



Safety Net

Annual report 2022-23

Charitable Incorporated Organisation: CE005945 Charity number: 1164998

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Chair's introduction to the annual report

This has been a challenging year as we all recover from the fallout from the Covid pandemic and cope with rapidly rising inflation, which has had life changing effects for some. During this time, Safety Net has tried to balance the increasing demand for our services in the face of cutbacks in grants and donations. Public services have been overwhelmed due to funding cuts and some have closed. This has resulted in more referrals to us.

Every year the number of people we support increases. During the course of 2022-23 our referrals increased by a third. As public services have suffered Safety Net has stepped in and this year, we supported 998 people including 396 children. As we have expanded our school service to 10 schools across Cumbria, referrals to this service have increased by 98%.

The case studies throughout this report vividly demonstrate the incredible trauma informed support clients have received in these increasingly challenging climates. None of this essential help could have been delivered without the self-less work of our staff, Trustees and volunteers, all of whom are firmly committed to making a difference to those we help. I extend a big thank you to them all.

Safety Net would not be able to function without the continued support of our financial providers and partners. These range from

nationally recognised funders, such as Children in Need and Lloyds Bank, to commissioned services provided by the Police and Crime Commissioner and the Ministry of Justice. It's important to not forget our local fundraising champions, who take part in sponsored events such as the Great North Run. All these generous contributions have made it possible for us to offer high quality support to our community and to put the sparkle back into people's lives - a huge thank you to everyone for this support.

This year we say farewell to two of our Trustees: Vanessa Corbishley, who took on the vital role of HR Trustee, has stepped down as she has now taken up a full-time job in the NHS, and Elaine McGregor who is commencing a well-earned retirement. I would like to thank them both for all the time, commitment and expert knowledge they have brought to our Board. I am indebted to Elaine, who as Vice Chair, has given me such vital support and help.

We also welcomed new Trustees, James King as treasurer, Carol Travers who will take up Elaine's portfolio, Rachel Rheinbach and Eleanor Hancock. We are very fortunate to have recruited colleagues of such high professional calibre, with a depth of experience to strengthen our Board.

This will be my final introduction to our Annual Report as I intend to

retire at the end of 2023. I have had the honour and privilege of being a Trustee at Safety Net for 9 years and for the last 3 years have led the Board as Chair; now it is time for me to go, safe in the knowledge that I leave behind an organisation which is financially secure, with a keen and committed workforce and a high performing Board of Trustees.

Last year I ended my report by referring to Nelson Mandela's words "it is in our hands to make a difference". He also said "It always seems impossible until it is done."

Safety Net provides help that empowers clients to change their impossible into the achievable, supporting them to live safe and fulfilling lives.

A handwritten signature in black ink that reads "L. Vance". The signature is written in a cursive style with a period at the end.

Linda Vance
Chair

Introduction

Safety Net is a charity supporting the recovery of those affected by rape, exploitation, sexual and domestic abuse across Cumbria. We offer advice, support, counselling and therapy to adults, children and young people who have been affected by abuse and trauma.

Our approach is holistic, inclusive, LGBTQ+ friendly and trauma informed. We work in partnership with other professionals and community groups, with the aim of improving wellbeing and quality of life.

In this annual report you can learn about our work in 2022 – 2023, and find out how our charity is governed and how our finances are managed.

Safety Net is governed by a Board of Trustees, and their details are listed on page 23. A description of the charity's organisation is given on page 24. Our bankers, investment advisors and independent examiners are listed on page 23. The annual report has been prepared by the Board of Trustees and covers the period of April 2022 to March 2023.

***To protect the identities of our service users, names have been changed in all testimonials and case studies included in this annual report.**

Our vision, mission & values

Our vision:

Communities free from abuse.

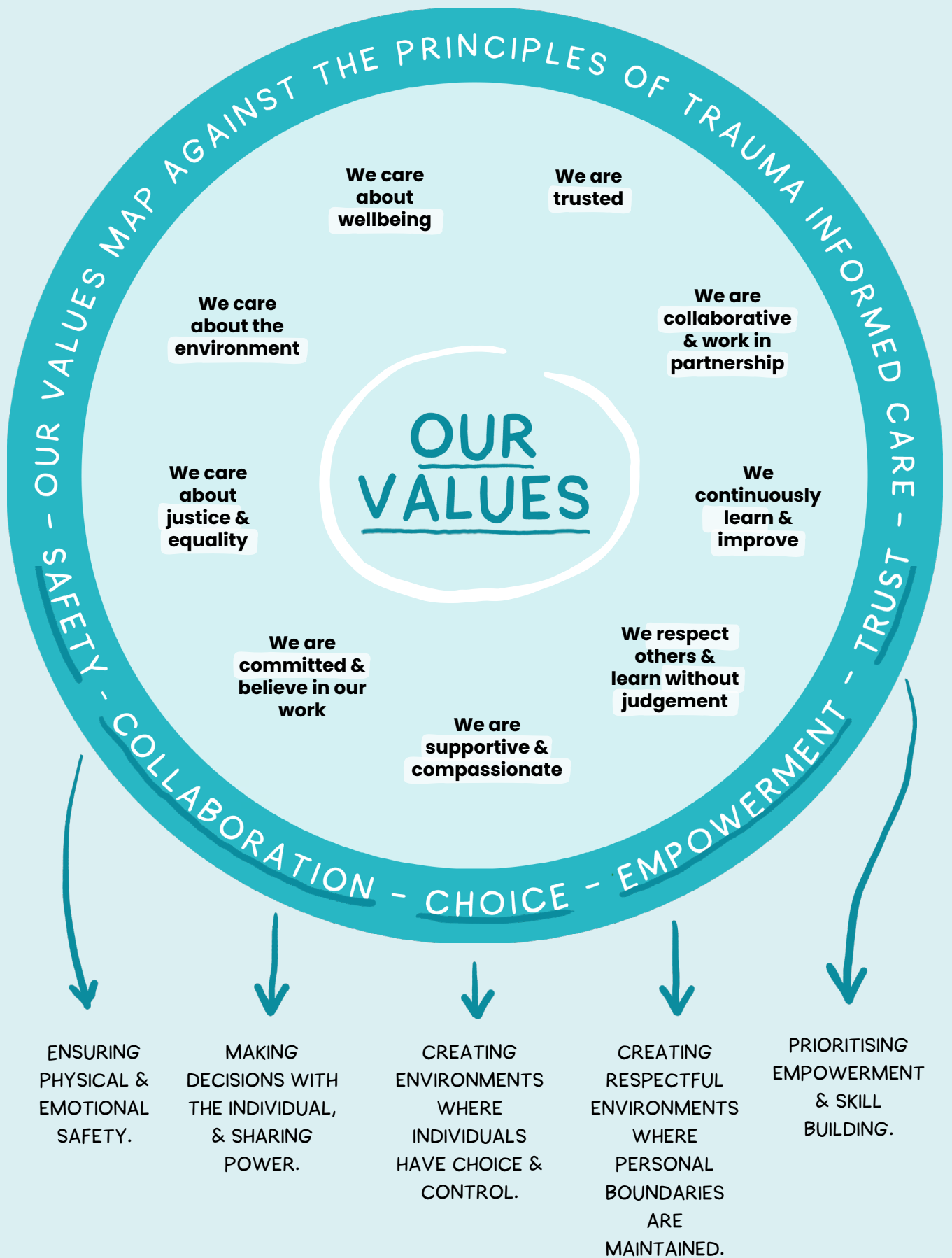
Our mission:

Safety Net supports those affected by rape, exploitation, domestic and sexual abuse across Cumbria.

We offer advice, support, therapy and a safe space to help people recover from the trauma of abuse.

“Safety Net has been a big part of life and I’m extremely grateful for the help and support I have received. If it wasn’t for Safety Net I wouldn’t have made it through the bad time I was going through.”

– T*, adult service user



How we work

We offer a tiered service to adults and children from across Cumbria.

Tier 1:

Information and advice:

Advice and support to individuals, professionals and family members. Includes signposting to other agencies and services, pre-trial and court procedures advice.

Tier 2:

Emotional and practical support through our Trauma Informed Practitioners:

Help with safety, stabilisation and wellbeing. Includes mindfulness, relaxation, sleep and self-care techniques, plus education on the impact of trauma (up to 12 sessions).

Tier 3:

Trauma-focused counselling or therapy:

Helps service users process and cope with the impacts of trauma. Includes pre-trial therapy.

Tier 4:

Reintegration into the community:

Art therapy groups, a men's group, peer mentoring, befriending and volunteering.

We also deliver prevention and education work.

We offer a whole school approach, which includes 1:1 support work with children and young people, through our new programme Your Space. The aim is for young people to develop resilience, self-esteem and confidence to tackle situations that are impacting on their wellbeing. These include:

- Relationships with friends
- Relationships with romantic partners
- Family breakdown
- Sexuality and sexual health issues
- Gender identity issues
- Online safety
- Self-harming
- Anxiety and low mood


Sessions are led by our Trauma Informed Practitioners and supported by the therapy team.

Within each session, we provide advice, explore healthy relationship skills and coping strategies. We use a range of techniques including mindfulness and creative therapy.

We also deliver peer group sessions that support the Relationships and Sex Education agenda. Topics include:

- Consent
- Online safety
- Sending nude photos
- Pornography
- Healthy relationships

We also provide training and information to other professionals. This supports safeguarding, Early Help Assessments, and multi-agency meetings.




“Excellent, I’m so grateful to have been able to access such a brilliant service - thank you so much for helping me when I really needed it, it’s not something I will ever forget. You made one of the worst times in my life bearable.”
– H*, Adult service user

Our key achievements in 2022 – 2023

Every year the number of people we support increases. 2022 – 2023 was no exception – our referrals increased by a third. Despite these increased pressures, the outcomes of our service users have improved across almost all areas (see page 30 for information). This shows the real difference we are making to the lives of local people.

There are many reasons why the number of people we are helping is increasing every year:

- We've expanded our schools service to 10 schools across Cumbria, so referrals for young people have increased by 98%.
- Public services are overwhelmed due to funding cuts, and some have closed. This has resulted in more referrals.
- Safety Net's profile has improved due to our communications and partnership working.
- National campaigns are raising the awareness of domestic and sexual abuse, so more people understand about the impact of abuse.

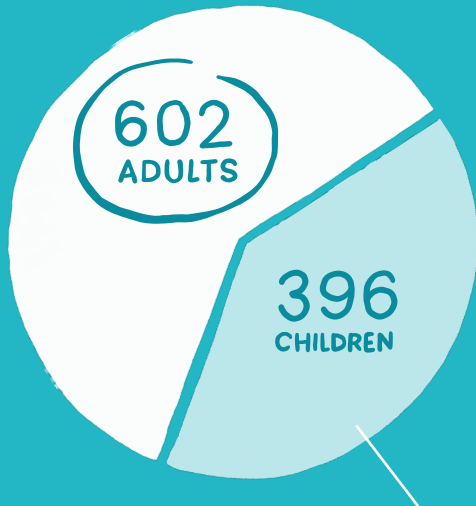


"I could sit and write a book on the whole experience, it has been life changing... I am so excited for my future now. My therapist was absolutely amazing and the whole experience will stay with me for the rest of my life."

– A*, adult service user

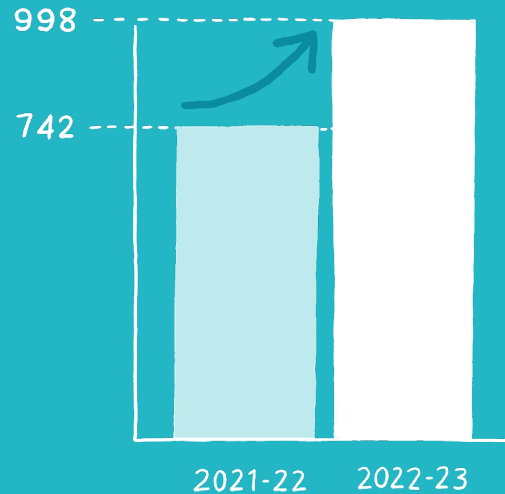


IN 2022-2023
WE SUPPORTED
998 PEOPLE -



- OF WHICH
292 WERE IN
SCHOOLS

... AN INCREASE
OF **33%** FROM THE
YEAR BEFORE:



13553

INTERACTIONS ACROSS
ALL SERVICES

260

PROFESSIONALS ATTENDED
WORKSHOPS / TRAINING

710

ENQUIRIES FOR
INFORMATION AND ADVICE

1412

YOUNG PEOPLE ATTENDED
PEER GROUP SESSIONS



Adult case study: Poppy

In July 2022, Poppy reached out to Safety Net, seeking help after enduring years of domestic abuse from her ex-partner, who was also the father of her child. Despite reporting the abuse to the police, no action was taken, and she found herself entangled in family court battles as her ex-partner sought access to their son. A non-molestation order was put in place, but it was a distressing and anxiety-inducing situation for Poppy, who constantly feared running into her ex and his partner while out with her son.

Laura, Safety Net's Trauma Informed Practitioner supported Poppy with eight sessions of tier 2 support. At the outset, Poppy described feeling constantly on edge, so the sessions focused on empowering her with coping strategies, anxiety management techniques, and psychoeducational insights into the impact of domestic abuse trauma. Together, they practiced breathing and grounding exercises, granting Poppy a sense of control over her emotions and their physical impact.

A significant breakthrough for Poppy was being able to openly discuss the sexual abuse she had endured within her relationship. This not only provided relief but also offered validation and belief in her experiences. As the sessions progressed, efforts were made to bolster Poppy's confidence by highlighting her strengths and encouraging self-compassion, a recurring theme in their discussions.

Gradually, Poppy's feelings of vigilance and anxiety diminished substantially. The most momentous change came in regards to her sense of safety. She achieved a major milestone during Christmas when she experienced no contact or issues with her ex-partner or his family. This peaceful period allowed Poppy and her son to enjoy a happy time together without the looming fear of her ex-partner trying to see their child during the holidays.

Additionally, Poppy's engagement in leisure activities improved significantly. She regained her passion for attending dog shows and started enjoying nights out with friends once more.

After completing the eight support sessions, Poppy felt equipped to manage and rationalise her thoughts and feelings better, marking a positive turning point in her journey towards healing and recovery.



Children and young people's case study: Nieve

Nieve was referred to Safety Net for children and young people's therapy by her mum. Several years of sexual abuse by a family friend (followed by a police investigation and criminal trial) had had a big impact on her daughter. Her mum felt that she kept a lot to herself and was struggling to process all that had happened.

Our children and young people's therapist Lorna began working with Nieve in March 2022, using an Integrative Holistic Play Therapy approach. This involved working non-directively with Nieve, giving her the opportunity to explore the themes that were most important to her. Nieve most often chose to communicate through talking, but she sometimes also used art materials and therapy toys. Themes were revisited throughout the process including safety and boundaries, authenticity and masking, control and autonomy, anger, relationships, pressure and expectations.

At times Lorna took on a more directive approach, supporting creative activities that allowed for the expression of anger and relaxation, as well as educational work around trauma. She also facilitated a joint session between Nieve and her mum, which Nieve had requested, to support her to express the impact of the abuse she had experienced.

Over the course of sessions, Lorna observed an increase in Nieve's ability to share more of her feelings and her life. This was hugely significant, due to the years of silence and isolation she had to endure as a result of the abuse. Therapy also enabled Nieve to place her trust in another person.

Nieve found therapy really helpful and expressed anxiety around ending as she felt she had only just begun her journey. Lorna offered Nieve an additional block of four therapy sessions to support her over the festive period, and the option for her to re-refer into the service after three months once her sessions had ended. She also referred Nieve to Barnardos Link Service as a source of on-going emotional support.

How we achieved our goals in 2022 – 2023

Goal 1:

Effective governance and long-term sustainability:

Safety Net is a member organisation of The Survivors Trust and accredited against membership standards. Our organisation is a pilot for The Survivors Trust's UCAS accredited inspection process. We are also organisational members of the British Association of Counselling and Psychotherapy, and work within their ethical framework.

In 2022, we finalised funding for the next financial year, and created a new, four-year business strategy. This explains our plans for changing the way that Safety Net is funded over time. Our aim is to create more of our own income through selling training and events and community fundraising. This will give us a greater amount of financial stability over time.

We made progress in these areas by developing training and a community fundraising plan. We also recruited a Volunteer Coordinator and a team of volunteers who can support us with fundraising.

Goal 2:

To challenge inequality and injustice, and campaign to influence strategy and policy:

In 2022 – 2023, we gave evidence to the following government consultations. This ensured we have a voice in national strategy and guidance. We also made sure the final guidance was reflected through our services:

- Tackling Violence Against Women and Girls Strategy.
- Supporting Male Victims positioning statement.
- Tackling Domestic Abuse Plan.
- Violence Against Women and Girls Commissioning Toolkit.
- Relationships and Sex and Health Education Statutory Guidance.

We are linked in with many local decision-making groups. The groups influence local policy decisions around domestic abuse and sexual violence. This helps Safety Net to represent the voice of our service users, and to ensure domestic and sexual abuse remains high on the political agenda.

Over the last year, we got involved in national and local social media campaigns, demonstrating our commitment to inequality and justice. These included:

16 Days of Action Against Gender-Based Violence:

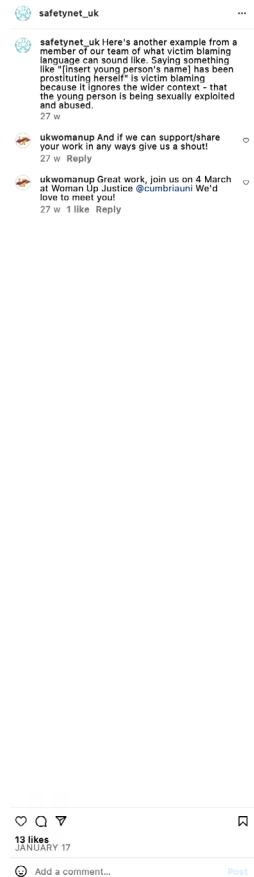
This campaign takes place in late November and early December every year, and it's led by the United Nations. We created social media content explaining the facts on gender-based violence.



Two campaigns for North West Sexual Violence Week:

These took place in early November. We created social media content explaining the impact of sexual violence on male victims:





We also created a campaign on the negative effects of victim blaming. The aim was to show how language can be used to blame victims, rather than making perpetrators accountable:

We generated 7912 views on social media as a result of these two campaigns.

Throughout the year, we also worked hard to challenge misconceptions around domestic and sexual abuse and to promote Safety Net's services through effective communications:

- www.safetynetuk.org: 9100 visitors - 30% increase from the year before, when it was 7000.
- Facebook: 1127 followers - 12.7% increase from year before when it was 1000.

- Instagram: 264 followers - 50% increase from year before when it was 175.
- Twitter: reduction in followers from 1110 to 967 (13%). Twitter has removed inactive accounts resulting in a drop in followers.

"From my first telephone conversation after seeing my GP, to my last session, it's all been very helpful and each time I felt so much better."

- S*, Adult service user

Goal 3:

To work collaboratively to deliver trauma-informed, needs-led and accessible services:

Last year we adapted our services to ensure they remain as accessible as possible. We did this by providing a mix of online and face to face work. This is in line with feedback from service users and supports those living in remote areas. We also promoted self-care advice through social media and online resources.

We also worked closely with referring partners partner (see diagram, right).

The number of people we served increased dramatically last year. This demonstrates the accessibility of our services – as well as the level of need in our local area.

Tier 1: Information and advice

- We received 708 contacts via our information and advice service. This is an increase of 84% on last year, when we were contacted 384 times.
- 287 people received short term support (less than three sessions). This is an increase of 45% on last year, when we helped 197.
- We provided wrap around support including help with benefits, housing, food bank referrals and cost of living grants – a total of 13,553 phone calls and interactions across all services. This is a 38% increase on last year

when we had 9827 interactions across all services.

Tier 2 and Tier 3: Support and therapy

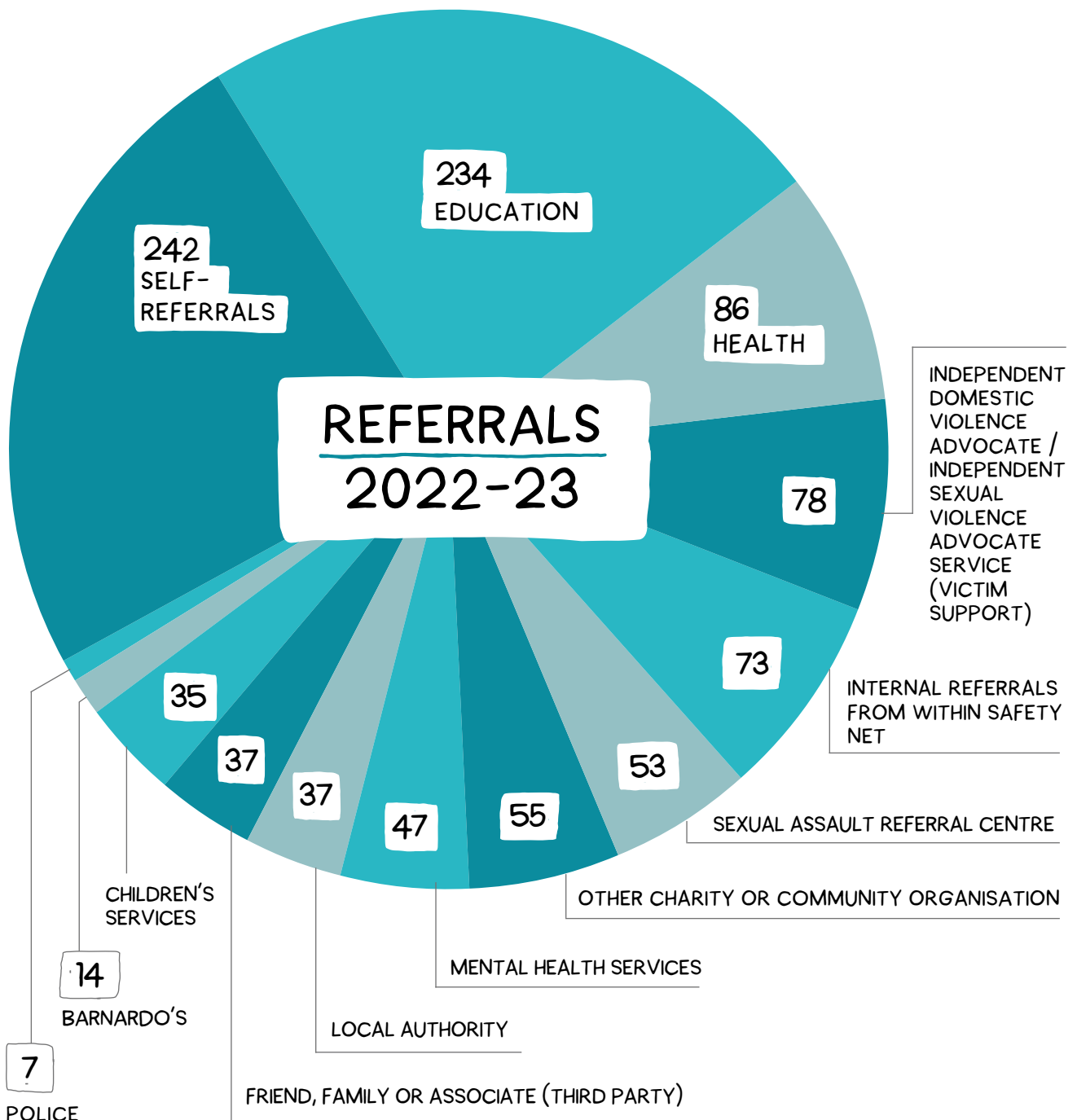
- 438 people received either tier 2 or tier 3 support. This is an increase of 25% on last year, when we helped 350.
- 135 people were supported through pre-trial therapy. This is an increase of 14% on last year, when we helped 118.

Tier 4: Reintegration back into the community

Our Tier 4 services support service users to reintegrate back into communities, supported by a team of volunteer befrienders and a dedicated Volunteer Coordinator. This creates social networks for ongoing support. All volunteers receive induction, monthly supervision, and clinical and wellbeing support. Many are ex-service users.

There were 14 volunteers during 2022 – 2023, providing 583 hours of support:

- 8 have moved on to either education or training.
- 2 have taken full time positions at Safety Net.
- 1 is now a trustee for Safety Net.



Our volunteers supported:

- 22 peer-led coffee and craft groups, aimed at women. 15 women benefitted from these groups last year.
- A monthly men's group, attended by an average of eight men each time.
- 72 befriending sessions across the year, equating to 150 hours of

befriending support. A total of 12 people benefitted from this vital service across the year.

- Set up of Walk and Talk groups, run by a volunteer and staff member.
- Admin support (part time). The volunteer completed 75 hours of office support, and there is the potential of this becoming an employed role in the future.

ADULT SERVICES OUTCOMES

IMPROVED WELLBEING / SYMPTOMS OF TRAUMA

77%

HAD IMPROVED HEALTH & WELLBEING.
(71% IN 2021-22)

79%

HAD REDUCED SYMPTOMS OF TRAUMA.
(78% IN 2021-22)

REDUCED RISK & RISK TAKING BEHAVIOURS

79%

FELT THEIR PERSONAL SAFETY HAD IMPROVED
(75% IN 2021-22)

80%

HAD GREATER AWARENESS AROUND ONLINE SAFETY
(66% IN 2021-22).

IMPROVED EMOTIONAL RESILIENCE

81%

FELT THEY HAD BETTER COPING AND SELF-CARE STRATEGIES
(79% IN 2021-22).

78%

FELT MORE ABLE TO MAINTAIN RELATIONSHIPS WITH FAMILY AND FRIENDS
(72% IN 2021-22).

78%

HAD IMPROVED ABILITY TO INTERACT SOCIALLY WITH OTHER PEOPLE
(71% IN 2021-22).

79%

HAD BETTER ENGAGEMENT IN PRIVATE LEISURE ACTIVITIES / HOBBIES
(75% IN 2021-22).

INCREASED ABILITY TO COPE WITH PRACTICAL TASKS

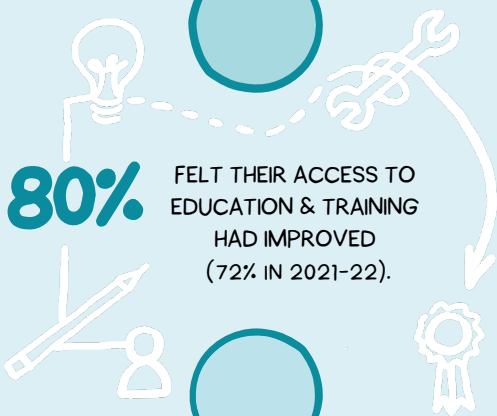


87%

FELT MORE ABLE TO SEEK & MAINTAIN EMPLOYMENT
(64% IN 2021-22).

70%

FELT MORE ABLE TO MANAGE POLICE, CRIMINAL JUSTICE, & COURT PROCEEDINGS
(66% IN 2021-22)



80% FELT THEIR ACCESS TO EDUCATION & TRAINING HAD IMPROVED
(72% IN 2021-22).



77%

REPORTED A POSITIVE IMPACT ON THEIR MANAGEMENT OF HOUSING, FINANCES, & BENEFITS
(74% IN 2021-22).

73%

FELT BETTER ABLE TO PARENT & LOOK AFTER CHILDREN
(79% IN 2021-22).



77%

FELT BETTER ABLE TO MANAGE HOUSEHOLD TASKS
(70% IN 2021-22)



Goal 4:

To develop and embed our prevention and early intervention work with young people:

We wanted to do more to prevent domestic and sexual violence occurring in future. With this in mind, last year we increased the amount of prevention and support work we did with schools. We're now supporting 10 schools across the county.

In 2022–2023, 292 children and young people were referred for direct support via our schools project, Your Space:

Ages:

- 30 aged 11 to 12
- 244 aged 13 to 17
- 16 aged 18 to 19
- 2 age unknown

1412 other children and young people attended peer group education sessions in school.

In addition, 60 teachers received training on relationship and sex education issues related to our work.

CHILDREN & YOUNG PEOPLE OUTCOMES

Like our adult service users, the children and young people that we supported last year had improved symptoms of trauma across almost all outcome measures.

IMPROVED WELLBEING / SYMPTOMS OF TRAUMA



HAD IMPROVED HEALTH & WELLBEING
(78% IN 2021-22).



HAD REDUCED SYMPTOMS OF TRAUMA
(65% IN 2021-22).

REDUCED RISK & RISK-TAKING BEHAVIOURS



FELT THEIR PERSONAL SAFETY HAD IMPROVED
(73% IN 2021-22).



HAD GREATER AWARENESS AROUND ONLINE SAFETY
(62% IN 2021-22).

IMPROVED EMOTIONAL RESILIENCE

75%

FELT THEY HAD BETTER COPING AND SELF-CARE STRATEGIES
(55% IN 2021-22).

76%

FELT MORE ABLE TO MAINTAIN RELATIONSHIPS WITH FAMILY AND FRIENDS (76% IN 2021-22).

79%

HAD IMPROVED ABILITY TO SOCIALISE WITH THEIR FRIENDS (74% IN 2021-22).

83%

INDICATED AN IMPROVEMENT IN THEIR SCHOOL LIFE, 10% REPORTED NO CHANGE. (78% IN 2021-22).

Safety Net UK

A Charitable Incorporated Organisation: details of the charity, its Trustees and advisors. The information below relates to the period ended 31 March 2023.

Trustees:

Biographies of our Trustees can be found [here](#).

Ms L M Vance:

Appointed January 2017

Mr A Kevern:

Appointed August 2020

Ms E McGregor:

Appointed August 2020

Ms K Dixon:

Appointed April 2021

Ms V Corbishley:

Appointed July 2021

Mr M Hattrick:

Appointed January 2022

Heads of Service:

Jo Birch

Head of Operations

Julia Carver

Head of Strategy and Development

Fionuala Wareing

Head of Clinical Practice

Registered Charity Number:

1164998

Registered Company Number:

CE005945

Registered Office:

1 Fisher Street, Carlisle, Cumbria,
CA3 8RR

Independent Examiner:

Dodd and Co Limited, FIFTEEN
Rosehill, Montgomery Way, Rosehill
Estate, Carlisle, Cumbria, CA1 2RW

Banking:

Cumberland Building Society, 38
Fisher Street, Carlisle, Cumbria, CA3
8RQ

Solicitors:

Burnetts, Victoria House, Wavell
Drive, Carlisle, Cumbria, CA1 2ST

Constitution:

The charity existed as Safety Net Advice and Support Centre for thirteen years but changed status from an unincorporated association to become a Charitable Incorporated Organisation on 16 January 2017. This new entity, Safety Net (UK), has a legal identity and the ability to conduct business in its

own name. The Trustees and senior management team regularly review the charity's governance, and its policies and procedures, on a rolling programme.

Method of appointment or election of Trustees:

Safety Net has a balanced board of six Trustees who have a range of relevant skills and experience. One member of the Trustee board is an ex service user and we intend to increase representation from those with lived experience over time. The strategic management and oversight of the charity is the responsibility of the Trustees, who are elected or co-opted by the Trustee Board. Recent appointments have addressed skills gaps, particularly in the areas of marketing, business development and planning. Furthermore, the Trustees have identified diversification of the demographics of the Board as an area for further development.

Policies adopted for the induction and training of Trustees:

Safety Net has an agreed staff and Trustee induction policy and checklist and provide induction training and ongoing staff/Trustee development days. We have a staff/Trustee policy handbook which is updated on a rolling basis. The charity has an annual strategy day, and biannual staff/Trustee training sessions. In 2022-2023 we commissioned a new employee assistance programme and

developed a new staff charter.

Pay policy for staff:

Safety Net has agreed pay scales for staff. In 2022 – 2023, the Board supported a cost of living increase of 5%, provided as a one off payment.

Organisational structure and decision-making:

The strategic management and oversight of the charity is the responsibility of the Trustees. Senior leadership is provided by the Head of Operations, Head of Strategy and Development and Head of Clinical Practice, who attend Trustees Board Meetings. Each Trustee has responsibility for a defined area of Safety Net's activity and is available to senior management for consultation and advice.

Delivering public benefit:

Safety Net's objectives and activities fully reflect the purposes of the charity. There is an inherent public benefit in raising public awareness of the extent of rape, sexual assault and all forms of abuse against children and adults of all genders, so they feel able to talk about their experiences, seek help and access appropriate support. The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and comply with this guidance.

Risk management

The following have been identified by Safety Net Trustees as the key risks facing the charity. Our full risk assessment is reviewed at every meeting.

Risk:	Managed by:
<p>Loss of significant funding</p>	<ul style="list-style-type: none"> • We work hard to develop and maintain a diverse funding mix. A key goal is to increase our voluntary funding and traded income to 5 – 10% of total income over the next three years, and 20 – 25% income over the longer term. • We have insight of changing political priorities and landscapes and how we can influence and access service delivery and funding. We are linked in with the right boards and partnerships. • Our reporting to existing funders and commissioners is of a consistently high standard. We have invested in a new impact report this year and sent it to all funders. • Senior staff are identifying and pursuing new income streams and diversification opportunities in this changing landscape.
<p>Loss of key staff</p>	<ul style="list-style-type: none"> • Safety Net invests in its staff team, with regular reviews for skills gaps, succession planning, personal and professional development. • We have an excellent support and supervision structure, to assist staff with increasingly complex cases and demands. • We have excellent levels of staff retention – with staff engagement surveys, flexible working, and follow-on actions plans. • We ‘grow our own’ experienced practitioners and currently have three trainee therapists embedded within the team. • We have an experienced bank pool of freelance therapists.
<p>Competition from other providers</p>	<ul style="list-style-type: none"> • We are uniquely positioned, working as we do with all genders and ages, across all forms of domestic and sexual abuse. • We have a flexible delivery model with increased outreach via remote service delivery.

	<ul style="list-style-type: none"> • We are always over-subscribed; we work in a field where there is no shortage of need. • Our schools project provides vital support for staff and school children – a growing area of need.
<p>Damage to reputation</p>	<ul style="list-style-type: none"> • We have comprehensive policies and procedures which are live documents, supporting and structuring our day-to-day work. • We have an experienced and knowledgeable Board who know the organisation well and take an active governance role. • We have dedicated specialists in health and safety and safeguarding. • We regularly review internal and external safeguarding policies, procedures, and training to ensure compliance and best practice. • We work within BACP ethical frameworks, and are working towards One Small Thing’s silver trauma informed quality assurance mark, to ensure a quality service. • We have freelance communications support that can provide crisis communications in the event of an incident reaching the press.
<p>Rising costs due to cost of living</p>	<ul style="list-style-type: none"> • We are working hard to mitigate rising costs by pursuing new funding and income streams and diversification opportunities. • Looking at cost efficiencies around energy consumption, travel and office costs (potentially sharing future office space). • Providing wraparound support, food bank referrals, financial support to those in need.

Our key challenges in 2022–2023

Managing increased demand:

We do not have enough funding to comfortably meet increased demand and our current staff resources are very over-stretched as a result. There's been a 33% increase in referrals over the last year, including a 98% increase in our children and young people's referrals due to the expansion of our schools' work across 10 high schools in Cumbria. In addition, the closure of other public services and charities has resulted in increased need for wraparound support, including advice and information, as well as support with benefits, housing, mental health needs, food bank referrals and cost of living grants.

There's also been an increase in pre-trial therapy referrals. The courts are still managing a back log of cases from Covid-19, and cases are taking much longer to get to court. Clients are requiring more sessions pre and post-trial to effectively support them.

We are using our freelance capacity to manage our waiting lists and the adult therapy list has been reduced to less than 100 very recently, but some clients are still waiting 6–12 months to access services. Discussions have been held about the possibility of pausing acceptance of new referrals as a short-term measure to manage demand for the service.

Lack of capacity within the staff team:

Because our team is always working at capacity, there is very little 'give' in the system. If someone is off sick or a member of staff leaves, this adds pressure on the whole team. We have invested in staff wellbeing, increasing support for all staff and volunteers through clinical supervision, improved line management and flexible working, along with a new Employee Assistance package. We have also reviewed and developed a staff charter. Recognising that the cost of living crisis is adding to pressures, Trustees awarded all employed staff a 5% one off cost of living payment in 2022–2023 to support the team during these difficult financial times.

Staff recruitment challenges:

There is a shortage of highly qualified adult, children and young people therapists in Cumbria. Recruitment takes longer than notice periods which has an impact on the team and waiting lists. The continual recruitment process adds additional costs and pressure to the service.

Increased staffing and overhead costs:

National Insurance has increased

and overheads have increased by at least one third. Additionally, more new recruits have decided that they want a better work life balance following the pandemic, and as a result, part time workers have increased. This results in both increased start-up costs (£2000 for each new member of staff) as well as an increase in line management, caseload management and HR requirements.

Challenges of embedding a new management structure:

Over the last two years we have embedded a new senior management structure, with three Head roles reporting into the Trustee Board. This has taken some time to embed, primarily due to time restraints and a lack of operational managers providing support to the senior management team. We have recently appointed two senior practitioners to provide support around operational management and will be recruiting another senior practitioner to manage our expanding school's work. We are also looking to recruit a business manager to support with the development of our funding strategy.

Partnership and commissioning changes:

There has recently been a reorganisation of local government as well as the introduction of integrated care boards. This has resulted in some uncertainty around future partnership structures, and this could influence our future funding. Some local areas are also pursuing

commissioning practices which can disadvantage smaller organisations and present increased opportunities for generic or larger organisations, as well as those who are based out of county. We are beginning to look at our traded income generation strategy as a way of mitigating this.

Funding challenges:

Applying for funding is becoming more competitive and time consuming. We are having to apply to more and more funders which is placing greater pressure on senior managers and operational support. The reliance on a mix of funding streams results in complex data management, meaning we invest a lot of time meeting the varied requirements of funders to demonstrate impact. These all require bespoke responses and take up a lot of staff time. It's also challenging to apply for specific funding to cover the management and business support of a charity. Although we do add management overheads to all applications, we rarely receive full cost recovery on applications. This results in an overstretched senior team and little scope or funding for middle management and other support costs.

Increasing amounts of mental health issues:

The cost-of-living crisis has led to a reduction in living standards that affects people's physical and mental health, and exacerbates existing conditions. Growing up in poverty can harm children's life chances and limit

their opportunities. It can hold them back in education, and / or lead to worse physical and mental health outcomes. We have seen a huge increase in the number of children and young people being referred in for services.

Crisis services continue to be overstretched with many clients being referred on to recovery support too early or asked to self-refer as part of their recovery journey. This can often lead to the re-traumatisation of the client.

Complexity of cases:

An increase in the complexity of client cases has meant we are spending longer time supporting some clients and this impacts on our waiting lists. Staff need increased expertise in a range of areas and need to liaise with specialist services to provide wrap-around support and specialist interventions. This impacts on our capacity.

Trustee board:

Our Trustee board will be undergoing extensive change over the coming months, with both our Chair and Vice Chair retiring later this year. We are undertaking continuity planning to manage this, and recruiting to vacant positions. The change will enable us to diversify representation amongst the board, to include an increase in board members with lived experience and representation from younger people aged 18 - 24.

Our goals for the future

Goal 1:

Effective governance and long-term sustainability:

- Recruit new Trustees to replace those who are leaving, and diversify our Trustee Board.
- Increase voluntary funding and traded income to 5 – 10% of total income over the next three years, and 20 – 25% income over the longer term.
- Move our office to a greener and more sustainable building, with more outdoor space.
- Recruit management posts to support the senior leadership team – including business manager and office manager.

Goal 2:

To challenge inequality and justice, and campaign to influence strategy and policy – both locally and nationally:

- Keep up-to-date with national best practice, and contribute to national and local policy and strategy.
- Embed relationships with the two new Local Authorities across Cumbria and the Integrated Care Board (health).

Goal 3:

To work collaboratively to deliver trauma-informed, needs-led and accessible services:

- Raise the profile of our services among minoritised communities, with a particular focus on older women.
- Develop two new housing projects: one supporting women and children in a refugee hostel, and one supporting people living in short-term accommodation.
- Develop and expand our tier 1 work. This includes sessions for service users to support with practical issues, and skills-based courses to encourage coping skills and improve health and wellbeing. We will also provide surgery slots for professionals who need advice and support.
- Create more volunteer and peer-led group work and befriending. This includes building a larger pool of trained befrienders with lived experience of abuse.
- Develop our online tools and resources, sharing more information to more people through our website and social media.

Goal 4:

To develop and expand our prevention and early intervention work with young people:

- Develop our schools service and roll it out across more schools in Cumbria.

Goal 5:


To embed a culture of continuous improvement and service development informed by service user experiences:

- Ensure that we do more to include the voices of service users in shaping our services.
- Ensure at least 25% of the board is made up of trustees with lived experience.
- Develop and expand our pool of volunteers with lived experience, to shape service delivery.
- Develop and recruit young ambassadors to support the development of services for younger women aged 16-25.
- Work collaboratively with staff, volunteers and ambassadors to provide internal and external training around trauma and recovery work.
- Embed a culture of development and continue to prioritise staff wellbeing, to retain staff and support internal talent acquisition.


Goal 6:

To be recognised as a centre of excellence for trauma informed work in Cumbria:

- Work in partnership with The Birchall Trust to deliver and expand Trauma Informed Cumbria, including the 2023 Trauma Informed Cumbria conference.
- Achieve One Small Thing's silver trauma-informed quality assurance mark over the next year, and achieve the gold quality assurance mark the year after.



“Safety Net has walked with me through the hardest journey I couldn’t walk on my own, I recommend to anyone that is struggling to give Safety Net a chance.”
– R*, Adult service user



Investment Policy and Financial Review

Safety Net holds all funding in two accounts with the Cumberland Building Society and relies on a mixture of grants, donations, contracts and local fundraising for income.

Reserves policy:

It is our intention to maintain the level of unrestricted funds balance of no less than 25% of the total annual operating costs.

Public benefit:

The Trustees have considered the guidance issued by the Charity Commission in respect of public benefit and believe that the operations and activities of the charity comply with this guidance.

Financial review:

Total income received for the period was £844,500 (2022 - £671,852), of which £764,778 (2022 - £628,496) was directly attributable to charitable activities undertaken. Expenditure for the period totalled £833,623 (2022 - £573,373) resulting in an overall surplus of £10,877 (2022 - £98,479).

Of the reported surplus, £66,660 was attributable to unrestricted funds with a deficit against restricted funds of £55,783. The results left the charity with total reserves of £401,390, of which £207,770 is unrestricted and £193,620 being held with restriction.

The results leave the charity with £206,354 free reserves (2022 - £139,222) which is in line with the stated reserves policy of 25% of the charity's total annual operating costs.

Annual financial report and statements

Safety Net (UK)

Registration number: 1164998

Annual financial report and statements

31 March 2023



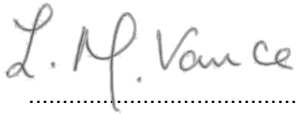
Safety Net (UK)

Reference and administrative details

Charity name	Safety Net (UK)
Charity registration number	1164998
Principal office	1 Fisher Street CARLISLE CA3 8RR
Registered office	1 Fisher Street CARLISLE CA3 8RR
Trustees (By the end of the 2023 - 24 financial year, we will have eight Trustees in post, as three are retiring in this year.)	L M Vance, Chair (Retired 30 November 2023) A Kevern E McGregor (Retired 31 July 2023) K M Dixon V A Corbishley (Retired 31 July 2023) M Hatrick M Aurelia (Appointed 19 July 2022) E Hancock (Appointed 11 April 2023) J King (Appointed Treasurer 11 April 2023) R Reinbeck (Appointed 1 July 2023) C Travers (Appointed 1 July 2023)
Solicitor	Burnetts Victoria House Wavell Drive CARLISLE CA1 2ST
Bankers	Cumberland Building Society 38 Fisher Street CARLISLE CA3 8RQ
Accountant	Dodd & Co Limited FIFTEEN Rosehill Montgomery Way Rosehill Estate CARLISLE CA1 2RW

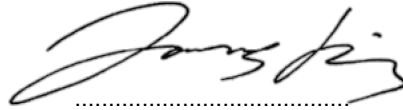
Safety Net (UK)
Trustees' report
for the year ended 31 March 2023

Approved by the Trustees and signed on their behalf by:



L M Vance
Trustee

Date:.....25.11.23.....



J King
Trustee

Date:.....25.11.23.....

Our Trustees and Trustees' responsibilities statement

Our Trustees are named in the details of the charity, its Trustees and advisers section on page 23. Please check out more about them on our website www.safetynetuk.org/

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

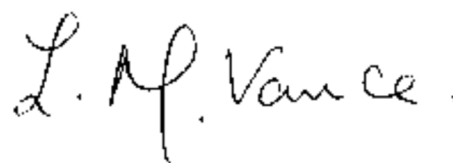
Current law requires the Trustees to prepare financial statements for each financial year. Under current law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) 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 adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity. 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.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Ms L M Vance
(Chair of Trustees)
Date approved:

James King
(Treasurer)

Independent examiner's report to the trustees of Saftey Net (UK)

I report on the accounts of the charity for the year ended 31 March 2023, which are set out on pages 38 to 51

Your attention is drawn to the fact that the Charity has prepared the financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn.

We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2019.

Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- state whether particular matters have come to my attention.

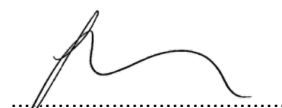
Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of the 2011 Acthave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


.....
Joanne Thomlinson FCA
Dodd & Co Limited
Chartered Accountants

Date:.....13/12/2023.....

FIFTEEN Rosehill
Montgomery Way
Rosehill Estate
CARLISLE
CA1 2RW

Safety Net (UK)
Statement of financial activities
for the year ended 31 March 2023

		Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
Income and endowments from:					
Donations and legacies	3	38,394	25,000	63,394	32,399
Other trading activities	4	14,216	-	14,216	10,845
Investments	5	2,112	-	2,112	112
Charitable activities	6	17,020	747,758	764,778	628,496
Total income		<u>71,742</u>	<u>772,758</u>	<u>844,500</u>	<u>671,852</u>
Expenditure on:					
Raising funds		2,672	19,833	22,505	15,397
Charitable activities		2,410	808,708	811,118	557,976
Total expenditure		<u>5,082</u>	<u>828,541</u>	<u>833,623</u>	<u>573,373</u>
Net incoming resources before transfers		66,660	(55,783)	10,877	98,479
Transfers					
Gross transfers between funds		-	-	-	-
Net movements in funds		66,660	(55,783)	10,877	98,479
Reconciliation of funds					
Total funds brought forward		141,110	249,403	390,513	292,034
Total funds carried forward		<u>207,770</u>	<u>193,620</u>	<u>401,390</u>	<u>390,513</u>

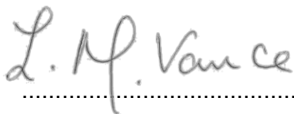
The notes on pages 40 to 47 form an integral part of these financial statements .

Safety Net (UK)
Balance sheet
as at 31 March 2023

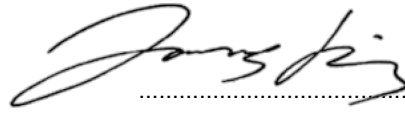
		2023		2022	
	Note	£	£	£	£
Fixed assets					
Tangible assets	13		3,019		4,025
Current assets					
Debtors	14	64,715		61,682	
Cash at bank and in hand		384,913		365,644	
		<u>449,628</u>		<u>427,326</u>	
Creditors: Amounts falling due within one year					
	15	<u>(51,257)</u>		<u>(40,838)</u>	
Net current assets			<u>398,371</u>		<u>386,488</u>
Net assets			<u>401,390</u>		<u>390,513</u>
The funds of the charity:					
Restricted funds			193,620		249,403
Unrestricted funds					
Unrestricted income funds			<u>207,770</u>		<u>141,110</u>
Total charity funds			<u>401,390</u>		<u>390,513</u>

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Approved by the Board on 25/11/23 and signed on its behalf by:



L M Vance
Trustee



J King
Trustee

Safety Net (UK)
Notes to the financial statements
for the year ended 31 March 2023

1 General information

The Charity is a Charitable Incorporated Organisation. The members of the charity are the Trustees named on page 2. In the event of the charity being wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The principal activity of the charity is to provide support to those affected by rape, exploitation, sexual and domestic abuse across North and West Cumbria.

2 Accounting policies

Statement of compliance

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) 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) rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Basis of preparation

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

These financial statements have been prepared on a going concern basis.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 18.

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

Income and endowments

Donations and legacies income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from Government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income derived from events is recognised as earned (that is, as the related goods or services are provided).

Investment income is recognised on a receivable basis.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions. Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

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

Fixed assets

Individual fixed assets costing £1000 or more are initially recorded at cost.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Office equipment	25% reducing balance
------------------	----------------------

Cash and Cash Equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

3 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Donations and legacies				
Appeals and donations	11,144	-	11,144	4,899
Grants				
Lloyds Bank Foundation	27,250	-	27,250	25,000
Coronavirus Grants	-	-	-	2,500
Garfield Weston	-	25,000	25,000	-
	27,250	25,000	52,250	27,500
	38,394	25,000	63,394	32,399

Of the donations and legacies income in 2022 £4,899 related to unrestricted funds and £27,500 related to restricted funds.

4 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Raising funds				
Fundraising	3,542	-	3,542	10,845
Events	10,674	-	10,674	-
	14,216	-	14,216	10,845
	14,216	-	14,216	10,845

Of the other trading income in 2022 £7,645 related to unrestricted funds and £3,200 related to restricted funds.

5 Investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Interest on cash deposits	2,112	-	2,112	112
	2,112	-	2,112	112

All of the investment income in 2022 related to unrestricted funds.

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

6 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Charitable activities				
BBC Children in Need	-	39,060	39,060	17,263
Ministry of Justice	-	263,065	263,065	224,462
Francis C Scott	-	-	-	17,000
Henry Smith Charity	-	80,000	80,000	40,000
Copeland Community Fund	-	42,864	42,864	21,342
CCF/ Sellafield Family Wellbeing	-	34,280	34,280	33,600
Cumbria County Council/ COMF/ MHCLG	-	27,493	27,493	81,688
PCC Cumbria	-	176,086	176,086	135,871
PCC Cumbria Survivor Research	-	-	-	22,000
CCC Household Support Fund	-	-	-	900
Edward Gostling Foundation	-	10,000	10,000	5,000
Small grants under £5,000	15,050	-	15,050	4,000
HQ Central	-	-	-	15,350
National Lottery Award for All	-	10,000	10,000	10,000
National Lottery Community Fund	-	54,910	54,910	-
Cumbria Community Foundation	-	10,000	10,000	-
Other income	1,970	-	1,970	20
	<u>17,020</u>	<u>747,758</u>	<u>764,778</u>	<u>628,496</u>

Of the income from charitable activities in 2022 £19,370 related to unrestricted funds and £609,126 related to restricted funds.

7 Total expenditure

	Raising funds £	Charitable activities £	Total 2023 £	Total 2022 £
Direct costs				
Employee related costs	-	486,848	486,848	324,203
Other employee costs	-	196,843	196,843	140,099
Estate costs	-	39,288	39,288	28,772
Supplies and services costs	22,505	64,718	87,223	57,237
	<u>22,505</u>	<u>787,697</u>	<u>810,202</u>	<u>550,311</u>
Support costs				
Supplies and services costs	-	23,421	23,421	23,062
	<u>-</u>	<u>23,421</u>	<u>23,421</u>	<u>23,062</u>
	<u>22,505</u>	<u>811,118</u>	<u>833,623</u>	<u>573,373</u>

Of the expenditure in 2022 £15,397 related to unrestricted funds and £557,976 related to restricted funds.

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

8 Governance costs

	2023	2022
	£	£
Accountancy fees	3,250	3,250
Independent examiner's fees	750	750
Legal and professional fees	19,421	19,062
	<u>23,421</u>	<u>23,062</u>

9 Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £nil).

During the year ended 31 March 2023, 3 Trustees were reimbursed £744 (2022 - £nil) for expenses incurred.

10 Net incoming resources

Net incoming resources is stated after charging:

	2023	2022
	£	£
Depreciation of owned assets	<u>1,006</u>	<u>1,342</u>

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

11 Employees' remuneration

The monthly average number of persons (including senior management) employed by the charity during the year was as follows:

	2023 No.	2022 No.
Charitable activities	19	15

The aggregate payroll costs of these persons were as follows:

	2023 £	2022 £
Wages and salaries	443,180	297,493
Social security	32,204	19,611
Other pension costs	11,464	7,099
	<u>486,848</u>	<u>324,203</u>

No employee received emoluments of more than £60,000 during the year.

During the period key management remuneration (including trustees) amounted to £111,989 (2022 – £41,969). For 2022-23 Safety Net UK introduced a flat leadership and operational management structure consisting of a team of three managers at a cost of £60,874 (2022, £41,969).

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

12 Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

13 Tangible fixed assets

	Fixtures, fittings and equipment £
Cost	
As at 1 April 2022 and 31 March 2023	18,227
Depreciation	
As at 1 April 2022	14,202
Charge for the year	1,006
As at 31 March 2023	15,208
Net book value	
As at 31 March 2023	3,019
As at 31 March 2022	4,025

14 Debtors

	2023 £	2022 £
Trade debtors	50	58,432
Prepayments and accrued income	64,665	3,250
	64,715	61,682

15 Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	7,540	16,375
Taxation and social security	8,013	8,315
Other creditors	2,289	1,956
Accruals and deferred income	33,415	14,192
	51,257	40,838

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... *continued*

16 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £11,464 (2022 - £7,099).

Contributions totalling £2,289 (2022 - £nil) were payable to the scheme at the end of the period and are included in creditors.

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

17 Related parties

Controlling entity

The charity is controlled by the trustees.

18 Analysis of funds

	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
General Funds					
Unrestricted income fund	141,110	71,742	(5,082)	-	207,770
Restricted Funds					
Children in Need	-	39,060	(34,540)	-	4,520
Garfield Weston	25,000	25,000	(46,092)	-	3,908
Big Lottery Fund	-	20,000	(20,000)	-	-
Ministry of Justice Rape Support	-	263,065	(263,065)	-	-
Cumbria Police and Crime Commissioner	68,550	176,086	(172,414)	-	72,222
Copeland Community Fund	-	42,864	(23,261)	-	19,603
Safety Net Fund	43,943	-	-	8,370	52,313
The Henry Smith Charity	-	80,000	(49,212)	-	30,788
CCF/ Sellafield Family Wellbeing	-	34,280	(34,280)	-	-
Cumbria County Council/COMF/DLUHC	73,538	27,493	(100,695)	-	336
Francis C Scott Charitable Trust	4,502	-	(525)	-	3,977
Small grants under £5,000	8,370	-	-	(8,370)	-
Edward Gosling Foundation	5,000	10,000	(9,047)	-	5,953
Survivor Journey Research	20,500	-	(20,500)	-	-
National Lottery Community Fund	-	54,910	(54,910)	-	-
	<u>249,403</u>	<u>772,758</u>	<u>(828,541)</u>	<u>-</u>	<u>193,620</u>
	<u>390,513</u>	<u>844,500</u>	<u>(833,623)</u>	<u>-</u>	<u>401,390</u>

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... *continued*

Children in Need - Three year funding (2021-24) This project will deliver specialist support for children and young people who have experienced sexual and/or domestic abuse, violence and exploitation, leading to feeling better, improved relationships and ability to cope.

Garfield Weston Foundation — Funding for management, admin staffing costs (core costs).

National Lottery (AFA) – volunteers/tier 4 services.

MOJ (Rape Support Fund) — Contribution towards the provision of support for female and male victims of rape and sexual abuse including child sexual abuse.

Cumbria Police and Crime Commissioner — Funding to provide a counselling service for victims of rape and serious sexual assault in Cumbria.

Copeland Community Fund/Sellafield - School project for 3 years funding, to work in secondary schools across Copeland, providing prevention & early intervention work. This will include 1:1 support and therapy for students, training and support for staff.

Safety Net Fund — This is an internal restricted fund and is an accumulation of the small balances of old restricted funds. As agreed, when possible with funders for repurposing towards our charitable activities.

Henry Smith Charity - £40,000 received for three years (£120,000 in total) towards three years' salary and on costs of a project providing tier 1&2 advice and support for children and young people and adults who have experienced rape sexual and domestic abuse across North and West Cumbria.

Henry Smith Charity - £40,000 received for three years (£120,000 in total) towards three years' salary and on costs of a freelance Duty and Assessment Practitioner supporting adults and children affected by rape, sexual and domestic abuse and/or exploitation, and negatively impacted by the COVID-19 pandemic, in Cumbria.

Cumbria Community Foundation - Sellafield (Family Wellbeing) - Funding towards the cost of employing a specialist children and young people's practitioner (CYPP) to work with whole families who have experienced abuse including sexual violence, children sexual abuse, exploitation, rape, on-line abuse and domestic violence in West Cumbria.

Cumberland Council – DLUHC housing related support.

Carlisle Eden Mind Ltd/ CYA - 1:1 support for young people identified as in need of specialist trauma support and counselling as a result of being affected by rape, CSE, domestic or sexual abuse.

Francis C Scott Charitable Trust - To support the costs of early intervention work Tier 1&2 (3 years).

Edward Gosling Foundation - Contribution towards a Child and Young People's Practitioner Project 2023-2024 to support CYP who have experienced sexual violence, child sexual abuse, exploitation, rape, on-line abuse, and domestic violence.

PCC Cumbria Survivor Research - To understand their whole experience of coming forward to report the assault or abuse and of accessing services (Bridgeway, health, criminal justice, social care).

National Lottery (Community Fund) — Partnership project with The Birchall Trust and Safety Net UK for the provision of a collaborative county-wide trauma informed services for people affected by sexual abuse, rape and sexualised violence.

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

Prior period

	At 1 April 2021	Incoming resources	Resources expended	Transfers	At 31 March 2022
	£	£	£	£	£
General Funds					
Unrestricted income fund	124,481	32,026	(15,397)	-	141,110
Restricted Funds					
Children in Need	7,710	17,263	(24,973)	-	-
CCF Schools	7,040	-	-	(7,040)	-
Garfield Weston	25,000	-	-	-	25,000
Big Lottery Fund	-	10,000	(10,000)	-	-
Ministry of Justice Rape Support	-	224,462	(244,462)	-	-
Cumbria Police and Crime Commissioner	60,388	135,871	(127,709)	-	68,550
Copeland Community Fund	-	21,342	(21,342)	-	-
CCF Household Support Fund	-	900	-	(900)	-
Safety Net Fund	23,694	-	-	20,249	43,943
The Henry Smith Charity	2,309	40,000	(40,000)	(2,309)	-
CCF/ Sellafield Family Wellbeing	-	33,600	(33,600)	-	-
Cumbria County Council/COMF/DLUHC	-	81,688	(8,150)	-	73,538
Francis C Scott Charitable Trust	6,452	17,000	(18,950)	-	4,502
Lloyds Bank Foundation	7,878	25,000	(25,000)	(7,878)	-
Small grants under £5,000	5,500	3,200	(330)	-	8,370
Edward Gosling Foundation	-	5,000	-	-	5,000
Survivor Journey Research	-	22,000	(1,500)	-	20,500
Covid Fund	21,582	2,500	(21,960)	(2,122)	-
	<u>167,553</u>	<u>639,826</u>	<u>(557,976)</u>	<u>-</u>	<u>249,403</u>
	<u>292,034</u>	<u>671,852</u>	<u>(573,373)</u>	<u>-</u>	<u>390,513</u>

19 Transfers

A transfer of £8,370 has been made from Small grants under £5,000 to Safety Net Fund. This is an accumulation of the small balances of old restricted funds, agreed when possible with funders for repurposing towards our charitable activities.

Safety Net (UK)

Notes to the financial statements for the year ended 31 March 2023

..... continued

20 Net assets by fund

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Tangible assets	1,416	1,603	3,019	4,025
Current assets	257,611	192,017	449,628	427,326
Creditors: Amounts falling due within one year	(51,257)	-	(51,257)	(40,838)
Net assets	<u>207,770</u>	<u>193,620</u>	<u>401,390</u>	<u>390,513</u>

Prior period

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Tangible assets	1,888	2,137	4,025	5,367
Current assets	180,060	247,266	427,326	310,891
Creditors: Amounts falling due within one year	(40,838)	-	(40,838)	(24,224)
Net assets	<u>141,110</u>	<u>249,403</u>	<u>390,513</u>	<u>292,034</u>

Thanks and acknowledgements

Thank you to our staff, partners and volunteers for the support we have received in 2022 – 2023. We could not have run Safety Net without you.

Thank you to our funders:

North Cumbria Place Community Mental Health Transformation (for refugee support), plus our funders below:



We would also like to say a very big thank you to our service users. To recover from the trauma of abuse takes huge bravery. Thank you for trusting us and for working so hard to transform your lives.

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