REGISTERED CHARITY NUMBER: 1160787

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 25 February 2026

for

Support A Survivor of Torture

Support A Survivor of Torture

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for the Year Ended 25 February 2026

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Report of the Trustees
for the Year Ended 25 February 2026

The trustees present their report with the financial statements of the charity for the year ended 25 February 2026. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Public Benefit

Our work is of public benefit because it supports asylum seekers and refugees who have experienced torture and/or sexual abuse and are in conditions of need due to financial hardship, physical and/or mental health problems or other disadvantage.

More specifically, the charity assists with access to medical and legal services, emergency funding and therapeutic support. The aim is to help victims turn the corner into survivors who can imagine a future. Intervening at an early stage prevents decades of despair, self-harm and dependency.

Furthermore, the charity looks for structural ways to improve the experience of asylum seekers, including rejected asylum seekers.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Support A Survivor of Torture (SAST) takes a holistic, survivor-led approach, offering assistance that helps to break the cycle of stigma experienced by survivors of torture and abuse, and creates a supportive environment for recovery.
Over the last 12 months SAST has continued to be a weekly lifeline for very isolated and traumatised individuals, addressing mental health and physical problems in the aftermath of conflict and torture in detention. When they come to us they are often suicidal, without warm clothes and unable to access services because they don't speak English. We offer English classes, group counselling, therapeutic art, a hot meal - and a chance to make friends.

During 2025, SAST ran its weekly psycho-social support group for approximately 44 (40 men & 4 women) male and female torture survivors. The offering involved basic English classes, group and individual counselling sessions in the survivors' mother tongue, therapeutic art lessons and a hot meal, as well as reimbursement for travel costs. In addition to this, a part time case worker supplied other kinds of support, such as facilitating access to medical services, housing services and help to fill in HC2 forms for free medical prescriptions.

Between 26 February 2025 and 25 February 2026 SAST delivered

- 42 weekly group meet-ups including 02 workshops for around 44 survivors, with hot food provided and travel costs covered. In addition to the 40 group meetings, we had 5 outings during this period. When funding by the US government was temporarily suspended, we had 02 online sessions due to the suspension of funding - while we held a review to determine how to offer the best services for participants under a difficult funding period.

- 81 English lessons
- 73 therapeutic art sessions
- 256 individual counselling sessions
- 76 group counselling sessions.

The charity
- Assisted individuals with 24 HC2 forms
- Supported the 2 UK participants and one staff member of the flood affected families in Sri Lanka. We provided a small amount of emergency support to purchase food and clothing to be sent to their families.
- Provided 04 survivors with emergency funding
- Assisted individual with 06 NASS Applications
- 32 Participants were given cash gifts for Diwali festival from an individual donor
- 34 Participants were given cash gifts for Christmas from an individual donor
- 01 participant was helped to get a new prosthetic leg from NHS
- 29 Participants were provided winter clothes
- 01 participant was provided continued support as he is at the risk of becoming homeless and destitute. Through our network, we found him emergency, temporary accommodation and his health has improved significantly.

SAST's inclusive environment has provided survivors with a safe space, enabling them to address their issues without feeling guilt or shame. Participants feel supported in their journey towards recovery and finding understanding and comfort together. We regularly ask for feedback from participants and overall, they report that SAST has created a safe environment where they are free from judgement and all the activities have contributed to their resilience in overcoming daily life challenges.

SAST staff and volunteers

Other changes were implemented as a result of aid cuts and while we applied for other funding. We pared back our programme to lower our monthly running costs dramatically, and this meant formal consultations with staff and consultants to discuss the need to reduce the hours of PAYE staff and letting go of contract workers. A significant change was the decision to not have a social worker consultant, relying on the project manager to support participants at the Thursday meetings. Clinical supervision was also reduced. These changes vastly reduced our figure in expenditure for social work as reported below.

We have however, been able to call on volunteers to assist us with running the programme such as teaching English and art, and in the preparation of accounts, and in helping to run events.

Funders and donors

In the light of disruption of funding, the charity has intensified its fundraising efforts and identified new sources and secured sufficient funding to continue operations. We are extremely grateful to the trusts and foundations and individuals that now support our work.

Plans for 2026-27

We continue to fundraise and provide essential support for our participants. In addition to our regular once weekly meetings, we have planned several celebrations, workshops and celebration events.

Private donors give financial support to allow for celebrations for New Year, Harvest festival, Diwali festival, and remembrance events.

FINANCIAL REVIEW

Financial position

Income received for the financial year was £262,940. Of this, grant income totalled £233,047. The grants are unrestricted. Private donations totalling £29,354 with gift aid, are also unrestricted and tend to be used to support survivors and their families in emergencies or for celebrations and special days of remembrance.

We enjoy tax exemption on our activities as all funds are spent on our charitable aims. We are unable to reclaim VAT input tax on our costs as we are exempt for VAT purposes. We pay tax as an employer through the national insurance contributions we make. We make contributions to Nest pension scheme based on the requirements of the Pensions Regulator for automatic enrolment of all staff.

Reserves policy

The charity has been able to build up reserves due to unrestricted and generous support from private donors. The policy has been to ensure that there would be a minimum of 3 months of running costs (average £16,500 per month last financial year) at any one time to be able to continue services and to assist individuals in emergencies while searching for additional funding. This was a valuable policy when the charity was impacted by the stop work orders issued by the US Government at the end of January 2025.

Going concern

The grant with the US Government was not renewed at the end of September 2025. The charity has therefore made some changes to the monthly average spend, limiting it to £10,000. This ensures the weekly meetings for participants continue to take place with a hot meal, assistance with forms, counselling and activities. The charity has sufficient reserves at the end of the financial year to be able to continue operating while applications are made and appeals sent out to private donors.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation controlled by its governing document, a deed of trust.

All participants sign a code of conduct and a privacy notice that is GPDR compliant.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Charity number
1160787

Principal address
Suite 94
95 Wilton Road
London
SW1V 1BZ

Trustees
F Carver
Ms M Crowther – Chair
K Pathmanathan
Susan Mary Wates MBE

REFERENCE AND ADMINISTRATIVE DETAILS
Independent Examiner
Louise Hallsworth FCA
Affinia (Orpington)
Lynwood House
Crofton Road
Orpington
BR6 8QE

Approved by order of the board of trustees on 24 July 2026 and signed on its behalf by:



Madeleine Crowther - Trustee

Independent examiner's report to the trustees of Support A Survivor of Torture
I report to the charity trustees on my examination of the accounts of Support A Survivor of Torture (the Trust) for the year ended 25 February 2026.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Louise Hallsworth FCA (Senior Statutory Auditor)
For and on Behalf of Affinia
Chartered Accountants
Lynwood House
Crofton Road
Orpington
BR6 8QE

Date: 03/08/2026

Support A Survivor of Torture

Statement of Financial Activities
for the Year Ended 25 February 2026

	Notes	25.2.26 Unrestricted fund £	25.2.25 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		262,940	209,537
EXPENDITURE ON			
Charitable activities			
Psychological		69,097	65,743
Social Work		35,397	108,072
General Expenses		92,326	71,013
Total		196,820	244,828
NET INCOME/(EXPENDITURE)		66,120	(35,291)
Net movement in funds		66,120	(35,291)
RECONCILIATION OF FUNDS			
Total funds brought forward		58,527	93,818
TOTAL FUNDS CARRIED FORWARD		124,647	58,527

The notes form part of these financial statements

Balance Sheet
25 February 2026

	Notes	25.2.26 Unrestricted fund £	25.2.25 Total funds £
CURRENT ASSETS			
Debtors	4	6,011	4,126
Cash in hand		121,773	62,492
		127,784	66,618
CREDITORS			
Amounts falling due within one year	5	(3,137)	(8,091)
NET CURRENT ASSETS		124,647	58,527
TOTAL ASSETS LESS CURRENT LIABILITIES		124,647	58,527
NET ASSETS		124,647	58,527
FUNDS	6		
Unrestricted funds		124,647	58,527
TOTAL FUNDS		124,647	58,527

The financial statements were approved by the Board of Trustees and authorised for issue on 24 July 2026 and were signed on its behalf by:



Madeleine Crowther - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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

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

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

There are no restricted funds.

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

2. TRUSTEES' REMUNERATION AND BENEFITS

Trustees' expenses

There were no trustee's expenses paid for the year ended 25 February 2026 nor for the year ended 25 February 2025.

3. STAFF COSTS

	£
Wages	69,799
Social Security Costs	429
Pension	1,475
Total	**71,703**

£
The key management personnel of the charity comprise the trustees. No remuneration, employee benefits, or reimbursement of expenses were paid to key management personnel during the year.

The average number of employees during the year was 3 (2025: 3).

No employees received employee benefits (excluding employer pension contributions) exceeding £60,000 during the reporting period.

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4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	25.2.26	25.2.25
	£	£
Other debtors	6,011	4,126

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	25.2.26	25.2.25
	£	£
Other creditors	3,137	8,091

6. MOVEMENT IN FUNDS

	At 26.2.25	Net movement in funds	At 25.2.26
	£	£	£
Unrestricted funds			
General fund	58,527	66,120	124,647
TOTAL FUNDS	58,527	66,120	124,647

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	262,940	(196,821)	66,120
TOTAL FUNDS	262,940	(196,821)	66,120

continued...

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 26.2.24 £	Net movement in funds £	At 25.2.25 £
Unrestricted funds			
General fund	93,818	(35,291)	58,527
TOTAL FUNDS	93,818	(35,291)	58,527

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	209,537	(244,828)	(35,291)
TOTAL FUNDS	209,637	(244,828)	(35,291)

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 25 February 2026.

Detailed Statement of Financial Activities
for the Year Ended 25 February 2026

	25.2.26 £	25.2.25 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	25,733	29,203
Gift aid	3,621	4,126
Grants	233,047	175,731
Other income	539	477
	262,940	209,537
Total incoming resources	262,940	209,537
EXPENDITURE		
Charitable activities		
Survivors Travel	57,485	59,263
Training and supervision	10,492	22,755
Rent, light and heat	960	4,095
Food	15,729	22,331
Fees	34,595	63,960
Project management	42,583	27,643
General Expenses	12,123	13,407
Survivor Support	1,840	-
	175,807	213,454
Support costs		
Finance		
Administration	15,525	12,400
Accountant's work	3,916	6,567
	19,441	18,967
Information technology		
Online services	252	1,278
Governance costs		
Auditors' remuneration	1,320	1,380
Legal Expenses	-	9,749
	1,320	11,129
Total resources expended	196,820	244,828
Net income/(expenditure)	66,120	(35,291)