



Annual Report

2023–24





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Chair's Review

Over the past twelve months the Birchall team have implemented trauma informed principles to underpin a constant process of reflection and revaluation to ensure the services we provide reflect the needs of those who use them.

A strategic review led by the Senior Management Team involved consultations with stakeholders including those with lived experience, staff and the wider community. We believe this process has allowed us plan a future service that truly reflects the needs of a modern society.

A major service development resulted from the award of a Ministry of Justice contract to provide services across Lancashire including Blackpool. This has presented a challenge to ensure our values are maintained but has also brought into Birchall new and refreshing ideas.

The founding principles of the charity established by Christine Birchall thirty years ago still hold, but as a Board of Trustees we recognised the Articles did not reflect current Charity Commission standards. With support from the Lloyds Foundation these have been reviewed and provide an updated statement of our aims.

Many people have been involved in the Birchall journey in the past twelve months and thanks to everyone involved. I would like to acknowledge the hard work of our Senior Management Team who have faced many challenges with positivity and provided the Board with informed guidance.

Thanks to our funders who continue to support our work and without whom we could not provide our services.

Finally, on a personal note, as I step down from my role as Chair, thanks to my board colleagues who have unfailingly given of their time and wisdom during a time of great change. I wish Paula Cook, my successor, well and know she will bring fresh ideas and insights to the role.

Dr. Elizabeth Taylor

A handwritten signature in black ink that reads "Elizabeth Taylor". The script is cursive and fluid, with the first name and last name clearly legible.

Message from our new chair

I am delighted to take over the Chair of Birchall as it continues to grow as an organisation and extend its geographical reach for those who use our services. My thanks to Liz Taylor, our retiring Chair, who has provided such consistent and valuable leadership for many years including through the challenges of the covid pandemic.

Our vision remains focused to supporting those who need our services and live or work in Cumbria and Lancashire; understanding their cultural diversity, different needs and ways to access our services continues to be our key focus. Sadly, our communities mirror the national picture, with an increase year on year of people's experiences of sexual offences, resulting in a doubling of referrals to our services.

We want to continue to be at the leading edge of providing trauma informed, tailored responses to those needs. Our expansion of our educational work in schools and other educational settings is integral to this.

We have recently launched our 5-year strategy, detailing our plans and how we are responding to changes in charitable funding, the needs of our Donors and the manner in which services are contracted and regulated. Whilst we now face a world where we need to contract for some of our service funding, the roles of our fundraisers and Donors remain critical, we could not offer what we do without you, thank you.

We have achieved much, yet have so much more to do.

I look forward to working with our passionate team of staff, volunteers and ambassadors as we support those who need our services in the path to recovery.

Dr. Paula Cook



About Us

We are an independent charity that provides specialist support services to adults, children and young people who have experienced sexual violence or exploitation, including rape, sexual assault and childhood sexual abuse.

We strive to provide high quality, specialist trauma informed services within a safe, non-judgemental environment.

Our mission is to empower people affected by rape, sexual abuse or sexual violence to recover from their trauma so they can lead safe and fulfilling lives.

Through a trauma informed approach we....

Realise

We realise the potentially damaging consequences of traumatic experiences and the opportunities that exist for healing through safe relationships.

Recognise

We recognise the signs of trauma, and seek to address the underlying causes.

Respond

We respond with empathy, integrating the knowledge of trauma into our policies and practice.

Resist

We resist retraumatising people and aim to de-escalate the deep anxiety that adversity can cause.

Recover

We support people who have experienced trauma to recover from their trauma, by enabling them to live in the present without being overwhelmed by the thoughts and feelings of the past.



Our Values

Safety

We recognise the impact of shame, we create safe spaces and make people feel safe, by building trusted relationships.

Trusted

We avoid judgement and understand shaming and blaming language can damage people and harm relationships. We are emotionally aware. We believe and do not judge.

Choice

We ensure that the people using our services have a voice and their choices are important, We understand that everyone's experience matters.

Collaboration

We work together to achieve the best possible outcome, we are person centred and see the person's strengths, building upon them, We are reflective and learn together.

Empowerment

We seek to make a difference, innovative and be the change we want to see. We make a difference, we are transparent, and take responsibility.

Our Services



Trauma Informed Counselling, F2F and Online counselling, Pre-trial work, Play & Art Therapy for adults, Children and Young People.



Wellbeing Programme – supporting people pre counselling – grounding, stabilisation, active signposting, practical & emotional support for adults and Young People.



Prevention – raising awareness and educating through training in schools, community settings and to other professionals.



Peer support & Groups – safe space for people to share and build supportive relationships and strengthen their resilience.



Family Collaboration – working with parents/carers, friends of people affected by rape and sexual abuse to understand the impact of trauma.

The scale of the issue

- 1 in 4 women have been raped or sexually assaulted since the age of 16 – ‘Office of National Statistics’ 2023
- 1 in 6 children have been sexually abused – ‘NSPCC’ 2011
- 1 in 18 men have been raped or sexually assaulted since the age of 16 – ‘Office of National Statistics’ 2023
- 69,184 rapes were recorded by police between 1 July 2023 and 30 June 2024 – ‘Office of National Statistics’ 2024

Fewer than 3 in 100 rapes recorded by police between 1 July 2023 and 30 June 2024 resulted in someone being charged that same year – Let alone convicted – ‘Home Office’ 2024.

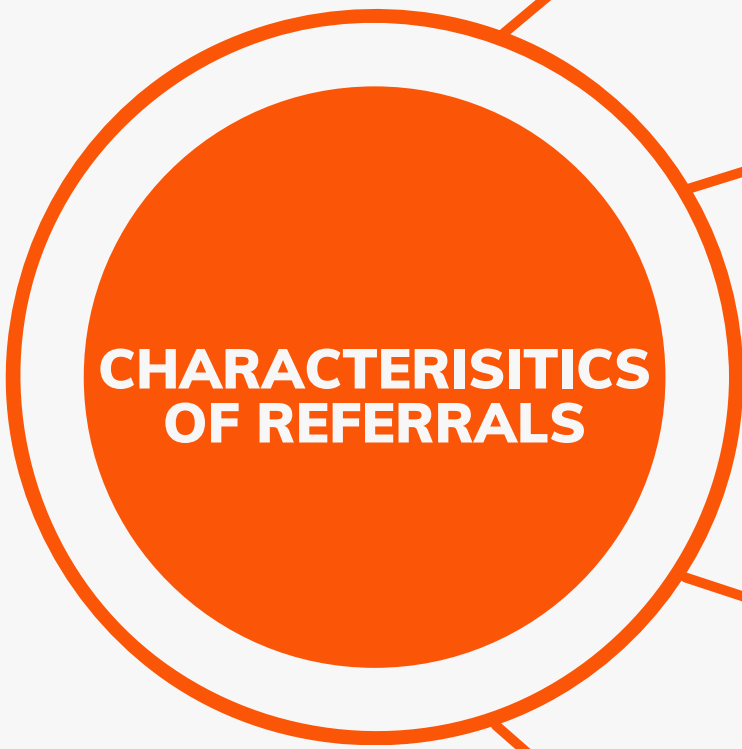
But reports to the Police are only the tip of the iceberg as 5 in 6 women who are raped don’t report – and the same is true for 4 in 5 men. Most people tell someone else what has happened. Why don’t they tell the Police?

- 40% said ‘embarrassment’
- 38% said they didn’t think the police could help
- 34% said they thought it would be humiliating

MOJ research conducted in 2023 to recommission services found that people preferred services that were independent of the criminal justice system and had a preference to be supported by an organisation whose sole purpose is to help people who have experienced sexual violence.

Whilst reports to the Police continue at a low level, referrals to Birchall have increased by 171% in the second half of the year rising from 254 in the first 6 months to 679 in the second six months of the year.

529 Organisational Referrals (57%)
400 Self Referrals (43%)



1 **GENDER**
Identifying as female increased in the year to 83% (774)
Identifying as male remaining relatively static at 15% (137)
identifying as neither male or female at 2% (18)

2 **SEXUALITY**
584 (63%) identified as heterosexual
41 as Gay or Lesbian
72 as bisexual (8%)
58 as some other sexuality (6%)
Increase 18% of all referrals coming from the LGBTQ+ community.

3 **ETHNICITY**
90% of referrals (839) were from people who identified as white or white British
10% belonging to Asian or Asian British, black or black British, Chinese, mixed or dual race or any other ethnic group.

4 **DISABILITY**
55% of the people reported having some form of disability.
73% of people reporting a disability, report that disability is related to their mental health.

5 **AGE**
18.5% (172) children and young people
23.8% (221) 25-34 year age group
Over 55's -4% at the beginning of the year to 7.6% by the end.

992 people on the waiting list for all services on 31.3.24.

Fastest growing area of demand is Blackpool.



The effects of trauma

Experiences of abuse can lead to significant trauma, and for some, the effects may persist long-term without appropriate support. These traumatic experiences can impact various aspects of an individual's life, including their physical health, emotional well-being, impulse control, and self-perception.

Additionally, trauma can influence cognitive functions such as thinking, learning, and concentration, as well as the ability to form and maintain relationships. Many individuals who have faced abuse may also experience mental health challenges, including depression, anxiety, and PTSD (Post-Traumatic Stress Disorder).

Some common responses to trauma can manifest as nightmares, panic attacks, self-harm, and suicidal thoughts or attempts. The emotions tied to such experiences are often complex, encompassing feelings like anger, shame, and guilt. Trusting others and building connections can be particularly challenging for those affected.

Issues such as low self-esteem, poor self-care, and declining physical and mental health may also arise. In coping with these difficulties, some individuals may resort to drugs or alcohol. Others might engage in self-harming behaviours or develop eating disorders.

However, through support services, individuals have the opportunity to process their trauma and work toward recovery. Many find that as they receive help, they experience improvements in their mental and physical health. This journey often leads to renewed educational or employment opportunities, and fosters involvement in community activities, which can enhance social support networks. Ultimately, this support aims to assist individuals in healing and moving forward from their past experiences, with the goal of improving their overall quality of life.

Head of Services Update

Overview:

This report outlines the progress and achievements of our Charity over the past year. Our commitment to delivering support services has strengthened our connections with parents, carers, and the wider community. With the introduction of various contracts and initiatives, we have expanded our services by almost doubling in size and enhanced the support available to those in need by reaching people who have experienced rape and sexual abuse at an earlier stage to reduce the debilitating impact of trauma on individual lives.

This approach has certainly led to some new challenges with an increasing number of people coming forward who experience social isolation and have no other form of support. We have also experienced a deluge of referrals as we expanded across Lancashire and despite increasing the number of appointments our waiting list has also doubled in length.

This continues to provide us with a significant challenge as we enter the next year as we want to balance our ability to provide outcome driven services with the need to increase the number of people we help and support people whilst they wait.

New Initiatives:

In response to the increasing demand for support, we are working collaboratively with mental health providers in the statutory and community sectors to develop seamless recovery pathways for people who have experienced rape and sexual violence. Our work has led to us being commissioned by the Integrated Care Board as part of the mental health transformation agenda to expand our work in the Bay area. We hope this will continue on a long term basis.

Monitoring and Evaluation:

We have been monitoring peoples' personal characteristics to help us understand how accessible our services are and what changes we need to make to engage with people and communities who appear under represented. Our monitoring also includes details of trauma levels that people experience, and we have started a project to review our client journey to ensure that we prioritise people with the greatest needs. We will be looking forward to evaluating our services further next year, to create great efficiencies and help more people to reduce our waiting list.

In conclusion, as we reflect on the past year, we are proud of our accomplishments and the positive impact we have made in the lives of parents, children, and communities across Lancashire and Cumbria. We remain committed to our mission and look forward to building upon these foundations in the future.

Together, we can continue to create supportive, connected communities and provide essential services to those in need.

Thank you for your ongoing support and collaboration.

Nicola Lord – Head of Services



Focus on some of our services

Counselling

Children's & Young Persons therapy:

In the past year, we enhanced our children's offer and focused on delivering high-quality counselling services to children and young people. We are proud to report that we have successfully provided services to 172 individuals during this period, making a significant positive impact on their wellbeing and development.

Adult therapy:

Over the past year, our counselling services for adults have experienced significant growth, reaching a total of 360 individuals. Our dedication to improving mental health and emotional well-being has empowered us to effectively provide support and resources to those using our services.

Pretrial therapy:

In the past year, 78 individuals engaged in pretrial therapy, which provided them with valuable tools to manage their emotions and develop healthy coping mechanisms.

Wellbeing Service

A total of 190 individuals received personalised support tailored to their specific needs, focusing on various aspects of wellbeing including mental health, physical health, and social connections. People reported measurable improvements in their emotional and mental health, demonstrating the effectiveness of the wellbeing interventions implemented by our team.

Many people were connected to primary care services, mental health professionals, and physical health resources, ensuring support beyond initial wellbeing services.

Groups

This year, we continued to deliver the Moving Forward Group, alongside the Parent Carer Group and Creative Writing Group. This is a supportive program aimed at individuals seeking to improve their mental wellbeing and develop coping strategies for life's challenges. This has successfully contributed to the wellbeing of people by providing essential support and valuable resources over the 6 week programme.

Schools Programme

Our work delivering training to children and young people reached into 25 schools over 2023/4 delivering courses to groups of up to 12 children on Safe Relationships, Protective Behaviours and Online Safety. We provided tailored training to 310 children and young people in total, 176 females and 134 males.

Key Achievements

RASAF Contract Launch:

The launch of the Rape and Sexual Abuse Support Fund (RASASF) contract has allowed us to extend our services to vulnerable people who have experienced Rape and Sexual Abuse across the rest of Lancashire. We have established delivery partnerships with LCC Family Hubs, Health Centres, and Community agencies to now provide our therapeutic services in over 24 locations across Lancashire improving accessibility at a neighbourhood level.

Safeguarding Policy Revision:

In response to evolving needs and best practices, we have revised and updated our safeguarding policy. This ensures that our commitment to safeguarding is robust, comprehensive, and aligned with current standards and best practice.

From the days of a single part time allocations officer, Birchall now enjoys the support of a professional Administration Team that act as the glue that holds us all together!

From answering queries about our services to processing referrals, chasing information to managing anxieties of people on the waiting list through to giving people the good news that we have an allocation for them, our Admin team interact with people who use our services on a day-to-day basis. The phone never stops, the emails keep pinging, and the questions keep flying in from all directions.

But that's just the day-to-day stuff! In the last year the functions have expanded, some intentionally but others due to the changing needs of the people who need our help. Here are some examples how the Admin team had to think on their feet and adapt to new ways of working in 2023/4:

- Changes to the pretrial CPS guidelines in 2022 has led to a significant increase in requests for counselling notes from the Police and CPS. This in turn, generates significant additional work making sure that requests are for information that is reasonably required and linked to a specific line of enquiry. Once established the admin team go through all notes, assessments etc and redact information that doesn't relate to the line of enquiry. To ensure we have informed consent admin then contact the individual to make sure they know what information will be shared and how it will be used. Information is then sent with covering letters etc to the Police.
- As needs become more complicated, the admin team take more phone calls on a daily basis from people frustrated by the waiting times. Admin workers not only take time to listen and empathise, they often have to make a wellbeing appointment and refer them to other services.
- As the service has grown, the Admin Team are ensuring that rooms and appointments are available at over 20 sites across Lancashire and Cumbria compared to 4 sites the previous year. This requires logistical coordination, flexibility, and above all collaborative working with Family Hub Admins. The team also need to act as local Information Bureaux answering questions on "how to get there", "what number bus is it?" "What facilities are there?" etc.
- We need to keep our data reliable. Despite videos guides and directions admin have produced explaining how to enter information on DPMS, it is inevitable that everyone does it slightly differently causing inconsistencies. It is now an essential and everyday job to keep our data accurate.
- Finally, alongside demand allocations have more than doubled!

Admin Update

During 2024 the below poem was written by the team, it's an insight to their feelings and emotions:

Not Just Admin

We take a call
We support the other person on the end of the line
We try to make them feel better for talking to us
We provide information
We are caring
We don't leave the call until we know the other person is ok
We hear the emotion
We hear the trauma
We hear the fear and sadness in their voices
We don't give up being caring and compassionate
We give empathy
We try many avenues to help
We may have saved a life

The referral comes in...
We read the details

We see the person move through the waiting lists
We let them know we are still here
We get the chance to offer an appointment, so much joy from them and us
We may hear the details of how the sessions are going
We may see the person come to the building
We now know a face to the name
But we see the cause for concerns and the safeguarding's
We talk to the ones who are nervous to come back

Sessions complete, we close down the file

We are left wondering....



Laura Gleaves – Senior Administrator

Our Impact – Making a Difference

“I want to thank you so much for all of your help, support and guidance you have given me over the last few months. It has really made a positive impact on my life and how I see things, I’m far from fixed but I think this is the right decision for the course I’m walking.”



2022

people
accessed
advice and
information
at
community
events



186

delegates
attended our
Trauma
Informed
Cumbria
Conference



310

children
accessed our
Schools
Programme
work



1,490

Individuals
contacted our
services for
information, advice,
support and
counselling.

“My counsellor was amazing; they showed such patience and understanding and helped me feel like I was safe and believed. They helped me take control of my life and my PTSD.”

782 people accessed longer term wellbeing support and counselling services, out of these, 492 were closed.



190

people
received
wellbeing
support
(an average
of 14
sessions)



371

people
received
adult
counselling
(an average
of 21
sessions)



44

children
accessed
play therapy
(an average
of 27 weeks)



99

young
people
received
specialist
counselling



78

people
received
pretrial
support
(an average
of 12
sessions)

Sam's Story



Sam was a 16-year-old girl, referred by statutory children's and criminal justice services supporting her as she had been stepped down from CAMHS. She had moved to South Cumbria as she was being exploited to commit criminal acts and being increasingly exposed to substance abuse. She had been repeatedly raped and frequently self-harmed and attempted suicide, presenting as closed off and distrustful. She was also made homeless by her parents.

In therapy she aimed to build trust through person-centred principles like unconditional positive regard, congruence, and empathy. Within a few sessions, she began to open up, finding authenticity and relief in the light-hearted approach. Consistent sessions helped her feel heard and not judged, empowering her to share her experiences. The therapy reversed her feelings of unworthiness, shifting her mindset from "anything I do doesn't matter" to "maybe it does matter." She started a journey towards sobriety, with occasional relapses, but felt supported and committed to trying again.

Therapy empowered Sam to report the abuse and she is now mostly free from drugs and alcohol and her self harm has significantly reduced. She now copes through healthier means like talking about her problems, listening to music, sleeping, walking, and working on a farm.

Her self-confidence and self-esteem have improved, she stands up for herself assertively without shouting. She will now begin to lift her head, make eye contact, and speak openly.

Looking forward to the future, she has passed two exams and secured a college place, which seemed impossible before. Her willingness to accept help and support marks a significant achievement.

Jessica's Story



When Jessica started therapy, she was experiencing extreme anxiety and rarely left the house. If she had to leave the house, she was hypervigilant and had regular panic attacks. She also felt severely depressed and was experiencing a sense of hopelessness, feeling that her life would never improve. She had suicidal thoughts and used self-harm as a coping mechanism. Jessica blamed herself for being raped and felt shame, guilt and disgust in herself. Her self-esteem, self-belief and confidence were very low, and she had lost faith in her ability to trust her instincts and keep herself safe. Consequently, she was isolating herself and had stopped engaging with people feeling that she couldn't trust anyone. The impact of trauma on her life was debilitating and she was having nightmares so often that she was afraid to sleep. When she came to Birchall she said that she felt at breaking point.

She engaged with the Wellbeing Team prior to accessing Counselling and was therefore familiar with grounding techniques. So, we spent a little bit of time just revisiting these and reviewing which ones she found most helpful. We reviewed how to manage flashbacks using anchors to bring her back to the here and now. We also worked on ways to manage anger, including the use of the 'urge surfing' technique, breathing exercises and healthy ways to channel her anger.

By offering Jessica a safe space to process her emotions, and through psychoeducation around trauma responses, she began to accept that her feelings and behaviours were a natural response to the trauma she had experienced. This resulted in her feeling validated and worthy of self-compassion.

Through processing her experiences she learned to recognise her own resilience, which significantly increased her self-worth. She developed an ability to set much stronger boundaries and learned how to voice her own needs and express how she felt, in a healthy way. She no longer blamed herself for the childhood trauma she had experienced and learned to value herself. As such, she started to feel much safer and became less afraid of her own anger. Her suicidal thoughts subsided, and her confidence grew in terms of her ability to challenge any negative thoughts and offer herself a new perspective.

Having developed a stronger sense of safety and a confidence in her own abilities, this served to strengthen her self-esteem to the point where she was keen to re-engage in a hobby which had previously brought her a great deal of joy. She was also open to the idea of entering into new relationships with a new sense of what boundaries she felt needed to be in place and is due to take part in the Moving Forward Group.

Client Feedback.

"I have seen masses of improvement from my child with laughing and smiling and skipping, being more relaxed and less worried about things. They use their learned strategies that were talked about in sessions such as breathing and trying to calm themselves when things get difficult. The experience was brilliant for them."

"I have read through my notes, thank you so much they really do express how I am feeling and the impact that it is having on me. You truly are fantastic, thank you for all your kindness and support."

"Before I started counselling, I felt lost and alone. Now, I feel stronger and more capable of facing my challenges."

"Thank you again for all you have done for me and most recently the support around accessing information relating to my court case."

"I am incredibly grateful for the support received from Wellbeing. She had a very compassionate and non judgmental response which made it easy to open up. I am truly happy and relieved that people like this exist."

"Before I came to Birchall I felt stuck with my trauma, I felt I had an expectation of the emotions I should be experiencing and was giving myself a hard time for not meeting those expectations. I was filled with guilt and dread surrounding my trauma and felt I didn't deserve help. I can't thank Birchall enough for the support they have given me, it has truly given me a new lease of life and allowed me to clear my mind and learn so much about myself."



With a significant increase in funding from the previous year due to the introduction of the RASASF MOJ contracts our funding mix has changed with statutory funding representing almost 60% of our overall income. As income has risen, 2023/24 was the last year we were eligible for funding from some long-term supporters such as Lloyds. We thank them, not just for their funding but their much-valued consultancy support.

In February 2023/4 we celebrated our first direct grant from Health Commissioners as part of the Mental Health Transformation Agenda. The funding will allow us to pilot how we can work closely with community mental health teams to provide a seamless service for people at risk of or experiencing serious mental illnesses. Whilst this funding is for a pilot in The Bay area for 1 year, we continue to hold discussions with the Integrated Care Board commissioners with a view to developing a long-term strategic partnership across South Cumbria and Lancashire.

Competition in Trusts and Foundations sector is becoming fierce with an increasing number of applicants applying for a limited number of grants. Whilst we have the honour of continuing support from some of our local Trusts and Foundations, we know that there is no guarantee that funding will continue from some of the larger national Trusts such as The Big Lottery and Children In Need.

Consequently, there is a greater need than ever to review how we can work to diversify our income base particularly through increases in our unrestricted income. In the past year we have reviewed our community fundraising with plans to introduce campaigns for individual giving. We have also been successful in attracting funding from local authorities to deliver training and will revise some of our delivery models to offer spot purchasing opportunities.

CEO Review

This third year of our current strategy has been a successful and an incredibly busy one! We have continued to re shape our processes and procedures following our successful Accreditation as a Trauma Informed Organisation by One Small Thing. We have delivered our second Trauma Informed Conference in Cumbria attended by almost 200 professionals. Most significantly we have grown in size by 40%, expanding our holistic service model to support people at any point in their recovery journey, across the whole of Lancashire.

Our expansion across Lancashire was informed by our Trauma Informed Principles of safety and choice. We didn't think it was enough to simply launch delivery sites in three or four major towns in Lancashire to claim County Wide coverage. Instead, we wanted to bring our services to people at a more local level. We took an asset-based approach, looking at how we could make the most of the existing infrastructure across Lancashire. Working collaboratively with Lancashire County Council Family Hubs we entered into co delivery agreements in Burnley, Pendle, Hyndeburn, Ribble Valley, Rossendale, Blackburn with Darwen, South Ribble, Preston, Fylde and Wyre. We opened new offices in Blackburn and Blackpool and have gone on to deliver therapy from community-based health centres and other agencies. Within 6 short months our Operational Management Team had mobilised the Lancashire wide service into over 20 locations for two new teams! Well done! Our success this year has been further reflected through increasing demand. Despite doubling the number of sessions on offer our waiting list has also more than doubled. Considering that 5 in 6 women do not report the crime against them, we are honoured to be approached for help by so many people who have been left isolated to deal with the trauma on their own in the past.

Over the medium term we are conscious that there are significant funding risks from the end of the Comprehensive Spending Review in April 2025. However, by November 2023 we had already secured sufficient resources for 2024/5 allowing us to plan at least 12-18 months ahead with confidence to try and strengthen our reserves to mitigate the forthcoming risks.

This past year was the final year of our current strategy, so, we have embarked on a process of consultation to develop a new strategy. We have received some incredible feedback from the people who use our services, our staff, volunteers, agencies who work in partnership with us, our funders and members of our community. We are excited about our findings, watch this space for our new 5-year strategy which we will start to deliver next in 2024/5.

And last but not least, last year saw Dr Elizabeth Taylor step down as Chair of Birchall after her successful leadership during some of the most challenging times. We are now excited to be entering a new chapter for Birchall exploring new ideas and challenges in working with Dr Paula Cook, our new chair of Trustees. There are certainly exciting times ahead.

Of course, none of this would have been possible without our amazing team at Birchall. Everyone is committed to the work that they do, they quite literally save lives and give people the opportunity to write their own next chapter. Thank you for all your support, enthusiasm, knowledge and kindness. I think the next year will be our best yet!

Jay Rushi – Acting CEO



The Birchall Trust has ended the financial year April 2023– March 2024 with a healthy financial balance of £520,817 (2023: £444,629). The funds are made up of an unrestricted balance of £459,536 and a restricted balance of £61,281.

The unrestricted funds of £459,536 provide the charity with the security of a 'Reserves Policy'. The reserves policy is calculated to accommodate a 6 month 'wind-down' period, should the charity fail to secure funding support in the future (see annual accounts for details). The balance of the unrestricted funds along with the restricted funds will be used to continually develop and implement our strategy and deliver the charity's objectives.

In the same way as previous years, I have analysed the end of year accounts using the three key ratio's. Fundraising and administration costs to total expenditure (FACE down 8%), Administration costs to total expenditure (ACE down 8%) and fundraising costs to total expenditure (FCE no change).

The Birchall Trust has truly transformed its approach to service delivery through strategic implementation and a dedicated increase in staffing. This expansion has allowed us to bring on board a talented team of professionals who are passionate about making a difference. Their expertise and commitment have not only enhanced our operational capabilities but have also strengthened our ability to connect with those in need. Each team member plays a vital role in ensuring that we can offer a more comprehensive suite of services, tailored to meet the diverse needs of our clients.

Treasurers Report

While our fundraising costs have seen an increase, this investment is yielding remarkable returns in terms of our service quality and outreach. With every pound raised, we are able to broaden our impact, providing essential resources and support to those who rely on us. The Birchall Trust is excited about the future, as we continue to evolve and innovate, striving to create meaningful change in the lives of individuals and families. (Fig 1 & 3)

How have we spent our funds?

We have been able to expand our charitable activities over the past year, reaching more individuals and communities in need than ever before.

Through good financial management we have been able to deliver all this whilst maintaining tight control on our general operating costs. (Fig 2 and 3)

We are incredibly grateful to our funders, whose generosity and belief in our mission have empowered us to expand our reach and amplify our efforts. Their unwavering support has been instrumental in helping us overcome obstacles and seize new opportunities, allowing us to turn challenges into stepping stones for success. Together, we are building a brighter future, and we are excited to continue this journey, driven by our passion for making a difference and the invaluable partnerships we have cultivated along the way. Thank you for believing in us and the importance of our work!

Simon Hanson



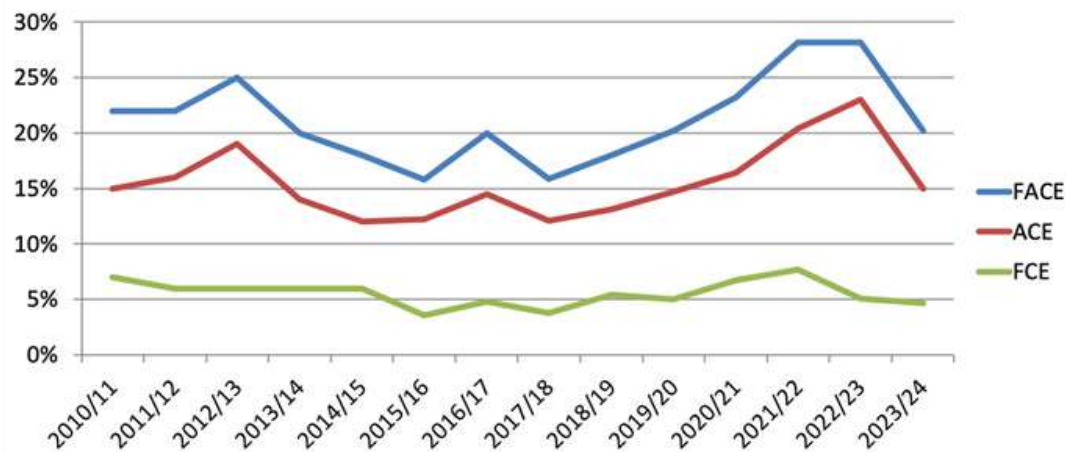


Fig 1 – Key Ratios

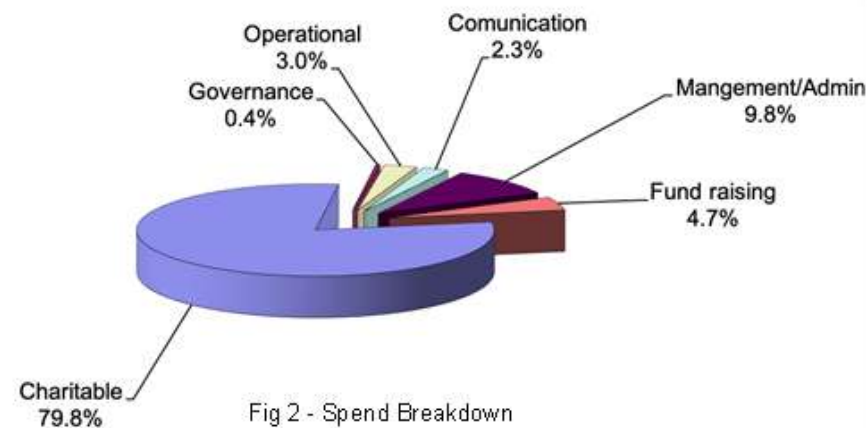


Fig 2 – Spend Breakdown

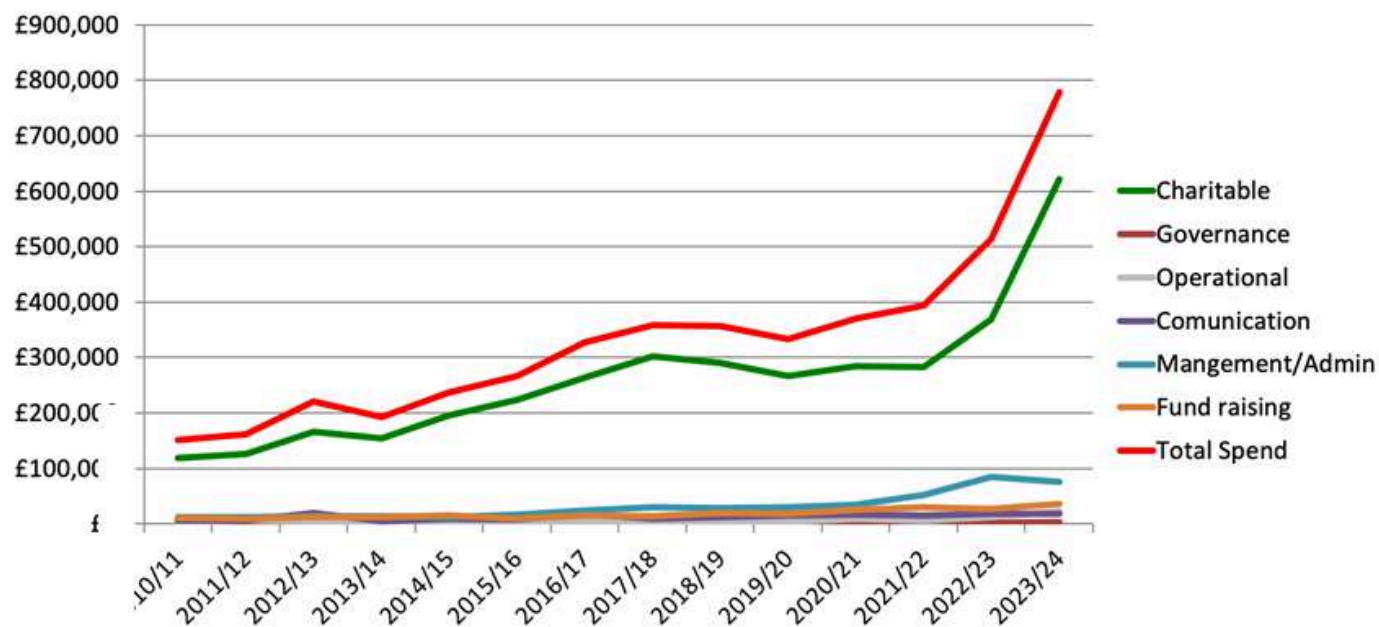


Fig 3 – Spend History

Statement of Financial Activities

For the Year Ended 31 March 2024

	Unrestricted Funds £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
INCOME AND ENDOWMENTS FROM Charitable activities				
Counselling advice & support	99,345	743,015	842,360	508,430
Other trading activities	(1)	(1)	(2)	118
Investment income	11,889	-	11,889	4375
Total	111,233	743,014	854,247	512,923
EXPENDITURE ON Charitable activities				
Counselling advice & support	22,832	755,227	778,059	513,297
NET INCOME/(EXPENDITURE)	88,401	(12,213)	76,188	(374)
Transfer between funds	34,027	(34,027)	-	-
Net movement in funds	122,428	(46,240)	76,188	(374)
RECONCILIATION OF FUNDS				
Total funds brought forward	337,108	107,521	444,629	445,003
TOTAL FUNDS CARRIED FORWARD	459,536	61,281	520,817	444,629

Balance Sheet

31 March 2024

	Unrestricted Funds £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
FIXED ASSETS	9,889	-	9,889	-
Tangible assets				
CURRENT ASSETS	452,263	61,281	513,544	446,280
Cash at bank				
CREDITORS				
Amounts falling due within one year	(2,616)	-	(2,616)	(1,661)
NET CURRENT ASSETS	<u>449,647</u>	<u>61,281</u>	<u>510,928</u>	<u>444,629</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	459,536	61,281	520,817	444,629
NET ASSETS	<u><u>459,536</u></u>	<u><u>61,281</u></u>	<u><u>520,817</u></u>	<u><u>444,629</u></u>
FUNDS				
Unrestricted funds			459,536	337,108
Restricted funds			61,281	107,521
TOTAL FUNDS			<u><u>520,817</u></u>	<u><u>444,629</u></u>



Other than where specifically noted, all written content has been anonymised to ensure the safety of people who use our service. The images and names in this document do not relate to anyone mentioned.



Get In Touch!

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