

Report of the Trustees Year and Unaudited Financial Statements for the Year Ended 31st March 2023 for Cambridge Rape Crisis Centre



Banner made by the CRCC Warriors peer support group for young survivors 2023

Annual Report 01st April 2022 – 31st March 2023

Contents of the Financial Statements for the Year Ended 31 March 2023

	Page
Report of the Trustees	1 to 11
Independent Examiner's Report	12
Statement of Financial Activities	13
Balance Sheet	14
Cash Flow Statement	15
Notes to the Cash Flow Statement	16
Notes to the Financial Statements	17 to 28
Detailed Statement of Financial Activities	29 to 30

Report of the Trustees for the Year Ended 31st March 2023

The trustees present their report with the financial statements of the charity for the year ended 31st March 2023. The trustees have adopted the provisions of 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 01 January 2015). The trustees confirm that they have regard to the Charity Commission's guidance on public benefit. The Trustees believe the activities of the charity continue to comply with Section 4 of the Charities Act 2011 with regard to public benefit. The information about the public benefit provided by the charity is set out in this report.

Reference and Administrative Details

Charity name:	Cambridge Rape Crisis Centre
Registered Charity number:	1179871
Registered address:	Box R, 12 Mill Road, Cambridge, CB1 2AD

Trustees:

A Perry - Chair J Grech - Secretary M Correia - Treasurer M Lowthian S Helm – resigned September 2022 A Lindup S Anderson J Freytag – resigned August 2022

Independent Examiner

Lanham and Company Chartered Accountants 9 Great Chesterford Court, London Road, Great Chesterford, Essex, CB10 1PF

Contact details and website

<u>contact@cambridgerapecrisis.org.uk</u> www.cambridgerapecrisis.org.uk

Bank

CAF Bank Ltd. West Malling, Kent.

Staff:

N Al-Ani – Director C Gardner – Volunteer Manager (resigned March 2023) C Isla – Volunteer Manager (appointed April 2022) K Edwards - Counselling Services Manager E Ball – ISVA Manager C Baker – Fundraising Manager (up to January '23) Centre Manager (from January 2023) T Evans – Centre Administrator + ChISVA K Johnson – ISVA (resigned October 2022) G Ghai – ISVA (resigned May 2022) H Williams – ChISVA (resigned July 2022) F Thompson – ChISVA U Chowdhury – BAME Community ISVA C Mayers – ISVA (appointed July 2022) A-L Nice – ISVA (appointed November 2022) S Stroud – ChISVA (appointed February 2023)

Counselling Team:

A Van Kleef A Gatt C Coupland C Reisert (and Reflective Practice practitioner) C Scotney C Snoxall **D** Mapes E Smith J Thompson (and Reflective Practice practitioner) K Clarke L Ashton L Buckingham L Mott M Appleton M Hughes **M** Paisley **R** Wass S Bishop S Mushtag S Redmond **T Forbes-Mitchell** R Wyner (Clinical supervisor) C Chappell (Clinical supervisor) C Woroniecka (Clinical supervisor) S Lee Chong (Clinical supervisor)

In addition, many thanks to our sister Centres, listed below, who put us in contact with counsellors who were able to offer counselling in a range of community languages that survivors requested, making our service as accessible as possible:

West Mercia Rape & Sexual Abuse Support Centre - L Gray Centre for Action on Rape and Abuse in Essex - J Matejek Trafford Rape Crisis - J Xie

Structure, Governance and Management

Organisational Structure

Since 10th September 2018 Cambridge Rape Crisis Centre (the organisation) has been registered with the Charity Commission as a Charitable Incorporated Organisation (CIO), with a new Charity Number 1179871. The organisation's constitution is aligned to the Charity Commission's Foundation model constitution.

The Charity Commission's Foundation model constitution for CIO was approved to become the governing document of the charitable incorporated organisation. The CRCC constitution is as near to the form as the circumstances allow using clauses that are relevant and applicable to CRCC. It was unanimously agreed that those persons who were currently trustees of The Charity be appointed to become the first trustees of the charitable incorporated organisation.

Membership of the CIO

The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees. Membership of the CIO cannot be transferred to anyone else. Any member and charity trustee who ceases to be a charity trustee automatically ceases to be a member of the CIO.

Appointment of charity trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

No Ex-officio or Nominated Trustees are included in the cohort of first charity trustees. Should Exofficio or Nominated Trustees be appointed at a future date then appropriate rules for appointment and tenure will be established by the incumbent trustees based on published Charity Commission advice and guidelines.

The Trustee Board shall include the following executive positions: Chair, Deputy Chair, Secretary and Treasurer. Other Trustees shall be elected to fill non-executive positions that are deemed necessary.

The management committee and the trustees are responsible for the running of the charity and the fulfilment of its objectives as well as safeguarding its assets.

They are also obliged to ensure that the charity adheres to Charity Commission guidelines and regulations as well as any other laws that apply and ensure independently examined accounts and annual returns are submitted to the Charity Commission each year.

Annual General Meeting

The AGM is held to ensure that all staff, volunteers and sessional counsellors involved in CRCC, as well as other interested parties, are fully informed about the development of the charity, the management of funds and the services we provide. In order to ensure the future governance and development of the charity, anyone wishing to be involved in management or trustee roles are invited to approach the Management Committee at any time.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Board of Trustees recognises that the main external risk to the organisation is loss or reduction in funding, particularly in this current unstable financial climate. The charity will manage this risk by diversifying its funding sources through any new commissioning opportunities. Internal financial controls, policy and procedures are in place to ensure compliance. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity. Monitoring reports to external funders ensures a consistent quality of delivery for the operational aspects of the charity. As experienced by many in our sector, the consequences of the cost of living crisis impacted our staff

recruitment and retention in the reporting period. This risk was mitigated against as far as possible with a review of current remuneration scales, securing multi-year funding for our ISVA and ChISVA posts and greater investment in the additional, non-financial, benefits of being employed by CRCC.

Remuneration Policy

CRCC is committed to ensuring a proper balance between (i) paying our staff and others who work for us fairly so that we attract and retain the best people for the job and (ii) careful management of our charity funds.

In so doing we will ensure the greatest effectiveness in delivering our charitable objectives and meeting the needs of our beneficiaries. When determining the salary for a new post, we will collect information about comparable roles in other organisations, preferably within the voluntary sector. We will use this information to benchmark our own salaries, normally aiming to set it at a level that appears to represent the market average. We will also seek advice from colleagues within other organisations when we know they employ people in similar roles. Salary allocations will be based on the requirements of the post, the experience each member of staff brings to the role, and the funding for the post.

Principal funding sources

The principal funding sources for the charity are currently by way of grant and contract income from Cambridgeshire Police and Crime Commissioner, The Big Lottery Fund, Cambridgeshire County Council and income generated through community fundraising activities.

Reserves Policy

CRCC has a Reserves Policy. We require 3-6 months basic running costs in reserve to ensure that anyone depending on our service (especially long-term callers) are not left suddenly without support as this could have very serious repercussions for our very vulnerable service-users. Reserves for the year ending 31st March 2023 were £811,624 of which £293,646 were unrestricted and £517,978 were restricted. The trustees consider this to be a satisfactory amount.

Aims and Objectives

Our vision is that all women and girls can live free from the fear and experience of sexual violence

CRCC is a specialist sexual violence organisation which was set up to provide dedicated support services to women and girls who have experienced any form of sexual violence. CRCC acknowledges all forms of sexual violence, including: rape, sexual assault, childhood sexual abuse, sexual harassment, rape in marriage, forced marriage, and so-called honour based violence, female genital mutilation, trafficking and sexual exploitation, ritual abuse, irrespective of whether the violence is from known or unknown perpetrators.

We listen and believe

Cambridge Rape Crisis Centre Aims to:

- Provide specialist support to women and girls who have experienced or are experiencing rape, childhood sexual abuse or any form of sexual violence.
- Secure high quality specialist sexual violence services for women and girls who have experienced sexual violence.

- Raise awareness of sexual violence, its prevalence and effects.
- Build our collective expertise to improve services and polices for the benefit of survivors.
- Press for change and promote the importance and need for appropriate, high-quality and specialised support for survivors.
- End rape and sexual violence.

With special thanks

We would like to take the opportunity to extend very special thanks to: Rape Crisis England and Wales, Office of the Police and Crime Commissioner, Cambridgeshire County Council, the Elms SARC, Women's Resource Centre, EVAW, Centre for Women's Justice, Anglia Ruskin University, Cambridge City Council, the University of Cambridge, partner agencies of the countywide Domestic Abuse & Sexual Violence Partnership, and our sister centre Peterborough Rape Crisis Care Group and members of the Cambridge and Peterborough Women's Consortium for their continued support throughout this year (membership of the Consortium listed on Page 10).

Thanks also to the generosity and support of our funders. Without their continued support CRCC could not sustain the provision of vital support services to survivors in Cambridgeshire. Our funders include: Office of the Cambridgeshire Police and Crime Commissioner, Ministry of Justice, NHS England, Cambridgeshire County Council, Home Office, The Big Lottery and Co-op Community Fund. We are particularly grateful to the many individuals, corporate donors and trusts, some anonymous, who give us their support every year.

Thanks to all the trustees, director, staff, sessional counsellors and volunteers of CRCC who have worked incredibly hard and whose commitment and dedication has enabled CRCC to continue and grow.

Special thanks to our amazing community of volunteers who deliver several of our core support services and without whom we wouldn't be able to offer the wide range of support we do. Their dedication and commitment is inspirational, and has helped make us the organisation we are today.

Our dedicated group of fundraising volunteers have organised fundraising events and activities, raising much needed funds for and awareness of CRCC despite the challenges of having to do much of this during a cost of living crisis. It is with immense gratitude we thank the Cambridge community of families and individuals, all of whom helped support CRCC through fundraising activities and events.

A big thank you to every single member of the CRCC community, without whom we would not still be here, providing support to women and girls who have experienced rape or sexual abuse. The work you all do is important and we hope this annual report illustrates that.

And finally, thank you to all of the survivors who use CRCC; for inspiring us with their strength and courage and for teaching us so much.

Achievements and Performance Summary of Charitable Activities 1st April 2022 – 31st March 2023

As a specialist, independent, grass-roots organisation, this year Cambridge Rape Crisis Centre (CRCC) continued to provide excellent support services to survivors of sexual violence in Cambridgeshire. We have carried on working closely with a range of partner organisations to bring about the best possible outcomes for survivors, and have tackled and challenged the causes of sexual violence, as well as highlighting gaps in service provision, so that survivors in our county have their needs met.

In the year 2022-23 CRCC supported 1,264 survivors, of whom 59% were new referrals into service and 41% were existing, from the previous year. 93% of survivors were female, 4% were male, 2% were non-binary and 1% were trans survivors. In terms of age breakdown 79% were adult survivors (18yrs and over), 17% were young people (aged 13 – 17yrs) and 4% were children (12yrs and under). 55% were survivors of recent sexual violence and 45% were survivors of historic sexual violence and abuse. 42% of all those accessing services were self-referrals. We delivered support services to survivors in Cambridge city, East Cambs, Fenland, Huntingdon, Peterborough and South Cambs.

We continued to respond to increasing demand, and to the additional challenges presented by the cost of living crisis and the legacy of Covid 19 pandemic. Over the year, we have increased capacity across many CRCC services, in response to rapidly increasing demand for our support. Maintaining sufficient capacity to meet demand is an ongoing challenge for CRCC, but we are delighted to have grown the CRCC team and recruited a number of staff and sessional counsellors with strong skills and experience.

Throughout the cost of living crisis, CRCC has been a consistent source of support for survivors, many of whom have struggled with heightened anxiety, increased risk of food and fuel poverty, and other issues associated with the financial crisis. CRCC continued to provide specialist wrap around support services to survivors of rape, sexual abuse and sexual violence in Cambridgeshire, through the availability of a confidential telephone helpline, trauma informed counselling service for adults and children, ISVA and ChISVA service, email support and group work.

This year CRCC continued to work in partnership with our sister centre, Peterborough Rape Crisis Care Group (PRCCG) to deliver an accessible, joined up and responsive countywide service for survivors.

We have continued to highlight the prevalence and impact of sexual violence through our essential community outreach and training.

Support services Emotional support services

We have sustained our volunteer-led telephone and email helpline services this year. A new volunteer group was recruited during the year and underwent the comprehensive CRCC helpline and email support training; this in turn has enabled us to continue to deliver these vital support services. This year we responded to 476 calls to our helpline and supported 169 survivors, of whom 32 were first time callers. We received 2,178 emails to our Email Support Service, supporting 113 survivors through this service, of whom 51 were first time emailers.

In 2022-23 there were 22 volunteers providing the helpline and email service; these services could not run without the commitment and dedication of our volunteers.

All CRCC volunteers receive an initial 50 hours' specialist sexual violence training to undertake the role of helpline and email volunteer, as well as a further programme of continuous professional development (CPD). The training covers a wide range of topics and includes: understanding rape, gendered violence, child sexual abuse, ritual abuse, Dissociative Identity Disorders, suicide, self-harm and disordered eating, working with young survivors, prostitution, sexual exploitation, supporting Black and minoritised survivors, supporting LGBTQI+ survivors and the Criminal Justice System.

Independent Sexual Violence Advocacy Service (ISVAs)

Like with all our services demand and acuity of need for the Adult and Children's Independent Sexual Violence Advocacy service continues to be high; this year 539 survivors have accessed this service. The ISVA service delivered 2,159 support and advocacy sessions this year.

Our ISVA service provides information, advocacy and support to survivors of historical, recent and acute sexual violence, and works closely with other relevant services and agencies in Cambridgeshire to address the impacts of sexual violence both on the individual survivor, their family and the local community. The ISVAs also provide independent and reliable information to survivors of sexual violence in relation to police processes and the criminal justice system.

The Children and Young Peoples ISVA service (ChISVA) supports those aged 0 – 18yrs, who are experiencing or who are at risk of experiencing child sexual abuse or exploitation. The ChISVA service supports children and young people, and their families where appropriate, to access a range of appropriate universal services, explore ways to help manage their mental health and support them to stay engaged within the criminal justice system should they wish to do so. ChISVA support offered pre-trial, during and post-trial helps children and young people to make sense of the process and to feel supported, ready and able to stand up in court to give their best evidence. We were also able to continue to enhance our ChISVA provision this year which was made possible with funding from the Cambridgeshire County Council's CADA Home Office funded project.

Delays in the criminal justice system have been significantly compounded by the Covid-19 pandemic, and subsequent barrister strikes in June '22, and as a result we are seeing survivors stay in service for longer than ever before. The Ministry of Justice recently published data showing that the median time between a rape offence and completion of the resulting criminal case was 1,020 days. Over two and half years. Extreme delays in a number of rape cases made the overall average delay even longer - more than seven and half years. Five years or more for a survivor to finally see a trial conclude is rapidly becoming the norm and something we are seeing in our work with survivors in the ISVA service at CRCC.

Counselling and therapeutic services

In the financial year 2022-23 we provided 3,674 sessions of counselling to 423 individuals. We had 20 counsellors who were active in the year, in addition we were able to work with a number of counsellors from sister centres who offered counselling in community languages to increase accessibility of our service. Counselling continued to be offered through a range of formats depending on survivors needs and preferences, this included counselling sessions delivered in person, on-line or via telephone. We saw a significant increase in self-referrals from 29% to 42%. Our engaged (planned) endings increased significantly this year, from 36% (153) to 49% (186). Clients who did not engage has decreased by 5%, 82 this year compared to 115 last year.

Overall, we saw a slight decrease in referrals from 508 to 422. However, compared to pre-Covid years 422 is still significantly higher than we have seen in the past. This, combined with the overlap of referrals from last year and a higher rate of engagement (meaning clients stay in service longer), has meant our waiting times have varied across the service and have fluctuated significantly over the year.

We saw an increase in trans and non-binary clients referring to the counselling service, which reflects the work undertaken to ensure our services are accessible. 3.79% of clients referred to the counselling service this year were trans or non-binary, compared to 1.96% the previous year. 91% of new referrals were female, and 4.97% were male. This isn't a significant change from last year (92% female, 5.31% male).

We've seen some changes to age demographics in the reporting period. We had a 4% increase in ages 25-34, 5% increase in 35-44, and 3% increase in 45-54 (increase as a percentage of total new referrals per year, e.g. last year 19% of new referrals were aged 25-34 compared to 23% this year). This is positive as it means we're beginning to reach different age groups.

This year we recruited additional specialist sessional counsellors in particular to meet the needs of children and young people.

Group work and peer support

In the year 2022-23 CRCC delivered two peer support group projects. We have long recognised how empowering it can be for those with shared lived experience to come together and share safe space and in doing so reduce feelings of isolation and build communities of resilience.

One of the groups was for young survivors, aged 12 – 16yrs, the CRCC Warriors, and ran in the February half term. This group was facilitated by a ChISVA and a CRCC Counsellor.

The second group that ran in the year was for adult survivors, Hold the Hope group. This group was facilitated by two CRCC counsellors.

Men and boys

CRCC continued to provide a number of services to male survivors and these include:

- ISVA Service adult men aged 18 years and over
- Young Peoples ISVA Service young men aged 13 18 years
- Children's ISVA service boys aged 0 13 years
- Male Rape Support Fund Counselling provision adult men aged 18 years and over
- Children and young people's Counselling provision boys aged 0 13 years

Training, outreach and community connections

CRCC has delivered training to over 100 people in the year including to public sector staff, health care professionals, schools, colleges and a wide range of community groups and organisations. CRCC has also attended a number of community based events and activities throughout the year raising awareness of the causes and consequences of sexual violence.

Consultations and contribution to change

CRCC has contributed to a number of local, regional and national consultations and working groups in the reporting year, examples of which include:

- Operation Sorteria Bluestone University of Glasgow and Child and Women Abuse Studies Unit, London Metropolitan University
- The Centre of Expertise on Child Sexual Abuse mapping the support for victims, survivors and family members affected by child sexual abuse
- Memorandum of Understanding (MoU) work undertaken by Cambridge + Peterborough Rape Crisis Partnership and Cambridgeshire Constabulary to update the ISVA Service and Cambridgeshire Police MoU, with a view to relaunch in June 2023.
- Cambridge City Council and Cambridge Council for Voluntary Service- identifying health inequalities in Cambridge.
- Royal Holloway University of London + Rape Crisis England Wales evaluation of NHS SARC Talking Therapies services
- Government Consultation Victims Bill
- Rape Crisis England and Wales Contributed to the 'Holding it Together' Report on the courage, resilience and innovation of Rape Crisis Centres during the Covid-19 pandemic.
- Cambridge City Council Contributed to the *Equalities Partnership Impacts of Covid-19* report highlighting the longer term consequences of the pandemic on minoritised and under-served communities.
- Lloyds Bank Foundation Contributed to the development and piloting of the Organisational *Resilience Toolkit*.

Stronger Together - Partnership working

Cambridge and Peterborough Rape Crisis Partnership

This year the Cambridge and Peterborough Rape Crisis Partnership continued to deliver the County Wide Contract for Sexual Violence Support Services. The contract covers the delivery of a county wide ISVA service and also makes a contribution towards other support services for survivors of sexual violence (including helpline provision, email support, emotional support and group work).

Cambridge and Peterborough Women's Consortium

CRCC is a founder member of the Cambridge and Peterborough Women's Consortium (CPWC). Consortium members include: Cambridge Rape Crisis, Peterborough Rape Crisis Care Group, Cambridge Women's Resources Centre, Cambridge Women's Aid, Peterborough Women's Aid, One Voice for Travellers and Turtle Dove Cambridge.

Rape Crisis England and Wales

CRCC is a proud member of Rape Crisis England and Wales and is a professionally approved Rape Crisis Centre through the successful completion and compliance with the Rape Crisis National Service Standards.



Strategic involvement and input

Attendance and participation at the following strategic boards, panels and operational groups:

- o Cambridge and Peterborough Domestic Abuse and Sexual Violence Partnership
- \circ $\;$ Countywide Domestic Abuse and Sexual Violence Strategic Board
- Sexual Violence Operational Group
- o The Cambridgeshire and Peterborough VAWG Operational Group
- o SARAC Review Group
- Cambridge City Domestic Abuse and Sexual Violence Forum

- o Cambridgeshire Rape Scrutiny Panel
- East of England CPS VAWG Scrutiny Panel
- o Survivors Feedback Panel
- Rape Crisis East Regional network

Future Activities

Over the year 2023-24, the charity will continue to fulfil its charitable objectives through its activities for the public benefit, including:

Provision of vital support service to survivors of sexual violence through:

- Telephone helpline support service
- Email support service
- Live Chat service
- Independent Sexual Violence Advocacy service for children, young people and adults
- Therapeutic support through specialist counselling
- Peer support group work projects
- Improved access to services for survivors from Black and racially minoritised communities

Retain, support and invest in staff and volunteers throughout the charity.

Deliver specialist sexual violence training to other agencies and organisations to support better understanding of the causes and consequences of sexual violence and to promote best practice on supporting and responding to survivors.

Continue to evidence the need for and value of our work through improved data collection via the RCEW Data Performance Management System (DPMS).

Ongoing strategic advocacy and engagement work at a local and regional level, including responding to Government consultations and developing policy responses to issues relating to sexual violence and abuse.

Ongoing partnership work with the Cambridge and Peterborough Rape Crisis Partnerships and the Cambridge and Peterborough Women's Consortium.

Ongoing partnership work with other organisations, including strategic meetings with specialist sexual violence and abuse partners across the nation, and support and involvement with campaigns that promote the needs, rights and voices of survivors.

Identification, review and refresh of CRCC's strategic priorities.

Ongoing work to promote the needs, rights and voices of sexual violence and abuse victims and survivors, and to reduce and prevent sexual violence and abuse.

"I felt like I could really trust CRCC and open up. I never felt judged or misunderstood. I felt really validated and heard for the first time in my life".

Report of the Trustees for the Year Ended 31 March 2023

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity 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 incoming resources and application of resources, including 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 Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011. They 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.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees on 27. November 2023... and signed on the board's behalf by:

A Perry - Trustee

Independent Examiner's Report to the Trustees of Cambridge Rape Crisis Centre

Independent examiner's report to the trustees of Cambridge Rape Crisis Centre ('the Charity')

I report to the charity trustees on my examination of the accounts of the Charity for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of your charity'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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body (Section 145 of the Act). I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

- 1. accounting records were not kept in respect of the Charity as required by Section 130 of the Act; or
- 2. the accounts do not accord with those records; or
- 3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulation 2008 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.

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.

Andrew Ireland FCCA

Lanham and Company Limited Chartered Accountants 9 Great Chesterford Court London Road Great Chesterford Essex CB10 1PF 28 November 2023

28 November 2023

Statement of Financial Activities for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM Donations and legacies	2	27,411	2,904	30,315	15,213
Charitable activities Support and advice	5	701	531,526	532,227	759,683
Other trading activities Investment income	3 4	57,397 <u>1,251</u>	2,400	59,797 1,251	85,885
Total		86,760	536,830	623,590	860,781
EXPENDITURE ON Raising funds	6	12,029	-	12,029	11,431
Charitable activities Support and advice	7	39,833	679,587	719,420	612,707
Total		51,862	679,587	731,449	624,138
NET INCOME/(EXPENDITURE) Transfers between funds	16	34,898 5,897	(142,757) (5,897)	(107,859)	236,643
Net movement in funds		40,795	(148,654)	(107,859)	236,643
RECONCILIATION OF FUNDS Total funds brought forward		252,852	666,631	919,483	682,840
TOTAL FUNDS CARRIED FORWARD		293,647	517,977	811,624	919,483

The notes form part of these financial statements

Balance Sheet 31 March 2023

FIXED ASSETS	Notes	Unrestricted fund £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
Investments	12	1	-	1	1
CURRENT ASSETS Debtors Cash at bank	13	58,741 241,257	13,481 523,821	72,222 765,078	30,115 916,095
		299,998	537,302	837,300	946,210
CREDITORS Amounts falling due within one year	14	(6,353)	(19,324)	(25,677)	(26,728)
NET CURRENT ASSETS		293,645	517,978	811,623	919,482
TOTAL ASSETS LESS CURRENT LIABILITIES		293,646	517,978	811,624	919,483
NET ASSETS		293,646	517,978	811,624	919,483
FUNDS Unrestricted funds Restricted funds	16			293,646 517,978	252,852 666,631
TOTAL FUNDS				811,624	919,483

The financial statements were approved by the Board of Trustees and authorised for issue on **27**. November. 2023... and were signed on its behalf by:

A Perry - Trustee

The notes form part of these financial statements

Cash Flow Statement for the Year Ended 31 March 2023

٢	Notes	31.3.23 £	31.3.22 £
Cash flows from operating activities Cash generated from operations	1	(152,268)	205,352
Net cash (used in)/provided by operating act	ivities	<u>(152,268</u>)	205,352
Cash flows from investing activities Interest received		1,251	
Net cash provided by investing activities		1,251	
Change in cash and cash equivalents in the reporting period Cash and cash equivalents at the		(151,017)	205,352
beginning of the reporting period		916,095	710,743
Cash and cash equivalents at the end of the reporting period		765,078	916,095

Notes to the Cash Flow Statement for the Year Ended 31 March 2023

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

OFERATING ACTIVITIES	31.3.23	31.3.22
Nat (arranditure)/income for the reporting paried (as par the	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(107,859)	236,643
Adjustments for:		
Interest received	(1,251)	-
Increase in debtors	(42,107)	(17,654)
Decrease in creditors	(1,051)	(13,637)
Net cash (used in)/provided by operations	(152,268)	205,352

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22 £	Cash flow £	At 31.3.23 £
Net cash Cash at bank	916,095	<u>(151,017</u>)	765,078
	916,095	<u>(151,017</u>)	765,078
Total	916,095	<u>(151,017)</u>	765,078

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The accounts (financial statements) have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by 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) - (Charities SORP FRS 102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) (September 2015) and the Charities Act 2011.

The accounts (financial statements) have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Going Concern

There are no material uncertainties that would cast doubt on the charity's ability to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably. Revenue is measured at the fair value of the consideration received or receivable.

Grants

Grants (including government grants) relating to revenue are recognised in income and expenditure over the same period as the expenditure to which they relate once reasonable assurance has been gained that the charity will comply with the conditions and that the funds will be received.

Grants due from government organisations or received in advance are included as current assets or liabilities.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Allocation and apportionment of costs

Support and management costs are allocated between funds based on the proportion of staff and volunteer hours in each service, on the assumption that the major management expenses is a result of personnel. Volunteers are weighted as half and work substantially fewer hours.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES - continued

Financial instruments

Financial assets and liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Trade debtors and creditors are classed as basic financial instruments and are initially measured at transaction price.

Cash and cash equivalents are classified as basic financial instruments and comprise cash in hand and at bank and short-term deposits with an original maturity date of three months or less.

Tangible fixed assets

Tangible fixed assets costing more than £1,000 are capitalised and included at cost including any incidental expenses of acquisition.

Donated services

3.

4.

In accordance with the Charities SORP (FRS 102), the time of general volunteers is not recognised. The role of volunteers is covered in more detail in the trustees report.

2. DONATIONS AND LEGACIES

Donations Gift aid	31.3.23 £ 23,648 <u>6,667</u>	31.3.22 £ 13,398 1,815
	30,315	15,213
OTHER TRADING ACTIVITIES		
	31.3.23	31.3.22
Fundraising quanta	£	£ 85 202
Fundraising events Trading income	57,499 98	85,302 583
Services	2,200	
	59,797	85,885
INVESTMENT INCOME		
	31.3.23	31.3.22
	£	£
Deposit account interest	1,251	

5. INCOME FROM CHARITABLE ACTIVITIES

•				31.3.23	31.3.22
		Activity		£	£
	Grants	Support and advice		532,227	759,683
	Cranta reasived includ	ad in the above, are as follows:			
	Grants received, includ	ed in the above, are as follows:		31.3.23	31.3.22
				£	£
	Anglia Ruskin Univers	ity		5,901	L
	Big Give Trust	ity		8,496	_
	Cambridge City Counc	il		0,470	4,500
	Cambridgeshire Count			55,000	35,000
	Catholic Diocese of Ea			10,000	
	ChiSVA workbooks	st might		200	_
	Co-op Community Fur	h		3,631	2,533
	Groundwork UK			1,000	
	Lloyds Bank Foundatio	n		-	7,595
	NHS England			12,083	-
	National Lottery Comr	nunity Fund			11,729
	Police and Crime Com			435,916	698,326
				532,227	759,683
	RAISING FUNDS				
	KAISING FUNDS				
	Raising donations and	llegacies			
				31.3.23	31.3.22
				£	£
	Fundraising costs			12,029	11,431
	CHARITABLE ACT	IVITIES COSTS			
				Support	
			Direct	costs (see	
			Costs	note 8)	Totals
	a		£	£	£
	Support and advice		703,983	15,437	719,420

8. SUPPORT COSTS

6.

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SUITORI COSIS			
		Governance	
	Finance	costs	Totals
	£	£	£
Support and advice	74	15,363	15,437

8. SUPPORT COSTS - continued

Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examination fee of £1,100 plus VAT (2022:£950 plus VAT) a fee for the assistance with the accounts preparation of £2,125 plus VAT(2022: £2,065 plus VAT).

Support costs, included in the above, are as follows:

	31.3.23	31.3.22
	Support	
	and	Total
	advice	activities
	£	£
Bank charges	74	118
Accountancy and legal fees	10,464	7,782
Legal fees	1,592	-
Recruitment fees	3,307	<u> </u>
	15,437	7,900

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

10. STAFF COSTS

Wages and salaries Social security costs Other pension costs	31.3.23 £ 323,893 28,216 13,609	31.3.22 £ 301,211 24,733 13,269
	365,718	339,213

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
ISVA team	7	6
ISVA manager	1	1
Counselling services manager	1	1
Volunteer manager	1	1
Fundraising manager	1	1
Administrator	1	1
Director	1	
	13	11

No employee received emoluments in excess of £60,000.

During the year the total remuneration to key management personnel was £49,848.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM Donations and legacies	12,798	2,415	15,213
Charitable activities Support and advice	-	759,683	759,683
Other trading activities	72,329	13,556	85,885
Total	85,127	775,654	860,781
EXPENDITURE ON Raising funds	11,431	-	11,431
Charitable activities Support and advice	41,066	571,641	612,707
Total	52,497	571,641	624,138
NET INCOME	32,630	204,013	236,643
RECONCILIATION OF FUNDS Total funds brought forward	220,223	462,617	682,840
TOTAL FUNDS CARRIED FORWARD	252,853	666,630	919,483
FIXED ASSET INVESTMENTS			Unlisted investments £
MARKET VALUE At 1 April 2022 and 31 March 2023			~ 1
NET BOOK VALUE At 31 March 2023			1

At 31 March 2022

12.

There were no investment assets outside the UK.

The Charity's investments at the balance sheet date in the share capital of companies include the following:

1

12. FIXED ASSET INVESTMENTS - continued

Icena Limited

13.

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Registered office: 2 Pavilion Court, 600 Pavilion Drive, Northampton, NN4 7SL Nature of business: Social enterprise

Class of share:	% holding		
Ordinary	20	31.7.22 £	31.7.21 £
Aggregate capital and reserves Loss for the year		(119,725) (34,577)	(85,143) (85,148)
. DEBTORS: AMOUNTS FALLI	NG DUE WITHIN ONE YEAR	31.3.23	31.3.22
Other debtors Prepayments and accrued income		£ 12,307 59,915	£ 2,307 27,808
		72,222	30,115
. CREDITORS: AMOUNTS FAL	LING DUE WITHIN ONE YEAR		
		31.3.23 £	31.3.22 £
Trade creditors		17,476	13,285
Other creditors Accruals and deferred income		1,316 6,885	1,296 12,147
		25,677	26,728

15. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.23 £	31.3.22 £
Within one year Between one and five years	16,200 _10,800	-
	27,000	

In respect of a property rental lease.

16. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	Transfers between funds	At 31.3.23
	£	£	£	£
Unrestricted funds	~	~	~	~
General fund	252,852	34,897	5,897	293,646
Restricted funds				
ARU	-	5,450	(5,450)	-
CADA Fund	82,970	-	(82,970)	-
Cambridge County Council - Counselling	-	23,570	-	23,570
Counselling Fundraising	15,861	10,045	-	25,906
Countrywide Sexual Violence Support				
Services Contract (PCC) - ISVA Services	409,655	(146,310)	82,970	346,315
Girl Up Group	371	(371)	-	-
Groundwork UK	-	1,000	-	1,000
Independent Inquiry into Child Sexual				
Abuse	3,446	-	(3,446)	-
Male Rape Support Fund	-	3,350	-	3,350
National Health Carry over	138,164	(29,827)	-	108,337
National Lottery Community Fund	6,664	(9,663)	2,999	-
Safer Streets	5,000	_	-	5,000
Women's Festival	4,500	-	-	4,500
	666,631	<u>(142,756</u>)	(5,897)	517,978
TOTAL FUNDS	010 492	(107.950)		011 (24
TOTAL FUNDS	919,483	<u>(107,859</u>)		811,624

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	86,759	(51,862)	34,897
Restricted funds			
ARU	5,900	(450)	5,450
Cambridge County Council - Counselling	55,000	(31,430)	23,570
Co-Operative Community Fund	719	(719)	-
Counselling Fundraising	26,012	(15,967)	10,045
Countrywide Sexual Violence Support			
Services Contract (PCC) - ISVA Services	426,713	(573,023)	(146,310)
Girl Up Group	-	(371)	(371)
Groundwork UK	1,000	-	1,000
Male Rape Support Fund	9,404	(6,054)	3,350
National Health Carry over	12,083	(41,910)	(29,827)
National Lottery Community Fund		(9,663)	(9,663)
	536,831	<u>(679,587</u>)	(142,756)
TOTAL FUNDS	623,590	<u>(731,449</u>)	<u>(107,859</u>)

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

		Net	
		movement	At
	At 1.4.21	in funds	31.3.22
	£	£	£
Unrestricted funds			
General fund	220,223	32,629	252,852
Restricted funds			
CADA Fund	55,696	27,274	82,970
Co-Operative Community Fund	2,013	(2,013)	-
Counselling Fundraising	-	15,861	15,861
Countrywide Sexual Violence Support			
Services Contract (PCC) - ISVA Services	174,762	234,893	409,655
Girl Up Group	371	-	371
Independent Inquiry into Child Sexual			
Abuse	3,446	-	3,446
Lloyds Bank Foundation	32,037	(32,037)	-
National Health Carry over	180,410	(42,246)	138,164
National Lottery Community Fund	13,882	(7,218)	6,664
Safer Streets	-	5,000	5,000
Women's Festival	<u> </u>	4,500	4,500
	462,617	204,014	666,631
TOTAL FUNDS	682,840	236,643	919,483

Comparative net movement in funds, included in the above are as follows:

	Incoming	Resources	Movement
	resources £	expended £	in funds £
Unrestricted funds	~	~	~
General fund	85,127	(52,498)	32,629
Restricted funds			
CADA Fund	35,000	(7,726)	27,274
Co-Operative Community Fund	2,533	(4,546)	(2,013)
Counselling Fundraising	15,971	(110)	15,861
Countrywide Sexual Violence Support			
Services Contract (PCC) - ISVA Services	693,326	(458,433)	234,893
Lloyds Bank Foundation	7,595	(39,632)	(32,037)
National Health Carry over	_	(42,246)	(42,246)
National Lottery Community Fund	11,729	(18,947)	(7,218)
Safer Streets	5,000	-	5,000
Women's Festival	4,500		4,500
	775,654	(571,640)	204,014
TOTAL FUNDS	860,781	(624,138)	236,643

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.23
	£	£	£	£
Unrestricted funds				
General fund	220,223	67,526	5,897	293,646
Restricted funds				
ARU	-	5,450	(5,450)	-
CADA Fund	55,696	27,274	(82,970)	-
Cambridge County Council - Counselling	-	23,570	-	23,570
Co-Operative Community Fund	2,013	(2,013)	-	-
Counselling Fundraising	-	25,906	-	25,906
Countrywide Sexual Violence Support				
Services Contract (PCC) - ISVA Services	174,762	88,583	82,970	346,315
Girl Up Group	371	(371)	-	-
Groundwork UK	-	1,000	-	1,000
Independent Inquiry into Child Sexual				
Abuse	3,446	-	(3,446)	-
Lloyds Bank Foundation	32,037	(32,037)	-	-
Male Rape Support Fund	-	3,350	-	3,350
National Health Carry over	180,410	(72,073)	-	108,337
National Lottery Community Fund	13,882	(16,881)	2,999	-
Safer Streets	-	5,000	-	5,000
Women's Festival	<u> </u>	4,500		4,500
	462,617	61,258	(5,897)	517,978
TOTAL FUNDS	682,840	128,784		811,624

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	171,886	(104,360)	67,526
Restricted funds			
ARU	5,900	(450)	5,450
CADA Fund	35,000	(7,726)	27,274
Cambridge County Council - Counselling	55,000	(31,430)	23,570
Co-Operative Community Fund	3,252	(5,265)	(2,013)
Counselling Fundraising	41,983	(16,077)	25,906
Countrywide Sexual Violence Support			
Services Contract (PCC) - ISVA Services	1,120,039	(1,031,456)	88,583
Girl Up Group	-	(371)	(371)
Groundwork UK	1,000	-	1,000
Lloyds Bank Foundation	7,595	(39,632)	(32,037)
Male Rape Support Fund	9,404	(6,054)	3,350
National Health Carry over	12,083	(84,156)	(72,073)
National Lottery Community Fund	11,729	(28,610)	(16,881)
Safer Streets	5,000	-	5,000
Women's Festival	4,500		4,500
	1,312,485	(1,251,227)	61,258
TOTAL FUNDS	1 <u>,484,371</u>	(1 <u>,355,587</u>)	128,784

The General reserve represents the free funds of the charity which are not designated for particular purposes.

The restricted funds of the charity during the period were:

Countrywide Sexual Violence Support Services Contract (OPCC)

The contract covers the delivery of a county wide ISVA service and also makes a contribution towards other support services for survivors of sexual violence (including helpline provision, email support, emotional support and group work). This is delivered in partnership with our sister Centre, Peterborough Rape Crisis Care Group.

The Cambridgeshire County Council CADA Home Office Funded Project

The funds CRCC receives through the CADA project are for enhanced Children and Young Peoples Sexual Violence Advocacy support provision and funds a ChISVA post.

Cambridge County Counselling Fund

To support counselling for survivors of domestic abuse.

Co-operative Community Fund

Provision for counselling support

Counselling Fundraising

Targeted fundraising for counselling support.

Lloyds Foundation Grant

Grant made in response to Covid-19 Pandemic to support costs of remote working, delivering on-line support services, provision of support for staff and volunteers to build resilience and sustainability.

Notes to the Financial Statements - continued for the Year Ended 31 March 2023

16. MOVEMENT IN FUNDS - continued

National Health Carry Over

Contract to deliver the SARC Talking Therapies Service for children, young people and adults of recent sexual violence who have accessed SARC service in the last 12 months

This fund was formally named NHS Talking Therapies.

Girl Up Group

Peer support group for young women and girls aged 13 - 16 years.

Groundwork UK

Tesco Bags of Help COVID-19 Communities grant for therapy boxes for children accessing counselling.

Independent Inquiry into Child Sexual Abuse

Funds received for supporting survivors to give evidence at the IICSA enquiry.

National Lottery Community Fund

Grant for provision of counselling services in response to the increased need and demand for therapeutic support throughout the pandemic.

Safer Streets 3 (tackling violence against women and girls)

Grant to deliver a Sexual Violence Ambassador programme for young people in school.

Celebrating Women fund (Women's Festival) - Cambridge City Council

Grant to support events to mark and celebrate CRCC's 40th Anniversary and the contribution of the women's sector to Cambridge city.

Male Rape Support Fund

Provision of counselling and therapeutic support to male survivors.

ARU

Service level agreement with ARU to co-locate ARU ISVA post at CRCC and support the delivery of training to staff.

Transfers between funds

The following transfers were approved by the trustees:

The CADA fund from 2022 has now been merged into the Service Contract (PCC) - ISVA services fund following a change in funding from the Ministry of Justice.

The balance of the ARU fund of $\pounds 5,450$ was transferred to general funds following the completion of the restriction.

The balance of the Independent Inquiry into Child Sexual Abuse of £3,446 was transferred to general funds following the completion of the restriction.

A transfer of £2,999 from general funds to the National Lottery Community Fund was made to cover a shortfall of income to complete the counselling services provided.

Notes to the Financial Statements - continued for the Year Ended 31 March 2023

17. RELATED PARTY DISCLOSURES

Included in other debtors at the end of the year was an interest free loan of £12,307 to Icena Limited.

18. ULTIMATE CONTROLLING PARTY

The charity was controlled jointly by the trustees.

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	for the Tear Ended 51 March 2025	31.3.23	31.3.22
		£	£
INCOME AND ENDOWMENTS			
Donations and legacies			
Donations		23,648	13,398
Gift aid		6,667	1,815
		30,315	15,213
		50,515	15,215
Other trading activities			
Fundraising events		57,499	85,302
Trading income		98	583
Services		2,200	
		59,797	85,885
		,	
Investment income		1.051	
Deposit account interest		1,251	-
Charitable activities			
Grants		532,227	759,683
		(** *	
Total incoming resources		623,590	860,781
EXPENDITURE			
Raising donations and legacies			
Fundraising costs		12,029	11,431
Charitable activities			
Wages		323,893	301,211
Social security		28,216	24,733
Pensions		13,609	13,269
Rent, rates & room hire		48,057	41,513
Insurance Talankana and internat		2,320	2,192
Telephone and internet Postage, stationery and office supplies		37,847 4,176	38,796 5,004
Redundancy		4,170	634
Sundries		3,743	1,345
Clinical supervision		6,655	9,283
Volunteer and staff training		5,577	8,201
DBS checks		422	406
I.T. and computer consumables		3,271	2,369
Counselling		200,186	141,446
Subscriptions		-	1,848
ISVA expenses		23,305	8,885
Travel costs Covid 19		418	206
		2,288	3,466
		703,983	604,807

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

Support costs	31.3.23 £	31.3.22 £
Finance Bank charges	7	74 118
Governance costs Accountancy and legal fees Legal fees Recruitment fees	10,46 1,59 3,30	
	15,36	53 7,782
Total resources expended	_731,44	624,138
Net (expenditure)/income	<u>(107,85</u>	<u>236,643</u>