NORTHAMPTONSHIRE RAPE CRISIS

Fighting for a county free from the fear and reality of sexual violence.

Annual Report and Accounts for the year ended 31 March 2026



Charitable Incorporated Organisation Number: 1156246

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Reference and Administrative Information

Registered CIO Number	1156246	
Registered Office	2nd floor Warwick House Cliftonville Northampton NN1 5BE	
Trustees	Claire Gogerty	Chair
	Rebecca Parfitt	Treasurer (Appointed 16.01.25)
	Donna Marie Durrant	Trustee/Secretary
	Gwennie Lewis	Trustee
	Paula Bowles	Trustee (Appointed 15.07.25)
Chief Executive Officer	Dawn Thomas	
Bankers	The Co-Operative Bank PO Box 250 Skelmersdale WN8 6WT	
Independent Examiner	Lorraine Scullion MAAT 57 Bedford Road Brafield on the Green Northampton NN7 1BD	

TRUSTEES REPORT 2025-2026

The Trustees present their report and financial statements for the year ended 31 March 2026.
The financial statements have been prepared in accordance with the Charity's governing document and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)" (as amended for accounting periods commencing from 1 January 2016).

Objectives

The aims of Northamptonshire Rape Crisis (NRC) are:

- To relieve the distress and trauma of women, men and children who have suffered sexual abuse, rape, incest, domestic abuse, and of the families of such persons who need support.
- To promote community education and research in the subject of rape, sexual abuse, domestic abuse and the effects whether physical, medical, psychological or social.

WE LISTEN. WE BELIEVE. WE SUPPORT.

Vision

Our vision is a county where everyone can be free from the fear and experience of sexual violence, rape and sexual abuse.

Core Values



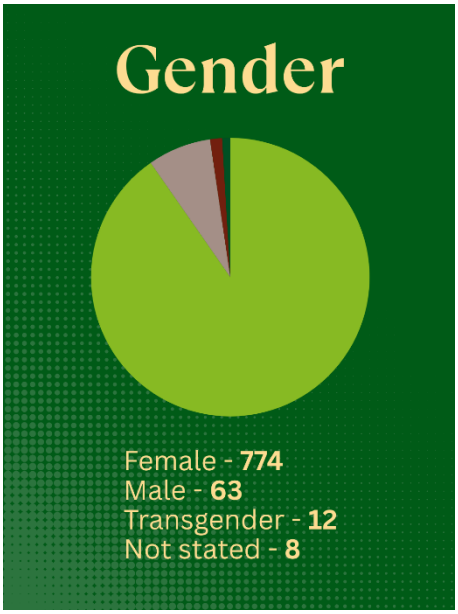
Public Benefit

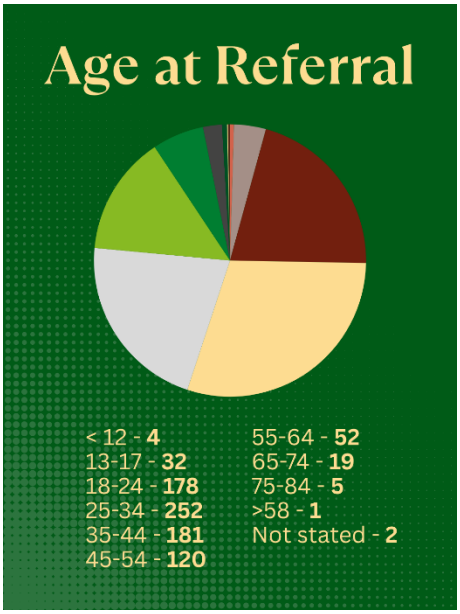
The charity continues to work to identify, develop and deliver services to victims of sexual violence. We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. Our services and facilities are monitored and reviewed by the Board of Trustees to ensure they remain fit for purpose and are provided appropriately to enable the furtherance of the charity's objectives and for the public benefit.

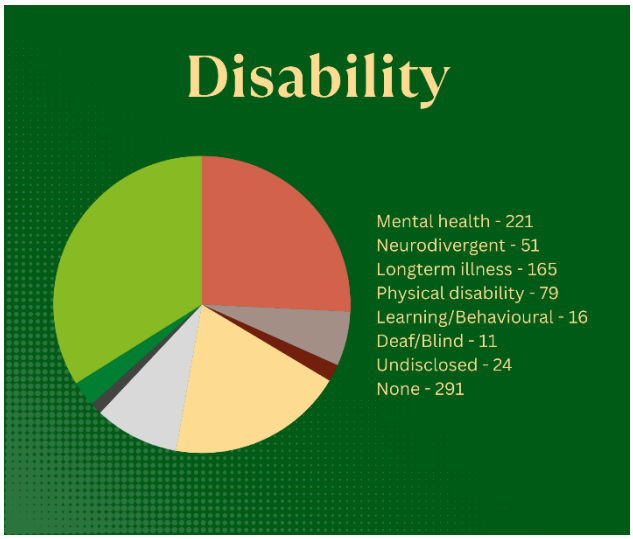
IMPACT AT A GLANCE

In 2025-2026, we delivered sessions to **651 Counselling** clients, **142 ISVA** clients and **12 Group Work** clients and **13 Pre-Trial Therapy** clients.

Client Demographic Data







Ethnicity
56% White British
(33% unstated)

Sexual Orientation
62% Heterosexual
(24% unstated)

Language
75% English
(23% unstated)

We continue to work with local partners and the wider community to reach minority groups who remain under represented in our service user data. This will continue as a major priority into the coming year.

CEO REFLECTIONS

Reflecting on the past twelve months, I am struck by both the scale of need across Northamptonshire and the strength, resilience and commitment that sits at the heart of Northamptonshire Rape Crisis. This has been a year of challenge, growth and continued purpose. As the county's specialist, trauma-informed sexual violence service, free at the point of access, we have remained focused on the people who matter most: survivors of rape, sexual abuse and sexual violence, and those who support them.

During 2025-2026, we supported 651 counselling clients, 142 ISVA clients and 13 clients accessed pre-trial therapy. Behind every number is an individual story of courage. Each person who contacts NRC takes a significant step, often after carrying trauma for months, years or decades. It remains a privilege and a responsibility to ensure that when survivors reach out, they are met with compassion, belief and skilled support.

This year has also reminded us that demand for specialist services continues to rise. Our counselling waiting list remains high, with people waiting on average six months between referral and the start of counselling. While this is difficult to acknowledge, it strengthens our determination to keep improving access, developing our workforce and advocating for sustainable funding. I am grateful to our staff team, our 23 active volunteer counsellors and the five new volunteer counsellors who completed training this year. Their commitment enables us to extend our reach and keep our services available to those who need them.

A particular source of pride has been our continued focus on quality and accountability. Achieving full accreditation once again with Rape Crisis England and Wales reflects the dedication of the whole organisation. The process gave us an opportunity to review our policies, procedures and service user experience, and to make meaningful improvements. Our work continues to be guided by specialist standards, strong governance and our core values: we listen, we believe, we support.

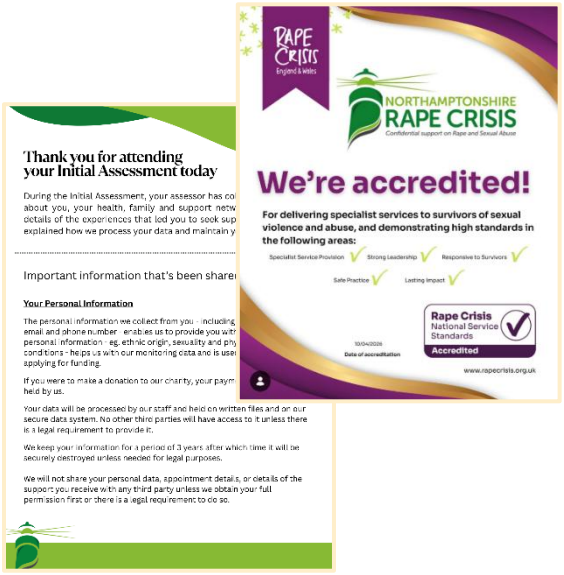
Partnership has remained central to our impact. We have worked alongside local statutory and voluntary sector partners, schools, colleges, universities and community organisations to raise awareness, deliver training and improve pathways of support. Events such as Reclaim the Night, attended by around 150-200 people, highlighted the importance of visible community action and the need to keep conversations about sexual violence, consent and safety firmly in the public space.

We have also taken important steps to strengthen our future. Our refreshed social media approach has already increased visibility and engagement, helping more people understand who we are and how to access support. Looking ahead, our new website, continued outreach and future business planning will be vital as we seek to reach survivors who remain underrepresented, reduce barriers to access and explore the possibility of lowering our service age threshold from 14yrs to 11 years old.

I want to offer my sincere thanks to our trustees, staff, volunteers, funders, partners and supporters. In a challenging funding environment, their belief in NRC has enabled us to remain steady, responsive and ambitious. Most importantly, I want to acknowledge every survivor who has trusted us. Their voices, needs and hopes to continue to shape our work. As CEO, I remain deeply committed to ensuring that Northamptonshire Rape Crisis continues to stand alongside survivors, challenge silence and stigma, and build a county where everyone can live free from the fear and impact of sexual violence.

Our Associations

This year, after a thorough process, we are pleased to have been accredited once again as a full member of the national organisation Rape Crisis England and Wales (RCEW). While undertaking the accreditation process, we performed a thorough review of NRC's policies, procedures and service delivery, making significant improvements to our internal policies and the service user experience.



Our work continues to be guided by RCEW's National Service Standards, as well as our organisational membership of BACP. Our dedicated small staff team, counselling volunteers and NRC's board of trustees continue to work tirelessly to enable us to deliver our trauma informed services, providing 'best value' for survivors of sexual violence and sexual abuse.

Return on Investment

NRC can demonstrate its own value to our local economy in many ways; we are able to evidence that for every £1 we receive from within the county; we are able to bring in an additional £3.25 into the local economy. Our work with clients supports them to remain in employment, supports them to remain in education and enables them to access trauma informed support when they have limited access to mental health intervention, providing they are not in crisis.

In the year to date, we have focused on diversifying funding streams and exploring available opportunities both within and beyond the county. We are grateful for the continued support from the Ministry of Justice, The Office of the Police, Fire and Crime Commissioner and also received grants from West Northants Council, NHS SARC, Lloyds TSB Foundation, Garfield Weston and the Tesco Stronger Starts program. We also received donations from the individual fundraisers on Just Giving and the Co-op Community Fund.

Moving forward, we will continue to strengthen our efforts in individual giving and community fundraising as well as accessing a wider variety of fundraisers, reducing our reliability on one central funder. As part of this commitment, over the coming year we will endeavour to exhaust all viable funding avenues—an undertaking that requires significant time and dedicated resource. We will continue to work and collaborate with partners in the third sector and public sector to achieve our aims.

SERVICES & CAMPAIGNS

We remain the only free-at-the-point-of-access, trauma-informed, specialist sexual violence service in the county, offering support to survivors of sexual violence and sexual abuse, regardless of when an incident occurred. We continue to focus on making our services relevant and accessible to all survivors of sexual violence across Northamptonshire.

1. Counselling

2025-2026 Stats:

5 new volunteer counsellors completed their training and will join us from October 2026.
Currently we have **23** active Volunteer Counsellors.
Average **80 - 100** individuals on the waiting list.
Individuals wait on average **6 months** between referral and the start of their counselling.

2. Volunteer Counsellors

NRC deliver their critical services through a small staff team who are supported by a much larger team of dedicated Volunteer Counsellors. Our Volunteers enable us to reach out to more people and keep our services free.

We asked our team of volunteers to describe the culture at Northamptonshire Rape Crisis in 3 words, here's what they had to say:



3. Group Work and Peer Support

We have continued to run our Psychoeducation Art Therapy groups throughout 2025 and into 2026. The course has run 4 times, with both afternoon and evening times available. It has been our intention to offer this group work in a format that makes it accessible to as many survivors as possible.

In the upcoming year, we will be looking to develop an online version of the 8-week course, once again increasing the accessibility of the psychoeducation and art therapy techniques taught in these sessions to clients who may struggle with transport, childcare and other barriers.

The psychoeducation art Therapy sessions are delivered by HCPC registered Art Psychotherapist Jen Tasker of Green Owl Art Therapy, and kindly funded by the Police Commissioner's Safe and Sound Grant Scheme, aimed at supporting vulnerable individuals across the County of Northamptonshire.

4. Training

In the year to 31st March 2026, we delivered:

- Specialist sexual violence training to 6 groups of new Police Officers
- Training to Lloyds Bank on who NRC are and how to access support
- A trauma informed yoga day retreat alongside AltrLife Yoga
- Peer training for all counsellors on 'working with anger'
- Training on misogyny and consent with 2 local sixth forms; Northampton Academy & Northampton College

5. Partnership Working

Working with a range of local stakeholders on issues relating to sexual violence and abuse is key to ensuring we reach those who either access our services or can share our prevention messages. As a countywide agency we work with partners across Northamptonshire, and in 2025/26 delivered and engaged in the following:

- Ongoing involvement in '16 Days Against Gender Based Violence' led by West Northants Council
- Supported Sexual Violence Awareness Week (February) and No More Week (March)
- An information stands at WNC's International Women's Day event
- Ongoing engagement with Northampton College and Northampton University

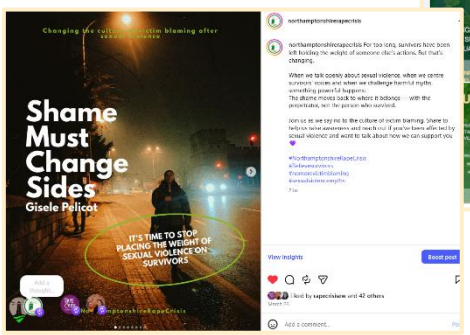
6.Digital Marketing

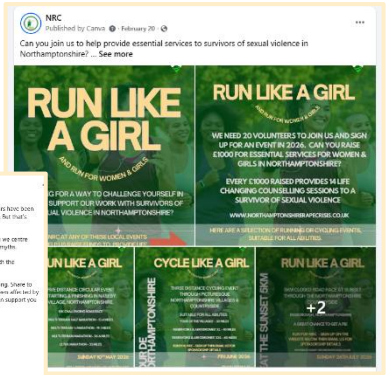
In January 2026 we refocused our approach to social media with the goal of creating a more engaged follower community, improving online branding to create a cohesive and recognisable online presence and updating our digital communications strategy. The new online strategy has three pillars: Educate, Engage and Ask which ensure a wide range of relevant content aimed at survivors, supporters, funders and the general public. We also work to a monthly theme which provides a broad focus whilst also allowing flexibility. Our posts now have a clear purpose.

This strategy is showing signs of success, with increased visibility and engagement across all social platforms. Instagram continues to be our most active platform, followed by Facebook then LinkedIn.

Statistic	Value
Total views	48,415
Follower numbers increase	17%

Follower Breakdown	
Female	84%
Male	16%
Age 13–17	0.2%
Age 18–24	7.4%
Age 25–34	35.7%
Age 45–54	19.9%
Age 55–64	9.8%
Age 65+	1.2%





We will continue this focus on increasing our online presence throughout the coming year, including a complete update of our website and considering new social platforms to reach a younger audience. This work will ensure NRC keeps pace with the latest technological developments, and our message continues to reach new audiences.

7. Reclaim the Night 2025



Our annual Reclaim the Night march and vigil took place on Friday 28th November 2025. Owing to a really positive digital marketing campaign and good weather on the day, the event was well attended, with approximately 150-200 people present. Members of our own staff and volunteer counsellors were in attendance, as well as local Councillors and Mike Reader, MP for Northampton South.



Local news reporters attended and filmed an interview with CEO Dawn Thomas at the start of the march.



Continuing our strong tradition of partnership working, we worked closely with WNC, Northants Police and other local women's organisations to ensure the event was successful, safe, welcoming and inclusive.



The local Co-op on Barry Road kindly provided the starting point for the march and donated drinks which were given out during speeches. We were supported by All Saint's Church to have performances and information stands in the portico at the end of the march.

This event is the pinnacle of the campaigning work we do, highlighting the importance of reaching out into the wider community, talking about the problem of sexual violence in Northamptonshire and beyond, and advertising the services we offer at NRC.

8. Volunteers Week 2025

We celebrated our wonderful volunteer counsellors during Volunteer Week 2025 (2nd-8th June 2025). The day was held at Abington Bowling Club, which included CPD, alongside a terrarium-making workshop where volunteers created their own keepsakes to take home as a reminder of the time spent together.



THE YEAR AHEAD



A defining feature of the year ahead will be the completion of our current multi-year Business Plan (which concludes at the end of 2026) and the implementation of a new Business Plan which will take NRC through to the end of 2031. The focus of the organisation during this period will be expanding our reach to ensure all survivors in Northamptonshire are able to hear about and access our services. We also hope to secure funding to lower the age of service provision from 14 to 11.

The update of our digital marketing strategy will continue throughout the coming year, with the completion of a new website which will be more accessible and user friendly. The refresh of our social media strategy, with its focus on 'educating, engaging and asking', will contribute to the wider organisational goal of reaching more survivors, including those from marginalised communities who are currently underrepresented in our monitoring data.

Alongside our efforts to increase reach, we will continue to focus on service delivery and improving the service user experience. This will include making our popular Psychoeducation Art Therapy course available for survivors to do online and the continued implementation of all requirements/recommendations from the RCEW accreditation process.

We anticipate ongoing political changes to impact the landscape around VAWG funding and await the strategy from the new leadership of the Government. We welcomed Keir Starmer's commitment to halving instances of VAWG by 2034 and will continue to work closely with our local MPs to ensure that focus on VAWG remains and that sexual violence specific services are not left behind in any new strategies.

Considering this, and alongside wider commitments to the ongoing sustainability of the organisation, we will continue to focus on accessing funding from a diverse range of sources and on ensuring the charity remains sustainable, meets demand and takes all opportunities to serve survivors and the wider community in Northamptonshire.

WHAT OUR CLIENTS SAY...



FINANCIAL REVIEW

Financial reports are prepared by the Finance Manager, with support from the Treasurer, and reviewed independently by external accountant, Lorraine Scullion, MAAT.

The Financial position is reviewed monthly by the Treasurer/Chair and presented to Trustees at each bi-monthly Board Meeting.

Principal sources of ongoing funding for the year have remained consistent with earlier years, with continued substantial support from the Ministry of Justice, the Office of the Police, Fire & Crime Commissioner (OPFCC), NHS - SARC and The Lloyds Bank Foundation.

Cost control remains strong with day-to-day resourcing optimised by a mix of full and part-time employees and voluntary counsellors. We continue to adapt to the changing employment landscape, offering a combination of office based and remote working. One positive legacy of Covid-19 is our ability to now deliver services both online and face-to-face enabling clients with limited access to transport or care givers easier access to our services.

We remain grateful to all our independent funders, both locally and nationally, who have enabled the charity to continue to grow and provide essential services throughout this period of ongoing economic uncertainty.

Our restricted reserves policy is to hold between 6-12 months of expenditure, and this is monitored bi-monthly by the Treasurer with regular updates provided at Board Meetings. The reserves policy is reviewed annually alongside the presentation of the budget for the following year to assess if it remains appropriate for the current economic climate and NRC's own circumstances.

The Year Ahead

We anticipate ongoing challenges in the year ahead as we navigate the changing landscape and priorities of our funders and the requirement to meet the needs of a growing cohort of clients seeking support. We anticipate our focus on digital and social media outreach in 2026 to lead to higher numbers of survivors accessing services in the coming months and years.

Our focus remains on our four key areas to ensure our services are available to all who need them, both now and in the future:

- Accessibility
- Prevention
- Sustainability
- Governance & Infrastructure

Governance

Northamptonshire Rape Crisis (NRC) was first registered as a charity in June 1986. In March 2014, the Trustees as the only voting members, converted NRC to a Charitable Incorporated Organisation (CIO) which aligned with the organisational needs. The Trustees have the discretion to accept as members any person over the age of 16 who supports the objectives of the charity.

The Board comprises up to a maximum of eight Trustees as defined under charity law and those serving during the year are listed on page 3.

During 25/26 the Board met approximately every two months. Meetings were held both online and in person.

None of the Trustees have any beneficial interest in the Charity.
The governance framework comprises the systems, processes and internal controls in place to give assurance to the Board that the Charity is complying with the constitution and meeting the Charity's aims and objectives.

The Board is responsible for the business of the Charity subject to compliance with the provisions of the Charities Act 2011 and the constitution for Northamptonshire Rape Crisis Charitable Incorporated Organisation.

Appointing Trustees

New trustees are recruited by the Board based on relevant skills and experience. The recruitment process includes initial screening of CV's, face-to-face interviews and attending two board meetings initially as an observer, respecting the confidentiality by completing an observer agreement. Suitable trustees are formally appointed at the full committee meeting.

In accordance with the requirements of affiliation to Rape Crisis England & Wales, 75% of trustees on the Board shall be women. In addition, the position of Chair and where applicable Vice Chair of the Board of Trustees must be women. All new trustees are provided with a copy of the constitution, the five-year strategy, annual operational plan and last Trustees' Annual Report. Trustees also receive a copy of the Charity Commission guidance for Trustees. Trustees are encouraged to attend appropriate internal and external training events where these will facilitate their understanding of the role.

Leadership

Operational day-to-day management of the Charity is delivered under the direction of the CEO who holds significant experience and relevant specialised skills and knowledge for the key operational activities of the Charity.

Organisation

The Board meets bi-monthly to discuss and approve all major strategic decisions and to review operational progress. An independent clerk minutes the meetings and the CEO attends all Board meetings to ensure a good exchange of information and communication between the operation and the board. During the year there are also strategic development days to ensure the strategic direction remains current and relevant.

Partnerships

We are grateful to be based in a dedicated victims hub provided by the Office of the Police, Fire and Crime Commissioner. This facilitates close working relationships with two other victim focused agencies located within the building: The Sunflower Centre and Voice for Victims. NRC's role as a key partner and provider of essential support services is clear and, together with Voice for Victims and The Sunflower Centre, the local high level domestic abuse agency, we have developed close working relationships with both agencies that benefit our shared client base.

NRC also works with Serenity, Northamptonshire's Sexual Assault Referral Centre (SARC) and is part of the collaboration: Domestic Abuse and Sexual Violence (DASV) Operational Group – North & West. Multi-agency work with both statutory and voluntary agencies continues on a daily basis to enhance the service available to our mutual service users across the county.

We continue to work alongside local schools, colleges and Northampton University, as well as reaching out to community and youth groups, to provide training, resources and signposting.

Risk Assessment and Risk Management

The Board has a fundamental role to play in overseeing the management of risk for NRC. To enable this, the Trustees have a risk management strategy which comprises:

- Bi-monthly review of the risks the charity may face.
- The establishment of systems and procedures to mitigate those risks identified in the plan.
- The implementation of procedures designed to minimise any potential impact on the charity should those risks materialise.

The Board of Trustees regularly review the policies and procedures of the organisation in respect of good governance, mitigation of risk and public benefits and is confident that those in place are robust and reflect good practice. These procedures are reviewed annually to ensure they still meet the needs of the charity.

Budgetary Control and Reporting

Financial monitoring and update reports are produced monthly and presented to the Board every two months.

Employees

The company employs 7 full and part-time staff together with an average of 23 volunteer counsellors.

Going Concern

The Board are of the opinion that Northamptonshire Rape Crisis Charitable Incorporation Organisation has adequate resources to continue in operational existence for the foreseeable future. Looking to the year ahead, we will explore new funding streams, ensuring the sustainability of the organisation via the ongoing diversification of our funding options. The Board continues to adopt the going concern basis in preparing the financial statements.

Trustees' Responsibility in Relation to the Financial Statements

The charity Trustees are responsible for preparing the Trustees annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Policies).

The law applicable to charities in England and Wales requires the charity Trustees to prepare financial statements for each year which gives a true and fair view of the state of affairs of the charity and of the incoming resources and applicable resources, of the charity for the period in preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the applicable Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business

The Trustees are responsible for keeping proper accounting records and disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees confirm that to the best of the knowledge there is no information relevant to the Independent Examination of which the Examiner is unaware. The Trustees also confirm that they have taken necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiner.

The Trustee's Report was approved by the Board on Thursday the 17th September 2026 and signed on their behalf.

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Claire Gogerty
Chair

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted 2026	Restricted 2026	Total 2026	Unrestricted 2025	Restricted 2025
Income from:		£	£	£	£	£
Donations	**1**	*3,799*	*-*	*3,799*	*13,396*	*-*
Charitable Activities	**2**	*78,490*	*337,152*	*423,895*	*56,327*	*342,317*
Investments		*11,921*	*-*	*11,921*	*11,727*	*-*
Other Income		*-*	*-*	*-*	*-*	*-*
Total Income		*94,210*	*337,152*	*431,362*	*81,450*	*342,317*
Expenditure on:						
Raising Funds		*-*	*-*	*-*	*-*	*-*
Charitable Activities						
Employment costs	**3**	*67,825*	*182,271*	*250,096*	*51,278*	*220,161*
Recruitment		*-*	*4,322*	*4,322*	*-*	*2,506*
Volunteer expenses		*-*	*2,003*	*2,003*	*-*	*2,705*
Volunteer Support Costs		*-*	*9,023*	*9,023*	*-*	*11,826*
Training		*-*	*18,467*	*18,467*	*-*	*13,686*
Travel		*-*	*1,841*	*1,841*	*-*	*2,995*
DBS Checks		*-*	*625*	*625*	*-*	*492*
Stationery/postage		*-*	*2,567*	*2,567*	*-*	*2,321*
Telephones		*-*	*3,370*	*3,370*	*-*	*3,306*
Rent/Rates		*-*	*3,600*	*3,600*	*-*	*3,300*
Group Work		*-*	*3,750*	*3,750*	*-*	*10,194*
Sundries		*638*	*-*	*638*	*386*	*12,564*
Publicity/Marketing		*-*	*15,811*	*15,811*	*-*	*16,265*
Cost of generating funds bid writing etc.		*-*	*-*	*-*	*-*	*-*
Furniture & Equipment		*-*	*227*	*227*	*-*	*1,851*
Equipment IT including new website		*-*	*18,227*	*18,227*	*-*	*16,849*
Publications/Subscriptions		*-*	*2,384*	*2,384*	*-*	*-*
Sessional Work		*-*	*60,285*	*60,285*	*-*	*67,970*
Cleaning		*-*	*1,186*	*1,186*	*-*	*904*
Insurance		*-*	*8,105*	*8,105*	*-*	*8,104*
Professional Fees		*-*	*-*	*-*	*-*	*-*
Independent Examinations		*-*	*588*	*588*	*-*	*688*
Trustee Expenses		*-*	*-*	*-*	*-*	*-*
Total Expenditure		*68,463*	*338,652*	*407,115*	*51,664*	*398,687*
Net income/expenditure		*25,747*	*(1,500)*	*24,247*	*29,786*	*(56,370)*
Transfer between funds		*-*	*-*		*-*	*-*
Total funds brought forward		*321,943*	*1,625*	*323,568*	*292,157*	*57,995*
Total funds carried forward		***347,690***	***125***	***347,815***	***321,943***	***1,625***

All income and expenditure derived from continuing activities

The statement of financial activities includes all gains and losses recognised during the year

NORTHAMPTONSHIRE RAPE CRISIS (NRC)

(Charitable Incorporated Organisation)

BALANCE SHEET AS AT 31 MARCH 2026 ***CIO Number: 1156246***

	Notes	Unrestricted 2026 £	Restricted 2026 £	Total 2026 £	Unrestricted 2025 £	Restricted 2025 £
ASSETS:						
Current Assets						
Sundry Debtors	**4**	-	23,096	23,096	262	21,938
Cash at Bank and-in-hand	**5**	347,690	(16,449)	331,241	321,681	- 10,927
		347,690	6,647	354,337	321,943	11,011
Creditors						
Amounts falling due						
within one year	**6**	-	(6,522)	(6,522)	-	(9,386)
		-	(6,522)	(6,522)	-	(9,386)
Net Current Assets		347,690	125	347,815	321,943	1,625
						-
NET ASSETS		**347,690**	**125**	**347,815**	**321,943**	**1,625**

FUNDS

	Notes			31.03.26	31.03.25
		£	£	£	£
Unrestricted Funds	**7 - 8**	347,690	-	347,690	321,943
Restricted Funds	**9**	-	125	125	1,625
		347,690	**125**	**347,815**	**323,568**

-

Approved by the trustees at a committee meeting held on Thursday the 17th September 2026. and signed on their behalf

Claire Gogerty *Chair/Trustee*

NORTHAMPTONSHIRE RAPE CRISIS (NRC)

(Charitable Incorporated Organisation)

FOR THE YEAR ENDED 31 MARCH 2026

PRINCIPAL ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared under the historical cost convention. and in accordance with the Statement of Recommended Practice Charities (SORP) (FRS 102), Accounting and Reporting by Charities issued January 2019, applicable UK Accounting Standards and the Charities Act 2011.

Ultimate Controlling Party

NRC is a registered Charitable Incorporated Organisation controlled and managed by the Management Committee/Trustees individually named in the Annual Report.

Income

Income is brought into account on a receivable basis.

Intangible Income

Intangible income, in the form of donated facilities and voluntary help etc., is not included in the financial statements since it is not considered practicable to quantify such income.

Expenditure

Expenditure is stated inclusive of value added tax, and is brought into account in the year in which it is due. Costs are allocated to functional headings on the bases of direct costs plus overheads on a fair and reasonable estimated basis.

Pensions

The CIO operates a NEST pension scheme.

Reserves

The current reserve policy is to maintain a minimum of 6 months average running costs.

Risk

The trustees do not believe the CIO is subject to any substantial risk beyond the liabilities disclosed in its Annual Report and Accounts.

The organisation has public, employer liability insurance to protect the CIO in case of a claim.

NORTHAMPTONSHIRE RAPE CRISIS (NRC)

(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS

		Unrestricted	Restricted	Total 2026	Total 2025
		£	£	£	£
Donations	***1***				
Gilander Foundation		*-*	*-*	*-*	*400*
Just Giving		*2,784*	*-*	*2,784*	*2,280*
Co-op Community Fund		*500*	*-*	*500*	*1,621*
Peterborough Diocese		*-*	*-*	*-*	*1,000*
Other		*515*	*-*	*515*	*8,095*
		3,799	*-*	*3,799*	*13,396*
Charitable Activities	***2***				
Grants:					
WNC		*-*	*7,828*	*7,828*	*7,840*
Ministry of Justice		*-*	*265,046*	*265,046*	*265,046*
NHS- SARC		*31,327*	*-*	*31,327*	*31,327*
NNC		*-*	*-*	*-*	*2,016*
Lloyds TSB Foundation		*25,000*	*-*	*25,000*	*25,000*
Northants Police & Crime Commissioner		*-*	*54,901*	*54,901*	*54,901*
Horner Foundation		*-*	*-*	*-*	*12,514*
Garfield Weston Foundation		*20,000*	*-*	*20,000*	*-*
Groundwork - Tesco Stronger Starts		*-*	*1,125*	*1,125*	*-*
OPFCC – Safer Communities		*-*	*8,252*	*8,252*	*-*
Other Income		*2,163*	*-*	*2,163*	*-*
		78,490	*337,152*	*415,642*	*398,644*

		Unrestricted	Restricted	Total 2026	Total 2025
		£	£	£	£
Employment Costs	***3***				
Gross Salaries		*47,472*	*176,130*	*223,602*	*243,214*
Employer NI		*11,429*	*6,141*	*17,570*	*18,465*
Employer Pension		*8,924*	*-*	*8,924*	*9,760*
		67,825	*182,271*	*250,096*	*271,439*

No employee earned in excess of £60,000 during the year.

The average number of employees during the year was: 6 (2025:7)

During the year, the trustees received no remuneration, The total expenses reimbursed to the trustees amounts to nil (2025:nil)

NORTHAMPTONSHIRE RAPE CRISIS (NRC)

(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS

		Unrestricted	Restricted	Total 2026	Total 2025
		£	£	£	£
4	**Debtors**				
	Sundry	-	-	-	262
	Pre-paid	-	23,096	23,096	21,938
		-	23,096	23,096	22,200
5	**Cash at Bank**				
	CIO Current No 2 Account	28,668	-	28,668	95,100
	CCLA Account	302,573	-	302,573	215,654
	Cash in Hand	-	-	-	-
		331,241	-	331,241	310,754

		Unrestricted	Restricted	Total 2026	Total 2025
6	**Creditors amounts falling due within one year**				
		£	£	£	£
	Other Creditors	-	(5,772)	(5,772)	(8,586)
	Deferred income	-	-	-	-
	Accruals	-	(750)	(750)	(800)
		-	(6,522)	(6,522)	(9,386)

7 **Unrestricted Funds**

	Opening Balance 01.04.25	Movement In	Movement Out	Transfers	Closing Balance 31.03.26
	£	£	£	£	£
General Reserve	321,943	94,210	(68,463)	-	347,690
	321,943	94,210	(68,463)	-	347,690

8 **Designated fund**

There are no designated funds at present

NORTHAMPTONSHIRE RAPE CRISIS (NRC)

(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS

9 Restricted Funds

	Opening Balance 01.04.25	*Movement In*	*Movement Out*	*Transfers*	*Closing Balance 31.03.26*
	£	*£*	*£*	*£*	*£*
Ministry of Justice	*-*	*265,046*	*(265,046)*	*-*	*-*
Northants Police & Crime Comm	*-*	*63,153*	*(63,153)*	*-*	*-*
WNC	*-*	*7,828*	*(7,828)*	*-*	*-*
NADASA	*1,625*	*-*	*(1,625)*	*-*	*-*
Tesco Stronger Starts	*-*	*1,125*	*(1,000)*	*-*	*125*
	1,625	*337,152*	*(338,652)*	*-*	*125*

Ministry of Justice grant is to provide counselling sessions

Northants Police, Fire & Crime Commissioner - Towards ISVA and sessional and Safer Communities – Kettering counselling costs (to reduce waiting list).

WNC - Towards Client Assessor costs

NADASA - Funds held for NADASA

Tesco Stronger Starts - To support clients emotional wellbeing utilising arts and crafting

8 Ultimate Controlling Party

The Charity is controlled by the board of Trustees who are listed in the Trustees' Annual Report

Independent Examiners Report

Independent Examiner's Report to the Trustees of:
NORTHAMPTONSHIRE RAPE CRISIS
Charitable Incorporated Organisation Number: 1156246
I report on the accounts of the CIO for the period 01.04.25 – 31.03.26, which are set out on the attached pages 18 to 23

Respective responsibilities of trustees and examiner
The 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 and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act 2011 and section 4(1)(c) of the Charities Act
- Follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.
- State whether particular matters have come to my attention.

Basis of independent examiner's statement
My examination was carried out in accordance with 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 of 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 2011 Act: and

- To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have 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.

LJScullion

Lorraine Scullion MAAT
23rd October 2026