

**REGISTERED COMPANY NUMBER: 07956417 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1146885**

**Report of the Trustees and  
Unaudited Financial Statements For The Year Ended 28 February 2014**

**for**  
**Trauma Foundation South West**

David Bunker & Associates  
Kings House  
14 Orchard Street  
Bristol  
BS1 5EH

## Trauma Foundation South West

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## **Trauma Foundation South West**

### **Report of the Trustees for the Year Ended 28 February 2014**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 28 February 2014. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

#### **Introduction**

This year we have been a charity for over a year and are beginning to feel more established as such. Although we are nearly two year old, we are also eleven years old in that we were originally part of the Bath Centre for Psychotherapy and Counselling as the BCPC Asylum Project which started in 2002. Our trustees have served us well but one has left because of moving out of the area (Jonathan Bradley) and one through retirement (Denise Darroch) and we have a new trustee, Polly Wood, who is a psychotherapist and ex-GP.

This year we have carried on with the main purpose of our work which is to provide free counselling and psychotherapy to asylum seekers and refugees. Our core funder continues to support our work and we have raised further funds to allow us to fund our core purpose.

#### **Expanding our Activities**

This year we have expanded our activities to include the supervision of staff at Bristol Refugee Rights and recently to provide an art therapy group. This is run by Sarah Robinson who is an experienced and accredited art therapist and was to have been assisted by one of our interpreters, Rosa Ross, as the clients of this group who speak no English, speak Farsi. Although 5 were referred, only 1 attended the first 2 sessions. We know from our individual work that asylum seeker and refugee clients tend to be nervous of attending and we have to patiently work to help them to arrive and commit to the work. However, we felt that, in this instance, others arriving after this time would be disruptive and difficult for the one who did come from the beginning so he is continuing on a one-to-one basis. We will be meeting to discuss the situation and see what can be done to form a group in future.

#### **The work of the counsellors and psychotherapists**

The counsellors and psychotherapists who are members of the organisation remain, at least for the time being, graduates of the BCPC training (a few are trainees about to complete the training). We have had 11 therapists working in the Charity though one has now left. In order to keep us on budget they are restricted to taking on 2 clients at a time and are paid about two thirds of their usual fee. The sessional payment to the therapists includes the extra work of liaison between them and their interpreters and writing letters and reports on behalf of clients. Some therapists also take on a third client pro bono. We do not normally allow therapists to take on more than this number to help ensure that they are able to carry out this work without becoming burnt out. Some of our therapists take on more clients by seeing some of them fortnightly. We find that for some of our clients fortnightly sessions are beneficial, either because more frequent sessions can feel more intense than they can presently cope with or because they are emerging from a traumatised state and want to gradually start to cope without the help of their therapist.

Working with people who have no status or whose status is uncertain makes the work stressful and difficult as much of it involves being with people who feel hopeless about their lives, with little prospect of their material circumstances improving, and often feel that their lives are in danger. Being able to listen well to these experiences can be tiring and distressing but important for our clients, who otherwise have nowhere to bring these hopeless feelings. Those who have British citizenship or Leave to Remain can settle into longer term work in which they can try to come to terms with the extremely traumatic events that they have suffered over the last few years. We often find that a sense of safety leads our clients to allow emotions which were 'on hold' during the asylum process. Although they have become relatively safe, it is frequently a time when depression is most evident.

## Trauma Foundation South West

### Report of the Trustees for the Year Ended 28 February 2014

All counsellors and psychotherapists continue on-going supervision, having received extra training for this work before being taken on. Most have also undertaken a course put on by Speak your Mind, an organisation which promotes the support and training of interpreters who work with therapists. This course is for both interpreters and therapists to help them to work together effectively.

As mentioned above, therapists more often than not do extra, unpaid work for the Foundation such as writing reports and letters for clients. Of the 43 clients seen this year only 15 did not require letters or reports to be written on their behalf to doctors, lawyers, politicians and other officials during the year. Payment for this work is within the overall payment of £30 per session and not an extra cost. It is often an integral part of the work.

#### Assessment

Each client referred is seen by one of our assessment team. They are assessed for suitability for the work and motivation for undertaking it. The assessor finds out practical details such as their time and place availability and whether they need an interpreter. These details are recorded on our waiting list so that therapists only take on clients that meet their own availability, and they have necessary details such as the contact information, information about the referrer (usually the GP) and the name of the interpreter if there is one. This helps make the initial contact run more smoothly and leads the client to feel that the service will be reliable. There are 25 clients on the waiting list at the time of writing which is many more than we would like. With more money we could take on more therapists and this would cut waiting times.

#### Referrals

46 clients have been referred to us since the end of October 2012. We saw 43 altogether but 23 of these were referred before the start of the year. Only 5 of these were women. This imbalance is partly because there are fewer female asylum seekers and refugees and because women are often referred to Womankind for counselling, and this year we have made referrers aware that women may get seen more quickly if referred to Womankind. 18 clients finished therapy during the year. The majority were referred by GPs, only a few were not, and most of those were from The Haven.

#### Status of clients

21 of the 43 clients seen this year had Leave to Remain, though 4 have been given a limit of 5 years. 3 have been granted British citizenship. 10 were asylum seekers and only one a failed asylum seekers. 3 were preparing fresh claims and 2 are appealing a negative decision.

#### Interpreters

About half of our clients (24) made use of an interpreter this year, though 2 stopped using one part-way through as their English improved. We have been able to use the services of Speak your Mind to find and train interpreters and all were found this way. The SYM list of interpreters is available on the internet and is kept up to date by us, though it is also used by other agencies. We would have liked to have organised supportive groups for interpreters who are often distressed by what our clients talk about in their therapy, but have found it hard to persuade them to attend. We therefore spend time with interpreters to offer a chance to talk about the way the work is impacting on them emotionally.

#### Age of clients

The vast majority of our clients were in their 20s and 30s this year, only 12 being in their 40s and none in their 50s and 60s. 4 were in their teens. As in other years, this represents a lower age presentation than in work that is not with this client group.

#### Nationalities of Clients

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### Report of the Trustees for the Year Ended 28 February 2014

12 Countries are represented this year with Iraqi Kurds being much the largest group with 15 of our clients, and no Iraqis who are not Kurdish. Iranian Kurds (7 clients) are the second largest, so put together, Kurds represent 22 of our clients, which is over half of the total. There were 3 Iranians who are not Kurdish. Somalis used to be our biggest group and now represent only 4. Sudan was a large group last year but this year there is only 1. Other than these, none stand out as very much larger than other groups as they have done in previous years. Sri Lanka has 3, Afghanistan and Kuwait have 2 each and the following have one each: Nigeria, Eritrea, Darfur, Zimbabwe, Armenia, Burundi, Syria, Sudan, Cote d'Ivoire, Pakistan and Algeria.

#### General meetings of the Charity

We feel that the commitment of our counsellors and psychotherapists is made possible by providing sufficient emotional and physical support for their work. All attend supervision groups monthly and twice a year all members meet as a whole group. We include interpreters in both of our yearly meetings. One is an AGM which is normally held in December. The other is a study day held in April. This year our study day focussed on the therapists' own experience of trauma when working with this client group. It was called 'Understanding our responses as therapists when working with extreme experiences of asylum seekers and refugees'. As a charity which provides significant psychological help with a highly traumatised group, we feel that the psychological wellbeing of our therapists is very important, not only as a duty of care to them, but also to ensure that they can continue to work at depth without being co-traumatised.

#### Issues that Arise within the Therapy

The issues brought to therapy this year are very similar to last. Loss, extreme trauma and witnessing traumatic events most often arose. Worry about family at home was almost as prevalent, along with issues about settling into this country. This last seems to be a bigger issue for our clients than ever this year, maybe because we have more clients who have obtained Leave to Remain. Settling into this country is an important issue under these conditions as the question of basic safety has been decided for the time being.

Other themes include sleeplessness, anxieties about their status in this country and the fear of being made to return. Depression, anxiety and relationship/family conflicts also figured strongly. A preoccupation with illness and pain was particularly prominent this year. This often arose from injury caused by war and torture and has a particular meaning for our clients as the state of their health and being in pain puts them in constant touch with the trauma they received in the country of origin. Sometimes there is a 'real' physical basis for these experiences, and sometimes the illness and pain arise from the disturbance caused by the trauma. In either case when the trauma is better integrated these experiences improve.

#### A taste of the quality of our work

The raw statistics of our work are important and we can learn from them but they do not give much of a flavour of the actual experience of our work. Several of our therapists have written about this and we have put these on the website ([www.tfs.co.uk](http://www.tfs.co.uk)). All clients have given permission for their stories to be told but details have been changed to protect their identity.

Here are some excerpts from this writing:

The first excerpt is from Chloe Tahta who is in charge of our assessments. Here she is writing about meeting a man who has been referred to us. In order to ascertain that our clients want to engage in therapy it is important for people who have not much knowledge of it are given a taste of what it is like and how we may be able to help. She writes:

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### Report of the Trustees for the Year Ended 28 February 2014

Khalid is 30 years old - I ask him if he knows what PTSD, or trauma is, has his doctor told him? No, he says he does not know. I say something about overwhelming events which the mind can't cope with at the time: that flashbacks and nightmares may be the mind's way of trying to understand and fill in the missing bits, which it was unable to understand at the time. Khalid is nodding and looking directly at me for the first time. We enter a moment of shared knowing, I am telling him something he already knows but has not heard before. He is listening to something and confirming, something which I have not spoken before and did not know that I knew either. We all, including the interpreter, seem to relax a bit.

In this writing the interpreter is included. We, who work relationally, do not use interpreters as living machines purely to interpret our words. We acknowledge them as another human being in the room who affects the quality of the work in their presence.

Kim Hastings is another of our therapists. Here she writes of her experience in working with someone further down the line:

R is an older man in his 60s from a region of Africa which is very unstable and unsafe. He has been unable to work, in pain, often uneasy and afraid, suffering from nightmares when he slept. In his bed he found himself rigid, unable to relax, listening, prepared most nights for attack.

Previously he had a business in Africa which was attacked and robbed several times by bandits. The last time he was badly tortured. He had not spoken about it before. He asked me to tell his doctor, which I did. He needed medical treatment for his injuries and had appointments at hospital clinics towards operations which he had not attended. He was very afraid.

The doctor wrote to the consultant to explain his none attendance. The hospital responded with consideration and patience. Through our work together and the link with the medical team, R was able to decide he could go for his operations and came back to tell me about it with joy in his heart - his spirit and dignity intact. He said he was able to move on now.

Kim illustrates here how our liaising with other professionals as well as deep listening can make all the difference to successful outcomes for clients' mental as well as physical health. Working with other agencies is an important aspect of our work.

In this piece Judy Ryde shows how loss and cultural difference add to the dislocation caused by trauma and these complexities need to be understood and responded to in order to help our clients integrate their experiences and live a satisfying and useful life here in the UK. For those who arrive with family members, the continuity with their previous lives can be so important to nurture and, particularly for those with teenage children, learning to adapt to a new culture without dishonouring the one left behind can be of utmost importance.

Rose's path through life has taken her through unspeakable horrors including deeply wounding betrayals and attacks on her body, to bearing the loss of family, culture and community, to struggling to come to understand an alien culture whose rules and values are a mystery to her. Through all this she has fulfilled her family's dearest wish of bringing her children safely into a successful adult life. Sharing this painful and often puzzling journey with her has been an honour and a privilege.

Recovery from multiple traumas is hard for this client too:

Samir describes the support he has had since his gradual recovery as 'amazing' and wonderful and he says he feels 'so blessed that there are good people in this world who have bothered to help him'. But he no longer recognizes himself. 'I had something to give to others once', he tells me, 'now I have nothing.' Silent tears fall down his face. He is frightened and anxious, his trust shattered: there is no place of safety. I feel very privileged to be working with Samir. Will I be able to create a 'safe enough' space for him?

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And here is a poem written by Lynn Linsdale which shows how careful and deep empathic understanding can make a difference:

#### I KNOW - YOU KNOW, THE EARLY DAYS

You sit slumped in the chair, your head almost touching your knees  
I know you need to come regularly for the fog of depression to lift  
You know you want help and the same person week on week  
Our interpreter has all the skills we need to work  
But I know I have to let you know I'm there for you  
I call your name so softly I S H A A R  
Relief, you lift your dark curly head and see me smile

The ache of loneliness, the British people always rushing by  
What do they do? Where do they go?  
You know you want to work again in rhythm with the sea  
At the end of the day, your child's arms around your legs  
An intimate welcome too from your wife  
You show your tears, where are they? Are they even alive?  
I know more of your story must come out when and if you wish  
Maybe you know I want to do my best for you  
I do hope so...

#### Plans for next year

We plan to hold a conference on October 4th 2014. The working title of the conference is Trauma Dialogues and will bring together people who work in different ways with trauma so that they can dialogue about these approaches.

#### REFERENCE AND ADMINISTRATIVE DETAILS

##### Registered Company number

07956417 (England and Wales)

##### Registered Charity number

1146885

##### Registered office

Barrow Castle  
Rush Hill  
Bath  
Avon  
BA2 2QR

##### Trustees

G A Beavis  
J H Eames  
S Fairbairns  
J Witt  
D Darroch  
I Curry  
M Nye  
P Wood

- resigned 11.3.13  
- appointed 16.4.14  
- appointed 16.4.14  
- appointed 16.4.14

**Trauma Foundation South West**

**Report of the Trustees  
for the Year Ended 28 February 2014**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**ON BEHALF OF THE BOARD :**

.....

Trustee

Date: .....

**Trauma Foundation South West**

**Statement of Financial Activities  
for the Year Ended 28 February 2014**

		Year Ended 28.2.14 Unrestricted funds £	Period 20.2.12 to 28.2.13 Total funds £
<b>INCOMING RESOURCES</b>	Notes		
<b>Incoming resources from generated funds</b>			
Voluntary income		50,021	61,839
Activities for generating funds	2	902	2,394
<b>Total incoming resources</b>		<u>50,923</u>	<u>64,233</u>
<b>RESOURCES EXPENDED</b>			
<b>Other resources expended</b>		45,112	36,631
		<u>45,112</u>	<u>36,631</u>
<b>NET INCOMING RESOURCES</b>		5,811	27,602
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>		27,602	-
		<u>27,602</u>	<u>-</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>33,413</u></u>	<u><u>27,602</u></u>

The notes form part of these financial statements

**Trauma Foundation South West**

**Balance Sheet  
At 28 February 2014**

	Notes	28.2.14 Unrestricted funds £	28.2.13 Total funds £
<b>CURRENT ASSETS</b>			
Debtors	5	600	-
Cash at bank		33,313	28,357
		<u>33,913</u>	<u>28,357</u>
<b>CREDITORS</b>			
Amounts falling due within one year	6	(500)	(755)
		<u>33,413</u>	<u>27,602</u>
<b>NET CURRENT ASSETS</b>			
		<u>33,413</u>	<u>27,602</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		<u>33,413</u>	<u>27,602</u>
<b>NET ASSETS</b>			
		<u><u>33,413</u></u>	<u><u>27,602</u></u>
<b>FUNDS</b>	7		
Unrestricted funds		<u>33,413</u>	<u>27,602</u>
<b>TOTAL FUNDS</b>		<u><u>33,413</u></u>	<u><u>27,602</u></u>

The notes form part of these financial statements

**Trauma Foundation South West**

**Balance Sheet - continued**  
**At 28 February 2014**

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2014.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 28 February 2014 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on ..... and were signed on its behalf by:

.....  
J Witt -Trustee

**Notes to the Financial Statements  
for the Year Ended 28 February 2014**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

**Incoming resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Taxation**

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

**Fund accounting**

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

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

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

**2. ACTIVITIES FOR GENERATING FUNDS**

	Year Ended 28.2.14 £	Period 20.2.12 to 28.2.13 £
Fundraising events	902	2,394

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 28 February 2014 nor for the period ended 28 February 2013 .

**Trustees' Expenses**

There were no trustees' expenses paid for the year ended 28 February 2014 nor for the period ended 28 February 2013 .

**Trauma Foundation South West**

**Notes to the Financial Statements - continued  
for the Year Ended 28 February 2014**

**4. STAFF COSTS**

There were no staff costs for in the year ended 28 February 2013.

**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	28.2.14 £	28.2.13 £
Other debtors	600	-
	<u>600</u>	<u>-</u>

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	28.2.14 £	28.2.13 £
Other creditors	500	755
	<u>500</u>	<u>755</u>

**7. MOVEMENT IN FUNDS**

	At 1.3.13 £	Net movement in funds £	At 28.2.14 £
<b>Unrestricted funds</b>			
General fund	27,602	5,811	33,413
	<u>27,602</u>	<u>5,811</u>	<u>33,413</u>
<b>TOTAL FUNDS</b>	<u>27,602</u>	<u>5,811</u>	<u>33,413</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	50,923	(45,112)	5,811
	<u>50,923</u>	<u>(45,112)</u>	<u>5,811</u>
<b>TOTAL FUNDS</b>	<u>50,923</u>	<u>(45,112)</u>	<u>5,811</u>

**Trauma Foundation South West**

**Detailed Statement of Financial Activities  
for the Year Ended 28 February 2014**

	Year Ended 28.2.14 £	Period 20.2.12 to 28.2.13 £
<b>INCOMING RESOURCES</b>		
<b>Voluntary income</b>		
Donations	5,021	21,779
Grants	45,000	40,060
	<u>50,021</u>	<u>61,839</u>
<b>Activities for generating funds</b>		
Fundraising events	902	2,394
	<u>902</u>	<u>2,394</u>
<b>Total incoming resources</b>	<b>50,923</b>	<b>64,233</b>
<b>RESOURCES EXPENDED</b>		
<b>Other resources expended</b>		
Therapists	25,405	21,015
Interpreters	13,890	11,685
	<u>39,295</u>	<u>32,700</u>
<b>Support costs</b>		
<b>Management</b>		
Supervision	850	850
Assessment	669	1,420
Bookeeping	1,810	736
	<u>3,329</u>	<u>3,006</u>
<b>Human resources</b>		
Training	1,872	-
<b>Other</b>		
Accountancy	500	500
Sundries	116	425
	<u>616</u>	<u>925</u>
<b>Total resources expended</b>	<b>45,112</b>	<b>36,631</b>
<b>Net income</b>	<u><u>5,811</u></u>	<u><u>27,602</u></u>

This page does not form part of the statutory financial statements