performance

The financial year from 1st December 2020 to 30th November 2021 was dominated by the ongoing COVID-19 pandemic and the restrictions placed on everyone with regard to the limits placed on personal contact between individuals. The uncertainty about fluctuating rules made it hard to plan ahead with any confidence and interactions were primarily conducted online. All Board Meetings were conducted on Zoom, which continued to prove to be an efficient and economical way of working together to organise events and produce reports in pursuit of meeting the goals of the charity but we felt that the lack of personal contact began to take its toll in terms of being able to build our membership and sense of community. We look forward to being able to get our members together again to discuss issues and collaborate on creating solutions.

Mary Walsh, one of the founder members of IRCT and a long term trustee of the charity, resigned in October 2021. Without her tireless efforts the charity would not have survived and we would like to extend our heartfelt thanks for all her contributions to the work of the charity. We are fortunate that she has accepted the role of patron of IRCT and that we will continue to be able to benefit from her expertise, wisdom and support. We would also like to thank Patrick Finegan for his input to the Board of Trustees as educational lead. He initiated a campaign to reduce and ultimately to prevent permanent exclusions from school but he had to stand down as a trustee due to health issues before he could take this forward. We are glad to welcome Jon Reid, Senior Lecturer in Education at Oxford Brookes University, as a new trustee who is now taking a lead on educational issues and building the campaign. We also welcome Andre Palmer, Director of Mosaic Foster Care, who has years of experience offering therapeutic services for traumatised children and young people. We will be asking the members to confirm the appointment of Jon Reid and Andre Palmer to the Board at the AGM.

Despite the restrictions we were able to put together a full programme of events for the year. The majority were online but we were grateful to host our third annual conference as a live event in November. We have managed to continue with a programme of Best Practice Forums, which we know are important for all our members as well as others. Members can access the PowerPoint presentations in the resource area of the website and video recordings of some events are also available. Events during the year included:

March 2021

Best Practice Forum (Online)

Harnessing Understanding of Attachment and Trauma for Individuals, Groups and Organisations

Orit Badouk Epstein

Psychoanalytic Psychotherapist

'The role fear plays in the severely traumatised client'

Richard Cross

Adult & Child Psychotherapist

'Creating resiliency for professionals when working with traumatized children'

April 2021

Best Practice Forum (Online)

Preventing the Permanent Exclusion of Vulnerable Children

This was a one day virtual online conference with four speakers and time for discussion in fallout groups and it served as a launch for the IRCT Campaign, led by Patrick Finegan (Virtual School Head and IRCT Trustee), to make permanent exclusion from school illegal.

Patrick Finegan

Head of Looked After & Vulnerable Children National Springboard Foundation

'Why Permanently Exclude Children from Schools?' Patrick put forward the case for permanent exclusions to be no

longer tolerated as they are unnecessarily cruel and have been proven to the life chances of vulnerable children. He proposed alternative strategies that would be more constructive and inclusive.

Andrew Wright

Virtual School Head & Chair Attachment Research Community

Looked After Children Andrew discussed the problems facing schools as vulnerable children returned to school following lockdown. He advocated for more understanding of attachment & trauma as set out by ARC.

Janet Rose

Principal Norland College

Supporting Vulnerable Children through Emotional Coaching

Janet outlined how emotion coaching might support vulnerable and traumatized children, particularly in relation to the impact of COVID on their lives

Kate Cairns

Training Director Cairns Associates

Responding to Trauma Driven Behaviour: Social Exclusion or Community Resilience?

Trauma driven behaviour is socially challenging and currently often leads to social exclusion. Kate suggested that such exclusion is damaging not only for the traumatized individual but also for the community doing the excluding. She argued that human communities are only genuinely resilient when they operate from a base of compassionate reason, absorbing and transforming the disruption of trauma so that individuals can recover and the whole community can thrive.

The conference was a big success but sadly Patrick had to stand down from the IRCT Board shortly after the launch of the campaign due to a change in his personal circumstances. We were delighted to have been able to Co-opt Gareth Williams-James (ex-Virtual School Head) onto the Board to pick up the mantle and re-invigorate the campaign which is now being led by Jon Reid (Senior Lecturer in Education at Oxford Brookes University) who joined the Board as a trustee in October 2021.

July 2021

Best Practice Forum (Online)

Perspectives on Recovery

Sylvia Duncan

Clinical Child & Family Psychologist & Chair IRCT

A Roadmap to Recovery: A Developmental Perspective

Sylvia presented a model to explain the importance of taking a developmental perspective on the impact of trauma highlighting the therapeutic needs at each stage of development to provide a roadmap for recovery.

Yvon Guest

Psychotherapist

Beyond Just Surviving

Yvon shared findings from her research to show how recovery from significant trauma is a dynamic process between the individual and the external world, initially about survival and then moving beyond.

Roland Woodward

Psychologist

Recovery Environments: The Place. The People. The Rationale.

Roland argued that for recovery to be able to take place there are some basic conditions that need to be in place. Some of these are physical but most are psychological and interpersonal. Roland outlined models and the essential components needed.

This webinar was linked to our Annual Conference on Trauma Informed Practice held later in the year

November 2021

ANNUAL CONFERENCE (Oxford)

Trauma Informed Practice: Environments to Promote Recovery

Dan Johnson

Forensic Psychologist & Clinical Director at Kibble Education & Care Centre Glasgow

The Implementation of Trauma Informed Care in Residential & Secure Care: Can Change Really Happen and What Makes it More Likely?

Julie Harmieson

Co-Director Trauma Informed Schools UK

School as a Place of Healing and a Pathway to Public Health

Jennifer Browner

Consultant Child Psychotherapist / Head of Therapies & Networks Team The Mulberry Bush

Trauma: Recovery or Living Alongside it?

Richard Cross

Child & Adult Psychotherapist / Head of Assessment & Therapy Services Five Rivers Child Care

Active Ingredients for the Recovery from Adversity for Children & Young People in Foster Care

In addition to hosting these events and launching our campaign to prevent permanent exclusions of children from school, we also submitted a report to the Children's Social Care Review which is available to see on our website. We were able to meet with members of the Review Panel to expand on and explain our views and hope that the case we have made for all aspects of children's care to become trauma informed and for services to prioritise recovery from trauma will be reflected in the final report. We will continue to press for the changes that we believe could make a fundamental difference to the thousands of children who enter social care.

Future Developments

We still have skill gaps on the Board and will be seeking new trustees to fill these. In particular, we need trustees who can take a lead on fundraising, campaigning and research. A lack of administrative support hampers our ability to do as much as we could and diverts the energies of the trustees away from their core function. We see it as a priority that we should aim to have sufficient funds to enable us to contract some administrative support.

We will be working to build our membership and develop working groups to address issues.

We are initiating two campaigns currently: 'Prevent Permanent Exclusions' and 'Right to Recovery' and will be pursuing these over the next year.

We will continue to join with other organisations attempting to improve services for traumatised children and young people by contributing to consultations on relevant issues and lobbying government.

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

REPORT OF THE TRUSTEES

FOR THE YEAR END 30 NOVEMBER 2021

Financial activities

During the year, a profit has been generated of £2764 (2020: deficit £768). At this time none of the reserves are restricted. This gives unrestricted reserves carried forward of £7621 (restricted £NIL) - (2020 £4879 : restricted £NIL).

Reserves

Our aim is to create unrestricted reserves equivalent to six months expenditure in the future.

Public benefit

When considering the Institute of Recovery from Childhood Trauma (IRCT), the trustees have complied with the duty in section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

Going concern

The Trustees have taken account of the document "Going Concern and Liquidity Risk" Guidance for Directors of UK Companies 2009 issued by the Financial Reporting Council and believe the charitable company is a going concern. This assessment is based upon the funding available, and income expected to be received from the services provided.

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.

This report was approved by the trustees on.....17/06/22..... and signed on their behalf by:



Mrs S Duncan

INSTITUTE FOR RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDING 30TH NOVEMBER 2021

Balance at 1.12.20 £4857.5

Transactions from 1.12.20 - 30.11.21

Income		Expenditure	
Item	Amount	Item	Amount
Conference Fees	2522	Business Support	2518.
Membership Subscriptions	34322	Website Hosting and Support	240.
Donations	173	Zoom Subscription	527.
		Companies House Fees	13.
		Bank Charge (Paypal)	64.
Total	6127	Total	3363

Balance at 30.11.21 £7621

For the year ending 30 November 2021, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

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

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

The financial statements on pages were approved and authorised for issue by the Board on17/06/22
and signed on its behalf by:



Mrs S Duncan

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2021

1. Accounting policies

a) Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention and in 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 (FRS 102) (effective 1 January 2015) as amended by Update Bulletin 1 issued on 2 February 2016 ("amended Charities SORP ("FRS 102"). No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the Trustees.

Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts the Trustees have considered whether in applying the accounting policies required by FRS 102 and the amended Charities SORP (FRS 102) the restatement of comparative items was required. No such adjustments to total funds have been identified and no restatement of total funds brought forward has been made.

b) Company status

The charitable company is a company limited by guarantee. The members of the charitable company are the trustees named on page 1. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £1 per member of the charitable company.

c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the charitable company for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

d) Incoming resources

All incoming resources are included in the statement of financial activities when the charitable company is legally entitled to the income and the amount can be quantified with reasonable accuracy.

No amounts are included in the financial statements for services donated by volunteers.

Fundraising income is recognised when the income is receivable.

e) Resources expended

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. All expenditure includes attributable VAT which cannot be recovered. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Costs of generating funds include fundraising, publicity costs and non-charitable trading activities together with their related support costs.

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2021

Support costs are those costs incurred directly in support of expenditure on the objects of the charitable company and are allocated across charitable and non-charitable activities on a pro-rata basis guided by the value of attributable costs, unless they can be attributed directly, being a measurement considered representative of the specific input into each activity.

f) Governance costs

Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

2. Taxation

The company is a registered charity and not subject to corporation tax on its income

3. Liability of members

The company is limited by guarantee, having no share capital and in the terms of the Memorandum of Association every member of the company undertakes to contribute to the assets of the company in the event of it being wound up while he or she is a member or, within one year after he or she ceases to be a member, such amount as may be required not exceeding one pound.