

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

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

30 NOVEMBER 2020

A Company Limited by Guarantee

Company number: 08786935 | Charity number: 1156924



INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

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INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

REPORT OF THE TRUSTEES

FOR THE PERIOD ENDED 30 NOVEMBER 2020

Trustees

The members of the Management Committee of the Trustees during the year ended 30 November 2020 and to the date of their report were:

Mr GJ G McAllister

Mrs EL Totman (resigned 10.04.20)

Mrs CM Walsh

Mrs C Harrop (resigned 15.10.20)

Mrs S Duncan

Mr P Finegan

Ms J Sansom

Ms Elise McQueen (resigned 15.10.20)

Dr Lin Graham Ray

Mr R Cross (appointed 19.11.20)

Mr J Fayle (appointed 19.11.20)

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 2020

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 2020

Achievements and Performance

The financial year from 1st December 2019 to 30th November 2020 was an unusual one dominated by the COVID 19 global epidemic. Whilst this severely hampered our ability to get our community together in person and we lamented the impossibility of being able to host our usual Best Practice Forums at the House of Lords, it forced us to develop the skills necessary to continue our work through online events, including the necessity of holding our last AGM online.

Although we have lost some of our members, possibly through financial hardship or the loss of the House of Lords as an additional attraction, we have also extended our reach further and been able to disseminate information to a wider community resulting in a substantial number of new members from a more widespread geographical area. Participants have come from across the UK and even internationally. An additional benefit has been that we have been able to begin to create a library of recorded videos of events that we will be able to make available to a wider audience as part of our virtual library. Our resource library is being updated and is growing.

Working online has also meant that the Board of Trustees has developed a pattern of using Zoom for Board Meetings and practice discussions and this has saved costs and improved our efficiency. Whilst we provided our first online events free of charge, we then took the decision to start charging, with a reduced fee for members, to create an income for the charity in the absence of being able to put on live events. Without this we would only have had membership fees to cover our costs. As we try to keep the membership fee low to make membership accessible to as many as possible, the only way we could do more to fulfil the charity's mission was to work to develop more income streams. We need to be able to pay for some administrative assistance not only to support the events but to support the Board of Trustees in our lobbying and campaign efforts, promoting research and developing training material. We are still looking at other ways of increasing our income to enable us to achieve everything we would like to do and we are continuing our search for a trustee to take a lead on creating a sustainable income stream.

At the beginning of 2020 we learned that for personal reasons our Patron, Lord Listowel, intended to step down from his role of patron for IRCT, a position he had held since the inception of the charity in 2012. We are hugely indebted to him for the enormous amount of practical and loyal support he has given us over the years and extremely thankful. Fortunately, Baroness Butler-Sloss offered her patronage as a stop gap following Lord Listowel's resignation and we were delighted that someone with her depth of knowledge of the issues we are tackling had offered her support to the charity. Sadly, due to COVID 19 restrictions, there have been few opportunities to meet with her in person but she did host our first Best Practice Forum in 2020 at the House of Lords.

In April 2020, Liz Totman, Company Secretary, resigned as a trustee of IRCT due to health issues that made it hard for her to continue. Liz was a founder member of the charity and dedicated huge amounts of time over the years to promoting IRCT. We are extremely grateful for all her efforts in ensuring that the charity could continue to fulfil its mission.

In November 2020, Carrie Harrop-Wilson and Elise McQueen also stood down as trustees of the Board due to changes in their personal circumstances which meant they no longer had the time to commit to the role of trustee. We would like to record our sincere thanks to them both for their contributions to IRCT. Two new trustees, Jon Fayle and Richard Cross, have been appointed by the Directors and are seeking to be adopted by the members at the next AGM. The Board is still seeking new trustees to help manage the work of the charity.

Despite this difficult year we managed to put on four Best Practice Forums and one conference.

7th February 2020

This Best Practice Forum at the House of Lords was the last live event we managed to hold before COVID 19 restrictions started. The theme was 'LOST VOICES'. There were three speakers addressing the theme of the importance of listening to the 'voice of the child'. It was a very moving event and was well received.

Stephanie Hunter (Social Worker/Lecturer/Counsellor) 'Lost Voices: Research Related to Care Experienced Voices'

Dr Carmel Digman (Clinical Psychologist) 'Lost Voices: Listening to the voices of two young men with learning difficulties disclosing experiences of abuse'

Carrie Harrop-Wilson (Young Peoples & Project Co-ordinator Care Leavers Association)

'The Lost Voice of the Child: listening to and including user experiences to improve services'

17th July 2020 / 31st July 2020

Two linked webinars in July 2020 were the first IRCT online events and addressed the potential impact of COVID 19 on children and young people to inform professionals within social services, health and education of what could be needed from them to address this.

Elise McQueen (Quality Assurance Safeguarding Service Lead West Sussex Social Services)

'Voice of the Child & Lived Experience During COVID 19'

Dr Lin Graham Ray (Designated Nurse for Looked After Children Merton & Wandsworth)

'The Experiences of Looked After Children & Care Leavers during Lockdown and Beyond'

Patrick Finegan (Virtual School Head)

'The Rise & Fall of the Virtual School'

Carrie Harrop-Wilson (Young Peoples & Project Co-ordinator at Care Leavers Association)

'Issues Affecting Care Leavers Wishing to Enter Education During the COVID 19 Pandemic: drawing on areas of self-care and understanding of trauma and how this can affect educational outcomes'

25th September 2020

At this Best Practice Forum webinar, **Aspiring for Children** introduced presentations from three separate organisations: **Jamie's Farm; A New Direction We Belong Programme; and Strength in Horses**. These three presentations illustrated some of the approaches that can be taken to promote recovery from trauma through enriching experiences.

6th November 2020

Annual Conference: 'Trauma Informed Practice: Using Biopsychosocial Models to Promote Recovery'

We had been hopeful that restrictions would be lifted and we would be able to have a live conference which was originally planned for September 2020. We had to abandon this plan and a postponed online conference took place on 6th November 2020 once again in partnership with The International Centre for Therapeutic Care.

Dr Matt Woolgar (Clinical Psychologist)

'The Diverse Neurobiological Processes & Legacies of Early Adversity-No One-size Fits All'

James McCallister (Child Psychotherapist)

'Recovery from Developmental Trauma Through Environmental, Holistic and Neuro-sequential Therapeutics'

Dr Jane Herd (CEO Orb8)

'Understanding Hard to Reach Youth: A Biopsychosocial Approach'

Amanda Shirtcliff (Clinical Psychologist)

'Understanding & Targeting the Child's Mid-brain Alarm System: Post Placement Support & Interventions for Adoptive Families'

Future Developments

In 2021 we intend to continue to grow the membership and to develop a means to allow improved networking and working together on issues. We still need more trustees to fill skill gaps in the Board of Trustees to help manage the charity and the search for the right people to do this will remain a priority. We are also aiming to try to recruit the membership to join working parties and help with specific tasks. We are continuing to consider ways of developing a sustainable income stream sufficient to allow us to employ some administrative help to enable us to expand our operations.

The charity is now in a much better position to be able to deliver on its remit to lobby and campaign as well as disseminate information and this will be a focus for 2021.

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

REPORT OF THE TRUSTEES

FOR THE YEAR END 30 NOVEMBER 2020

Financial activities

During the year, a deficit has been generated of £768 (2019: deficit £404). At this time none of the reserves are restricted. This gives unrestricted reserves carried forward of £4879 (restricted £NIL) - (2019 £5647 : restricted £NIL).

Reserves

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

Public benefit

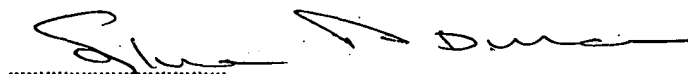
When considering the Institute of Recovery from Childhood Trauma (IRCT), the trustees have complied with the duty in section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

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.....02/09/21..... and signed on their behalf by:



Mrs S Duncan

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 NOVEMBER 2020 (IRCT)

			2020	2019
	Notes	Unrestricted Funds	Restricted Funds	Total Funds
		£	£	£
INCOMING RESOURCES	2			
Incoming resources from generated funds:				
Voluntary Income				
Donations		468	468	282
Activities for generating funds				
Fundraising income			-	-
Events income		300	300	1,656
Sundry income		-	-	11
Incoming resources from charitable activities:				
Grants receivable		-	-	-
Membership fees		2,788	2,788	3,221
TOTAL INCOMING RESOURCES		3,555	-	3,555
RESOURCES EXPENDED				
Cost of generating funds:				
Fundraising costs				-
Charitable activities:				
Costs of charitable activities				
		-	-	-
Support costs	3	4,323	4,323	5,356
Governance costs		-	-	218
TOTAL RESOURCES EXPENDED		4,323	4,323	5,574
NET INCOMING/(OUTGOING) RESOURCES/		(768)	(768)	(404)
NET INCOME FOR THE YEAR				

RECONCILIATION OF FUNDS

Total funds brought forward at 1 December 2019	5,647	5,647	6,051
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TOTAL FUNDS AS AT 30TH NOVEMBER 2020

4,879	4,879	5,647
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INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

BALANCE SHEET AS AT 30 NOVEMBER 2020

	Notes	2020		2019	
		£	£	£	£
Fixed Assets					
Tangible fixed assets			-		-
Current assets					
Stock		-		-	
Debtors		-		-	
Cash at bank and in hand		4,879		5,647	
		4,879		5,647	
<hr/>					
Creditors: Amounts falling due within one year					
Net current assets		4,879		5,647	
Net assets		4,879		5,647	
Represented by:					
Unrestricted funds					
General fund	4	4,879		5,647	
Total funds		4,879		5,647	

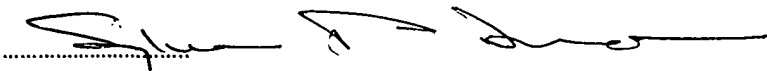
For the year ending 30 November 2020, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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
and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'S Duncan', written over a dotted line.

Mrs S Duncan

Company number - 08786935

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2020

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.

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

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2020

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.

g) Fixed assets

Fixed assets are capitalised and written off over their useful economic life. There has been no depreciation charged for in this year of addition as the hall renovations were not complete at the year end.

INSTITUTE OF RECOVERY FROM CHILDHOOD TRAUMA (IRCT)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2020

2. Voluntary income

			2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Donations	468	-	468	282

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
3 Support Costs				
Website Costs	774	-	774	-
Marketing and Website Support	3,216	-	3,216	3,324
Stationary	226	-	226	
Room Hire	-	-		744
Office and Computer Costs	-	-	-	608
Travel Costs	106	-	106	82
	4,323	-	4,323	5,356

4 Analysis of net assets between funds

	General Funds	Total 2020
	£	£
Fixed assets	-	-
Current assets	4,879	4,879
Current liabilities	-	-
Net assets as at 30 November 2020	4,879	
	<u>4,879</u>	<u></u>

5. Taxation

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

6.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.