

Trustee's Annual Report

1st November 2024 – 31st October 2025

The Trustees of the Charity for Action on Spiritual Abuse CIO present their annual report and accounts for the year ended 31 October 2025 and confirm that they have prepared this report with regard to the requirements of the Charities Act 2011 and the Charities SORP (FRS 102), as applicable to the charity.

The Trustees have complied with their duty to have due regard to the Charity Commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Foreword by Chair of Trustees

It is my pleasure to present the Charity for Action on Spiritual Abuse Annual Report for 2024/25. This has been a year of significant progress as we have continued to strengthen our support for those affected by spiritual abuse and religious trauma while building the foundations for the charity's future growth.

Throughout the year, we have remained committed to providing confidential, independent and specialist support to survivors from all faiths and none, ensuring that our services remain free to those who need them. Alongside developing our support services, we have continued to work with both faith and secular organisations through training, research, and consultancy, helping to raise awareness of spiritual abuse and promote healthier, safer cultures.

A particular highlight has been the continued development of the Safeguarding in Faith Knowledge Exchange Hub and Journal Initiative, bringing together survivors, practitioners, academics and faith leaders to share learning, strengthen evidence-informed practice and improve safeguarding across faith contexts. We look forward to the launch of this initiative later this year.

The exceptional feedback from those who have accessed our support services reminds us why this work matters. Survivors consistently describe feeling heard, understood and empowered, reflecting the compassion, expertise and dedication of our staff and volunteers.

As we look ahead, we remain committed to a survivor-centred, trauma-informed approach, continuing to raise awareness of spiritual abuse, strengthen safeguarding practice and advocate for healthier faith communities. My sincere thanks go to our staff, volunteers and fellow Trustees, whose commitment and professionalism continue to make a meaningful difference in the lives of those we serve.

Leigh McFarlane
Chair of Trustees

1.Structure, Governance and Management

The charity trustees are responsible for the strategic management of the Charity for Action on Spiritual Abuse CIO and meet regularly to oversee governance, strategy, risk, safeguarding, finance, and organisational development. The charity is managed in line with its constitution as a Charitable Incorporated Organisation.

Trustees are appointed in accordance with the constitution. In making appointments, the trustees have regard to the skills, knowledge and experience needed for effective administration of the CIO, including safeguarding, finance, governance, lived experience, research, organisational leadership, and charity management.

Every trustee will be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

2. Reference and Administrative Details

Charity for Action on Spiritual Abuse CIO is a Registered Charity (Charitable Incorporated Organisation) in England and Wales (1195846)

Registered Office

24 Nun Street

St David's

Haverfordwest

Pembrokeshire

SA62 6NT

Trustees 2024/25

Professor Lisa Oakley (Chair of Trustees) (Appointed as a first Trustee)

Ruth Appleton (Appointed August 2023)

Maryyum Mehmood (Appointed September 2024)

3.Objectives and Activities.

a) The Purposes of Charity for Action on Spiritual Abuse CIO.

The charitable objects of Action on Spiritual Abuse CIO are:

1. To protect and preserve the physical and mental health and relieve the needs of people who have suffered abuse and trauma, including spiritual abuse, within a religious context, through the provision of support and practical advice.
2. To advance the education of the public on the subject of abuse, trauma, and spiritual abuse within religious contexts, and to promote research for the public benefit in all aspects of that subject and to disseminate the useful results.

For the purpose of these objects 'spiritual abuse' is a form of emotional and psychological abuse characterised by a systematic pattern of coercive and controlling behaviour in a religious context or religious rationale.

b) The Main Activities Undertaken in Relation to those Purposes.

i). Support Service

We support people in the UK who have experienced harm in spiritual or religious settings. This includes:

- Survivors and victims of spiritual abuse
- People who have been harmed through religion or a spiritual group, even if they wouldn't say they experienced abuse
- People who are supporting others who have been harmed through religion or a spiritual group
- People who are concerned about an unhealthy or abusive organisation or community

All support given is:

- Confidential – All calls are confidential (unless there is a concern that the client or someone else is at risk of harm. In which case we will discuss any safeguarding action we need to take together with the client.)
- Independent – Some of our volunteers have a faith, and others don't. But whatever their beliefs, our volunteers are independent to any denomination or faith community. As an organisation we operate independently too.
- Multi Faith and no faith – Our volunteers understand all faiths and no faith. We provide support wherever you are at.
- From Lived Experience – lived experience of abuse and trauma within faith is central to everything we do, and the people we support value the fact that we "get it."
- Inclusive – We support people regardless of race, gender identity, sexual orientation, age, disability, or background. If you need any special adjustments made, just ask. We also support people regardless of their theological position on any of these protected characteristics.
- Open ended – from experience individuals we support, all have different support needs, need to take things at their own pace and need a differing length of time of support. We also are aware that people may need to revisit us in the future, so we are always available if people need to come back for more support as life events occur or life changes.
- Free to Survivors – All of our services are free to survivors. If an organisation wishes to refer people to us where there has been harm in that organisation, there is an expectation that the organisation will pay for the cost of that support.

ii). Equipping and Awareness Raising

Training courses for faith organisations and secular organisations.

We deliver training for faith organisations, statutory services, and voluntary organisations. Our training supports organisations to understand spiritual abuse, recognise its impact, respond appropriately to survivors, and build healthier cultures.

Spiritual abuse: coercion and control within a religious context – recognising, responding, and supporting well within healthy cultures.

This course explores issues of Spiritual Abuse: Coercion and Control within Faith Organisations and Communities. It covers how to recognise spiritual abuse, how to respond well and how to support well and the importance of policy, procedure, and practice in achieving this. The course also explores the impact of spiritual abuse and what needs to be considered when supporting survivors. In addition, the course explores preventing Spiritual Abuse through building healthy Faith Culture.

Supporting those who have experienced abuse and trauma within faith.

This course provides an in-depth exploration of the survivor journey from recognition through disclosure and response, to accessing support and therapy. The course explores the impact of abuse and trauma within faith and the support needs associated with this impact. The course examines best practice, research messages, and survivor voice to enable effective support.

This course can be run with a Faith Organisation focus or with a Secular Organisation focus.

There is also scope for this course to be further specialised to focus on Police, Social Services or Health functions.

Awareness raising and preventive training: healthy faith awareness, prevention, and seeking support.

When young people first leave home and make their first steps into the world with less support from significant adults this can bring vulnerability.

This Awareness Raising and Preventative training will equip young people in their understanding of what healthy faith organisations look like and where they can seek support if they have concerns.

iii) Supporting Research and Knowledge Exchange

Action on Spiritual Abuse has continued to strengthen research and knowledge exchange in the field of spiritual abuse and religious trauma. The charity supports ethically approved research by sharing calls for participants where projects demonstrate appropriate safeguards for victim-survivors and a commitment to disseminating learning for practice development. Alongside this, the Spiritual Abuse Researchers Hub provides a supportive space for postgraduate researchers to connect, reflect on the specific challenges of researching spiritual abuse and religious trauma, and reduce the isolation that can accompany work in this specialist field. In September 2024, the charity began hosting the Safeguarding in Faith Knowledge Exchange Hub and Journal initiative. In September 2025, the charity received

funding to begin work in earnest in setting up the charity also brings together survivors, practitioners, academics and faith leaders to share learning, develop evidence-informed responses and promote safer, healthier spiritual and religious environments.

3. Achievements and Performance

In August 2024 Trustees recognised the capacity issues within the charity and especially the support service meant that the current operational model needed to change to meet demand. It was decided to move from a support line operational model to a support session operational model. It was agreed to develop a more formal operational model, to develop the infrastructure to support this and to pilot this before implementing fully. This has been a primary strategic objective for 2024/25 for the charity along with an organisational growth strategy to build capacity.

As part of the organisational growth strategy the Charity submitted a grant application to the Comic Relief Organisational Growth Fund. The purpose of this grant was to strategically reposition the charity for organisational growth and resilience, ensuring capacity meets increasing demand.

Redevelop support services to:

- improve the efficiency and resilience of the service
- increase capacity to support more beneficiaries
- improve the quality of support offered
- improve volunteer recruitment, training, and management processes
- Guarantee the financial sustainability of the service

In February 2025 we were notified that we had been successful and began grant delivery in late March 2025

Between March 2025 and October 2025, the charity has made strong progress in building its foundations for growth. A new six-session support model and CRM system have strengthened service delivery and impact measurement. Volunteer systems, governance, and infrastructure have also been developed, alongside increased income through donations and newly commissioned services processes. In October 2025, the charity began recruitment of support service volunteers.

a). Support Service Performance

The operational model for the delivery of support services has changed since the last Annual Report. The data from the Support Service this year is not directly comparable with previous years for this reason.

This year (Nov 1st, 2024, to Oct 31st, 2025) there have been 75 enquiries for support made with Charity for Action on Spiritual Abuse.

124 support sessions have been delivered to 45 people over the course of the year.

These support sessions have been delivered by a part-time employee and a part-time volunteer as part of their wider roles in the organisation.

Public Benefit of Support line

As part of the Comic Relief Organisational Growth the charity has developed a more comprehensive system of feedback from beneficiaries. This includes feedback after each individual support session and at the end of their support.

Feedback from Those We Support

This year, we gathered feedback from 40 individuals who accessed our support services. Their responses reveal the significant impact of specialised, compassionate support for spiritual abuse survivors.

End of Session Feedback (27 responses - immediate feedback after first contact)

★★★★★ (4.89/5) — Experiences heard and understood
★★★★★ (4.85/5) — Suggestions and advice appropriate
★★★★★ (4.76/5) — Resources helpful
★★★★★ (4.85/5) — Volunteer knowledgeable

The immediate feedback reveals that our first contact creates a consistently powerful experience. Clients consistently reported feeling better supported and understood.

End of Support Feedback (13 Responses – final feedback after final support session).

As part of feedback at the end of support clients were asked if there were any messages that they would consent to share publicly. The key messages are summarised below.

The feedback at the end of support confirmed the messages in the End of Session Feedback around the significant impact of specialised, compassionate support for spiritual abuse survivors.

As one person reflected:

> *"I found time with the volunteer to be extremely helpful and validating. There is great power in feeling heard and understood."*

Many clients told us they had exhausted other mental health services before finding us. One explained:

> *"I got more out of 2 sessions with the volunteer than with 4 different therapists."*

Feedback suggests this is due to spiritual abuse requiring specialised understanding. As one client put it:

> *"It was a relief to talk to someone who understood they dynamics of my situation in a world where difficulties in religious contexts are rarely talked about."*

End of Support Feedback (13 responses — after longer-term engagement)

★★★★★ (5.00/5) — Experiences heard and understood
★★★★★ (4.85/5) — Suggestions and advice appropriate

★★★★★ (4.82/5) — Resources helpful
★★★★★ (4.85/5) — Volunteer knowledgeable
★★★★★ (5.00/5) — Communication well over email/text
★★★★☆ (4.69/5) — Happy with access time

The perfect scores on being heard and communication quality underscore the depth of connection our volunteers establish over time. Clients valued both the practical resources and the emotional support. One described it as:

> *"Being heard. Understanding. A professional level of reciprocity. The knowledge & sharing of relevant resources to research & think about. Encouragement to think for oneself."*

Another reflected on the lasting impact:

> *"This service has enabled me to address trauma and move on in a very healthy way. I feel freer than before."*

One client captured the broader significance:

> *"I am extremely grateful that there is an organisation out there that recognises an experience that I became very aware of and needed to talk through with someone. This charity provided that person, who listened, understood, had the experience & knowledge to remain professional whilst having open conversation and to share relevant information & resources to encourage me to think for myself."*

Overall Impact: ★★★★★ (4.85/5 average across all metrics)

The consistent message from our feedback indicates that the service is addressing a significant need among those accessing support.

The people we serve have often exhausted other options. They come to us seeking specialised understanding—and report improved wellbeing and understanding following engagement with the service. As one client stated:

> *"I am indebted to the work of the charity. They understand and can empathise with the topic of spiritual abuse in a way in which I was never able to find with therapists and counsellors elsewhere, either Christian or secular. The topic of spiritual abuse is often so poorly understood or dealt with. There is a huge gap in the charitable sector."*

In addition to feedback after each session and at end of support, each client is invited to take part in a regular beneficiary consultation group to involve clients in service development.

Beneficiary Consultation Group Feedback on Support Services

Feedback from beneficiaries highlights a consistently high level of satisfaction with the charity's support services, particularly the depth of understanding and empathy offered.

Survivors strongly value the organisation's specialist knowledge and lived experience, which enables them to feel heard, understood, and validated. One participant shared:

> *"I have found huge value from my interactions with the charity,"*

while another described the service as providing

> *"huge relief when understood and validated."*

Beneficiaries emphasised the importance of being supported by those who understand the complexities and nuances of spiritual abuse, noting that the charity creates a sense of community and reduces isolation. As one contributor reflected,

> *"Knowing a community exists… and that people are there to listen is absolutely magnificent."*

Feedback also highlighted the organisation's positive approach to engagement and learning, with appreciation for being consulted and listened to:

> *"I really appreciated your openness and willingness to hear what's working well and what could be improved."*

Overall, beneficiary feedback reinforces that the charity's support is impactful, compassionate, and uniquely placed, while also providing clear direction for future development and growth.

Areas for Development highlighted by Beneficiaries

Alongside this strong positive feedback, beneficiaries identified opportunities for further development. Key themes included increasing awareness and visibility of the service so more people can access support and developing opportunities for peer support and community to reduce isolation. There was also a desire for more resources, including guidance on navigating changes in faith, directories of counsellors, and support for longer-term recovery. Expanding practical support around advocacy, complaints processes, and transitions (such as joining new faith communities) was also identified as an important area for future development.

These suggestions have been used to create funding proposals for service development in these areas. The charity is actively seeking funding to develop services in line with feedback from beneficiaries.

Future Plans

The charity will now focus on expanding reach and deepening impact. The organisation will roll out its new support model, continue to recruit and train volunteers, and develop additional services informed by beneficiary feedback. Alongside this, it will continue to grow income through commissioned services and fundraising, while increasing its public profile through media, partnerships, and research activity.

b). Online Presence, Marketing and Communications

Website activity has grown significantly over recent years. In 2021/22, the site recorded 879 visits and 3,121 page views, increasing to 5,663 new users and 11,390 page views in 2022/23, and 4,627 new users generating 13,522 page views in 2023/24. This upward trend reflects increasing reach and engagement. Supported by funding from the Comic Relief Organisational Growth Grant, the website has since been reviewed, redeveloped, and successfully relaunched in January 2025 to further enhance visibility and impact.

Website traffic and engagement have shown encouraging growth over this year. The site attracted 4,739 active users, with 691 visitors in the 90-day period between August 1st, 2025, and October 31st, 2025. This represents a 40.4% increase on the previous period, indicating growing awareness and reach. Engagement levels remain positive, with an average engagement time of approximately 60 seconds per user and a bounce rate below target at around 38%, suggesting visitors are finding relevant and meaningful content. Traffic continues to be driven primarily by direct visits and organic search, demonstrating increasing brand recognition alongside improved online visibility following the rebrand and marketing activity.

The Comic Relief Grant also includes a focus on increasing visibility through creating PR opportunities. The charity has created a range of new PR opportunities to strengthen its visibility and credibility. This includes a feature on BBC Radio Wales, contributing to a national conversation on safeguarding and spiritual abuse, as well as involvement in an upcoming academic publication on a person-centred approach to spiritual abuse. Alongside this, the organisation is actively developing further media opportunities, including radio, podcasts, and written articles.

Future PR activity is being supported through the relaunch of the website, ongoing content creation, and the planned introduction of survivor stories (with consent), which will be used across media, campaigns, and funding communications to increase awareness and engagement.

Online Resources

A small number of resources have been reviewed within the website review delivered through the Comic Relief Organisational Growth Grant. A blog has been developed by one of our Trustees with accessible information around Spiritual Abuse, Spiritual Abuse Impact and Recovery.

Social Media

Action on Spiritual Abuse has increased its presence on social media by developing a content plan for 5-week blocks of social media posts. This has created a more consistent social media presence.

This has been part of a wider development of a Marketing Strategy under the Comic Relief Organisational Growth Grant.

As a small charity capacity remains a challenge in the delivery of regular consistent communication.

Action on Spiritual Abuse has 724 followers on Linked In, 439 on our Facebook Page and 20 on Instagram. Instagram is a new social media account, and it is expected to grow in followers in the next year.

Blog

The Blog remains another underused communication tool, and the development of a monthly blog will be a future priority, but high levels of demand and low staff capacity has meant there has not been the focus necessary in this area.

Email updates

The development of monthly email updates for our subscribers list of 110 has been a vital communication tool for 2024/25. Development of an increased subscriber list has been a key marketing priority this year. Processes and systems have been established to deliver a regular and consistent monthly email updates have been delivered. High levels of demand and low staff and volunteer capacity have continued to present challenges in delivery here.

In 2025/26 it will be necessary to increase capacity for delivering consistent social media and the marketing strategy. The potential for Volunteer Content Creator role is being explored. The website content will be kept under review.

Action on Spiritual Abuse plans to develop a Survivor Voice blog as a central platform for amplifying lived experience, ensuring that survivors' perspectives directly inform public awareness, policy, and practice. This blog will provide a safe, moderated space where survivors can share their stories, reflections, and insights in their own words, helping to break silence, reduce stigma, and foster community. Alongside personal narratives, the blog will feature themed contributions, creative expression, and survivor-informed commentary on safeguarding and recovery, all guided by trauma-informed principles and robust consent processes. By prioritising accessibility, sensitivity, and empowerment, the initiative aims not only to honour survivor voices but also to shape learning and influence change across faith and organisational contexts

Future Plans

Public Benefit of Online Presence and Communications

There is increasing awareness of the work of Action on Spiritual Abuse CIO, although it is recognised that further progress is still needed. More people are now accessing information about abuse and trauma within faith contexts and feel better equipped to support themselves and others. Ongoing development and promotion of the website and online resources, together with the consistent delivery of the marketing strategy, will continue to expand reach and enhance public benefit in the future.

c). Equipping and Awareness Raising

i). Training Development and Delivery

Training packages and workbooks have been developed for:

- Spiritual abuse: coercion and control within a religious context – recognising, responding, and supporting well within healthy cultures.

- Supporting those who have experienced abuse and trauma within faith.
- Awareness raising and preventive training: healthy faith awareness, prevention, and seeking support.

Twenty-three courses have been delivered to a variety of faith organisations and statutory organisations this year reaching over 315 delegates. 10 courses have been funded by the National Lottery Community Fund. 87 delegates from Statutory Services and Faith organisations have been trained. There has been excellent feedback alongside some suggestions for improvement. The Training package and workbook have been regularly reviewed in relation to feedback and suggestions for improvement.

In addition, 8 short webinars have been delivered to introduce topics around Spiritual Abuse and survivor support in bitesize 1-hour webinars. This has reached 75 delegates.

Training Feedback

Feedback from participants consistently highlighted the depth, authenticity, and impact of the training. Attendees valued the balance between theory and real-world application, noting that the sessions were "well organised…with a good range of content and expertise" and offered "an in-depth introduction and understanding of spiritual abuse." The inclusion of lived experience was particularly powerful, helping to bring complex concepts to life and deepen understanding. Many participants also appreciated the interactive structure, with opportunities for discussion and reflection that encouraged them to consider their own practice and organisational context.

A recurring theme in the feedback was the credibility and approachability of the trainers, whose combination of professional insight and personal experience created a strong sense of trust and engagement. As one participant reflected, *"The personal experiences of the trainers made a world of difference to me as a learner… this training felt so much more authentic, impactful and meaningful."* Another commented, *"The voice of the survivor made theory come alive… it is so valuable."* Overall, the training was widely described as thought-provoking and transformative, equipping participants with practical knowledge and renewed confidence to recognise and respond to spiritual abuse in their roles.

Public Benefit of Training

The charity's training programme delivers clear public benefit by increasing awareness and understanding of spiritual abuse among professionals, volunteers, and faith communities, equipping them to better safeguard individuals and promote healthier cultures. Feedback demonstrates that participants gain practical knowledge and confidence to identify, prevent and respond appropriately to harm. Attendees consistently describe the training as "an in-depth introduction and understanding of spiritual abuse" and highlight its relevance to their roles, with many reporting that they will apply learning directly in their work and share it with colleagues.

A distinctive feature of the training is the integration of lived experience alongside professional expertise, which participants report as particularly impactful in deepening empathy and understanding. As one attendee noted, "The personal experiences of the trainers made a world of difference… more authentic, impactful and meaningful," while

another stated, "The voice of the survivor made theory come alive." This approach helps ensure that learning is not only theoretical but grounded in real-world contexts, enabling participants to recognise subtle forms of harm and respond with greater sensitivity and effectiveness.

Through delivering accessible, high-quality training that is interactive, reflective, and rooted in both research and lived experience, the charity contributes to the prevention of abuse, the support of survivors, and the development of safer organisational practices. This demonstrates clear public benefit by strengthening safeguarding capacity across a range of sectors and helping to protect individuals and communities from harm.

Future Plans

It has been recognised that there is a need for a more strategic approach to learning, development and awareness raising to expand the training offer from live facilitated day training and incorporate modular approaches, e-learning and awareness raising resources such a 7-minute briefings, explainer videos and resources to generate discussion in team meetings.

It has also been recognised that as the multi faith aspects of our work increase there is a need to consider wider audiences and faith contexts.

Considering this the Charity will be reviewing its training offer and developing a training development and delivery strategy in 2025/26

e). Consultancy

Learning Reviews

During the year, Trustees undertook a review of the charity's activities to ensure that they remain sustainable, focused and aligned with the areas of greatest impact. It has been recognised that the delivery of learning reviews requires significant capacity both in terms of time and emotional well-being. It has therefore been decided to pause all learning review work until further notice.

Advocacy

During the year, Trustees undertook a review of the charity's activities to ensure that they remain sustainable, focused and aligned with the areas of greatest impact. As part of this review, the decision was taken to step back from dedicated advocacy activity and to concentrate resources on the delivery of training and direct support to individuals affected by spiritual abuse. This reflects both the increasing demand for these services and the clear evidence of their effectiveness in equipping others to recognise, prevent and respond to harm.

Whilst formal advocacy has reduced, the charity continues to contribute to improved practice and awareness through its training, resources, and engagement with organisations. This approach enables the charity to extend its reach and influence in a way that is proportionate to its capacity, while remaining consistent with its charitable objectives and commitment to safeguarding.

Survivor Representation

Action on Spiritual Abuse have provided Survivor Representation for 2 organisations within this financial year. Whilst the income from this is minimal it achieves a core purpose of ensuring survivor voice from those, we support influences practice within these organisations.

f). Supporting Research and Knowledge Exchange

Action on Spiritual Abuse has continued to strengthen research and knowledge exchange in the field of spiritual abuse and religious trauma. The charity supports ethically approved research by sharing calls for participants where projects demonstrate appropriate safeguards for victim-survivors and a commitment to disseminating learning for practice development. Alongside this, the Spiritual Abuse Researchers Hub provides a supportive space for postgraduate researchers to connect, reflect on the specific challenges of researching spiritual abuse and religious trauma, and reduce the isolation that can accompany work in this specialist field. In September 2024, the charity began hosting the Safeguarding in Faith Knowledge Exchange Hub and Journal initiative. In September 2025, the charity received funding to begin work in earnest in setting up the charity also brings together survivors, practitioners, academics and faith leaders to share learning, develop evidence-informed responses and promote safer, healthier spiritual and religious environments.

Public Benefit of Supporting Research and Knowledge Exchange

This work delivers clear public benefit by strengthening the evidence base and improving understanding of spiritual abuse and religious trauma across sectors. By supporting ethically robust research and enabling safe participation for victim-survivors, Action on Spiritual Abuse helps generate knowledge that informs better practice and more effective safeguarding responses. Initiatives such as the Spiritual Abuse Researchers Hub and the Safeguarding in Faith Knowledge Exchange Hub foster collaboration between survivors, academics, practitioners, and faith leaders, ensuring that learning is shared widely and translated into real-world impact. As a result, individuals, organisations, and faith communities are better equipped to recognise harm, respond appropriately, and contribute to the development of safer, healthier environments.

4. Financial Review

The charity's financial position for the year ended 31 October 2025 reflects a period of significant organisational development, alongside continued pressure on unrestricted income and capacity. Total income for 2024/25 was £35,776, compared with expenditure of £36,795, resulting in a small in-year deficit of £1019. This was broadly in line with the charity's planned position and reflects the timing of restricted grant income and expenditure, together with investment in organisational growth and service development.

Income during the year came from a mixed range of sources. Grants remained an important part of the charity's funding, including restricted funding connected with the Comic Relief Organisational Growth Grant and the Safeguarding in Faith Hub. Earned income was generated through training, consultancy, and commissioned survivor representation, while

individual and organisational donations, Gift Aid and savings interest also contributed to the charity's resources.

For the 2024/25 annual accounts, recorded income included £5,900 from training, £1,250 from consultancy, £300 from commissioned survivor support, £165 from commissioned survivor representation, £6,779 from individual donations, £706 from organisational donations and £1,587 from Gift Aid. Grant income included Comic Relief funding and Safeguarding in Faith Hub funding, with some income deferred in line with the period to which it relates.

Expenditure continued to be concentrated on staffing, delivery infrastructure, and core operating costs. Staff costs were the largest area of expenditure, reflecting the charity's reliance on specialist knowledge and trauma-informed practice to deliver support, training, and organisational development. Other significant expenditure included website and maintenance, software, insurance, telephone and email costs, professional fees, sundry expenses, and rebranding activity.

The charity ended the 2024/25 year with a cumulative cash position of £33,700. This balance includes restricted and deferred grant funds and therefore does not represent wholly free reserves. Trustees continue to distinguish carefully between restricted funding, deferred income and unrestricted reserves when assessing financial sustainability and future commitments.

Fundraising and Income Development

The year saw continued progress in diversifying income, although the charity remains dependent on a small number of income streams and on successful grant applications. Donations and Gift Aid continued to provide important unrestricted support, while training income demonstrated the value of the charity's specialist expertise. The Comic Relief Organisational Growth Grant enabled the charity to invest in systems, website development, service redesign, marketing, and organisational capacity.

Reserves Policy

Trustees recognise the importance of building appropriate unrestricted reserves to protect the charity's ability to meet commitments, manage fluctuations in income and respond safely to demand. The charity's current reserves position remains constrained, and a substantial proportion of cash held is linked to restricted or deferred funding. The Trustees will therefore continue to prioritise the development of unrestricted income, including regular giving, donations, commissioned services, and earned income from training.

Principal Financial Risks

The principal financial risks facing the charity are the uncertainty of grant funding, limited unrestricted reserves, the challenge of meeting increased demand safely, and the need to maintain sufficient staff and volunteer capacity. The wider financial climate continues to affect charitable giving and may also increase the number of people seeking support. There is also a risk that organisations refer individuals for support without providing funding for the cost of that support.

Trustees are responding to these risks through careful financial monitoring, the development of commissioned support services, continued fundraising, the review of training and earned income opportunities, and the prioritisation of activities that are sustainable and aligned with the charity's objects. The charity will continue to seek funding that supports both direct delivery and the infrastructure required to deliver services safely and effectively.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature (s)		
Full Name(s)	Rhonda Leigh McFarlane	
Position (e.g., Chair, Secretary)	Chair	
		Date

Charity Number
1195846

Charity for Action on Spiritual Abuse
(formerly Replenished Life)
Accounts

31 October 2025

Charity for Action on Spiritual Abuse
Report and accounts
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Charity for Action on Spiritual Abuse
Company Information

Trustees
Professor Lisa Ruth Oakley
Ruth Appleton
Dr Maryyum Mehmood

Accountants
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St Davids
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SA62 6NT

Charity number
1195846

Charity for Action on Spiritual Abuse
Independent examiner's report on the accounts

Report to the Trustees of Charity for Action on Spiritual Abuse on accounts for the year ended 31st October 2025

I report to the trustees on my examination of the accounts of the above charity, Replenished Life for the year ended 31st October 2025.

Reponsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the Trust's account carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's Statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the 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.

Signed: Date: 12th August 2026

Name: Miss Gwenno S Eynon

Relevant Professional Qualification of body: FMAAT, FMATT

Charity for Action on Spiritual Abuse
Profit and Loss Account
for the year ended 31 October 2025

	2025 £	2024 £
Turnover	16,951	24,987
Other income	18,825	15,000
Gross profit	35,776	39,987
Staff costs	(27,042)	(25,817)
Other charges	(9,753)	(11,463)
(Loss)/profit before taxation	(1,019)	2,707
(Loss)/profit	(1,019)	2,707

Charity for Action on Spiritual Abuse
Registered number: 1195846
Balance Sheet
as at 31 October 2025

		2025 £		2024 £
Fixed assets		1,346		1,346
Current assets	33,825		1,464	
Creditors: amounts falling due within one year	(1,380)		(308)	
Net current assets		32,445		1,156
Total assets less current liabilities		33,791		2,502
Accruals and deferred income		(33,108)		(800)
Net assets		683		1,702
Capital and reserves		683		1,702
		Number		**Number**
Average number of employees		1		1

Rhonda Leigh McFarlane
Trustee
Approved by the board on 12 August 2026

Charity for Action on Spiritual Abuse
Detailed profit and loss account items
for the year ended 31 October 2025
This schedule does not form part of the statutory accounts

	2025 £	2024 £
Sales		
Shop sales	-	479
Donations	7,683	5,680
Work done	1,250	12,257
Training	5,900	4,367
Sundry Income	1,587	739
Interest received	66	-
Commissioned advocacy	465	1,465
	16,951	24,987
Other income		
Grants	18,825	15,000
Staff costs		
Wages and salaries	25,300	22,907
Pensions	916	1,691
Staff training and welfare	826	1,219
	27,042	25,817
Other charges		
Premises costs:		
Rent	179	3,600
	179	3,600
General administrative expenses:		
Telephone and emails	1,282	953
Postage	-	3
Stationery and printing	297	125
Subscriptions	264	239
Bank charges	86	60
Insurance	910	847
Fees and licences	1,440	1,671
Software	-	84
Repairs and maintenance	-	51
Sundry expenses	877	669
	5,156	4,702
Legal and professional costs:		
Accountancy fees	372	300
Consultancy fees	1,051	1,356
Advertising and PR	2,995	1,505
	4,418	3,161
	9,753	11,463

Charity for Action on Spiritual Abuse
Detailed balance sheet items
as at 31 October 2025

This schedule does not form part of the statutory accounts and should NOT be sent to HMRC

	2025 £	2024 £
Fixed assets		
Plant and machinery etc	1,346	1,346
Current assets		
Other debtors	130	130
Cash at bank and in hand	33,700	1,356
	33,830	1,486
Creditors: amounts falling due within one year		
Bank loans and overdrafts	-	19
Other taxes and social security costs	448	-
Other creditors	-	309
	448	328
Accruals and deferred income		
Deferred Grant	27,359	
Accruals	300	800
	27,659	800
	27,659	
Capital and reserves		
Profit and loss account	683	1,702
Profit and loss account		
Brought forward	1,702	(1,005)
(Loss)/profit	(1,019)	2,707
	683	1,702

Charity Number
1195846

Charity for Action on Spiritual Abuse
(formerly Replenished Life)
Accounts

31 October 2025

Charity for Action on Spiritual Abuse
Report and accounts
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Charity for Action on Spiritual Abuse
Company Information

Trustees
Professor Lisa Ruth Oakley
Ruth Appleton
Dr Maryyum Mehmood

Accountants
Gwenno Accountancy Services Ltd
Glan Gwaun
Pontfaen
Fishguard
Pembrokeshire
SA65 9SG

Registered office
24 Nun Street
St Davids
Haverfordwest
Pemborkeshire
SA62 6NT

Charity number
1195846

Charity for Action on Spiritual Abuse
Independent examiner's report on the accounts

Report to the Trustees of Charity for Action on Spiritual Abuse on accounts for the year ended 31st October 2025

I report to the trustees on my examination of the accounts of the above charity, Replenished Life for the year ended 31st October 2025.

Reponsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the Trust's account carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's Statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the 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.

Signed: Date: 12th August 2026

Name: Miss Gwenno S Eynon

Relevant Professional Qualification of body: FMAAT, FMATT

Charity for Action on Spiritual Abuse
Profit and Loss Account
for the year ended 31 October 2025

	2025 £	2024 £
Turnover	16,951	24,987
Other income	18,825	15,000
Gross profit	35,776	39,987
Staff costs	(27,042)	(25,817)
Other charges	(9,753)	(11,463)
(Loss)/profit before taxation	(1,019)	2,707
(Loss)/profit	(1,019)	2,707

Charity for Action on Spiritual Abuse
Registered number: 1195846
Balance Sheet
as at 31 October 2025

		2025 £		2024 £
Fixed assets		1,346		1,346
Current assets	33,825		1,464	
Creditors: amounts falling due within one year	(1,380)		(308)	
Net current assets		32,445		1,156
Total assets less current liabilities		33,791		2,502
Accruals and deferred income		(33,108)		(800)
Net assets		683		1,702
Capital and reserves		683		1,702
		Number		**Number**
Average number of employees		1		1

Rhonda Leigh McFarlane
Trustee
Approved by the board on 12 August 2026

Charity for Action on Spiritual Abuse
Detailed profit and loss account items
for the year ended 31 October 2025
This schedule does not form part of the statutory accounts

	2025 £	2024 £
Sales		
Shop sales	-	479
Donations	7,683	5,680
Work done	1,250	12,257
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	9,753	11,463

Charity for Action on Spiritual Abuse
Detailed balance sheet items
as at 31 October 2025

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Deferred Grant	27,359	
Accruals	300	800
	27,659	800
	27,659	
Capital and reserves		
Profit and loss account	683	1,702
Profit and loss account		
Brought forward	1,702	(1,005)
(Loss)/profit	(1,019)	2,707
	683	1,702