



**INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)**

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**ANNUAL REPORT AND FINANCIAL  
STATEMENTS FOR THE YEAR ENDED**

**30 NOVEMBER 2022**

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 2022**

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**Trustees**

The members of the Management Committee of the Trustees during the year ended 30 November 2022 and to the date of their report were:

Mr GJ G McAllister

Mrs S Duncan

Ms J Sansom

Dr Lin Graham Ray

Mr R Cross

Mr J Fayle

Mr J Reid

Mr A Palmer

Ms ES Darton (appointed 17.11.22)

**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 2022

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 2022 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 2022**

### **Achievements and Performance**

We have been fortunate in maintaining a consistent Board of Trustees during this financial year with the addition of one new trustee (Sarah Darton) at the end of the year, who we hope will be approved by the membership at the AGM. Sarah was a Health Visitor for many years before moving to Family Links where she was CEO before retiring. We were also fortunate that our Patron (Baroness Butler-Sloss) extended her tenure to continue to support us in our work and host meetings at the House of Lords for which we would like to acknowledge our grateful thanks.

December 2021 saw us finally beginning to emerge from the impact of the COVID-19 pandemic and the prospect of being able to meet up in person with our colleagues and members again which we welcomed. For ease of efficiency, we chose to continue to hold our Board Meetings online but planned our first in person experiential practice event to be held in May 2022 in central London. (**Creative Approaches to Healing the Emotional, Physical & Neurological Impact of Early Trauma**). Sadly, the event had to be cancelled due to a lack of uptake and we had to reassess the readiness of people to embark on a trip to London and the possible implications of being in crowded places for the day.

Despite this setback, we planned to hold our AGM and a Best Practice Forum at the House of Lords in June, hopeful that confidence would have improved by then. Unfortunately, at the last moment the event had to be moved online as Baroness Butler Sloss had a health emergency and could not host us at the House of Lords. Nevertheless, we had a very successful event with a presentation by David Trickey (*Consultant Clinical Psychologist and Co-Director of The UK Trauma Council*) entitled “Complex Trauma: Evidenced Based Principles for the Reform of Children’s Social Care”

We finally managed to hold the first Best Practice Forum at the House of Lords since the start of the COVID-19 pandemic in October 2022. Jon Reid (*Senior Lecturer at Oxford Brookes University and Education Lead on the IRCT Board of Trustees*) organised a conference to support the IRCT campaign to work towards eliminating permanent exclusions from school. The speakers included:

**Professor Ian Thompson (Oxford University) “An Overview of the Excluded Lives Project”**

**Anne Longfield CBE (Chair of the Commission on Young Lives) “Inclusion not Exclusion: supporting all young people to succeed in school”**

**Dr Rob Webster (University of Portsmouth) “Marginalised in Mainstream: The reality of inclusion for young people with SEND”**

**Dr Jon Reid (Brookes University) “An Introduction to the IRCT Eliminate Exclusions Campaign”**

Since 2019, we have been organising an annual trauma informed practice conference in partnership with the Mulberry Bush Therapeutic Community and School. Due to problems with venues, this year we held the conference online in November 2022. The theme of the conference was “Trauma Informed Practice: Assessing for Recovery”. The aim of the day was to help practitioners think about how they can and should be monitoring and assessing the impact of their efforts to promote recovery from complex trauma. Four speakers presented four assessment models:

**Sylvia Duncan (Clinical Psychologist/ IRCT Chair) “Assessing Progress in a Therapeutic Re-parenting Scheme”**

**Dr Caryn Onions (Child Psychotherapist/Researcher) “The Development and Use of the SEA Scale: A Mulberry Bush Initiative to Assess a Child’s Social and Emotional Abilities”**

**Dr Miriam Silver (Clinical psychologist) “BERRI: Assessing needs and measuring Change to Improve Outcomes for Traumatized Children”**

**Richard Cross (Child & Adult Psychotherapist) “The Development of and Integrated Residential Assessment Service: A Early Intervention to Turn Children’s Lives Around”**

This conference has created a legacy of a series of roundtable discussions between the four speakers to draw out some principles for the assessment for recovery from complex trauma and they will be producing a position statement on this to share with others.

In addition to the events that we put on during this financial year we also began to increase our lobbying activities by joining with other likeminded organisations. We had submitted a report to the Independent Children’s Social Care Review in April 2021 and when the report was later published we provided a response in September 2022 reiterating and giving the rationale

for our previous recommendations. Our reports are available on our website ([www.ircct.org.uk](http://www.ircct.org.uk)) This led to opportunities to meet with Civil Servants to continue to try to influence the process.

### **Future Developments**

We will be continuing our two campaigns going forward to fight for the “Right to Recovery” and “To Eliminate permanent Exclusions”

We intend to increase our lobbying activity as being the best way we can influence policy and practice and we will be linking with other organisations to achieve a stronger voice to achieve our aims.

At the same time, we will be creating events to continue to disseminate information to upskill the workforce

It is our intention to continue to build our membership and improve the services we offer them by, for example, creating an Online Forum where members can discuss issues and get advice and support from one another.

We still have skill gaps on our Board and would welcome new trustees with the right skills to help us pursue our aims

**INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)****REPORT OF THE TRUSTEES****FOR THE YEAR END 30 NOVEMBER 2022**

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**Financial activities**

During the year, a loss has been generated of £526. At this time, none of the reserves are restricted. This gives unrestricted reserves carried forward of £7094 (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.....14/07/23..... 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 2022

Balance at 1.12.21 £7621

Transactions from 1.12.21 - 30.11.22

Income		Expenditure	
Item	Amount	Item	Amount
		Membership Refund	11
Conference Receipts	534	Business Support	2652
Membership Subscriptions	2975	Website Hosting and Support	240
Donations	10	Zoom Subscription	527
Oxford Booking Refund	473	Companies House Fees	26
		Bank Charge (Paypal)	56
		Company House Penalty	375
		Oxford Conference Booking	631
<b>Total</b>	<b>3992</b>	<b>Total</b>	<b>4518</b>

Balance at 30.11.22 £7094

For the year ending 30 November 2022, 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 on .....14/07/23  
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 2022

#### 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 2022**

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.