



FIRST PERSON PLURAL

Charity Registration No:- 1109464

National Survivor-Led Association for Dissociative Survivors of Abuse & Trauma and their allies

Annual Report and Accounts for the year ending 31st March, 2005

prepared 21st May 2005

Executive Committee July 2004 - June 2005

| Name | From | To |
|---------------------------------------|----------|----------|
| Kathryn Livingston (Chairperson) | 1997 | 18/06/05 |
| Melanie Goodwin (Secretary) | 1998 | 18/06/05 |
| Sandra Sunfire | 2001 | 18/06/05 |
| John Goldsbrough | 2003 | 18/06/05 |
| Elaine Nicholls | 2003 | 18/06/05 |
| Marie Bridges | 2003 | 18/06/05 |
| Rebecca King | 2003 | 19/02/05 |
| Louise Turner | 31/07/04 | 22/01/05 |
| Emma Walker (Co-opted associate) | 27/11/04 | 18/06/05 |
| Angie Dorrington (Co-opted associate) | 27/11/04 | 18/06/05 |

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About First Person Plural

First Person Plural is a small UK-wide voluntary association led by people with first hand experience of complex dissociative distress.

First Person Plural works to:

- to provide support and information to adult survivors of trauma and abuse who experience dissociative distress, and to their friends, family and carers (allies)
- to promote a better understanding of dissociative distress among health and social care professionals and to improve service provisions leading to better health outcomes
- to advance the education of the general public in order to promote a better understanding and acceptance of people who experience dissociative distress.

We do this by:-

- maintaining a membership which is open to adult survivors who have first hand experience of complex dissociative distress, to their allies, to interested professionals and to anyone else with an interest in our work;
- producing a quarterly support and information newsletter for our members;
- offering additional membership benefits e.g. members open meetings;
- maintaining an information web-site;
- organising and providing speakers and displays for conferences, training and awareness events;
- producing a comprehensive reading list and other information resources;
- maintaining national and international links with other organisations with similar aims and interests.

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FIRST PERSON PLURAL

The Second **Annual General Meeting** and **Members Open Meeting**

Saturday, 18th June, 2005

1.30 pm *to* 2.30 pm

at Dale House, Dale End, Birmingham

Agenda

1. Apologies for absence
2. Minutes of last AGM
3. Chair's report
4. Secretary's report
5. Financial report & accounts
6. Appointment of Independent Examiner of Accounts
7. Election of Executive Committee

**After the AGM there will be a Members Open Meeting
2.45pm *to* 4.00pm**

Angie Davis, a Community Psychiatric Nurse from South Wales,
will speak about her Nuffield Fellowship trip to USA visiting
Dr Colin Ross's Trauma Institute at Timberlawn, Dallas. to learn about his
"Trauma Model" and how it is used to provide effective treatment and care
for dissociative survivors of abuse and trauma

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Minutes
First Person Plural's First AGM
31/07/04 held at Dale House, Dale End, Birmingham

Present: – Marie Bridges, Marilyn Carr, Geoff Carter, Angela Dorrington, John Goldsbrough, Melanie Goodwin, Jacqueline Jones, Rebecca King, Kathryn Livingston, Elaine Nicholls, Alie Patterson, Marilyn Phillips, Sandra Sunfire, Louise Turner and Emma Walker

1. Apologies for absence; groundrules and introductions

Apologies had been received from the following members :- Lucy Aphramor, Sheena Ball, Brenda Burdall, Ruth Corrigan, Susan Detheridge, Terry Goodwin, Liz Johnson, Abi Kingston, Martina Platten, Lisa Price, Claire Prior, Michelle Richards, Helen Roland, Bebe Speed, Yvonne Traynor, and Lynda Waterman.

Ground rules setting the parameters and expectations for behaviour at the AGM and Members Open Meeting were discussed and agreed by all present.

All present introduced themselves.

2. Resolution to adopt the constitution

The following resolution was proposed by Kathryn Livingston and seconded by Sandra Sunfire.

"We resolve to adopt, in its entirety, the constitution which was agreed by the FPP Steering Group at its January 2004 meeting"

Voting on the day was unanimously for the resolution with no abstentions. Postal votes were as follows 37 for; 0 against, 5 abstentions. The resolution was passed.

3. Chairperson's report

Kathryn presented an overview of her written report. No questions were asked. A motion to accept the report into the record was made by Melanie Goodwin and seconded by Rebecca King. The motion was passed unanimously with no abstentions.

4. Secretary's Report

Melanie presented an overview of her written report. No questions were asked. A motion to accept the report into the record was made by Kathryn Livingston and seconded by Elaine Nicholls. The motion was passed unanimously with no abstentions.

5. Financial Report & Accounts

The financial report and accounts were presented by Kathryn. She explained that the accounts cover a 15 month period from 1st January 2003 to 31st March 2004 to accommodate a change of FPP's accountancy period to coincide with the financial year (i.e. 1st April to 31st March). Previously accounts have been prepared for an accountancy period covering the calendar year (i.e. 1st January to 31st December). No questions were asked. A motion to accept the financial report into the record and to approve the accounts was made by Sandra Sunfire and seconded by John Goldbrough. The motion was passed unanimously with no abstentions.

6. **Election of Executive Committee**

Kathryn explained the procedures for the elections.

By the closing date for nominations - for the positions of Chairperson and Full member positions the number of nominees did not exceed the number of vacancies; two nominations had been received for the position of Secretary; no nominations were received for the position of Treasurer or for the Associate member positions.

A motion to elect Kathryn Livingston unopposed as Chairperson was proposed by John Goldbrough and seconded by Sandra Sunfire. The motion was passed unanimously with no abstentions.

An election took place for the position of Secretary. The following result was returned:-

| | Votes in person | Postal Votes |
|-----------------|-----------------|--------------|
| Melanie Goodwin | 14 | 35 |
| Louise Turner | 1 | 5 |
| Abstentions | 0 | 2 |

Melanie Goodwin was declared elected as Secretary.

A motion to elect unopposed Louise Turner, John Goldsbrough, Rebecca King, Marie Bridges, Sandra Sunfire and Elaine Nicholls to Full member positions on the Executive Committee was proposed by Kathryn Livingston and seconded by Melanie Goodwin. The motion was passed unanimously with no abstentions.

The position of Treasurer, one Full member position and the two positions for Associate members remain vacant. At its first meeting the newly elected Executive Committee will discuss the use of its powers to co-opt onto the committee to fill some of these vacancies.

The Annual General Meeting closed at 2.30pm

Open Members Meeting

Following the AGM there was time available for a brief Open Members Meeting. This time was for informal chat and getting to know each other and the committee better. An optional exercise was available to get members' ideas for action on taking each of FPP's objectives forward.

ANNUAL REPORT
and ACCOUNTS
presented to
ANNUAL GENERAL
MEETING
18th June, 2005

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Chairperson's Report to the second Annual General Meeting of First Person Plural, 18 June, 2005

Introduction

It has been another busy year for First Person Plural. For a charity of our size and development – we remain quite small in terms of membership and income and we have no paid staff or even a dedicated office base – I believe we have achieved much and faced up to challenges with maturity and creativity. The first Executive Committee elected at last year's AGM have been wonderfully dedicated with several of them volunteering extra time to First Person Plural over and above their role as trustee. Without the selfless commitment of the Executive our achievements would be far fewer and I wish from the outset of this report to thank them all. I have enjoyed working with them and I am heartened that most will once again be standing for election at this AGM.

Newsletter

We aim to publish four issues of our newsletter, Rainbow's End, every year. It is our primary contact with our membership so we try hard to meet schedules. However, only two issues of Rainbow's End have appeared since our last annual report – the last issue of volume 5 and the first issue of volume 6. The second issue of volume 6 is going to press as I write but this means it will appear outside the period covered by this report. The reasons for delays have been various. I am editor and desk top publish the master copy so my own personal health issues and increasing commitments to other areas of First Person Plural's work has been one of the factors. Another is that fewer articles, snippets, artwork etc are being submitted so each issue is taking longer to fill. Thank you to all contributors. The delays will not affect the number of issues members receive for their annual fee because, as we have done in previous years, we will not be asking for membership renewal until all four issues of volume 6 have been delivered. The newsletter continues to be valued and praised. It remains at the core of our services for members.

Members Open Meeting

The members open meeting which was held following last year's AGM is the only meeting of this type held during the period of this report. It was an informal gathering and feedback was that members attending valued the opportunity to meet and chat with other members.

Contact List

Following the review of this optional membership benefit which followed the situation which was reported last year, all members with an entry in the Contact List were asked to confirm their wish to have an entry and the List was re-opened to new entries. Following this process, only three entries appeared in the new edition. Subsequent to this the Executive Committee is again being asked to review whether we can realistically continue to offer this optional membership benefit with such a low take up and until this review is complete the list is once again closed to new entries.

Complaint Procedure

The Executive Committee agreed a basic complaints procedure with effect from October 2004

Governance & Charity Registration

Following last year's AGM First Person Plural's first elected Executive Committee met for the first time in October 2004 and has met three times subsequently. In November 2004 there was a special meeting of the Executive which co-opted Angie Dorrington and Emma Walker onto the Executive.

One committee member elected at last years AGM failed to attend any of 3 committee meetings held within a six month period. For two of the three missed meetings apologies were not received from her. She had also not responded to the committee's efforts to contact her. Consequently, at its January 2005 meeting the Executive passed a resolution that the member in question should cease to be a member of the Executive. This action was taken in accordance with clause H, paragraph 3 of the constitution.

First Person Plural's application to the Charity Commission for registration as a charity was submitted in early December 2004. The Commission initially responded with a request that the objects clause of the constitution be re-worded to more clearly reflect the charitable nature of our work. The suggested re-wording was accepted by the Executive in January 2005 but because constitutional amendments can only be made by general meeting of the organisation (charity) the required amendments could not be made within the period covered by this report. Consequently, charity registration had not been achieved by March 31st. However, taking a bit of licence to report events after this end date, I am pleased to tell members that the required constitutional amendments were agreed at a Special General Meeting held in April and subsequently First Person Plural was entered into the Central Register of Charities with effect from 12th May, 2005. Our Registered Charity Number is 1109464.

"Could it be dissociation?" conference

Almost 200 delegates attended this conference held in Wolverhampton in September 2004. More than 150 further applications to attend had to be rejected. The conference was organised by First Person Plural in partnership with the Wolverhampton Sexual Abuse Forum (WSAF). It was funded by grants from Awards for All (£5,000); National Institute for Mental Health in England West Midlands (£1,000) and Wolverhampton City NHS PCT (via WSAF - £978.96). This financial support enabled delegate fees to be kept to a minimum which I feel sure was a contributory factor in the deluge of applications for places which were received.

Feedback from delegates attending the conference was overwhelmingly positive with evaluation forms giving an average rating for the conference overall of 4.27 out of a maximum 5. All involved in this highly successful event are to be congratulated for the achievement of the first ever survivor-led conference about dissociation. My thanks particularly go to members of the joint WSAF/FPP conference committee –Jackie, Sue, Jane, Julia, Melanie and myself – without whose commitment and action the conference would not have come together. Those members of WSAF and FPP who volunteered and supported the event in other ways are also to be thanked, as are the speakers and facilitators. Many thanks to everyone involved.

Publication of a conference report is planned but this has fallen behind schedule so hasn't appear within the time period covered by this annual report.

Other External Education & Training Events

In addition to the conference above First Person Plural has delivered the following education and training events during the year:-

| What | Delivered by | At / For |
|--|--|---|
| Display and information stand (all day) | Kathryn Livingston | The Survivors Trust Exhibition for Members of Parliament and their staff held at Portcullis House, Westminster, July 2004 |
| Display and fun arts stand (all day) | Kathryn Livingston, Melanie & Terry Goodwin, Elaine Nicholls & Emma Walker | The Survivors Trust Picnic in the Park, Leicestershire, August 2004 |
| ISSD video "Understanding Dissociation" & facilitated discussion (2 hours) | Kathryn Livingston | Wolverhampton Sexual Abuse Forum, August 2004 |
| ISSD video "Understanding Dissociation" & facilitated discussion (2 hours) | Kathryn Livingston | West Midlands Sexual Abuse Forum, September 2004 |
| Introduction to dissociation (30 min presentation) | Kathryn Livingston | 'Interventions and approaches to working with sexual trauma' training day organised by the Sexual Abuse Team of Wolverhampton City NHS Primary Care Trust (December 2004) |
| ISSD video "Understanding Dissociation" & facilitated discussion (2 hours) | Kathryn Livingston | Birmingham Rape & Sexual Violence Project (December 2004) |

All events were positively received with evaluations showing high levels of satisfaction.

Outside the period of this report Kathryn Livingston and Melanie Goodwin have developed and presented a number of education and training events including lunch time presentations to mental health teams in East Anglia and two full day "Understanding Dissociation" training events for Breaking Free, Surrey and Wolverhampton Mental Health Services respectively. In April they both attended and presented a paper at the Trauma & Abuse Group conference. Angie Dorrington delivered a presentation to colleagues in mental health services in Hartlepool and has subsequently successfully lobbied for a conference similar to "Could it be Dissociation?" to be organised in the area in 2006.

Conferences attended by representatives of First Person Plural

Melanie Goodwin attended the United Kingdom Society for the Study of Dissociation conference in May 2004. She was not attending formally to represent First Person Plural but she did take the FPP display boards with her to ensure we had a presence at this significant event. In February 2005, Angie Dorrington represented First Person Plural as a delegate at BPDWorld's two day Borderline Personality Disorder conference in Wakefield. The conference included presentations on trauma, dissociation and other topics of relevance to FPP's work. In March I attended a Dissociation training day presented by Sally Plumb, an independent mental health trainer, on behalf of Birmingham Rape & Sexual Violence Project

Media Involvement

First Person Plural remains unable, due to lack of resources and supportive infrastructure, to actively respond to most media approaches. There have been few contacts during the year to March 2005. First Person Plural accepted an invite to attend a preview showing of May 33rd, a BBC drama about ritual abuse and DID which was broadcast in April 2004, Following the programmes broadcast we responded to 10-12 enquirers who had been referred to us from the BBC support line. We nominated and encouraged other supporters to nominate May 33rd for a Mental Health Media Award which it won in June 2004. In October 2004 Channel 5 broadcast a documentary "The woman with seven personalities". FPP had met with the director and producer of this programme pre-broadcast.

National Institute for Clinical Excellence Guidelines

FPP continues to be registered as a stakeholder for several relevant National Institute for Clinical Excellence's (NICE) Guidelines. Lack of time and resources means we are not often able to actively participate in the consultations however we did make special effort during the year to respond to both consultations for the Post Traumatic Stress Disorder guidelines. Liaising closely with UKSSD and The Survivors Trust we were able to influence these guidelines to a limited extent. The final full version which was published after the period covered by this report does now have a brief section about dissociation and there is clarity that the guidelines are not intended to meet the needs of people whose primary problem is a dissociative disorder. The original draft had made no specific mention of the role of dissociation in PTSD or the relationship of PTSD to the dissociative disorders. In April 2005, I represented First Person Plural at the conference to launch the new PTSD guidelines. This was a free place with all expenses met by NICE.

The Survivors Trust

The Survivors Trust (TST) is a national umbrella group acting as a collective voice for voluntary agencies working to empower survivors of rape and sexual abuse. First Person Plural is a member. Up until May 2004 I also represented FPP on the TST Executive Committee as Secretary. I have now resigned this position but FPP continues to be as active as possible in TST's activities. We were represented at TST meetings & activities in Rugby (AGM, May 2004), Westminster (July 2004), Leicestershire (August 2004), and Liverpool (September 2004).

Developing and maintaining contacts with UKSSD, TAG & RAINS

The United Kingdom Society for the Study of Dissociation (UKSSD), Trauma & Abuse Group (TAG) and Ritual Abuse Information Network Support (RAINS) are three national groups with which we aim to work collaboratively and in liaison whenever possible and appropriate. Myself and Melanie Goodwin have been accepted into full membership of the UKSSD and more recently (outside the timescale of this report) I was nominated and elected unopposed onto the UKSSD Executive Committee in the role of First Person Plural representative. We extended an invite to both UKSSD and TAG to send non-voting representatives to our Executive Committee meetings. Unfortunately, neither organisation was able to accept this invite but Remy Aquarone, Chair of UKSSD, has agreed to receive and comment when appropriate on papers for FPP Executive Committee meetings. Mike Fisher, chairperson of TAG, has re-iterated TAG's commitment to working collaboratively with us. FPP is now an organisational member of TAG and has been offered a regular 'column' in their bi-annual newsletter.

Conclusion

I am personally proud of what First Person Plural continues to achieve with so little and I can't emphasise enough how this is only possible because of the entirely voluntary efforts of a small group of dedicated people – your Executive Committee - who give time and energy uncomplainingly, not only to their role as trustees but to general volunteering for First Person Plural. We have no paid workers and no office base. However without our membership there is no First Person Plural so I also thank you all for your continuing support – whether that be simply by being a member or more active involvement. As members, it is your right to know what that small group of volunteers are doing on your behalf. I hope after reading this report you will join me in my sense of pride in your association and join me whole-heartedly in thanking members of the out-going Executive Committee and those members who have resigned or stood down during the year.

Kathryn Livingston

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Secretary's Report to the second Annual General Meeting of First Person Plural, 18 June 2005

Introduction

I would like to endorse the chairperson's introduction about the development of First Person Plural over the last year. Kathryn Livingston has undertaken a lot of the routine administrative work and some of the formal secretarial duties during this year ensuring that members have been well informed of the several important decisions that have been taken.

The Executive Committee

After last year's AGM there were eight full committee members. We are allowed up to 12 members, two of whom have to be associate members to conform to our constitution. It was, therefore, unanimously agreed at the first meeting of the new Executive on 09/10/04 to invite Emma Walker and Angela Dorrington to join the executive committee as associate representatives. They were formally approached and both accepted the invitation. Emma and Angela were co-opted onto the committee at a special meeting held on 27/11/04. The committee also agreed to invite two active observers to represent the United Kingdom Society for the Study of Dissociation, (UKSSD) and two active observers from the Trauma and Abuse Group (TAG). Active observers would play a full role in discussions at meetings but be unable to vote. Both the UKSSD and TAG were unable to find members who had the time to fill these positions. Remy Aquarone, chair of the UKSSD agreed to become their representative. He now receives copies of all FPP paperwork and will comment before the meeting as and when he feels it is appropriate to do so. FPP, UKSSD and TAG are steadily building on the reciprocal support the organisations offer each other.

The Executive Committee at 31/03/05 was: -

| Name and Office held | Residential Area |
|--|-------------------------|
| Kathryn Livingston, Chairperson and acting Treasurer | West Midlands |
| Melanie Goodwin, Secretary | East Anglia |
| Sandra Sunfire | North Wales |
| Elaine Nicholls | West Midlands |
| John Goldsbrough | Teeside |
| Marie Bridges | Staffordshire |
| Emma Walker (co-opted associate) | West Midlands |
| Angela Dorrington (co-opted associate) | Teeside |

Two Executive Committee members left during their term of office since elections at last year's AGM. The Chairperson has reported the circumstances under which Louise Turner ceased to be a committee member. Rebecca King resigned for personal reasons and the committee thanks her for her contribution and wishes her well in the future.

Membership

On 31/03/05 the total membership stood at 112.

| Year | Full Members | Associate Members | Lay Members | Org'ns | Friend/Relative (Affiliate) | Professional Members | Overseas Members | |
|--------|--------------|-------------------|-------------|--------|-----------------------------|----------------------|------------------|---|
| 2003/4 | 63 | N/A | 3 | 28 | 11 | 22 | 5 | |
| 2004/5 | 59 | 51 | | | | | | 2 |
| | | of which | 3 | 23 | 9 | 16 | | |

This is a fall in numbers since last year. An increase in membership fees may be one contributing factor. The committee has discussed various methods of promoting FPP. It was agreed that at this stage of the organisation's development the committee members would each be responsible for promoting FPP whenever it was appropriate. This issue is to be continually reviewed. The membership has increased since this data was collated.

Information Sharing

This has become a regular item on agendas for Executive Committee meetings. As more is slowly beginning to happen both nationally and internationally in the field of dissociation, it was felt essential for the committee members to have time to share, discuss and to decide what they feel is important to become directly involved in. It is also a time for members who are beginning to develop and deliver training programmes in their areas to share and receive the much-needed support from the rest of the committee.

Charity Registration

Anyone who has ever been involved in this procedure will appreciate the amount of time, energy and consultation required with the organisations' members for registered charity status to be achieved. The committee has been fully involved and supportive throughout the procedure but the actual workload has been undertaken by Kathryn and on everyone's behalf I would like to thank her for her dedicated, hard work. Being a registered charity will enable us to grow and build on the objectives agreed by all our members as part of our constitution. One of the first tasks for the new committee after this AGM will be to begin to explore how we wish to take the organisation forward at this time. A very important part of this consideration is what you, as members would like to see happening. How we may be able to develop in ways that will be of benefit to all our members. We will be asking this in a formal context during the year but would welcome suggestions and ideas at anytime that can be discussed by your Executive Committee. We appreciate that for many members being able to attend AGMs and Open Meetings brings insurmountable difficulties but you are the people we are working for and we value all contributions and comments from you, both for publication in the newsletter and your ideas for how we can progress.

I am sure we have an exciting, busy year ahead of us.

Best wishes



Melanie

Acting Treasurer's Report to the second Annual General Meeting of First Person Plural, 18 June 2005

Introduction

The income and expenditure accounts have been prepared using utilities within Microsoft Money 97, the software programme which is used to maintain the association's financial records. I can confirm that data entry into the software was complete for the period covered by these accounts.

For the first time First Person Plural had restricted funds in addition to our general funds. The larger of these restricted funds relates to the "Could it be dissociation" conference. The smaller reflects a donation received from the Crossroads Trust which we could only use towards the costs of sending a delegate to attend the Trauma & Abuse Group (TAG) bi-annual conference.

The final column of the accounts is provided for comparison. It represents income and expenditure for the identical 12 month period in 2003/04. You may recall that due to a change in accounting period last years actual accounts were prepared for a 15 month period.

General Funds

For the first time since 2000 general funds during the accounting period show an in-year balance which is in credit. However, it must be noted that this is entirely due to income from delegate fees from the 'Could it be dissociation' conference which represents non-recurring income. Without the delegate fee income we would again be showing an in-year deficit.

Income

Income categories which are up include book sales, delegate fees, donations, membership fees, bank account interest and other income. Of particular note amongst these is that the increase in donations is only partly a real terms rise. We've had one significant donation of £500 and several smaller ones but the figure also includes re-donations of expenses by Executive Committee members and this donated income is exactly balanced by expenditure on expenses. It should also be mentioned that while there has been an increase in income from membership fees this falls far below the estimated £400 increase we had hope for from the new fee structure introduced this current subscription year. One reason we've fallen below this estimate is that membership numbers were not maintained at renewal.

Income from booklet sales and speaking fees are both down for the period.

Expenses

From the expenses section of the accounts there are significant rises over the previous year in expenditure on General Administration. In particular there is an almost 100% rise in Print/Copy and Stationery costs. This increase is because, during this period of accounting, we held our first AGM which required a significant amount of paperwork, including the well-presented Annual Report. DPA Registration is a legal requirement to register as a Data Controller under the terms of the Data Protection Act. This is a annual fee of £35.00 which was paid twice during the accounting period because of a delayed first payment. Web Domain registration is a bi-annual cost which gives us ownership of the domain www.firstpersonplural.org.uk at which our web site is located.

Other expenditure of note is the charitable donation to the Wolverhampton Sexual Abuse Forum. This, in fact, represents an approximate 40% share of the nett income from the "Could it be dissociation?" conference. WSAF were our partners in this. The heading 'conference fees' should also be explained. This expenditure is the cost of sending delegates to represent First Person Plural at relevant and significant events. This helps us raise our profile and our delegates speaking up at these events helps us raise awareness of dissociation which is one of our objectives. I should also like to note that, on occasion, Executive Committee members pay personally to attend such events which has given us representation at no costs to First Person Plural.

Reductions in costs include Postage and Packing, Fees and Expenses and Venue & Catering. Postage and packing was less because despite having increased postage for the AGM we only did two (not four) newsletter mailings during the accounting period. The lower expenses are largely due to changes in how one committee members covers the costs of attending Executive Committee meetings. Previously, she claimed and re-donated so that her expenses showed in the accounts (with a balancing donation). She no longer makes a claim from First Person Plural at all. Venue and catering costs are less because the only Members Open Meeting we held during the period was combined with the AGM and this was held at a venue which charges us only a nominal room hire fee. This same room is used for Executive Committee meetings.

The expenses total for the accounting period is approximately £1,000 more than for the same period last year. 72.5% of this increase is accounted for by the charitable donation made to the Wolverhampton Sexual Abuse Forum (see above) and much of the remainder of the increase relates to new costs due to holding an AGM.

Restricted Funds

The larger of these relates to the "Could it be dissociation?" conference. We successfully applied for grants from "Awards for All" (a national lottery fund) and the West Midlands Development Centre of the National Institute for Mental Health in England. In addition, our partners in the conference project i.e. WSAF attracted funds from Wolverhampton City NHS Primary Care Trust which they passed on to us to manage. Expenditure from these funds was within budget. The balance will be carried forward and put towards the cost of producing the conference report which was a budgeted part of the project which has been delayed.

The smaller restricted fund relates to a donation received from the Crossroads Trust which was made on the understanding it would be used towards the costs of delegate fees for attendance at the Trauma & Abuse Group (TAG) conference in April 2005. The donation was used as stipulated with the balance of the delegate fee being met from General Funds.

Summary

Due to the financial activity relating to the 'Could it be dissociation?' conference this year's accounts look markedly different from previous years. For the first time our overall income and expenditure totals have exceeded £10,000. The in-year balance is in credit by £2,615.86 and when combined with the brought forward balance from last year there is a total balance of £6,047.22 to carry forward of which £880.52 is restricted funds.

On behalf of the committee I thank all donors, grant makers and those members who have supported us in kind.

I present these accounts to you in the belief that they are a true and accurate record of income and expenditure for the year to 31st March 2005.

Kathryn Livingston

First Person Plural Income & Expenditure Accounts 01 April 2004 to 31 March 2005

| | <u>General</u> | <u>Restricted</u> | | <u>TOTAL</u> | <u>01/04/03 to 31/03/04</u> |
|---|------------------|-------------------|----------------|-------------------|-----------------------------|
| | | <u>Conference</u> | <u>TAG</u> | | |
| BROUGHT FORWARD | £3,431.36 | | | £3,431.36 | £4,537.46 |
| <u>INCOME</u> | | | | | |
| Back issues | £83.00 | £0.00 | £0.00 | £83.00 | £103.00 |
| Book Sales | £125.00 | £0.00 | £0.00 | £125.00 | £0.00 |
| Booklet Sales | £53.20 | £0.00 | £0.00 | £53.20 | £105.00 |
| Delegate Fees | £2,925.00 | £0.00 | £0.00 | £2,925.00 | £0.00 |
| Donations (inc redonations of expenses) | £1,248.20 | £0.00 | £0.00 | £1,248.20 | £317.50 |
| Grants | £0.00 | £6,978.96 | £100.00 | £7,078.96 | £0.00 |
| TOTAL | | | | | |
| Awards for All | £0.00 | £5,000.00 | £0.00 | £5,000.00 | £0.00 |
| NIMHE West Midlands | £0.00 | £1,000.00 | £0.00 | £1,000.00 | £0.00 |
| W'ton Sexual Abuse Forum | £0.00 | £978.96 | £0.00 | £978.96 | £0.00 |
| Crossroads Trust | £0.00 | £0.00 | £100.00 | £100.00 | £0.00 |
| Membership - Subs | £1,011.20 | £0.00 | £0.00 | £1,011.20 | £910.50 |
| Speaking Fees | £125.00 | £0.00 | £0.00 | £125.00 | £364.27 |
| Bank Account Interest | £18.48 | £0.00 | £0.00 | £18.48 | £3.43 |
| Other Income | £170.85 | £0.00 | £0.00 | £170.85 | £119.00 |
| Income Total | £5,759.93 | £6,978.96 | £100.00 | £12,838.89 | £1,922.70 |
| TOTAL FUNDS AVAILABLE | £9,191.29 | £6,978.96 | £100.00 | £16,270.25 | £6,460.16 |

| EXPENSES | | | | | | |
|-------------------------------|-------------------------|------------------|------------------|----------------|-------------------|--------------------|
| Books etc | | £20.00 | £0.00 | £0.00 | £20.00 | £24.00 |
| Books for sale | | £100.87 | £0.00 | £0.00 | £100.87 | £0.00 |
| General Administration | TOTAL | £2,014.99 | £1,051.90 | £0.00 | £3,066.89 | £1,737.44 |
| | Equipment | £0.00 | £0.00 | £0.00 | £0.00 | £137.59 |
| | Postage & Packing | £497.78 | £447.86 | £0.00 | £945.64 | £785.08 |
| | Print/Copy | £906.99 | £206.63 | £0.00 | £1,113.62 | £467.12 |
| | Publicity | £0.00 | £20.00 | £0.00 | £20.00 | £0.00 |
| | Stationery | £410.73 | £377.41 | £0.00 | £788.14 | £241.65 |
| | PO Box | £106.00 | £0.00 | £0.00 | £106.00 | £106.00 |
| | DPA Registration | £70.00 | £0.00 | £0.00 | £70.00 | £0.00 |
| | Web Domain Registration | £23.49 | £0.00 | £0.00 | £23.49 | £0.00 |
| Fees & Expenses | TOTAL | £485.06 | £1,556.50 | £0.00 | £2,041.56 | £647.85 |
| | EC Travel | £476.46 | £0.00 | £0.00 | £476.46 | |
| | Volunteer Travel | £8.60 | £201.50 | £0.00 | £210.10 | |
| | Speakers Travel | £0.00 | £215.80 | £0.00 | £215.80 | |
| | Volunteer Subsistence | £0.00 | £58.80 | £0.00 | £58.80 | |
| | Speaker Subsistence | £0.00 | £63.95 | £0.00 | £63.95 | |
| | O/N Accommodation | £0.00 | £516.45 | £0.00 | £516.45 | |
| | Speakers Fees | £0.00 | £500.00 | £0.00 | £500.00 | |
| Miscellaneous | | £0.00 | £25.00 | £0.00 | £25.00 | £11.50 |
| TAG Membership | | £30.00 | £0.00 | £0.00 | £30.00 | £0.00 |
| Charitable Donation (to WSAF) | | £725.00 | £0.00 | £0.00 | £725.00 | £0.00 |
| Conference Fees | | £535.00 | £0.00 | £100.00 | £635.00 | £0.00 |
| Venue & Catering | | £113.67 | £3,465.04 | £0.00 | £3,578.71 | £608.01 |
| Expenses Total | | £4,024.59 | £6,098.44 | £100.00 | £10,223.03 | £3,028.80 |
| In Year Balance | | £1,735.34 | £880.52 | £0.00 | £2,615.86 | (£1,106.10) |
| TOTAL BALANCE to C / F | | £5,166.70 | £880.52 | £0.00 | £6,047.22 | £3,431.36 |

Approved by Executive Committee 21/05/05 Signed by Kathryn Livingston, Chairperson & Acting Treasurer

NOTE: For comparison the final column is provided for the 12 months period 01/04/03 to 31/03/04.

Last year's actual accounts were for a 15 month period 01/01/03 to 31/03/04 to facilitate a change in accounting period

**First Person Plural
Statement of Assets & Liabilities
at 31st March 2005**

| Cash Funds | General Funds | Restricted Funds | TOTAL |
|---|----------------------|-------------------------|--------------|
| HSBC Current Account | £5,166.70 | £880.52 | £6047.22 |
| Petty Cash | 0.00 | 0.00 | 0.00 |
| TOTAL Cash Funds | £5,166.70 | £880.52 | £6047.22 |
| Assets retained for FPP's own use | | | |
| Display Boards | 137.59 | 0.00 | 137.59 |
| Electronic Letter Scale | 25.00 | 0.00 | 25.00 |
| Liabilities | | | |
| Petty Cash Deficit (owed to acting treasurer) | (16.21) | 0.00 | (16.21) |

Approved by Executive Committee 21/05/05
signed by Kathryn Livingston, Chairperson & Acting Treasurer

**First Person Plural
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WV4 4ZL**

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