FREEDOM FROM TORTURE

England & Wales · Charity number 1000340

Details

Other names	MEDICAL FOUNDATION FOR THE CARE OF VICTIMS OF TORTURE, FREEDOM FROM TORTURE, MEDICAL FOUNDATION, MEDICAL FOUNDATION CARING FOR VICTIMS OF TORTURE
Status	Registered
Legal form	Charitable company
Company number	02398586
Registered	1990-09-13
Register	View on the Charity Commission register

Contact

Address	111 Isledon Road London N7 7JW
Phone	02076977823
Email	rroberts@freedomfromtorture.org
Website	www.freedomfromtorture.org

Downloaded from opencharities.uk/ew/1000340

Activities

Objects: 3.1 THE OBJECTS OF THE CHARITY ARE FOR THE PUBLIC BENEFIT: -3.1.1 TO PROVIDE RELIEF AND REHABILITATION FOR PERSONS, AND MEMBERS OF THEIR FAMILIES, WHO HAVE BEEN TORTURED OR WHO HAVE BEEN TRAUMATISED BY OBSERVING TORTURE OR RELATED VIOLENCE ON OTHERS CLOSE TO THEM IN RELATIONSHIP OR PROXIMITY, PARTICULARLY AT A YOUNG AGE, IN ANY PART OF THE WORLD, AND WHO, AS SURVIVORS OF TORTURE, ARE IN CONDITIONS OF NEED;3.1.2 TO EDUCATE, TRAIN AND SUPERVISE LEGAL, MEDICAL AND OTHER PROFESSIONALS AND PERSONS WHO PROVIDE ASSISTANCE TO SURVIVORS OF TORTURE;3.1.3 TO PROMOTE HUMAN RIGHTS (AS SET OUT IN THE UNIVERSAL DECLARATION OF HUMAN RIGHTS AND SUBSEQUENT UNITED NATIONS CONVENTIONS AND DECLARATIONS) AND THE EUROPEAN CONVENTION ON HUMAN RIGHTS, THE REFUGEE CONVENTION AND THE UNITED NATIONS CONVENTION AGAINST TORTURE (THE “CONVENTIONS”) BY THE FOLLOWING MEANS: (I) PROMOTING THE PROTECTION OF AND REDRESS FOR SURVIVORS OF TORTURE BY PROVIDING LEGAL AND WELFARE ADVICE, MEDICO-LEGAL REPORTS, RELIEF AND FINANCIAL AND OTHER ASSISTANCE;(II) RAISING AWARENESS BOTH IN THE UK AND ABROAD OF INCIDENTS AND PATTERNS OF TORTURE ANYWHERE IN THE WORLD; (III) RAISING AWARENESS BOTH IN THE UK AND ABROAD OF HUMAN RIGHTS ISSUES RELATING TO THE OBLIGATIONS ON STATES UNDER THE CONVENTIONS TO PREVENT AND PROHIBIT TORTURE, PUNISH THOSE RESPONSIBLE FOR ACTS OF TORTURE, PROVIDE REMEDIES TO SURVIVORS OF TORTURE AND NEVER TO EXPEL, RETURN OR EXTRADITE A PERSON TO ANOTHER STATE WHERE THERE ARE SUBSTANTIAL GROUNDS FOR BELIEVING THERE IS A DANGER THEY WILL BE SUBJECTED TO TORTURE;(IV) CONTRIBUTING TO THE SOUND ADMINISTRATION OF HUMAN RIGHTS LAW AND ENSURING THAT GOVERNMENTS FULFIL THEIR HUMAN RIGHTS OBLIGATIONS RELATING TO TORTURE AND TORTURE SURVIVORS.

Activities: Freedom from Torture is a human rights organisation which exists to enable survivors of torture to engage in a healing process. We provide direct care, treatment and protection services in five UK centres. We engage in activism in order to bring the plight of torture survivors to light and carry out research that underpins our policy and advocacy work.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- Scotland
- Manchester City
- Throughout London

Downloaded from opencharities.uk/ew/1000340

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£15,113,123	£14,354,962	£10,105,216	148
2023-12-31	£9,887,078	£12,057,079	£9,349,435	175
2022-12-31	£11,929,940	£11,947,501	£11,510,296	185
2021-12-31	£10,313,349	£10,422,388	£11,530,606	173
2020-12-31	£12,811,854	£10,147,200	£11,636,763	183

Trustees

Name	Role	Appointed
Catherine Lois SAYER	Chair	2024-10-22
Angela CLUFF		2024-03-12
BRIAN GARETH DUNLOP		2023-03-21
DR FIONA GOUDIE		2016-10-04
Dr Declan Neil WOODS		2026-03-24
MAHESH WICKRAMASINGHE		2021-05-17
Michelle Leanne WEEKS		2026-03-24
Orla FEE		2024-10-22
PHILOMENE UWAMALIYA		2023-06-27
Professor Sir Francis Atherton		2025-02-01
RASHA OBAID		2021-05-17
Shehara Natalie SAMARASINGHE		2024-10-22
Timothy Stuart GUY		2024-10-22

Downloaded from opencharities.uk/ew/1000340

FREEDOM FROM TORTURE

England & Wales - Charity number 1000340

Accounts

FREEDOM FROM TORTURE

EMPOWERING SURVIVORS TO REBUILD THEIR LIVES

40 Years



Annual Report 2024/25

Freedom from Torture is a UK-wide charity that supports people who have survived torture to heal, feel safe and strong again.

We help survivors in their recovery as they heal from trauma, re-establish relationships and trust and rebuild their lives.

Together with torture survivors, we campaign against torture and for the rights of survivors seeking asylum in the UK.

Contents

Forewords	3
Key Achievements	6
Changing Lives	10
Survivor Leadership and Influencing	16
Changing the System	18
To our Volunteers	21
To our Supporters	22
Thank You	23
Strategic Review	24
Plans for Future Period	26
Fundraising Statement	27
Financial Review	28
Risk Management	32
Organisational Structure	33
Statement of Trustees Responsibilities	35
Independent Auditor's Report	36
Financial Statements and Notes	39
Reference and Administrative Details of the Charity	55

Together for a world free from torture

For over 40 years, Freedom from Torture has offered a lifeline for people who have survived the unimaginable.

Across our treatment services for London and the South East, the North East, the North West, Scotland and the West Midlands, we have supported our clients with a holistic programme of therapeutic and practical support. We have stood alongside tens of thousands of torture survivors as they navigate the long journey of recovery. Through expert clinical, immigration and welfare support we've helped survivors improve their physical and mental health, recover their confidence and rebuild their lives in safety.

But 2024 brought serious financial challenges. With the deepest regret, our Board of Trustees made the heartbreaking decision to close our two smallest treatment services in the North East and West Midlands – services that had provided outstanding care and hope for so many. This decision, though regrettably necessary to protect the long-term future of our work supporting survivors of torture, was made with immense sadness.

Our teams responded with the highest level of care, working tirelessly to ensure around 100 service users were safely and compassionately discharged into the care of GPs and local services. For any survivor who needed it, we provided clinical evidence to support their asylum claims and documented vital health needs – ensuring no survivor was left behind. We continue to offer medico-legal reports to survivors in these regions.

While this has been a challenging period, it has also reaffirmed our duty to the people we serve and to survivors across the globe. We remain committed to delivering the highest quality of care and to ensuring that no survivor is forgotten, as we adapt to meet the realities of an increasingly hostile and changing world.

As with so many charities across the UK, the cost-of-living crisis has significantly affected Freedom from Torture – as we face rising operational costs while being inundated with referrals for our services. With increasing financial pressures, countless charities are being forced to turn away the people who come to us seeking help.

Now more than ever your support is vital to Freedom from Torture. Please give whatever you can today to stand with survivors, help safeguard our critical services and keep fighting together for a world free from torture.

A sincere and heartfelt thank you to you all – survivors, supporters, volunteers and staff alike – whose dedication and resolve mean we can continue to make a real difference in the lives of people who have survived torture.



Kate Sayer
Chair of Trustees

We won't stop

On Christmas eve 1985, Freedom from Torture was born from a refusal to turn a blind eye to torture.

Our founders were united by a profound moral outrage at the use of torture to silence and destroy lives. With deep compassion for those who had endured the worst of humanity, they came together to provide the critical services needed to support survivors to heal, reclaim their voices and rebuild their lives in safety – services we are so proud to continue to this day.

Just one year earlier, the United Nations adopted the Convention Against Torture (UNCAT) – a global commitment that no one should ever be subjected to torture or other cruel, inhumane or degrading treatment or punishment. It marked a watershed moment. And yet, four decades later, we see that promise under threat. The global ban on torture, one of humanity's clearest moral lines, is being challenged. Even in countries like the UK, hard-won protections are being eroded. But far from deterring us, this deepening injustice only strengthens our focus and resolve to fight back. And there is hope. Here in the UK, public support for upholding the torture ban has grown significantly. People are standing together, united in our shared values of compassion and fairness.

We were proud to have played a critical role in defeating the previous UK Government's cruel "cash for humans" deal with Rwanda, laying groundwork and supporting the litigation and convincing airlines to back out of the scheme via our award-winning #StopTheFlights campaign. The "Day One" promise by Sir Keir Starmer to scrap the deal was a victory for humanity and it was welcomed by survivors of torture across the UK.

In January 2025, we launched No Questions Asked, our hard-hitting investigative report exposing British universities for failing to conduct human rights checks when training security personnel from torturing states. By holding UK institutions to account, our movement is giving a clear message: not in our name.

Our survivor leaders have continued to drive policy reforms in areas such as sexual violence in conflict, torture prevention and survivor-centred care. As part of the 40th anniversary of the UN Committee Against Torture, Kolbassia Haoussou MBE stood before global leaders in Geneva in a landmark briefing with this expert body and the Subcommittee on Prevention of Torture (SPT) calling for a truly survivor-centred approach to justice and accountability. The UN Committee formally committed to embedding survivor-centred principles into its work and the international anti-torture framework. This commitment, secured through lived experience leadership, is now influencing reforms across the world.

In a period marked by profound loss through the closures of our West Midlands and North East treatment services, we stand firm in our mission to helping survivors of torture to heal, feel safe and strong again.

We continue steadfast with our commitment to offer our expert clinical services to as many survivors as possible. Our clinical model "Pathways", including services co-delivered by survivors, has driven up the quality of our care, helping more survivors to overcome trauma symptoms more quickly. Thanks to these improvements in service efficiency, we have significantly offset the impact of reduced resourcing and via the refresh of our organisational strategy, shaped by the voices and experiences of survivors, we are strengthening our ability to respond to the evolving needs of our clients in a changing world for now and in years to come.

Sadly, in 2025 the need for our work has never been greater. But we know we are not alone. We are held up by an extraordinary movement of compassionate people who refuse to accept the unacceptable. Together, we are a force for change: exposing the real human cost of torture, holding governments to account on their responsibility to uphold fundamental human rights and helping tens of thousands of survivors to heal and rebuild their lives in safety.



Sonya Sceats
Chief Executive

Thank you to each and every one of you for your unwavering commitment to survivors of torture. Despite the challenging situation we find ourselves in, together we stand united in ensuring that every person who has endured torture is given the chance to heal and live free from fear. Without you, we simply could not do this.



Ahlam Souidi, Senior Community Development Worker, at Freedom from Torture

Key Achievements

From January 1st 2024 to March 31st 2025, together we...

Changed lives

640

survivors of torture were supported with **life changing holistic rehabilitation services.**

12,000+

hours of therapy attended by clients, some of the most vulnerable people in our communities.

550

survivors supported with **vital legal and welfare services.**

208

medico-legal reports and other forms of clinical evidence provided for survivors in support of their asylum claims.

In 2024 alone, our medico-legal reports and other forms of clinical evidence in support of asylum claims **helped ensure positive Home Office decisions in**

over 80%

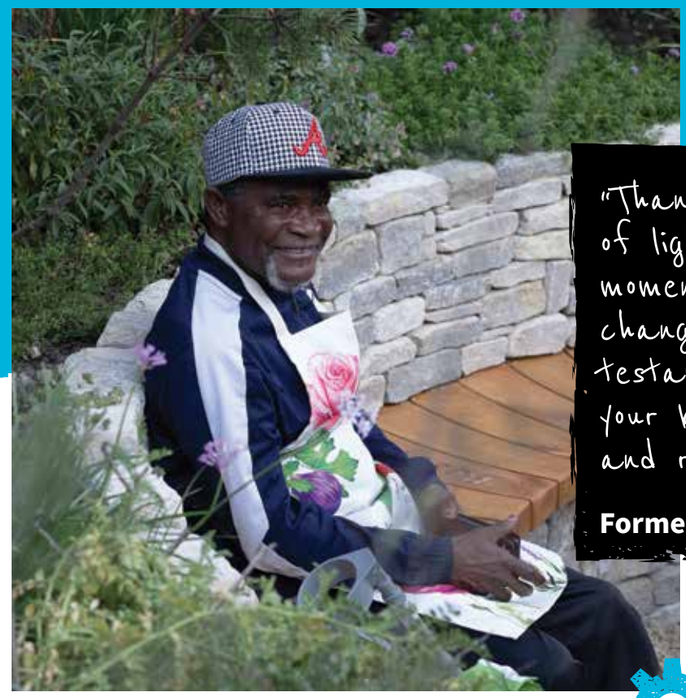
of first instance asylum claims by survivors who were examined by our doctors.

Drove positive change through survivor leadership and influencing

Strengthened global advocacy on sexual violence prevention at the Preventing Sexual Violence in Conflict Initiative (PSVI) International Alliance in Colombia in November 2024.

Briefing with the United Nations Committee against Torture and the Subcommittee on Prevention of Torture in Geneva as part of the UNCAT 40th Anniversary, securing a landmark commitment from the Committee to a survivor-centred approach to international reforms.

Organised by the European Commission and The United Against Torture Consortium, we briefed donors and EU partners on the importance of uniting forces to address deep challenges to human rights democracy and development – demonstrating the value of survivor-centred approaches to a highly influencial audience.



"Thank you for being a source of light during my darkest moments. The work you do changes lives – mine is a testament to that. I will carry your kindness with me always and remain forever grateful."

Former Freedom from Torture client

Changed the system

Asylum

- **Refugee Ban lifted** – with a "**Day One" promise** by the new Prime Minister to recommence the processing of asylum claims, pulling thousands of survivors of torture out of "limbo" and **paving the way for them to secure sanctuary in this country**.
- **Cruel "cash for humans" Rwanda scheme scrapped,** ending intense anguish for all survivors of torture who had faced expulsion to this well-known torturing state.
- **Closure of the Bibby Stockholm barge**, an inhumane "floating prison" used to detain people seeking asylum.
- **Secured a commitment from the Home Office to restart training** for their caseworkers on best practice when **handling medical evidence for asylum decisions**.

Accountability

- Our **No Questions Asked** campaign secured a **commitment from UK police leaders to introduce human rights risk assessments** before partnering with universities on postgraduate security programmes.
- Survivor activism by the **Survivors Speak OUT (SSO)** network contributed to the new Government's re-commitment to the **Preventing Sexual Violence in Conflict Initiative (PSVI)** with survivors now firmly at the heart of this flagship UK foreign policy initiative.
- **The UK reinstated funding to the UN Relief Agency in Palestine (UNRWA)** after Freedom from Torture and REDRESS publicised evidence that the decision to suspend funding was **based on intelligence extracted by Israeli torture**.
- The UK **withdrew its objections to the International Criminal Court's (ICC) jurisdiction over the situation in Palestine**, specifically in relation to arrest warrants for Israeli officials, after we repeatedly urged ministers to uphold the international rule of law, avoid double standards and **support the work of the ICC in its response to the crisis**.

Recognition at the White House

Amplifying survivor voices on conflict-related sexual violence

Kolbassia Haoussou MBE, Survivor Champion for the UK Preventing Sexual Violence in Conflict Initiative (PSVI) and Director of Survivor Leadership & Influencing at Freedom from Torture, was invited to attend a Gender Policy Council roundtable on conflict-related sexual violence in June 2024 at the White House.

This was key to the launch of the Dignity in Documentation Initiative – a global effort to address conflict-related sexual violence and ensure survivors are given access to the holistic support needed when contributing to justice processes. Drawing on his own journey and the work of Freedom from Torture, Kolbassia advocated for survivor-centred approaches and stressed what we know to be true: no policy for survivors should ever be made without their voices at the heart of it.

In recognition of this, Kolbassia was awarded a medal for personal bravery by then Vice President Kamala Harris – honouring not only his courage, but also the strength and resilience of all survivors who use their voices to speak out for what is right.



Naseem's story

One person who knows first-hand the difference your support makes is Naseem. At just 11 years old, after fleeing conflict in Lebanon with his family, Naseem found hope and healing through Freedom from Torture. Today, he shares how that support helped transform his life – and why it still matters.

"As someone who has received the care of Freedom from Torture and worked there, the moment I stepped into the London centre it was a warm, inviting space with sunshine pouring through the building and everyone was just so nice. Here, in one place, the service users could get everything from medical help, welfare advice, legal support to horticultural and music therapy."

Amazingly, years later, he returned to us as a trainee clinical psychologist before embarking on his career in the NHS, where he provides care and hope.

"I can't tell you how good it was to work in a service like this. When I was working at Freedom from Torture, there was a feeling that everyone that was accessing the service was really grateful for it and that's the message I can pass on to supporters, thank you."

Naseem, former Freedom from Torture client and volunteer

Changing Lives

We are proud to provide outstanding clinical services to survivors of torture who are referred to us for specialist care, mainly by the NHS. Following a collaborative client needs survey in 2023, we have continued to evolve our services based on survivor priorities.

Clients prioritised access to therapy, health assessments, pain management and medico-legal reports – all of which have been a key focus throughout 2024 and 2025. Informed by survivor insights, we introduced a stepped care model: a clearer, more structured journey from assessment to discharge, with recommended session numbers and durations. This will align our care more closely with the needs and hopes of the survivors we support. In order to maximise access for survivors, we also introduced a new shorter treatment pathway.

Our clinicians support clients to talk about and process their trauma in safety – using evidence-based therapies all tailored to the needs of each survivor. These include trauma-focused therapies such as Narrative Exposure Therapy (NET), Eye Movement Desensitisation and Reprocessing Therapy (EMDR), Cognitive Behavioural Therapy (CBT) and family therapies.

From January 2024 to March 2025

208

medico-legal reports and other forms of clinical evidence were provided in support of survivors' asylum claims

This evidence often makes all the difference to a survivor's ability to secure protection in this country, so that they can continue their journey of recovery without fear of being returned to their torturers. In 2024 alone, our expert clinical evidence of torture helped to ensure positive Home Office decisions in over 80% of first instance asylum claims for survivors who were examined by our doctors.

Supporting recovery through pain management

Torture often leaves survivors with long-term pain that deepens psychological trauma. Our specialist pain management service works alongside trauma therapy to break this cycle, helping clients regain control of their bodies and lives.

The service is led by a specialist nurse in pain management surrounded by an expert team of doctors, physiotherapists, massage therapists and with input from our psychological therapists. By providing personalised one-to-one and group sessions that blend physiotherapy, pain management education and strategies, cognitive behavioural therapy, and mindfulness, we are able to support clients to both understand their pain, as well as techniques to manage it.

By developing practical self-management skills, survivors gain the confidence to manage pain independently – leading to longer lasting relief and a stronger sense of agency in daily life.

In 2024, clients shared that they better understood their pain, felt more confident to engage in everyday activities and experienced a renewed sense of hope for the future.

"I learned a lot about how to relax. I also learned a lot about pain in general, which was helpful too. Hearing from other members of the group and their similarity to my situation helped too – knowing I am not alone. I feel I have more acceptance of my pain. I accept it will not just all suddenly go away, but also that I can deal with it."

Pain Management Client at Freedom from Torture

"The pain management service provided here is absolutely invaluable. It is something that people cannot get anywhere else."

Zoe, Clinical Nurse Specialist and Pain Management Service Lead



Sara's story

One of the survivors we helped was Sara. After arriving in the UK, she became very depressed.

"I no longer left my accommodation, and I thought suicide was the only way out. I'd escaped torture and death from a dictatorship, but now it would be life in the UK that killed me. Eventually I got in touch with Freedom from Torture and asked for help. With the therapy and group support my life started to have hope. I finally felt there was somewhere for me, someone looking out for me, people who understood.

Because of all that, I am who I am today. I couldn't have done it without Freedom from Torture's help, therapy and support. That's no exaggeration. My therapist and the team at Freedom from Torture saw my strength even when I didn't see it myself, they helped me to heal."

"Because of people like you, I have a second chance at life. I started to get my confidence back then eventually got accepted as a refugee, allowed to work. I'm proud to work for the NHS and help people again. It's who I am."

Sara, Freedom from Torture client



Our services: for survivors, shaped by survivors

The needs of our clients are always evolving. That's why we continually listen to those at the heart of our work to understand what is having real impact and where we must do better.

This process of meaningful engagement drives our commitment to reactive and survivor-centred care that adapts to meet real and changing needs, informing key decisions and improving the overall quality of our services.

Over this time, clients commented that they have felt valued and included in Freedom from Torture's decision-making processes, fostering a sense of empowerment and ownership over service improvements.

"At every step, survivors are at the heart of our clinical model – shaping it, informing it and driving it forward."

Jeremie, Survivor and Senior Service User Engagement Coordinator

Finding our Ground – laying healing foundations

Group work has always been a central part of Freedom from Torture's approach to healing.

In 2021, **Finding Our Ground (FoG)** was developed through collaboration with the Service User Engagement (SUE) team and clinicians, drawing on Freedom from Torture's legacy of group therapy and evidence-based trauma practices, with a focus on early-stage support.

The 9-week stabilisation group has helped many of our clients at the beginning of their therapeutic journey to recovery. Co-facilitated by a therapist and a survivor of torture, the group weaves together clinical expertise with lived experience.

18 group sessions were held between January 2024 and March 2025, helping survivors to feel less alone and better understand their trauma, as well as giving them essential tools to manage distress. Many have described the group as their first experience of safety and connection since arriving in the UK – laying the emotional groundwork for deeper healing and long-term recovery.

This poem, co-produced with the group, gives testament to the positive impact of FoG on their recovery:

Finding our Ground

At first, I felt shame,
Discomfort in expressing my thoughts,
But over time, it became normal—
I wasn't alone.
Others shared the same pain,
And that made it easier to speak.

I allowed it.
The shame disappeared because I allowed it.
It wasn't just my burden,
It was ours.
Together, we carried the weight
Of similar moments,
Unpleasant situations,
But they gave me strength
To carry on.

In that room,
I felt some kind of stability.
Not enough to heal years,
Not enough to change everything,
But in those moments,
I was interlinked
With my fellow participants.
I benefited from that.
The issues we face
Aren't solved in five or six sessions,
But they soothed the pain—
Like a sedative
For a very sick person,
Easing the suffering
But never curing the illness.

Or maybe,
Like a prisoner,
Imprisoned for life.
Every few months,
Given a few hours of freedom,
Allowed to meet family
Or see the world,
Always under tight security.
But the sentence remains.

Still, in that time,
You breathe.
You feel a little bit of life again.

I was thirsty—
Desperate for even a sip of water.
I couldn't drink it all at once,
It would be too much.
But the drips,
They mattered.

To those who come after,
I would say this:
Be strong.
Believe in yourself,
In the support you need,
In the strength you already have.
This group taught me that.
It showed me

That I can,
And I am
Strong.

Tree of Life – 'Empowering and Strengthening'

The Tree of Life (ToL) is a narrative-based, strength-focused intervention therapy developed to support people affected by significant trauma and loss.

It is offered to clients nearing the end of their therapy at Freedom from Torture in the reintegration phase of recovery – helping them to move forward with confidence as they leave our services.

ToL recognises that trauma can sometimes overshadow someone's identity and can leave survivors with a 'first story' marked by pain and powerlessness. The Tree of Life process helps individuals move towards their 'second story' – a story rooted in positivity with a focus on their history, culture and hopes. It is co-facilitated with a survivor of torture and helps the group reconnect with a sense of self beyond trauma.

Clients often describe the Tree of Life group as 'empowering and strengthening', helping them to re-author their story and find strength through connection, community and hope.

"I have seen first-hand how the Tree of Life group helps our clients to feel stronger and take back their story. As a survivor, I know that leaving Freedom from Torture's services can be daunting, so I am really proud to be able to support people as they begin the next part of their journey – with confidence and positivity for the future."



The Tree of Life – The Dulwich Centre



"It's so important to have a survivor co-facilitating this stage of the client journey to show that there is light at the end of the tunnel."

Borry, Survivor and Service User Engagement Coordinator

Solidarity in the Face of Anti-Refugee Riots

In the summer of 2024, the world witnessed the shocking scenes of violent anti-refugee riots across the UK. These were a stark and chilling reminder that hateful rhetoric inspires hateful acts. For many, they were deeply disturbing. For survivors of torture – people who have already experienced the worst of humanity – these events brought renewed fear and trauma.



Our immediate priority was to keep people safe from harm, and that meant keeping essential services open and accessible. We know that explosive situations like this can be extremely re-traumatising and can worsen Post Traumatic Stress Disorder (PTSD) symptoms – like anxiety, depression, trouble sleeping or difficulty eating. Our frontline staff worked to ensure every survivor of torture had the vital support needed to navigate these troubling times. For clients who were too scared to leave their accommodation, we offered remote therapy, legal and welfare appointments.

But despite the attacks, we also know that an overwhelming majority of people in this country welcome refugees. Thousands of compassionate people rose up in peaceful counter protests, sending a clear message: Refugees are welcome here. The hate may have been loud – but kindness and solidarity rang out louder.

In an incredible demonstration of unity and compassion, over 3000 of our loyal supporters sent heartfelt, loving messages to survivors of torture. One therapist said that, after sharing these messages, the survivors she was supporting felt a real sense of solidarity and felt more hopeful in humanity following the horrid impact of the riots.

"This message is sent to you and all survivors of torture to let you know that you are not alone. We stand with you and join all of us who are against the horrific violence that has been happening."

Message from a Freedom from Torture supporter

This shows the power of your solidarity, and how crucial your support is to help us provide the safe space of therapy for survivors to heal.

Survivor Leadership and Influencing

Survivor leadership is not just part of our work – it is at the very heart of our mission to uphold the absolute ban on torture and improve the lives of people seeking asylum in the UK.

Rooted in our belief that those who have faced the worst of humanity should be at the forefront of shaping the response, survivors have become leading advocates and changemakers, influencing laws for a more compassionate and just world.

In 2024 alone, over 70 external organisations – including international institutions, governments and leading NGOs – have sought our support to learn from our model of survivor empowerment. Survivors have taken centre stage in major policy consultations as respected experts by experience. Their courage has elevated the profile of survivor leadership both in the UK and globally, inspiring a shift in how institutions view lived experience: not simply valuable, but transformative.

70 external organisation have sought our support to learn from our model of survivor empowerment



Kolbassia speaking at the International Alliance for the Preventing Sexual Violence in Conflict (PSVI) iniative in Colombia.



The new Government's public commitment to centring survivors

As survivor champions for the Preventing Sexual Violence in Conflict Initiative (PSVI), Kolbassia Haoussou MBE and Nadine Tunasi have set remarkable examples of the critical role that people with lived experience can play in the development of policies and practices that affect them, when offered a seat at the table. Their work with the UK Government offers a model of survivor leadership from which others can learn. The new Government's commitment to continuing this work is testament to its success.

At the end of 2024 the UK's new Minister of Human Rights outlined his priorities in a speech to mark Human Rights Day. The Minister paid special attention to his role as the Prime Minister's newly appointed Special Representative on the UK Foreign Office's Preventing Sexual Violence in Conflict Initiative, expressing his commitment to put survivors "at the heart of our approach, helping amplify their voices and strengthen our collective action."

Strengthening global advocacy at the Preventing Sexual Violence in Conflict Initiative (PSVI) International Alliance

In November 2024, UK PSVI Survivor champions Kolbassia Haoussou MBE and Nadine Tunasi and Coordinator of Survivor Activism Sepideh Sahar stood alongside survivors from across the world at the International Alliance for the PSVI initiative in Colombia.

Working hand-in-hand with Colombian survivors, they co-created national action plans and facilitated transformative workshops with the Global Survivor Advisory Group to set long-term priorities and messaging. Their efforts have been pivotal in pushing the International Alliance toward a survivor-centred approach – one that recognises lived experience not just as testimony, but as expertise.

This powerful gathering brought together voices from member states, diplomats, multilateral institutions, academics and civil society – but it was the voices of survivors that were the driving force in the discussions.

Changing the System

Since January 2024, critical steps have been taken to undo the damage caused by the previous Government and to create a fair and more compassionate asylum system, working to ensure the UK's role as a place of sanctuary for torture survivors in search of safety and hope.

Both the "cash for humans" Rwanda scheme and the use of the quasi-detention Bibby Stockholm barge have been scrapped – landmark moments that mark the end of some of the most dehumanising asylum policies in recent memory.

We stood firm against them, drawing on our unique clinical expertise and the powerful voices of survivors, whose lived experiences made it impossible to ignore the real human cost of these immoral schemes.



"Every day in our therapy rooms we saw the awful toll it took on people – survivors expressed their hopelessness, their utter despair, some even said they'd take their own lives rather than get onto a plane to Rwanda. Even after its withdrawal, this cruel "cash for humans" deal continues to inflict harm on some of the most vulnerable in our society – men, women and children who've fled war and torture.

This is the true, utterly shameful legacy of this inhumane plan. The Rwanda scheme may be gone, but we need to make it clear that there is no place for policies that defy our legal and moral duties. Instead, this Government must create an asylum system that is compassionate and fair, with protection at its heart."

Laura, Clinical Psychologist and Head of Clinical Services, London.

32,500+
supporters took campaign actions to stand in solidarity with survivors of torture in 2024 alone.



The new Government overturned the heartless and damaging 'Refugee Ban', re-establishing the right to asylum for thousands of people who had been left in "limbo" for so long. Freedom from Torture played a central role in shaping the national conversation and leading the charge against policies that stripped people of their basic human rights.

Described by a leading funder as "wins for the ages", these seismic victories have not only changed lives but they are a testament to the power of targeted, survivor-centred advocacy and collective action. But we must remain vigilant. The new UK Government is also putting barriers in the way of survivors securing protection in this county, weakening frameworks that the UK was integral in creating in the wake of the horrors of the Second World War.

"The 'Refugee Ban' left thousands of refugees in limbo – it denied a decision on their asylum claim so they were unable to rebuild their lives in the knowledge that they were safe. For survivors like me, this meant the threat of being sent back into the hands of my torturers. So many people were unable to recover or move on. Lived experience groups like Survivors Speak OUT and organisations like Freedom from Torture campaigned tirelessly to persuade Labour to lift this unlawful and inhumane ban. Now we're working with the Government to ensure they can process these claims fairly, effectively and, above all, with compassion."

Nadine Tunasi, PSVI Champion and Survivors Speak OUT Manager

We urge the Government to turn its attention back to the vital work of rebuilding an asylum system that is effective, fair and compassionate at its core so we can be confident that we are providing sanctuary to those who desperately need it.

No Questions Asked

In January 2025, we launched No Questions Asked, a pioneering investigation that pulled back the curtain on how UK universities risk teaching torturers from around the world.

The report revealed that institutions across the country, including some of our most globally respected universities, are providing security education in areas such as surveillance, counter-terrorism and intelligence-gathering, to groups and individuals from states where torture is widespread.

Alarmingly, just one of the 12 universities included in our investigation was able to provide a response to how it managed risks to human rights in its course provision, raising the real possibility that the knowledge and skills shared in British classrooms could be weaponised to silence and destroy lives.

The investigation struck a national chord. A Channel 4 News feature amplified the findings with a national broadcast piece in their daily news bulletin exclusively revealing the findings of our report that then went on to reach over 150,000 viewers across social media platforms, bringing the issue to the forefront of public discussion on both traditional and new media channels. Over 4,600 supporters stood together with survivors, signing our petition to tell UK universities: don't risk teaching torturers.



The campaign has already driven meaningful change. In direct response, UK police leaders have committed to implementing human rights risk assessments before partnering with universities on postgraduate security programmes. The Foreign, Commonwealth and Development Office (FCDO) and Home Office have also affirmed their expectation that universities (especially in their overseas dealings) must act responsibly and uphold their obligations under the Human Rights Act.

"UK universities must not be naive about the risk of contributing to human rights abuses. Admitting security students from states where torture is used as a tool to silence, without asking serious questions about the risks, is deeply irresponsible. I want to live in a country that sets an example to the rest of the world, that torture is always wrong, and without exception prohibited.

The UK has a responsibility to make sure that what happened to me, and so many others, doesn't happen with its support. As a survivor of torture, I will stand up and call out any institution that ignores this responsibility. I hope that British universities are willing to listen."

Musa, Survivor

UK backsliding on the torture ban

During the King's Speech in July 2024, it was announced that the extremely controversial Northern Ireland Troubles (Legacy and Reconciliation) Act would be repealed.

This marks a hard-won victory for truth and justice. We have long campaigned against this legislation, raising our voices at every stage of its journey through Parliament to expose how it threatened to erode the absolute ban on torture and could well deny survivors access to justice and accountability allow torturers off the hook.

In a further positive development, the so-called "Anti-Boycott Bill" has fallen. The previous Government's dangerous proposal to strip public bodies of the ability to make ethical choices by refusing to do business with companies complicit in human rights abuses, including torture, failed to pass into law. We were proud to stand with those who opposed it, providing critical evidence that helped shape the debate in the House of Lords.



To our Volunteers

Your time and dedication means the world

Freedom from Torture would not be able to provide the life-changing services to our clients without the enduring support of our dedicated volunteers. We are extremely grateful for the time and expertise you so generously give up to ensure our critical services are delivered to as many torture survivors as possible.



"I am a Clinical Psychologist and was retired from the NHS 12 years ago and looking for somewhere to volunteer that provided meaningful work, and where I could maintain and develop my clinical skills. Freedom from Torture is such a rewarding place to work. I have great colleagues both clinically (psychologists, nurses, doctors) but also interpreters, lawyers, social workers, admin and fundraising. I have excellent supervision which is very important especially being able to share some of the stories heard from clients and being guided in their treatment. The work is of course sombre in content and often slow but it is immensely rewarding to see clients get through some of their traumas and be able to lead more satisfying lives. It feels like a privilege to do this work. I also enjoy helping out at our magnificent fundraising events and meeting many supporters."

Jennifer,
Volunteer Clinical Psychologist



"Freedom from Torture is a truly inspiring and thoroughly professional organisation. It is one of the reasons I have volunteered for it for more than a decade. It's a travesty that there's a need for an organisation to be an expert in advocating against torture and supporting those who have experienced it – but thankfully we have one. The best thing about volunteering with Freedom from Torture is the understanding and appreciation of what volunteers bring. I have done everything from working pro bono, using my professional skills to supporting large and small fundraising events."

Michelle,
Volunteer and long-term Supporter



"Freedom from Torture do amazing work. It does superb work in addressing some of the issues that survivors face. I've been to many FfT group workshops over the years and learnt about the difficulties that survivors face and the work that FfT practitioners do to help rehabilitate them. I'm also aware of the campaigning that is done to raise awareness of what it is like to be a refugee and asylum seeker in the UK.

I've been privileged to attend events in Oxford with the Write to Life group and Survivors Speak OUT Workshops and it's evident the impact that FfT has on those individuals' lives. These wonderful people are being able to fulfil their potential as human beings and to society. When torture prevails, this opportunity is non-existent."

Ann, Chair of the Oxford Freedom from Torture Group

To our Supporters

The beating heart behind this movement

Over the past 40 years, you have stood beside us – not just as supporters, but as champions for survivors of torture. Your loyalty and belief in a world where healing is possible have carried our work forward, even in the most challenging times.



Craig, running the London Marathon in support of Freedom from Torture.

Fundraising for survivors



Chelsea Flower Show: A Sanctuary for Survivors

A highlight of 2024 was the unveiling of The Freedom from Torture Garden: A Sanctuary for Survivors at the RHS Chelsea Flower Show, made possible through the generous support of Project Giving Back.

Inspired by over two decades of horticultural therapy as part of our rehabilitation work, the garden reflects the quiet strength and healing power of nature. Designed in collaboration with survivors, many of the garden's features reminded them of home – and served to provide a safe space and the freedom to reconnect with the present moment.

Awarded a silver medal at Chelsea, the garden now lives on at our London centre. There, it continues to flourish – not simply the plants, but also hope, connection and resilience, offering survivors a space to heal and form meaningful bonds with others.



Finding the Words Literary Festival

In November 2024, our Finding the Words literary festival brought leading writers, poets and survivors together at the London Library for a night of powerful readings and reflection.

Hosted by comedian Miles Jupp, the evening featured performances by Julian Barnes, Victoria Hislop, Margaret Busby, Brian Bilston and our own Write to Life group. Each shared work exploring what it means to 'find the words' after trauma.

The evening raised an incredible £63,700 in support of not only our Write to Life group, but of all survivors rebuilding their lives in the UK.

Thank you

Thank you to every single one of our loyal supporters for standing with survivors and extending compassion to those who arrive here to rebuild their lives in safety after torture. We are delighted to share funders below, who are happy for their support to be acknowledged.

Alchemy Foundation
Barrow Cadbury Trust
BBC Children in Need
The Beatrice Laing Trust
Bertha Foundation
Brook Trust
Bryan and Sirkka Sanderson
Cathy Wills Charitable Trust
Chillag Family Trust
City Bridge Foundation
The Evan Cornish Foundation
Finlay and Kathryn Ross Trust
Glasgow Wellbeing Fund
Henocq Law Trust
Hugh Fraser Foundation
Ian Mactaggart Charitable Trust
The Jane and James Kessler Charitable Trust
The Joseph Rowntree Charitable Trust
London Churches Refugee Fund
Mercers Company
National Lottery Community Fund
Netherdale Trust
Oak Foundation
The Open Society Foundations
The Patricia Routledge Charitable Trust
Porticus
Project Giving Back
The Rayne Foundation
The Reed Foundation
Scottish Government
Sheila Truman Charitable Trust
The Sigrid Rausing Trust
The St Christopher's Trust
Stanley Thomas Johnson Foundation
The Tolkien Trust
Victoria Wood Foundation
Yusef Foundation

"The St Christopher's Trust is a small charitable trust set up by my dad in 1972. Each year, we generate a small income from investments which we distribute to charities. Over the last 25 years, we have donated more money to Freedom from Torture than any other charity. The reason for this is that survivors of torture are rarely in the news and the range of health-related programmes and guidance that Freedom from Torture provides survivors is unique and essential, as is their campaigning and advocacy work.

The St Christopher's Trust is very proud to be in a position to help fund the Pain Management Service that Freedom from Torture delivers to those who carry the physical and mental effects of torture. It is a privilege to support in a small way both survivors and the dedicated people that work for Freedom from Torture."

Tim, the St Christopher's Trust

Strategic Review

2024–25 was the third year of our four year strategy.

The organisational strategy, in its third year of four in 2024–25, was co-developed with people with lived experience of torture and the UK asylum system. The four guiding goals are:

- Changing Lives
- Changing the System
- Survivors Driving Change
- Changing Ourselves

As our impact report shows, we made significant progress against these four strategic goals in 2024/25.

As we approach the end of our current strategic period, a number of workshops were held with service users to understand which areas of Freedom from Torture's charitable work are most valuable to them. This engagement will play an important role in refreshing our strategy for the future.



Deluxe, Coordinator of Young Survivor Engagement, speaking at the Building Bridges event in Birmingham

Changing Ourselves: Diversity, Equity and Inclusion

We are proud to have launched our new Diversity, Equity and Inclusion Strategy in 2024 which sets out our strategic approach to tackling structural inequality and promoting diversity and inclusion in all of our work to achieve a world free from torture. Developed in collaboration with survivors, staff, Trustees and partners, the strategy is grounded in lived experience and a shared vision. The strategy is built on six pillars: 1. We are supporting survivors with survivors 2. We are an anti-racist organisation 3. We are committed to promoting gender-inclusivity and LGBTQIA+ rights 4. We are supporting Disability and Neurodiversity 5. We are managing conflicts linked to identities positively 6. We are led by diverse, inclusive and effective leaders.

Since launching the strategy, our staff-led Race and Inclusion Taskforce has deepened its focus on anti-racism, centering the voices and experiences of survivor employees. This crucial work reinforces our organisation's firm commitment to racial equity and inclusion.

In July 2025, Trustees took part in a Diversity, Equity and Inclusion session, supporting our goal of building a diverse, inclusive and effective leadership. We are proud to have 3 Trustees with lived experience of torture/the UK asylum system on our Board.

And we have continued to remove barriers in recruitment by:

- Making our application process more accessible to survivors, candidates from ethnic minority backgrounds, disabled and neurodiverse applicants
- Incorporating EDI questions into interviews, tailored by role level
- Sharing interview questions 48 hours in advance – an approach welcomed by candidates.

We've also developed and improved our Equality Impact Assessment processes for all policy reviews and organisational changes, ensuring inclusion is embedded and feedback informs the future of our organisational strategy going forward.

You can read our full strategy here.



Our commitment to safeguarding

As an organisation working with some of the most vulnerable communities in the UK, Freedom from Torture has embedded a strong safeguarding culture into all areas of our work. Safeguarding is overseen by two clinical Safeguarding Leads who meet regularly to review, discuss and manage safeguarding risks. A safeguarding leadership group meets quarterly to ensure that safeguarding best practice is followed across all directorates of the organisation. All staff and volunteers are expected to have a strong understanding of their safeguarding responsibilities, undertaking regular mandatory training. In addition, enhanced safeguarding training is provided annually, reflecting the specific challenges for Freedom from Torture's client group.



Ahlam Souidi, Senior Community Development Worker, with a member of Freedom from Torture's Women's Group.

Plans for Future Period

Together for a future free from torture.

In 2025–26, we are focused on shaping the future for Freedom from Torture. We undertook a major survivor insight project at the beginning of 2025 as the starting point for a refresh of our organisational strategy for the period from 2026 onwards.

We will retain our long term ambition to enable more survivors to heal from torture including by deepening our approach to services that are co-delivered with survivors, developing further our shorter care pathway and working in partnership with other services to ensure that survivors realise their right to holistic rehabilitation in the face of contracting voluntary and statutory services. We will continue to build power between survivors of torture and supporters to achieve a world free from torture, challenging action by the UK Government that contravenes the rights of survivors, including as asylum seekers and refugees. Working with the Together With Refugees coalition, we will support communities across the country to show solidarity with refugees so that our politicians can see and feel for themselves the strength of support for refugees in their constituencies. We will continue to support UK initiatives that uphold the torture ban, such as the Preventing Sexual Violence in Conflict Initiative, and support the Home Office to help improve the handling of medical evidence of torture and the quality of asylum decisions generally. We will invest in fundraising to ensure the sustainability of Freedom from Torture and lay groundwork for a digital transformation project to ensure we are harnessing the benefits of technology for survivors of torture and future-proofing our charity.

Fundraising Statement

Freedom from Torture is fortunate to receive the support from thousands of donors and funders to support our life changing work. With 95% of income received through voluntary contributions, ensuring our fundraising activities are managed effectively is extremely important to us.

In 2024/25, fundraising approaches included raising income from individuals through regular giving, appeals, local fundraising activities and events. In addition, we received income through the generosity of charitable trusts and foundations, companies and through gifts in wills.

To support our fundraising efforts, Freedom from Torture works with professional fundraising organisations, including face to face and telephone fundraising agencies. Freedom from Torture team members closely monitor these activities, through clear data sharing agreements, training and call quality monitoring to ensure personal data is handled correctly and individuals have a positive experience through these interactions.

To ensure that individuals who may be in vulnerable circumstances are protected, Freedom from Torture abides by its vulnerable adults fundraising policy, as do the professional fundraising organisations who work on our behalf. Following guidance from the Gambling Commission, there are additional protective measures in place for our lottery and raffle players.

Providing a positive supporter experience is central to all of Freedom from Torture's fundraising activities. There are, however, occasions where individuals are not satisfied with our approach. All complaints are taken seriously and handled in accordance with our complaints policy. Each complaint provides us with the opportunity to listen to concerns and make improvements. In the 15 month financial year of 2024/25 we received 47 complaints, on issues including the frequency of fundraising asks, the content of our communications and delays with orders. 92% of these complaints were handled within 5 working days.

Freedom from Torture's fundraising activities are governed by the Fundraising Regulator Code of Fundraising Practice. In addition, fundraising activities are also governed by data protection laws, regulated by the Information Commissioners Office (ICO) and the Gambling Commission for lottery and raffle fundraising.



Nafa, Chef and Torture Survivor.

Without the support of the thousands of individuals who support us, Freedomfrom Torture would be unable to deliver the services that enable survivors of torture to rebuild their lives.

We are so grateful to receive this support and commit to providing the best supporter experience possible, through our Supporter Promise.

Financial Review

For the 15-Month Period Ending 31 March 2025

Financial Highlights

Freedom from Torture is changing its financial reporting period. We have been reporting on January to December but given that the end of the calendar year is our most important fundraising period, we are moving to reporting from April to March in order to aid with income budgeting. To enable this transition, we have implemented a one-off reporting period of 15 months. Therefore, this report covers 1 January 2024 to 31 March 2025.

Our diversified fundraising portfolio remained strong, but the difficult financial environment has made maintaining income growth challenging in some areas.

Freedom from Torture is fortunate to have the support of many loyal and committed individuals. Income through regular gifts remains our biggest source of income, most of which were started more than 5 years ago.

Charitable expenditure was £10,982,209, which accounted for 77% of our overall expenditure. Staffing remains our biggest single area of expenditure, reflecting the nature of our work, with £7,092,379 going on payroll costs.

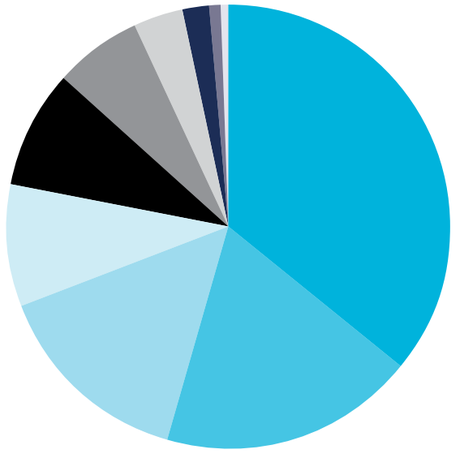
Financial position at the start of 2024

Freedom from Torture entered 2024 with a strong financial position, with designated and restricted funds, excluding the fixed assets reserve of £5,568,688. This included a development fund which had been designated by Trustees, following the receipt of two exceptional legacies from previous financial years, for the strategic development and delivery of services and influencing work.

During the 15-month reporting period (January 2024 to March 2025), Freedom from Torture drew down the entirety of the remaining Development Fund (£1.337m) to support operations, alongside a further £260k from another designated fund. This proactive use of designated funds allowed us to continue the delivery of the activities survivors of torture rely on, while safely implementing a phased programme of savings to ensure long-term sustainability.

Income

Total gross income for the period was £15,113,123. Most of our income comes from individual supporters in response to a diverse portfolio of fundraising activities. We also generate some income through fees for some elements of our services.



- Legacies **£5.45m**
- Committed Donations (excluding Gift Aid) **£2.81m**
- Trusts & Foundations **£2.20m**
- Other Donations (excluding Gift Aid) **£1.37m**
- Major Donations (excluding Gift Aid) **£1.27m**
- Gift Aid Tax Claimable **£0.99m**
- Income from Charitable Activities **£0.54m**
- Other Trading Activities **£0.28m**
- Investments **£0.14m**
- Companies **£0.6m**

The largest sources of income during the financial year were:

- Legacies were our biggest source of income. A major contributor to this was a single unexpected legacy of £2.1m received in June 2024, which Trustees designated as a new "Transformation Fund".
- Committed donations came from around 16,000 individuals giving monthly gifts through direct debits and standing orders. The majority of these supporters have been giving for more than 5 years.
- Trust and foundations income included £1.24m in restricted funds towards the costs of activities across the whole of the services and influencing work delivered in the financial year.
- Other direct marketing included several different activities, including warm direct marketing, donor recruitment, community fundraising and special events.
- Major donor income came for a cohort of individual supporters who have developed relationships with the charity and its work through the cultivation work of our fundraising teams.

Expenditure

Total expenditure during the 15-month period was £14,354,962.

Charitable expenditure was £10,982,209. The majority of which (70%), was on therapeutic services, including legal advice and welfare support for our clients.

- Staff cost relates to the salaries of the employees directly delivering our services and influencing work
- Direct costs relate to areas like interpreting, emergency relief payments to clients, travel costs for clients travelling to and from our appointments.
- Support costs include overheads such as premises, ICT and organisational running cost, plus an allocation of the salaries of support team like HR and Finance.

The **cost of raising funds** of £3,372,753 was predominantly spent on generating voluntary income through donations and legacies, with 94% of fundraising expenditure going on this. The money spent on generating voluntary income goes on activities fundraising from individuals through legacies, committed gifts, direct marketing and donations from Trusts and foundations and grants from government and public bodies.

Looking ahead

During the year It was decided to close our two smallest treatment services, in Newcastle and Birmingham. The decision was not a decision taken lightly, but it enables the charity to consolidate services and prioritise models of care that are more flexible and financially sustainable.

A portion of the £2.1m legacy received in June 2024 has been earmarked to cover the costs of closing the two treatment services mentioned above. The remaining Transformation Fund balance is expected to support adaptation of Freedom from Torture to a changing operating environment in alignment with our strategic plan. These decisions will be guided by operational readiness and financial capacity.

Reserves

Freedom from Torture's reserves policy is designed to ensure the organisation can respond effectively to risks, such as unexpected drops in income or unforeseen increases in expenditure, while continuing to deliver vital services.

As at 31 March 2025, the charity held total unrestricted cash reserves of £3.523m These reserves include a Cash Backed General Reserve of £1.131m. Combined with the Working Capital General Reserve the total is £3.107m.

Trustees have agreed a target range for free reserves of 3 to 5 months' operating costs. As of year-end, the free reserves stood at £3.107m (including working capital), equating to approximately 4.25 months of operating costs, within target range. The reserves policy is kept under regular review, informed by sensitivity analysis of income risks and potential cost reduction timelines, to ensure the charity remains financially resilient.

Investment Policy

Available cash reserves are invested in short term deposits to generate a return and provide liquidity needed for the operational needs of the charity.

Going Concern

In approving the 2025/26 budget, Trustees considered the organisation's ability to continue operating as a going concern for at least the next 12 months.

Freedom from Torture started the financial year 24/25 with cash holding of over £4.2m, the vast majority of which is completely under the Trustees control, so the charity is able to weather any sudden changes in its projected income. Expenditure is in large part salaries and therefore not subject to unexpected fluctuations, giving further reassurance.

Having considered these factors, including known risks and available mitigations, Trustees have a reasonable expectation that Freedom from Torture has adequate resources to continue in operational existence for the foreseeable future.

Our projected income for the next three years will not cover projected cost rises for the charity. Therefore, Trustees and the Senior Management Team are developing plans to align income and expenditure. Work is being done on developing new income streams, including commissioning contracts and leveraging our building assets. We are also considering how to adapt our operating models to ensure we are better able to withstand ongoing income volatility while maximising our benefit for survivors of torture and ensuring the charity remains financially sustainable.



Emine, Senior Psychological Therapist, with Inara, Freedom from Torture client.

Designated Funds

Designated Funds	Designation	Use of fund	Value at Year-end
Fixed Assets Reserve	Property (one building owned by the charity used as a clinical centre) & ICT equipment, furniture, fixtures & fittings etc.	This represents the extent to which unrestricted funds are tied up in the organisation's property and other fixed assets. The year-end balance is equal to the book value of the fixed assets.	£3,582,526
Long-term Donation	Gift given to the charity. Donor expressed a wish that the donation be invested and the proceeds be used for psychotherapy.	Trustees have invested the proceeds generated by the investment of these funds in our psychotherapy work in the financial year end in March 2025.	£526,812
Major Building Repairs	Fund to cover any large- scale repairs or refurbishments to property owned by the charity.	This fund reduced in the financial year ended March 2025 as it was used for some repairs to our London building and to support our General Reserve during the year.	£144,673
Transformation Fund	Fund for the long-term development of the organisation and deliver the strategic plan.	Freedom from Torture received a legacy for £2.1m in 2024. Trustees designated the funds, which are to be used for Transforming the organisation's use of technology in order to improve efficiency and effectiveness across all aspects of its work.	£1,720,000
Working Capital Reserve	Fund to cover working capital needs. Level of fund required is calculated as Current Assets, excluding Bank and cash, less Creditors.	Represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).	£1,976,025
Total			**£7,950,036**

Conclusion

The 15-month period to March 2025 was shaped by both significant financial challenges and robust responses. Thanks to strong legacy income, cost containment, and effective use of designated reserves, Freedom from Torture was able to maintain a high level of service delivery while taking steps to realign our financial model for long-term sustainability.

Trustees remain confident in the organisation's resilience and strategic direction. The steps already taken to reshape operations, strengthen reserves, and focus investment on transformation will ensure that Freedom from Torture continues to stand with survivors of torture in the years to come.

Risk Management

We have a thorough approach to managing risk at Freedom from Torture, as set out in our Risk Management Policy. We use a risk register to document our most important risks and monitor measures in place to mitigate these risks.

Risk management is discussed regularly at Senior Management Team level. A summary of the top risks is reviewed at Board level, with scrutiny at Committee level followed by a full Board review at each regular Board meeting to ensure we have the most robust mitigation plans and strategies in place.

The following are the top risks identified throughout the year:

Financial constraints and financial sustainability

With rising costs and a challenging public fundraising market, there is greater pressure to raise more funds in a difficult financial environment. The charity is considering ways to adapt operating models, using designated funds to achieve efficiencies through better use of technology, generating new sources of income as well as innovative fundraising. The strategic review underway encompasses a root and branch review of financial flows to ensure a stable plan going forward.

Capacity constraints

Our ambition continues to be an increase in the number of survivors accessing services at Freedom from Torture. We are reviewing our delivery models and learning from our survivor engagement in order to achieve this ambition. We will harness technology to improve how we work, as well as developing people and skills to use systems well.

Hostile environment

Survivors of torture come to the UK because of Britain's history and culture of providing sanctuary. Freedom from Torture helps survivors to feel safe, but this is increasingly difficult in our towns and cities as public displays of anti-migrant sentiment proliferate. Freedom from Torture will invest in our physical and cyber security to keep our clients and staff safe. The charity will continue to work with other charities, local authorities and other agencies to counter narratives and actions that make survivors feel unsafe.



Wendy, Horticultral Therapist, with a Freedom from Torture client.

Organisational Structure

Legal structure and governance

Freedom from Torture is legally constituted as a company limited by guarantee. The organisation changed its legal name to Freedom from Torture on 28th February 2020, having previously been registered as the Medical Foundation for the Care of Victims of Torture. Our governing instruments are the memorandum and articles of association. We are registered with both the Charity Commission and the Office of the Scottish Charity Regulator. Our only subsidiary, Survivors Trading Limited, is dormant and has no significant assets or liabilities.

Remuneration policy

The remuneration of the key management post holders, who consist of the individuals disclosed in note 7 to the financial statements on page 49, has been established in accordance with market rates, taking into account the level of expertise, experience and skills required to fulfil the roles successfully. Our general staff remuneration policy was reviewed in March 2025 and approved by the Board of Trustees.

Governance and management

The governing body of the charity is the Board of Trustees (the Board). The Trustees are also Directors of the company. The Board includes senior professionals in key disciplines relevant to the governance of the organisation: human rights, the UK asylum system, medicine, mental health, finance, accountancy, governance, fundraising and charity communications, who are able to assess and help us assess the opportunities and risks in their respective fields. We are also proud to have three Trustees with lived experience of torture and/or the UK asylum system.

The Board approves the strategy, annual budgets and major investments, alongside receiving the most recent management accounts and assessing overall performance. The Senior Management Team has delegated responsibility for operational management of the charity, taking day-to-day decisions in the interest of the charity. Sonya Sceats has been the Chief Executive since March 2018.

We appointed a new chair in October 2024, Kate Sayer who is a former Director of Integrity & Ethics at Oxfam and former partner at Sayer Vincent, an audit and advisory firm focusing solely on social purpose organisations. The Board of Trustees met for six regular meetings and four extraordinary Board meetings between January 2024 and July 2025. Additional sessions for Trustees are held each year to revisit assurance processes and strengthen Trustee skills.



Yogi, Chef and Torture Survivor

The new Chair initiated a Governance Review leading to a refresh of our Committee structure to be implemented in 2025. The revised Committee structure encompasses a Finance, Fundraising and Audit Committee, a Governance Committee, a Performance, Standards and Effectiveness Committee, and a People Committee.

The following standing Committees of the Board, each consisting of a number of Trustees, met between January 2024 and July 2025: Finance, Fundraising, Governance and Audit (six meetings), Performance, Standards and Effectiveness (four meetings) Remuneration (three meetings).

The Board received reports from the Chief Executive, members of the Senior Management Team and the Board Committees covering the finances of the organisation and the work of all directorates, noting significant developments in our work and in the environment in which we operate.

New Trustees are appointed by the Board when the need arises to replace leavers and strengthen particular core competencies against a skills audit. Details of changes to Trustees during the year are on page 55. Recruitment of new Trustees is through an open process, with vacancies advertised on various websites; applications are particularly

encouraged from former service users with expertise in the fields sought. A recruitment drive was undertaken in 2024, resulting in the appointment of six new Trustees in 2024, including a new Board Chair and Treasurer, both appointed in October 2024.

The term of office is three years, after which a Trustee may be re-appointed for up to a maximum of two further terms. In exceptional circumstances, the Board of Trustees has the power to permit two Trustees to serve two years beyond a third term if the Board of Trustees considers it in the best interests of the charity.

In March 2018, Freedom from Torture adopted the Charity Governance Code (for larger charities) to continue to drive forward improvements in its governance.

Clinical services (including medical assessment, psychological treatment and care coordination) are provided through our treatment centres in England (London and South East, North West) and Scotland (Glasgow). We deliver one-to-one, group and family rehabilitation to survivors of torture and produce clinical evidence for use in the determination of asylum claims. We also offer placement opportunities for Psychology trainees, CBT trainees, Systemic Family Therapy trainees and Social Workers. We also provide clinical training to external organisations, including Psychology doctorate courses and IAPT services.

Legal and welfare casework support is provided to clients at all of the charity's treatment centres.

We employed 136 people at the end of March 2025 and the organisation was fortunate to have the services of 90 part-time volunteers and 6 student placements. Most worked in the area of medical, therapeutic and casework services in our clinical treatment centres in London, Manchester and Glasgow (as well as Newcastle and Birmingham until January 2025). We continue to offer our Medico-Legal Report services in Newcastle and Birmingham.

The Trustees confirm that they comply with their duty in regards to the guidance on public benefit published by the Charity Commission in exercising their powers and duties.



Statement of Trustees' Responsibilities

The Trustees (who are also directors of Freedom from Torture for the purposes of company law) are responsible for preparing the Trustees' Report, Strategic Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires Trustees to prepare financial statements for each financial period which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards including FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Trustees' Annual Report is approved by the Trustees of the Charity.

The Strategic Report, which forms part of the Annual Report, is approved by the Trustees in their capacity as directors in company law of the charity.

Signed on their behalf by:



Kate Sayer
Chair, Freedom from Torture

28 November 2025

Independent Auditor's Report

Opinion

We have audited the financial statements of Freedom from Torture for the period of 01 January 2024 to 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the notes to the financial statements. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard Applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs from the period of 01 January 2024 to 31 March 2025 and of the charitable company's incoming resources and application of resources, for the period then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 (as amended) and regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities Act 2011 or the Charities Accounts (Scotland) Regulations 2006 (as amended) requires us to report to you if, in our opinion:

- the information given in the Trustees' Annual Report is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we required for our audit.

Responsibilities of Trustees

As explained more fully in the Trustees' responsibilities statement set out above, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under section 144 of the Charities Act 2011 and report in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Trustees.
- Conclude on the appropriateness of the Trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.
- Obtain sufficient appropriate audit evidence regarding the financial information of the business activities within the charitable company to express an opinion on the financial statements. We are responsible for the direction, supervision and performance of the charitable company audit. We remain solely responsible for our audit report.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.
- We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

There are inherent limitations in the audit procedures described above. We are less likely to become aware of instances of non-compliance with laws and regulations that are not closely related to events and transactions reflected in the financial statements. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

Use of our report

This report is made solely to the charitable company's Trustees, as a body, in accordance with Chapter 3 of Part 8 of the Charities Act 2011 and Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charitable company's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company and charitable company's Trustees as a body, for our audit work, for this report, or for the opinion we have formed.

Moore Kingston Smith LLP

Luke Holt

For and on behalf of Moore Kingston Smith LLP

Statutory auditor
9 Appold Street
London
EC2A 2AP

1 December 2025

Financial Statements and Notes

Statement of Financial Activity Incorporating Income and Expenditure Account for the period 1 January 2024 to 31 March 2025 (15 months)

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2024–25 £	Total funds 2023 £
Income from:					
Donations and legacies	2	12,848,579	1,300,188	14,148,767	8,899,573
Charitable activities	4	281,467	261,917	543,384	439,224
Other trading activities (incl. fundraising)	3	280,102	-	280,102	473,355
Investments		140,870	-	140,870	74,926
Total		**13,551,018**	**1,562,105**	**15,113,123**	**9,887,078**
Expenditure on:					
Raising funds	5	3,372,753	-	3,372,753	4,069,151
Charitable activities		9,810,377	1,171,832	10,982,209	7,987,928
Total	**6**	**13,183,130**	**1,171,832**	**14,354,962**	**12,057,079**
Net gains/ (losses) on investments	9	(2,379)	-	(2,379)	9,139
Net Income / (expenditure)		**365,509**	**390,273**	**755,782**	**(2,160,862)**
Net movements in funds		**365,509**	**390,273**	**755,782**	**(2,160,862)**
Reconciliation of funds:					
Total funds brought forward		8,715,550	633,884	9,349,434	11,510,296
Total funds carried forward		**9,081,059**	**1,024,157**	**10,105,216**	**9,349,434**

The accompanying notes are an integral part of these financial statements.

In the current and previous period the only restricted income was included in Donations and legacies and Charitable activities (see Notes 2 and 4); the only restricted expenditure was included in Charitable activities (see Note 6).

Balance Sheet as at 31 March 2025 (Covering the 15-Months Period from 1 January 2024)

(Company limited by guarantee - registered no. 2398586)

	Notes	2024–25 £	2023 £
Fixed Assets:			
Tangible assets	8	3,806,310	4,045,696
Intangible assets	8	67,646	32,664
Investments	9	21,096	23,475
		3,895,052	**4,101,835**
Current Assets:			
Debtors	10	2,830,999	2,262,068
Short-term deposits		2,401,860	1,600,000
Cash at hand and in bank		1,832,280	2,415,088
		7,065,139	**6,277,156**
Creditors: amounts falling due within one year	11	(854,974)	(1,029,556)
Net current assets		6,210,164	5,247,600
Total assets less current liabilities		**10,105,216**	**9,349,434**
Net assets		**10,105,216**	**9,349,434**
Funds	14		
Unrestricted funds:			
Designated funds		7,950,036	7,325,430
General reserve		1,131,023	1,390,120
		9,081,059	**8,715,550**
Restricted income funds:		1,024,157	633,884
		10,105,216	**9,349,434**

The accompanying notes are an integral part of these financial statements.

The accounts were approved and authorised for issue by the Board of Trustees on the 18/11/2025and signed on its behalf by:

Tim O'Sullivan-Guy (Treasurer)



Notes to the financial statements as at 31 March 2025 (Covering the 15-Months Period from 1 January 2024)

1. Accounting Policies

General information and basis of preparation:

Freedom from Torture is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 55 of these financial statements. The nature of the charity's operations and principal activities are included in the Trustees' Report.

The functional currency used to prepare the financial statements was Sterling and rounded to the nearest £.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, as updated through Update Bulletin 1 published on 2 February 2016 and Update Bulletin 2 published on 5 October 2018, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulation 2014 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements do not consolidate the income, expenditure, assets or liabilities of the trading company as disclosed in note 9 due to their immateriality.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all periods presented unless otherwise stated.

Going Concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cause significant doubt on the ability of the charitable company to continue as a going concern.

The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making inquiries, the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future.

The financial projections for the coming year show that the charity will need to reduce expenditure in order to retain a safe level of General Reserve and remain financially sustainable into the future. Plans are being developed by the Senior Management Team for approval by Trustees that will implement strategic long-term reductions but retain the organization's ability to deliver its strategic plan and charitable objects objectives. Trustees are confident that a range of options exist that allow for a sustained reduction in costs throughout the going concern assessment period.

As a result of the strategic cost cutting plans discussed above, the existing General Reserve and designated funds, and the availability of assets that could be monetised if required, the Trustees have concluded that Freedom from Torture has sufficient financial resources to continue in operation and meet its obligations as they fall due from the 12 months from the date of approval of these financial statements.

Tangible and intangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently at cost less depreciation and any impairment losses. Purchases above £500 are capitalised according to our policy. Depreciation is provided at rates per annum calculated to write off the cost or valuation of each asset over its useful life, as follows:

Freehold land	0%
Freehold buildings	2%
Long leasehold building	2%
Computer equipment	25%
Database software	20%
Furniture, fixture and fitting	25%

The depreciation rates above reflect the duration that assets retain a value to the organisation.

Intangible assets are amortised over their expected useful life, as follows:

Software	20%

Investments

Listed investments are initially measured at cost and subsequently measured at fair value. Changes in fair value and gain and losses arising on disposal of investment are reflected in the Statement of Financial Activities at the balance sheet date. Investments in subsidiaries are stated at cost less any provision for impairment.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short- term liquid investments with original maturities of three months or less.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Report.

For legacies, entitlement arises when the charity is aware that probate has been granted. Receipt is normally probable when the executors have established that there are sufficient assets in the estate. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Expenditure

Direct charitable expenditure is analysed under four broad activity headings: medical/therapeutic/casework; education, training and information; human rights work; and relief grants for individuals and families. Under each of these headings is included staff costs directly attributed to each activity, specific project costs and an allocation of shared costs such as premises and telephone usage on the basis of the staff time spent on each activity. Cost of generating funds includes direct expenditure incurred in relation to fundraising campaigns and events, staff costs directly attributed to this activity and shared costs which are allocated as above. Support costs represent those functions which are wholly or mainly in support of the above activities including senior management, human resources and financial administration. Governance includes only those costs associated with maintaining the charity as a legal, rather than an operational entity. See note 6.

Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation are included in the Statement of Financial Activities for the period.

Operating leases

The rentals paid on operating leases are charged to expenditure on a straight line basis over the term of the lease.

Pension cost

The charity provides a defined contribution pension scheme for its employees and contributions payable for the period are charged to the Statement of Financial Activities.

Funds

Unrestricted funds are available for use at the discretion of the Trustees, in furtherance of the general charitable objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in note 14. The General Reserve is the balance of unrestricted funds not designated by the Trustees. Restricted funds are funds, the use of which is subject to specific conditions imposed by the donors or as specified in an appeal to donors.

Critical accounting estimates and areas of judgement

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that effect the amounts recognised in the financial statements. In the view of the Trustees, judgements, estimates and assumptions that had the most significant affect included legacy income recognition and depreciation, as per the accounting policies previously disclosed.

2. Donations and legacies

2024–25	**15 months to 31 Mar 25**	**15 months to 31 Mar 25**	**15 months to 31 Mar 25**
	Unrestricted funds £	**Restricted funds £**	**Total funds £**
Trusts & foundations	959,103	1,243,975	2,203,078
Companies	54,922	7,008	61,930
Individuals:			
Committed donations (excluding Gift Aid)	2,814,414	-	2,814,414
Major donations (excluding Gift Aid)	1,242,688	30,505	1,273,193
Other donations (excluding Gift Aid)	1,348,789	18,700	1,367,489
Gift aid tax claimable	986,370	-	986,370
Legacies	5,442,293	-	5,442,293
Total	**12,848,579**	**1,300,188**	**14,148,767**

2023	**Year 2023**	**Year 2023**	**Year 2023**
	Unrestricted funds £	**Restricted funds £**	**Total funds £**
Trusts & foundations	516,384	704,123	1,220,507
Companies	61,778	-	61,778
Individuals:			
Committed donations (excluding Gift Aid)	2,318,476	-	2,318,476
Major donations (excluding Gift Aid)	1,050,061		1,050,061
Other donations (excluding Gift Aid)	1,213,345	117,496	1,330,841
Gift aid tax claimable	863,958	-	863,958
Legacies	2,053,952	-	2,053,952
Total	**8,077,954**	**821,619**	**8,899,573**

During 2024-2025 a total of 180 legacy payments were received totalling £4,676,235.51 (this included a payment of £2,100,000 from one legacy "Wheeler"). 151 new legacy notifications were received from January 2024 to March 2025 (9% up on 2023 with the caveat this includes an extra 3 months). At period end, the total estimated legacy income due to be paid (the legacy pipeline) stood at £2.39 million from 93 active legacy cases. 41 of these legacies are residuary (a share of the benefactor's estate) and 41 are pecuniary (gifts of fixed amounts). £1.7million of the legacy pipeline is held within 17 high value legacies.

3. Other trading activities (incl. Fundraising)

	15 months to 31 Mar 25	Year 2023
Raffles	81,781	61,888
Fundraising events	126,316	370,496
Christmas cards	26,902	24,396
Sundry	45,103	16,575
	280,102	**473,355**

4. Income from charitable activities

2024–25	15 months to 31 Mar 25	15 months to 31 Mar 25	15 months to 31 Mar 25
	Unrestricted funds £	Restricted funds £	Total funds £
Grants from government and public bodies:			
Big Lottery	-	151,917	151,917
Scottish Government (Inspire Scotland)	-	50,000	50,000
Birmingham City Council	-	50,000	50,000
Glasgow Council for the Voluntary Sector	-	10,000	10,000
Sub-total government and public bodies	**-**	**261,917**	**261,917**
Fees for Medico-legal reports	242,832	-	242,832
Training fees & Others	38,635	-	38,635
Total	**281,467**	**261,917**	**543,384**

2023	Year 2023	Year 2023	Year 2023
	Unrestricted funds £	Restricted funds £	Total funds £
Grants from government and public bodies:			
Big Lottery	-	100,000	100,000
United Nations	-	47,940	47,940
Scottish Government (Inspire Scotland))	-	50,000	50,000
Ministry of Justice	-	42,515	42,515
Others	-	16,852	16,852
Sub-total government and public bodies	**-**	**257,307**	**257,307**
Fees for Medico-legal reports	168,183	-	168,183
Training fees & Others	13,734	-	13,734
Total	**181,917**	**257,307**	**439,224**

There are no known unfulfilled conditions, or contingencies attached to the income recognised in respect of government grants.

The income shown above is comprised of the total funds received as adjusted for the movement in debtors.

Big Lottery	Core clincial services in London & SE	20,000
Big Lottery	Core clincial services in Scotland	66,000
Big Lottery	Core clincial services in West Midlands	65,917
Scottish Government Inspiring Scotland	Core clinical services and community engagement in Scotland	50,000
Birmingham City Council	Core clincial services in West Midlands	50,000
Glasgow Council for the Voluntary Sector	Core clincial services in Scotland	10,000
		261,917

These funds are included as part of the relevant restricted funds in Note 14.

5. Cost of raising funds

	15 months to 31 Mar 25 £	Year 2023 £
Direct Marketing	1,860,275	2,366,249
Legacies	43,075	176,957
Trusts and Corporate	261,137	288,580
Events	204,184	168,906
Local Groups	48,763	93,597
Community	172,987	110,789
Major Donors	328,805	242,513
Grants	248,603	203,482
Bad debt write off	-	264,773
Cost of raising voluntary income	3,167,829	3,915,846
Cost of activities for generating funds	204,924	153,305
Total cost of raising funds	**3,372,753**	**4,069,151**

6. Analysis of total expenditure

2024-25	Staff costs £	Other direct costs £	Support costs £	Total 15 months to 31 Mar 25 £
Raising funds:				
Donations and legacies	1,420,796	1,064,160	682,873	3,167,829
Trading activities	90,856	68,964	45,104	204,924
	1,511,652	**1,133,124**	**727,977**	**3,372,753**
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	5,573,078	86,268	2,046,439	7,705,785
Education/training/info.	260,350	22,759	101,496	384,605
Human rights work	1,244,908	947,948	561,437	2,754,293
Relief grants	14,043	118,523	4,960	137,526
	7,092,379	**1,175,498**	**2,714,332**	**10,982,209**
Support costs	**1,217,067**	**2,225,242**	**(3,442,309)**	**-**
Total expenditure	**9,821,098**	**4,533,864**	**0**	**14,354,962**

2023	Staff costs £	Other direct costs £	Support costs £	Year total 2023 £
Raising funds:				
Donations and legacies	1,283,632	2,008,785	623,428	3,915,845
Trading activities	41,735	91,425	20,146	153,306
	1,325,367	**2,100,210**	**643,574**	**4,069,151**
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	4,170,376	82,155	1,458,989	5,711,520
Education/training/info	176,699	17,123	67,274	261,096
Human rights work	1,066,347	368,107	442,758	1,877,212
Relief grants	20,073	110,881	7,146	138,100
	5,433,495	**578,266**	**1,976,167**	**7,987,928**
Support costs	**964,755**	**1,654,986**	**(2,619,741)**	**-**
Total resources expended	**7,723,617**	**4,333,462**	**-**	**12,057,079**

All expenditure on raising funds was unrestricted (2023 – the same); of the charitable activities expenditure £9,810,377 was unrestricted (2023 – £6,741,763) and £1,171,832 was restricted (2023 – £1,246,165). During the 15 months from January 2024 to March 2025 Freedom from Torture gave £118,523 in relief grants to survivors of torture (2023 – £110,881). Of this, £40,383 was for emergency assistance. In addition, clients received travel costs to attend face to face appointments and mobile phones and phone credit to enable attendance to virtual video therapy appointments. In total £78,140 was given to enable access to our services.

Net incoming resources are stated after charging:

	Total 15 months to 31 Mar 25 £	Total Year 2023 £
Auditors' remuneration:		
Audit fee – statutory accounts	19,835	19,650
Audit fee – non audit services	2,370	1,500
Operating lease rentals – Land and buildings	159,837	285,364

Support costs represent premises and other overhead costs which cannot be directly attributed to departments and projects. The allocation of support costs in the above table is as follows:

	Premises/phone furniture/post equipment/print £	Governance £	Financial administration £	Senior management £	HR & staff training £	15 months to 31 Mar 25 Total allocated £
Raising funds:						
Donations and legacies	359,496	10,563	126,993	73,934	111,886	682,872
Trading activities	23,744	698	8,388	4,883	7,390	45,103
	383,240	**11,261**	**135,381**	**78,817**	**119,276**	**727,975**
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/casework	1,077,340	31,657	380,575	221,567	335,301	2,046,440
Education/training/info.	53,432	1,570	18,875	10,989	16,630	101,496
Human rights work	295,566	8,685	104,410	60,786	91,989	561,436
Relief grants	2,612	77	922	537	813	4,961
	1,428,950	**41,989**	**504,782**	**293,879**	**444,733**	**2,714,333**
Total	**1,812,190**	**53,250**	**640,163**	**372,696**	**564,009**	**3,442,308**

	Premises/phone furniture/post equipment/print £	Governance £	Financial administration £	Senior management £	HR & staff training £	Year 2023 Total allocated £
Raising funds:						
Donations and legacies	321,120	9,042	120,797	78,329	94,139	623,427
Trading activities	10,376	292	3,903	2,531	3,042	20,144
	331,496	**9,334**	**124,700**	**80,860**	**97,181**	**643,571**
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/casework	751,507	21,161	282,697	183,311	220,311	1,458,987
Education/training/info.	34,652	976	13,035	8,453	10,159	67,275
Human rights work	228,062	6,422	85,790	55,629	66,858	442,761
Relief grants	3,681	104	1,385	898	1,079	7,147
	1,017,902	**28,663**	**382,907**	**248,291**	**298,407**	**1,976,170**
Total	**1,349,398**	**37,997**	**507,607**	**329,151**	**395,588**	**2,619,741**

The basis of allocation of costs in all cases is the proportion of direct staff time spent on each function. Senior management includes the Chief Executive's office.

7. Staff costs and transactions with Trustees

	15 months to 31 Mar 25 £	Year 2023 £
Salaries (including temporary staff)	8,082,086	6,404,057
Interpreters	484,812	404,816
Social security	739,144	552,535
Pension contributions	464,745	340,626
Life assurance contributions	50,311	21,583
	9,821,098	**7,723,617**

The charity contributes at the rate of 6% of gross salary to a money purchase pension scheme for staff with more than three months' service who have not opted out of the scheme.

The period-end creditors includes an amount of £44,267 (2023 – £0) for accrued pension costs.

The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the period was as follows:

	15 months to 31 Mar 25	Year 2023
£70,001 - £80,000	1	1
£80,001 - £90,000	3	2
£90,001 - £100,000	-	1
£100,001 - £110,000	1	-

Key management personnel comprises of the Trustees and Senior Management Team (listed below):

Chief Executive Officer

National Director of Clinical Services

Director of Finance and Central Services

Director of Fundraising and Communications

Director of Survivor Empowerment

Total remuneration for these posts amounted to £630,035 (15 months) (2023 – £522,549)

All the employees in the above categories participated in the pension scheme. Contributions made for them amounted to £29,978 (2023 – £27,320).

The Trustees act in a voluntary capacity and received no remuneration. 4 Trustees (2023-4) received reimbursement of expenses totalling £1,292 during the period (2023 – £1,703).

The charity purchased services from Torchbox Ltd a company with which Dr John Dunford a trustee of the charity is associated. All transactions were conducted on normal commercial terms, and the trustee did not take part in any decisions relating to these transactions. The total value of transactions during the period was £122,765 (2023 – £80,562), with outstanding amounts owed to Torchbox at the period end of £5,772 (2023 – £46,624).

During the period to 31 March 2025, the Trustees approved payments totalling £9,810 (year to December 2023: £nil) to A & M Consultancy, a company whose director is a trustee of the charity, for Consultancy contract services provided to the charity. At 31 March 2025, £nil (Dec23: £nil) was owed to A & M consultancy. Amounts paid in the period were approved by the board.

Staff costs included ex-gratia, redundancy and payment in lieu of notice costs of £134,989 (2023 – £26,691).

The average number of paid employees and self-employed interpreters (full-time equivalent) over the period by function was:

	15 months to 31 Mar 25	Year 2023
Medical, therapeutic and casework	78	76
Interpreters services including admin	8	10
Education, training and information	4	3
Human rights work	20	20
Relief	-	-
Support	12	19
Fundraising	26	30
Total full-time equivalent (salaried staff)	148	158
Interpreters self employed	42	33
Total full time equivalent (all staff)	190	191
Total on payroll, full time and part time	**147**	**175**

During the period the charity was fortunate also to have the services of around 120 (2023 – 123) part-time volunteers (not included in the numbers above). Most worked in the medical, therapeutic and casework area.

8. Tangible and intangible fixed assets

	Tangible Fixed Assets				
	Freehold land and building £	Long leahold building £	Computer hardware / Office equipment £	Furniture / Fixtures and fittings £	Total £
Cost:					
At 01.01.24	5,419,752	435,331	807,211	1,293,194	7,955,488
Additions	-	-	35,966	115,858	151,824
Disposals	-	-	(25,239)		(25,239)
At 31.03.25	**5,419,752**	**435,331**	**817,938**	**1,409,052**	**8,082,073**
Depreciation:					
At 01.01.24	2,044,270	126,109	546,601	1,192,812	3,909,792
Charge for the period	134,349	6,184	137,804	112,873	391,210
Eliminated on disposals			(25,239)		(25,239)
At 31.03.25	**2,178,619**	**132,293**	**659,166**	**1,305,685**	**4,275,763**
Net book values:					
At 31.12.23	**3,375,482**	**309,222**	**260,610**	**100,382**	**4,045,696**
At 31.03.25	**3,241,133**	**303,038**	**158,772**	**103,367**	**3,806,310**

	Intangible Fixed Assets £
Database software	
Cost:	
At 01.01.24	696,101
Additions	57,897
At 31.03.25	**753,998**
Amortisation:	
At 01.01.24	663,437
Charge for the period	22,915
At 31.03.25	**686,352**
Net book values:	
At 31.12.23	**32,664**
At 31.03.25	**67,646**

The freehold land and building comprised the charity's main premises in Finsbury Park, London. The Long leasehold building, being the Newcastle centre is held under a 295 years lease running from 2006.

9. Investments

At the end of Mar 2025 the charity held listed investments comprising of shares valued at £21,096 (2023 – £23,475) which had been donated by supporters. The main holding is Scottish Investment Trust Plc £18,607 (2023 – £17,862).

	15 months to 31 Mar 25	Year 2023
Market value at beginning of period	23,475	14,336
Unrealised investment (loss)/gain	(2,379)	9,139
Market value at end of period	**21,096**	**23,475**

In addition to the investments described above the charity retained the shares comprising its £100 (2023 – £100) investment in its trading subsidiary company, Survivors Trading Limited. Survivors Trading has been dormant since 2011 and therefore there was no turnover income or expenditure. Net assets amounted to £8 at the period end (2023 – £8). The income, expenditure, assets and liabilities of the trading company are not consolidated in this financial statements due to their immateriality. Copies of Survivors Trading's financial statements are available from 111 Isledon Road, London N7 7JW.

10. Debtors

	15 months to 31 Mar 25	Year 2023
Trade debtors (Medico-legal report fees)	215,103	281,165
Bad debts provision	(21,511)	(27,780)
Tax recoverable on Gift Aid donations	56,108	178,929
Legacies	2,395,550	1,645,769
Sundry debtors	42,034	44,483
Prepayments	143,715	139,502
	2,830,999	**2,262,068**

11. Creditors: amounts falling due within one year

	15 months to 31 Mar 25	Year 2023
Bank loan repayable within one year	-	-
Trade creditors	328,515	668,290
HMRC:		
PAYE and NI contributions	137,454	149,090
Staff salaries and pensions	44,267	-
Other accruals	344,738	212,176
	854,974	**1,029,556**

See details of bank loan below in note 12.

12. Lease commitments

Total future minimum lease payments payable under non-cancellable operating leases are as follows:

	15 months to 31 Mar 25	Year 2023
Up to one year	117,738	109,896
Between two and five years	42,099	51,530
	159,837	**161,426**

The charity had commitments under non-cancellable leases for land and buildings which relate to clinical centres in Manchester and Birmingham.

13. Movements in funds

Opening and closing balances and movements in funds were as follows:

2024-25	Brought forward at end 2023 £	Incoming during 2024-25 £	Outgoing during 2024-25 £	Transfers & investment gains 2024-25 £	Carried forward at end Mar 2025 £
Restricted funds:					
Psychological therapy – Adults	15,291	51,523	(52,733)	-	14,081
Psychological therapy – CYPF*	16,236	151,750	(116,525)	-	51,461
Group work – CYPF	11,662	15,483	(25,864)	-	1,281
Welfare advice and care	8,750	37,587	(37,823)	-	8,514
North West centre	1,248	33,523	(34,771)	-	-
Scotland centre	26,937	157,767	(177,122)	-	7,582
North East centre	15,166	20,500	(35,542)	-	124
West Midlands centre	59,828	129,417	(188,246)	-	999
Survivors writing group – Write 2 Life project	-	5,000	(833)	-	4,167
Human rights work	168,002	958,805	(493,960)	-	632,847
Relief grants	1,543	750	(2,229)	-	64
North East centre Fixed Assets reserve	309,221		(6,184)	-	303,037
	633,884	**1,562,105**	**(1,171,832)**	**-**	**1,024,157**
Designated funds:					
Fixed assets reserve	3,780,746	-	-	(198,220)	3,582,526
Working Capital Reserve	1,232,512	-	-	743,513	1,976,025
Development Fund	1,336,789	-	-	(1,336,789)	-
Transformation Fund	-	-	-	1,720,000	1,720,000
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	448,571	-	-	(303,898)	144,673
	7,325,430	**13,170**	**(13,170)**	**624,606**	**7,950,036**
General reserve (unrestricted fund)	1,390,120	13,537,848	(13,169,960)	(626,985)	1,131,023
Sub-total: Charity funds	**9,349,434**	**15,113,123**	**(14,354,962)**	**(2,379)**	**10,105,216**

* Children, young people and families

At the year end, the charity held a small number of material restricted and designated funds.

Restricted funds

Human Rights Work – Money was received from Oak Foundation, Porticus, Joseph Rowntree Charitable Trust and Justice Collaborations specifically to carry out survivor-led advocacy, policy, and campaigning activity to influence protection for torture survivors in the UK and internationally.

North East Centre Fixed Assets Reserve – Represents the Newcastle Centre building, purchased for the charity by a donor and held subject to restrictions on its use and sale.

Designated funds

Fixed Assets Reserve – The trustees have designated funds specifically for the purchase and upkeep of capital assets, the value of the fund represents the net book value of unrestricted tangible fixed assets and is not available for general expenditure over the useful economic life of such assets.

Working Capital Reserve – The trustees have identified the needs for a minimum level of liquid funds to support the immediate day to day cash needs of the Charity. These finds have been designated by the Trustees to ensure the charity can meet short-term commitments and manage cash-flow timing differences between income and expenditure.

Transformation Fund – Funds held to finance one-off investment in systems and service improvement projects that strengthen long-term efficiency and impact.

Long-Term Donation – A fund representing a significant gift designated by the Trustees to provide which is invested and the annual proceeds are used for our psychotherapy work.

All funds were applied in accordance with their respective purposes or designations, and no material transfers occurred beyond those disclosed in the table above.

2023	Brought forward at end 2022 £	Incoming during 2023 £	Outgoing during 2023 £	Transfers & investment gains 2023 £	Carried forward at end 2023 £
Restricted funds:					
Medico-legal work	24,246	-	(24,246)	-	-
Psychological therapy – Adults	10,166	183,701	(178,575)	-	15,291
Psychological therapy – CYPF	53,057	25,600	(62,421)		16,236
Group work - Adults	2,944	-	(2,944)	-	-
Group work - CYPF	6,749	24,989	(20,075)	-	11,663
Welfare advice and care	8,250	13,000	(12,500)		8,750
North West centre	6,115	72,335	(77,202)	-	1,248
Scotland centre	18,271	103,072	(94,406)	-	26,937
North East centre	19,979	27,352	(32,165)	-	15,166
West Midlands centre	75,555	143,373	(159,100)	-	59,828
Survivors writing group – Write 2 Life project	4,661	-	(4,661)	-	-
Training & capacity building	-	-	-	-	-
Human rights work	247,177	483,004	(562,179)	-	168,002
Relief grants	8,423	2,500	(9,380)	-	1,543
North East centre Fixed Assets reserve	315,532	-	(6,311)	-	309,221
	801,123	**1,078,926**	**(1,246,165)**	**-**	**633,884**
Designated funds:					
Fixed assets reserve	3,744,491	-	-	36,255	3,780,746
Development Funds	2,514,782	-	-	(1,177,993)	1,336,789
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	408,571	-	-	40,000	448,571
	9,432,996	**13,170**	**(13,170)**	**(2,107,566)**	**7,325,430**
General reserve (unrestricted fund)	1,276,177	8,794,982	(10,797,743)	2,116,705	1,390,120
Sub-total: Charity funds	**11,510,296**	**9,887,078**	**(12,057,078)**	**9,139**	**9,349,434**

The capitalised expenditure on the North East centre (North East Centre fixed assets reserve) is considered restricted as the grant provided towards these costs, imposes specific condition that the building should continue to be used for the purpose of the Freedom from Torture. The £6,184 (2023 – £6,311) outgoing resources represents the depreciation on the building.

The Fixed assets reserve is an unrestricted fund designated by the Trustees. Its purpose is to reflect funds tied up in the charity's fixed assets (other than the North East centre held in restricted funds as above). When additional fixed assets are required, further funding will be sought if necessary.

The Long term donation is a fund set-up in response to a donor's wish that the £500k they gave be invested and any interest gained be used to help fund psychotherapy services over a sustained period. The intention of the donor was to provide long-term assistance but the Trustees have discretion to draw on it at times of great need.

The working capital reserve represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).

14. Analysis of assets and liabilities between funds

2024-25	Unrestricted Funds			
	Restricted Funds £	Designated Funds £	General Reserve £	15 months to 31 Mar 25 £
Tangible and intangible fixed assets	303,037	3,570,919	-	3,873,956
Investments	-	-	21,096	21,096
Net current assets	721,120	4,379,117	1,109,927	6,210,164
	1,024,157	**7,950,036**	**1,131,023**	**10,105,216**

2023	Unrestricted Funds			
	Restricted Funds £	Designated Funds £	General Reserve £	Year 2023 £
Tangible and intangible fixed assets	309,221	3,769,139	-	4,078,360
Investments	-	-	23,475	23,475
Net current assets	324,663	3,556,291	1,366,645	5,247,599
	633,884	**7,325,430**	**1,390,120**	**9,349,434**

15. Taxation

Freedom from Torture is a registered charity and as such its income and gains are exempt from corporation tax to the extent that they are applied to its charitable objectives.

16. Analysis of changes in net cash / (net debt)

	Brought forward at the end of 2023 £	Cashflow £	Carried forward at the end of 2024–25 £
Cash	2,415,088	219,053	1,832,280

Cash flow statement as at 31 March 2025 (Covering the 15-Months Period from 1 January 2024)

Notes	2024–25 £	2023 £
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	287,903	(875,428)
Cash flows from investing activities:		
Dividends and interest from investments	140,870	74,926
Net investment in short-term deposits	(801,860)	(1,600,000)
Purchase of property, plant and equipment	(209,721)	(279,441)
Net cash used in investing activities	**(870,711)**	**(1,804,515)**
Cash flows from financing activities:		
Repayments of borrowing	-	(110,570)
Interest paid	-	(3,606)
Net cash used in financing activities	**-**	**(114,176)**
Change in cash and cash equivalents in the reporting period	**(582,808)**	**(2,794,119)**
Cash and cash equivalents at the beginning of the reporting period	2,415,088	5,209,207
Cash and cash equivalents at the end of the reporting period	**1,832,280**	**2,415,088**

Reconciliation of net expenditure to net cash flow from operating activities.

	2024–25 £	2023 £
Income/(expenditure)	755,782	(2,160,862)
Adjustments for:		
Depreciation charges	391,210	344,549
Amortisation charges	22,915	15,518
Dividends and interest from investments	(140,870)	(74,926)
Interest paid	-	3,606
Losses/(gains) on investments	2,379	9,139
Decrease/(increase) in debtors	(568,931)	1,065,801
Increase/(decrease) in creditors	(174,582)	(59,975)
Net cash provided by/(used in) operating activities	**287,904**	**(857,150)**
Analysis of cash and cash equivalents		
Cash in hand and in the bank	1,832,280	2,415,088
	1,832,280	**2,415,088**

The accompanying notes are an integral part of these accounts.

Reference and Administrative Details of the Charity

Board of Trustees

Kate Sayer (Chair) (Appointed 22 October 2024)
Angela Cluff (Vice-Chair) (Appointed 12 March 2024)
Dr. Fiona Goudie (Vice-Chair)
Tim O'Sullivan-Guy (Treasurer) (Appointed 22 October 2024)
Mahesh Wickramasinghe
Rasha Obaid
Philomène Uwamaliya
Gareth Dunlop
John Dunford
Orla Fee (Appointed 22 October 2024)
Natalie Samarasinghe (Appointed 22 October 2024)
Professor Sir Frank Atherton (Appointed 1 February 2025)
Shabnam Amini (Resigned 30 June 2024)
Manraj Sandhu (Resigned 22 October 2024)
Michael Johnson (Term ended 22 October 2024)
Susan Berelowitz (Resigned 30 January 2024)
Joanne Stubley (Resigned 7 February 2024)

Chief Executive

Sonya Sceats

Registered Name

Freedom from Torture

Auditors

Moore Kingston Smith LLP
9 Appold Street EC2A 2AP

Charity Registration Number

1000340

Registered Office

111 Isledon Road, London N7 7JW

Scottish Charity Number

SCO39632

Company Registration Number

2398586

Bankers

National Westminster Bank plc
95 High Street, Huntingdon, Cambs PE29 3DT

Finance, Fundraising, and Audit Committee

Tim O'Sullivan-Guy (Chair)
Gareth Dunlop
Orla Fee
Angela Cluff

Performance, Standards and Effectiveness Committee

Fiona Goudie (Chair)
Philomène Uwamaliya
Frank Atherton

Governance Committee

Angela Cluff (Chair)
Mahesh Wickramasinghe
Natalie Samarasinghe

People Committee

John Dunford (Chair)
Rasha Obaid
Fiona Goudie

Please join us in fighting for a world without torture.

Support torture survivors live for the future, not in the pain of the past.

Please scan the QR code to donate or call 020 7697 7788 and find out what you can do to support survivors of torture.

We can only see one in three of the torture survivors referred to Freedom from Torture for clinical therapy. Time is of the essence in dealing with trauma.

We urgently need to support more torture survivors to rebuild their lives more quickly. And we need more funding to do that.

You can help by:

Funding the clinical therapy that is critical to psychological and physical rehabilitation, and the legal support that fights for people's asylum and safety.

Campaigning against torture, and for refugee rights that give people the protection and security they need to recover and look to the future.

Showing your solidarity with torture survivors as they recover their confidence, their voice, and put their lives back together.

FREEDOM FROM TORTURE

Room 27, Adelphi Centre,
12 Commercial Road,
Glasgow G5 0PQ

111 Isledon Road
Islington
London N7 7JW

Chichester House,
91 Moss Lane East,
Manchester M15 5GY

www.freedomfromtorture.org

Registered charity number: England 1000340, Scotland SC039632 Registered with the IAA: N201600022

To protect client identities, models have been used in some photographs.

FREEDOM FROM TORTURE

England & Wales - Charity number 1000340

Accounts



FREEDOM FROM TORTURE

EMPOWERING SURVIVORS, REBUILDING LIVES

ANNUAL REPORT 2023

CHARITY AWARDS 2023
OVERALL WINNER

2023 SAW A RENEWED SENSE OF COMPASSION, COURAGE AND RESOLVE AT FREEDOM FROM TORTURE.

It was a year of survivor agency on the march. Of survivors in the driving seat. And of our growing movement standing together and speaking out for what is right in the face of cruel and inhumane policies affecting the lives of people who have survived torture.

CONTENTS

Empowering Change	3
Our Services are Shaped by Survivors	6
Empowering Survivors to Rebuild their Lives	8
Navigating the Asylum System	10
Providing Expert Clinical Evidence	12
Fighting to Ensure the UK is a Place of Sanctuary	14
Changing Unfair Processes	16
Spreading Survivor Empowerment Models Across the Globe	18
A World Free from Torture	20
Supporters: the Power Behind our Success	22
Strategic Review	24
Plans for Future Period	26
Fundraising Statement	27
Financial Review	28
Risk Management	32
Organisational Structure	33
Statement of Trustees' Responsibilities	34
Independent Auditor's Report	35
Financial Statements	38
Reference and Administrative Details of the Charity	54

EMPOWERING CHANGE

Survivors of torture are now more than ever the fundamental driving force behind reforms to the services that we offer to our clients.

In 2023, we ran a survey (page 6) to give all our clients an opportunity to tell us directly what they want most from our rehabilitation services. This forward-thinking approach has been invaluable in helping us, in collaboration with survivors, to shape and prioritise our services to truly reflect survivors' needs.

In November, the Supreme Court blocked the Rwanda "cash for humans" scheme on the basis that Rwanda is not a safe third country. We fought the Government's plan to send refugees to Rwanda every step of the way. Our survivor networks were central to the design and delivery of our unapologetic campaigning, driven by the knowledge that the threat of forcible removal to a notorious torturing state was causing our clients extreme distress and, in many cases, further trauma. Alarmingly, the Government tried to legislate around this finding of fact by our Supreme Court. But we will never give up until all these anti-refugee policies are scrapped once and for all. We have mobilised tens of thousands of caring and compassionate people to continue the fight.

This year, our models of Empowerment spread across the world. Alongside our Survivors Speak OUT network, we are now routinely referred to as the "go to experts" globally on survivor leadership and empowerment in relation to lived experience involvement in international justice and accountability initiatives. Survivor engagement has been pivotal to tackling inhumane policies and making a real, tangible difference to issues affecting the lives of survivors. Creation of a new global survivor advisory group for the UK's Preventing Sexual Violence in Conflict Initiative has been a long term ambition of the Survivors Speak OUT network. And now it is a reality, thanks to the tireless advocacy of Kolbassia Haoussou MBE and Nadine Tunasi who serve as survivor champions for the initiative. Their unwavering commitment to ensuring survivor perspectives were represented in all discussions has also been reflected in concrete changes to policies at the International Criminal Court (ICC), including on gender based crimes.

We have achieved a great deal over the past year but inflation has increased our cost base significantly and we can still only see one in three of the torture survivors referred to Freedom from Torture for clinical therapy. Time is of the essence in dealing with trauma. We urgently need more therapists to be able to support more torture survivors more quickly. And we need more funding to do that. Thank you for your unwavering support and standing with survivors.



Members of the One Strong Voice network, nested at Freedom from Torture, handing in a petition opposing the Illegal Migration Act

TORTURE SURVIVORS ARE AT THE HEART OF ALL THAT FREEDOM FROM TORTURE DOES

Everything we do is informed by the experience of torture survivors, their needs, their physical and mental health recovery, and their will and agency in rebuilding their lives. Each survivor is on their own journey. The hard work – dealing with trauma, re-establishing relationships and trust, rebuilding confidence and putting their life back together – is theirs to do. What we can offer is hope for the future and support in getting there.

Our organisational strategy was created alongside survivors of torture, to ensure that survivors are truly the driving force behind the four core pillars of work at Freedom from Torture: Changing Lives, Changing the System, Survivors Driving Change and Changing Ourselves. The strategic review on page 24 outlines how we are delivering against these goals.

TOGETHER WE...

CHANGED SURVIVORS' LIVES

713
survivors received life changing holistic rehabilitation services

167
survivors supported with clinical evidence in support of their asylum claims

Our Medico-legal reports helped ensure positive Home Office decisions in
OVER 80%
of first instance asylum claims by survivors who were examined by our doctors

Our in-depth client survey validated key elements of our clinical model including our focus on evidence-based trauma-focused therapies and holistic care including health assessments, pain service and Medico-legal reports, and generated insights for further improvement of our services over the coming years

80% of discharged clients since 2020 have reported significant improvement in their mental health symptoms

CHANGED THE SYSTEM

RWANDA SCHEME
ruled unlawful by the Supreme Court after litigation which we supported in many ways

10,000+
asylum seekers helped by improvements we secured to a Home Office fast-track system for some asylum claims

14%
increase since 2020 in public support for torture being wrong in any circumstance

Almost
80,000
of our supporters took campaign actions to stand up for the rights of survivors

DROVE POSITIVE CHANGE THROUGH SURVIVOR LEADERSHIP

75
organisations across the world consulted us on how to shift more power to survivors in services, campaigns and justice initiatives for their benefit

CONCRETE CHANGES
to multiple policies affecting the lives of survivors including new International Criminal Court (ICC) policies

Co-design and co-delivery by survivors of all our 2023 campaigns

SSO
Launch of the Survivors Speak OUT network's first ever two year strategy (2023-2025)

FREEDOM FROM TORTURE WINS TOP PRIZE AT CHARITY AWARDS

It is a testament to survivors, our supporters and staff that our unfaltering campaigning for a more compassionate world was recognised at the 2023 Charity Awards, the longest-running and most prestigious awards scheme in the charity sector.

As well as winning the top prize in the Campaigning & Advocacy category, Freedom from Torture was chosen as the Overall Winner by this year's judges for our creative and successful campaign to stop airlines from flying refugees to Rwanda as part of the Government's anti-refugee agenda.

Torture survivors contributed directly to the design and implementation of the campaign, and many signed up for a campaign leadership programme, gaining skills in organising and campaign strategy.

The awards are helping send a clear message from the wider UK charity sector: **Not in our name.**



"This is what happens when you really embed a genuine commitment to lived experience throughout your organisation, as they have done for over a decade. And even if they haven't permanently stopped this policy, they have shifted the public debate – you can see it coming up again and again, the questioning of whether this is an OK way to behave as a nation, as a society."

RUTH DAVISON, CHARITY AWARDS JUDGE

OUR SERVICES ARE SHAPED BY SURVIVORS

In 2023 we conducted a clinical review survey to ensure survivors were central to the design of service improvements.

Arriving in a foreign country after the terrifying ordeal of torture is a deeply traumatic experience. Navigating the complexities of the UK asylum system is emotionally and physically exhausting. Moreover, many survivors urgently need mental and physical care and support to begin the healing process.

With so many regressive changes to accommodation arrangements and the system for processing asylum claims, the immediate needs of survivors are changing. This is why, in 2023, we undertook a wide-ranging clinical survey in partnership with survivors to better understand our service users' experiences of our face-to-face and remote clinical services.

The survey has been crucial to ensuring that improvements to our services are co-designed and relevant to survivors. Information will be used to inform changes to our clinical pathway from 2024 and will improve the quality of care that we are able to provide survivors of torture.

"Clients highlighted the importance of continuing to provide a holistic package of care including a focus on evidence-based trauma therapies and Medico-legal reports, the need for expanded access to health assessments and pain management, and ideas for a new survivor co-led approach to the reintegration phase of therapy. We continue to use client feedback to make improvements to our service and to ensure our service is both of high quality and relevant to the current priorities of survivors."

HELEN MCCOLL, NATIONAL DIRECTOR OF CLINICAL SERVICES



Jeremie Diatapakola, survivor and and service user engagement coordinator, North West centre, worked successfully to engage clients in the survey process.

ALMOST A THIRD

of all active clients responded to the survey

The survey had 138 respondents (29.1%) out of 474 clients. This can be compared to the NHS-E GP Patient Survey (2023) response rate of 28%.

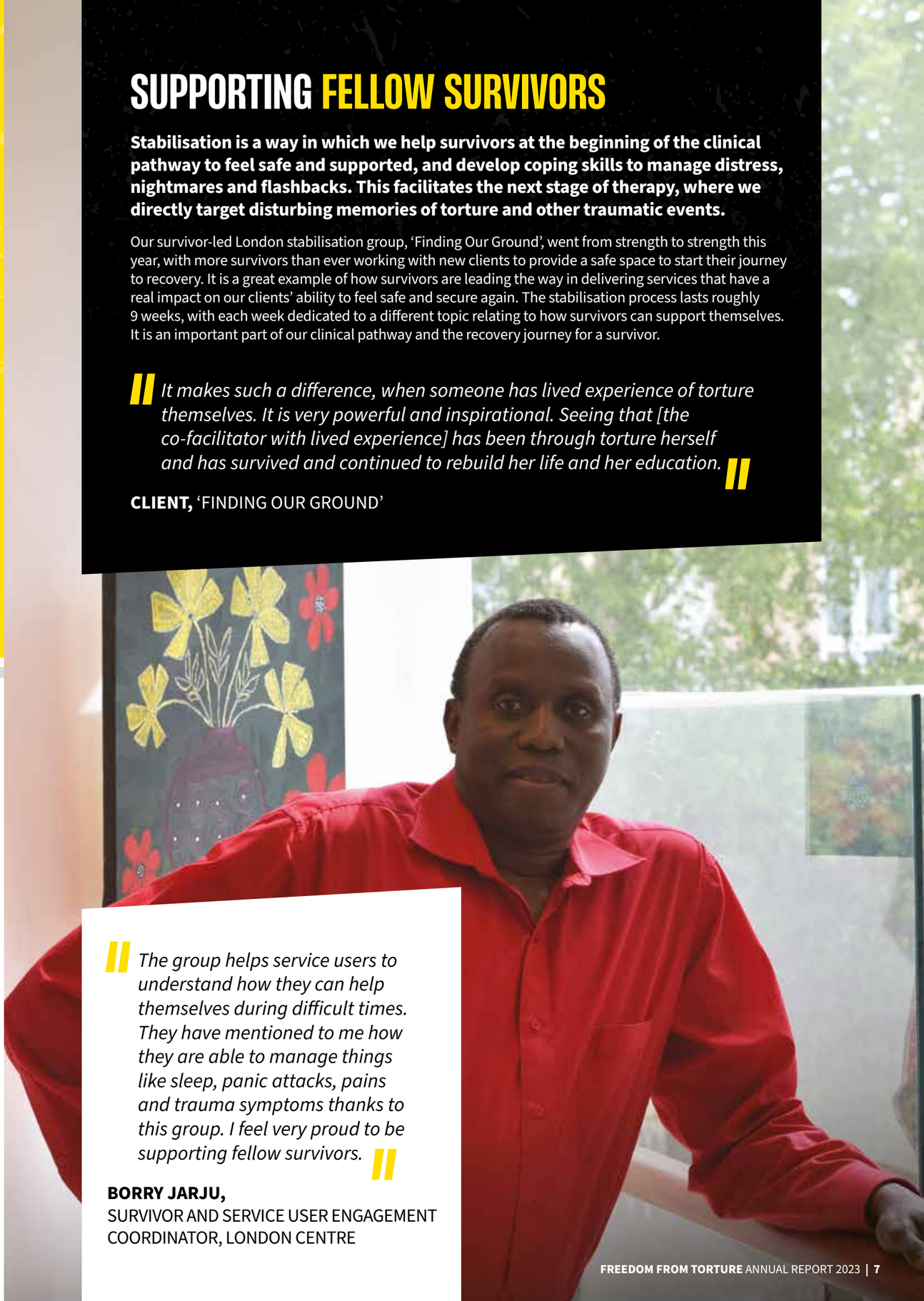
SUPPORTING FELLOW SURVIVORS

Stabilisation is a way in which we help survivors at the beginning of the clinical pathway to feel safe and supported, and develop coping skills to manage distress, nightmares and flashbacks. This facilitates the next stage of therapy, where we directly target disturbing memories of torture and other traumatic events.

Our survivor-led London stabilisation group, 'Finding Our Ground', went from strength to strength this year, with more survivors than ever working with new clients to provide a safe space to start their journey to recovery. It is a great example of how survivors are leading the way in delivering services that have a real impact on our clients' ability to feel safe and secure again. The stabilisation process lasts roughly 9 weeks, with each week dedicated to a different topic relating to how survivors can support themselves. It is an important part of our clinical pathway and the recovery journey for a survivor.

"It makes such a difference, when someone has lived experience of torture themselves. It is very powerful and inspirational. Seeing that [the co-facilitator with lived experience] has been through torture herself and has survived and continued to rebuild her life and her education."

CLIENT, 'FINDING OUR GROUND'



"The group helps service users to understand how they can help themselves during difficult times. They have mentioned to me how they are able to manage things like sleep, panic attacks, pains and trauma symptoms thanks to this group. I feel very proud to be supporting fellow survivors."

BORRY JARJU,
SURVIVOR AND SERVICE USER ENGAGEMENT COORDINATOR, LONDON CENTRE

EMPOWERING SURVIVORS TO REBUILD THEIR LIVES

Our rehabilitation services help survivors to begin the painful process of recovering from the mental and physical pain caused by torture.

For most of us, it is hard to comprehend the terrible impact torture can have. Many people who have survived torture experience ongoing trauma for years: physical pain; problems with sleeping, concentrating, trusting others, and memory; and flashbacks and panic attacks sparked by sights, sounds and smells such as corridors, water and darkness.

Thanks to our supporters, we have clinicians who work with survivors to rebuild their physical and mental health. Our doctors document evidence of torture. Our immigration and welfare advisors help survivors with their asylum cases, homelessness and other poverty-related challenges.

713 survivors received life changing holistic rehabilitation services

80% of discharged clients since 2020 have reported significant improvement in their mental health symptoms



A survivor braves the rain to plant new seeds in the Freedom from Torture garden as part of their horticultural therapy session



KRISH'S STORY

Targeted in the street, fearing for his life and desperate to protect his family, Krish made the heartbreaking decision to leave everything he knew behind to try and find safety.

At 30 years old Krish was a staunch human rights activist, but, as with many Tamil Sri Lankans, speaking out put him in danger. The Government accused him of working against it. Krish was taken from his family and was subjected to terrible torture and violence.

Traumatised and alone, Krish risked his life to reach the UK. He was desperate to find somewhere safe so that he could rebuild his life, but he was battling with the memories of what he had been through.

Thanks to your kindness, however, Krish knows that he is not alone. He is making amazing progress in therapy and really values his sessions. Talking with his therapist gives him the hope and strength he needs to move on with his life.

"I was nearly on the edge of my life, but after coming to Freedom from Torture I started to feel, in spite of the flashbacks and past memories, I wanted to live. Coming and seeing my therapist made me feel good."

KRISH

Krish is only 30 and has his whole life ahead of him. Because of your support, he is looking forward to his future and building a life in the UK. This would not be possible without the generosity of supporters like you.

NAVIGATING THE ASYLUM SYSTEM

Survivors of torture need safety and security to begin the slow process of recovery, but can often live in limbo and fear for years, housed or detained in conditions that can cause further trauma.



"Every day in our therapy rooms, survivors of torture describe the horror, isolation, and hopelessness they feel when trapped in housing that is unsafe. Living in this type of accommodation can be profoundly retraumatising for them."

ANN SALTER, HEAD OF CLINICAL SERVICES, FREEDOM FROM TORTURE NORTH WEST CENTRE

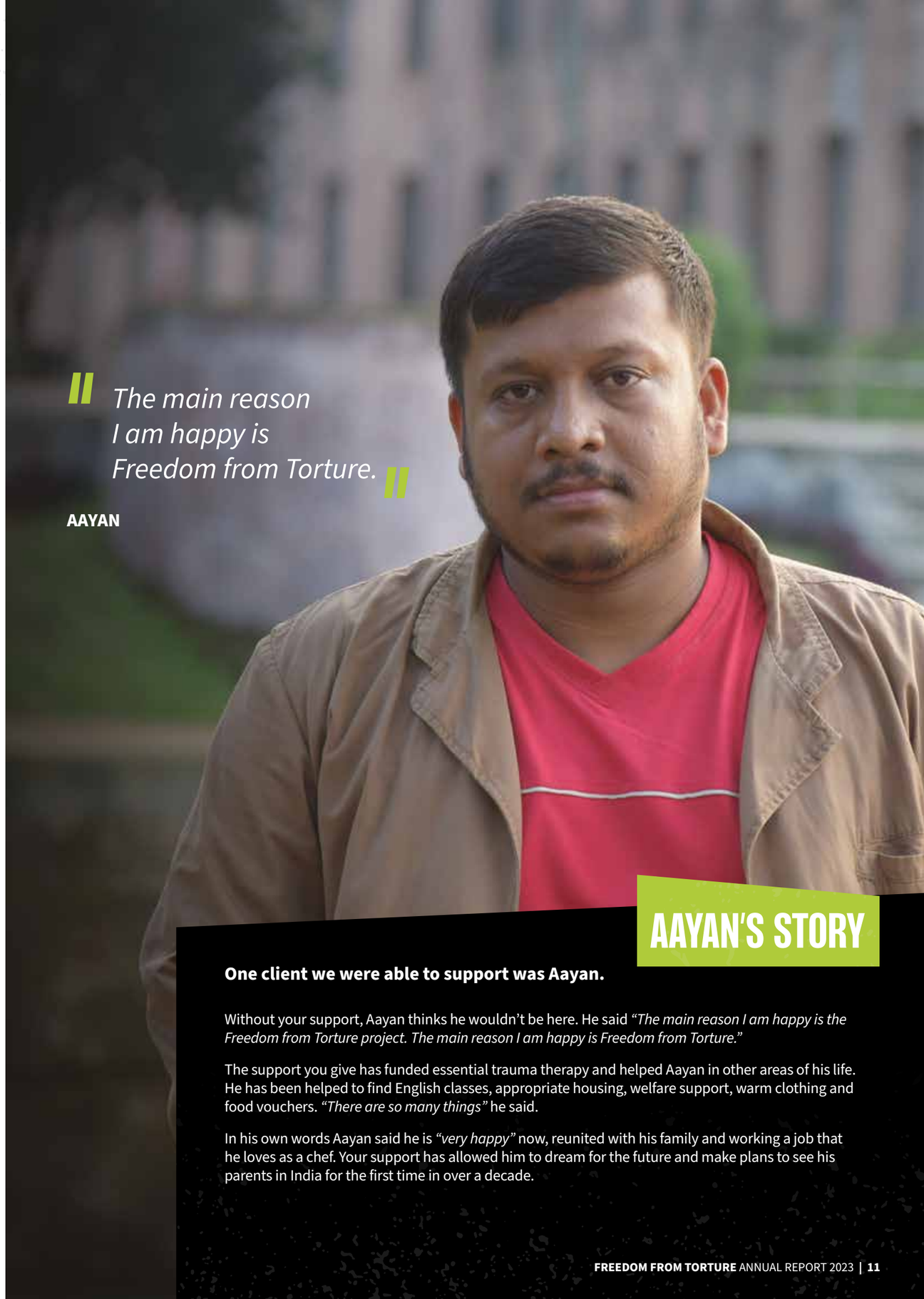
This is why our immigration and welfare team exist. They support survivors in our treatment service to navigate the complex asylum system, secure legal representation and ensure that their asylum claims are well evidenced, and work to ensure safe and secure housing to help our clients recover from their experiences.

In 2023, we received:

1245 **internal referrals for immigration advice – for survivors in our treatment service**

876 **internal referrals for welfare advice – for survivors in our treatment service**





"The main reason I am happy is Freedom from Torture."

AAYAN

AAYAN'S STORY

One client we were able to support was Aayan.

Without your support, Aayan thinks he wouldn't be here. He said *"The main reason I am happy is the Freedom from Torture project. The main reason I am happy is Freedom from Torture."*

The support you give has funded essential trauma therapy and helped Aayan in other areas of his life. He has been helped to find English classes, appropriate housing, welfare support, warm clothing and food vouchers. *"There are so many things"* he said.

In his own words Aayan said he is *"very happy"* now, reunited with his family and working a job that he loves as a chef. Your support has allowed him to dream for the future and make plans to see his parents in India for the first time in over a decade.

PROVIDING EXPERT CLINICAL EVIDENCE

Our specialist and highly trained doctors provide independent evidence of torture for consideration as part of survivors' asylum claims.

They document the physical and psychological trauma of torture in expert witness reports. Our therapists also provide clinical letters about the psychological impact of torture that has emerged during treatment. This clinical evidence of torture documented by our clinicians is taken into account by asylum decision makers.

In 2023, **we supported 167 new survivors this way**, providing a total of 187 clinical letters and Medico-legal Reports to support asylum applications.

Our Medico-legal Report team provides services including:

- medical examinations and Medico-legal documentation.
- expert testimony in support of claims and legal proceedings.
- training for medics, lawyers and other professionals involved in the asylum process.

This high success rate for first instance asylum claims involving our Medico-legal Reports is especially significant because the Home Office's new fast track system for clearing the asylum backlog means that legal representatives tend to instruct us only in the most complicated cases now.



Beth, Head of Clinical Services from our Birmingham centre, works with a team of clinicians who help torture survivors on their journey to recovery

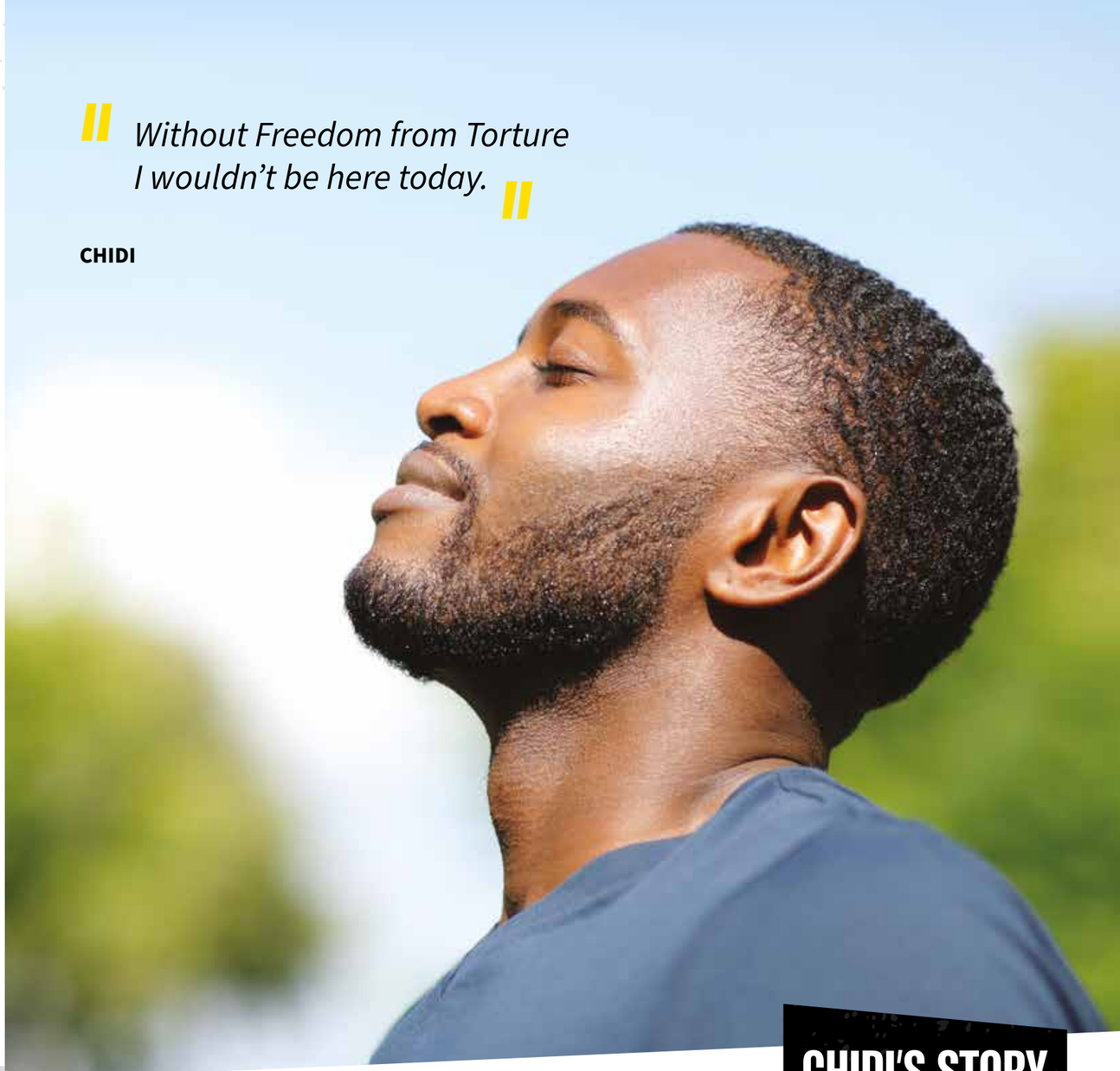
167 new survivors supported with Medico-legal Reports or other clinical evidence for their asylum claims

POSITIVE HOME OFFICE DECISIONS IN OVER 80%

of first instance cases for which we provided a Medico-legal Report

"Without Freedom from Torture I wouldn't be here today."

CHIDI



CHIDI'S STORY

Chidi is one of 167 survivors we helped through our Medico-legal Report service in 2023. Services we can only provide thanks to your support.

Chidi still finds it hard to talk about the trauma he experienced in Cameroon that forced him to flee the country, leaving his family behind. He arrived in the UK struggling with his mental health and the horrors he had been through.

Living in Manchester, contemplating suicide, and with seemingly no hope for a future, Chidi fortunately came across the name 'Freedom from Torture' and decided to find out more.

We provided Chidi with therapy to help him deal with the trauma. After referral to one of our doctors, he was provided with a Medico-legal Report for his asylum claim. We also provided funding so he could buy some clothes.

"I wish you a long life because thanks to you, people who are desperate, people who have lost hope or have no life left, are able to find hope again."

FIGHTING TO ENSURE THE UK IS A PLACE OF SANCTUARY

2023 was a year of fierce campaigning and influencing decision makers to combat the increasingly hostile asylum system.



Of those arriving in the UK seeking asylum, an estimated one person in three has experienced torture in their home country, forcing them to flee.

Thanks to you, we are mobilising caring people in communities all over the country to call for a fair, effective and humane approach to supporting survivors of torture when they arrive in the UK seeking safety.

- **Almost 80,000 supporters took action to stand with survivors in 2023 through emailing MPs or signing petitions.** This has given hope to our clients that together we are a strong movement that will continue to stand up for what is right in the face of cruel anti-refugee policies.

We fought for humanity and the rule of law during the passage of the Illegal Migration Act. Given the Government's sizeable parliamentary majority, we were not successful in defeating the legislation, but our collective campaigning efforts through the Together With Refugees coalition pushed the Labour Party to pledge to overturn the asylum ban and the Rwanda scheme. It is inconceivable that Labour would have made these vital pledges without the movement pressure that Freedom from Torture and other civil society groups helped to build.

Freedom from Torture and Together With Refugees

Freedom from Torture is a proud member of the Together With Refugees coalition, which brings together over 600 national, grassroot and refugee led organisations joining for a more compassionate approach to supporting refugees. In 2023, Freedom from Torture supported the development of the Fair Begins Here campaign, launched in early 2024, calling for a fair new plan for refugees fleeing torture, war and persecution. We will be supporting this campaign through our organising and movement building work, aiming to reach thousands of people across the UK.

FIGHTING THE RWANDA POLICY

In June 2023 the Court of Appeal ruled that the Government's plan to send refugees to Rwanda was unlawful. Freedom from Torture provided evidence and expertise to the court demonstrating that torture survivors will struggle to disclose their harrowing experiences in a process that moves too fast and has few safeguards.

"This is a victory for reason and compassion. We are delighted that the appeal judgment has affirmed what the caring people of this country already knew: the UK Government's 'cash for humans' deal with Rwanda is not only deeply immoral, it flies in the face of the laws of this country.

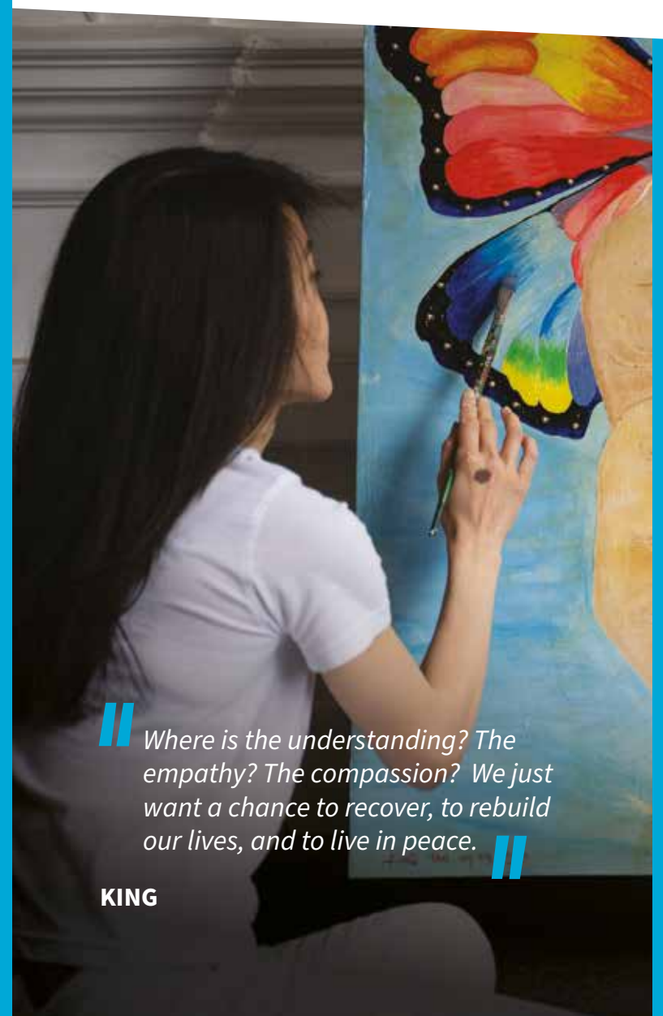
Every day in Freedom from Torture's therapy rooms, torture survivors confide in our clinicians their fears this expulsion scheme has generated amongst people seeking safety in this country. As we outlined in our intervention in the Court of Appeal, this dirty deal with Rwanda does too little to identify and protect survivors and other vulnerable groups and would see them placed at risk of further harm.

Sunak's inhumane policy has sparked anger across the UK, from protesters on the streets to faith leaders and cultural icons. If he is serious about offering sanctuary to those most in need, he should focus on rebuilding a fair and compassionate asylum system. One that welcomes and offers a fair hearing to refugees no matter how they arrive."

SONYA SCEATS, CHIEF EXECUTIVE, FREEDOM FROM TORTURE

Undeterred, the Government took the case to the Supreme Court. The judges unanimously agreed with the Court of Appeal, ruling that refugees sent to Rwanda were at risk of being wrongly returned to their country of origin.

Despite the Supreme Court finding that refugees could not safely be sent to Rwanda, Parliament has now approved the Safety of Rwanda (Asylum and Immigration) Act, which simply declares by fiat that Rwanda a safe country under UK law.



KING'S STORY

Having experienced persecution and trauma for so long, King has struggled with her physical and mental health. With the help of organisations like Freedom from Torture, she is finding ways to cope. But she lives with the constant anxiety of being sent to Rwanda.

> *"They keep saying that the Rwanda plan will be a deterrent for people trying to reach the UK to claim sanctuary... when you're fleeing for your life, you're not thinking about government policies."*

We will continue to campaign against anti-refugee policies like the Rwanda scheme and to protect survivors who have risked everything to come to the UK for sanctuary and protection. **We have mobilised thousands of supporters. The fight continues.**

CHANGING UNFAIR PROCESSES

In response to our pre-action litigation work and threat of judicial review, the Home Office made changes to a fast-tracking system they put in place to help clear the significant backlog of asylum claims. We secured critical safeguards for survivors of torture and other refugees.

10,000+

refugees will benefit from these amendments

In March 2023, Freedom from Torture launched the preliminary stages of litigation against the Home Office's new streamlined asylum process. This is an accelerated process that uses a questionnaire for people seeking asylum from countries for which there is a high asylum grant rate. Whilst the questionnaire may have been well intentioned, there was a significant risk of it leading to wrongful cancellation of asylum claims. Our work resulted in increased fairness for more than 10,000 refugees within the process.

Our pre-action legal work secured clarifications, policy amendments and a review of the Equality Impact Assessment for the scheme. In response to our planned judicial review, the Home Office published updated guidance on Withdrawing Asylum Claims, requiring asylum caseworkers to take several steps before treating a claim as withdrawn, including the following commitments:

- **Claims will not be refused** on the basis of a response to the asylum questionnaire alone.
- **Claims will be granted extensions** in all cases where requested.
- If not returned within the timeframe and with no extension requested, **the claim will not immediately or invariably be treated as withdrawn** and attempts will be made to contact the person by multiple methods.

The revised guidance also includes details of a process for requesting review of implied withdrawals. The impact of this work was also to place a spotlight in the media on the process, adding scrutiny and placing pressure on the Home Secretary.

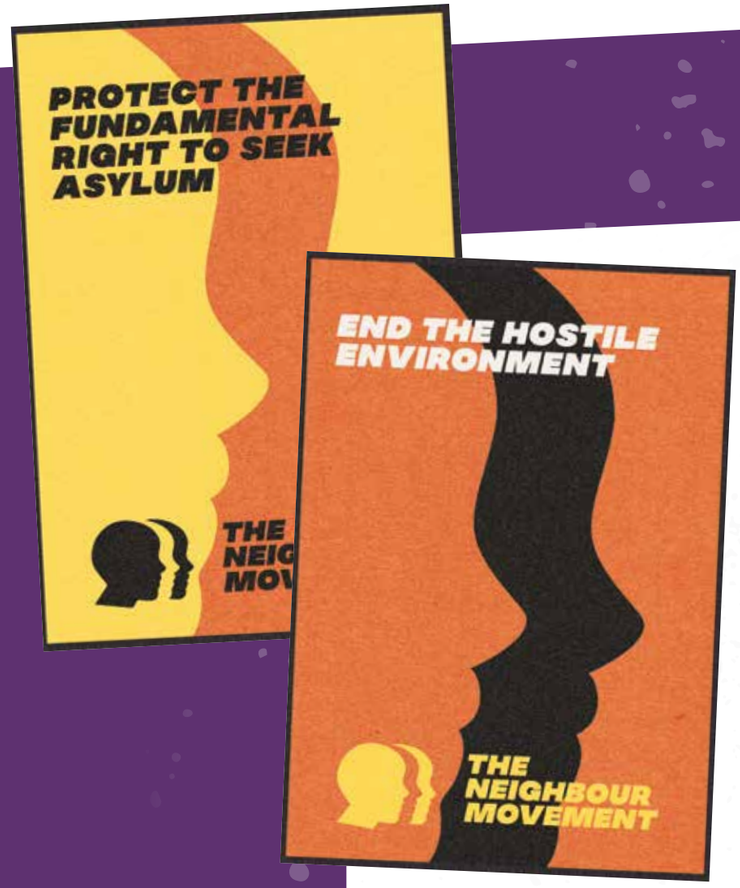


Sile Reynolds, Head of Asylum Advocacy, speaks to the media about refugee rights outside the Supreme Court



"Asylum claims can involve life or death decisions, so getting the correct decision is paramount. The 'asylum claim questionnaire' required people to complete a complex form, often without any legal advice, within a 20-day deadline. This risked many asylum claims being wrongly withdrawn, leaving those individuals at risk of return to torture or persecution or forcible expulsion to Rwanda. Our intervention secured critical safeguards for over 10,000 people."

NATASHA TSANGARIDES,
ASSOCIATE DIRECTOR OF ADVOCACY,
FREEDOM FROM TORTURE



THE NEIGHBOUR MOVEMENT

During 2023 we worked with lived experience leaders and our partners at the Asylum Reform Initiative, the coordinating mechanism behind the Together With Refugees coalition, to develop a new project, the Neighbour Movement. This project aimed to test new community organising approaches to build stronger people power in support of a fairer and more compassionate asylum system in the UK.

SPREADING SURVIVOR EMPOWERMENT MODELS ACROSS THE GLOBE

This year, we saw survivor leaders playing an important role on the global stage – standing up for our shared values of hope and compassion and calling out injustice. Survivor leadership and influencing at these high levels has led to concrete changes in practice and policy.

75+
organisations from around the world sought our support on models of survivor empowerment

We are now routinely seen as the 'go-to experts' globally on survivor leadership and empowerment



I am proud Freedom from Torture has become the go-to organisation for survivor-led approaches. It is great to see survivor advisory groups within the torture rehabilitation sector using a survivor-centred framework on a global scale.

Working with these groups is not only proof-of-concept that survivor-led frameworks work, but that these frameworks are the future for all organisations working with people with a wide range of lived experiences, including torture.

KOLBASSIA HAOUSSOU MBE, DIRECTOR OF SURVIVOR LEADERSHIP AND INFLUENCING AT FREEDOM FROM TORTURE AND SURVIVOR CHAMPION FOR THE PREVENTING SEXUAL VIOLENCE IN CONFLICT INITIATIVE

SURVIVORS SPEAK OUT

Nothing about us, without us

Our survivor-led network, Survivors Speak OUT (SSO), has had an incredible impact over the past year influencing consultations, debates and conferences in the UK and abroad. Their voices have been crucial to influencing international justice and accountability mechanisms.



When I became Survivor Champion, along with my colleague Kolbassia Haoussou MBE, I knew that part of my role was to make space and create a platform so that more survivors can take part in the Preventing Sexual Violence in Conflict Initiative. Through my work, I've had the opportunity to meet many survivors from different countries and I am always inspired by their determination and resilience.

NADINE TUNASI, SSO MANAGER AT FREEDOM FROM TORTURE AND SURVIVOR CHAMPION FOR THE PREVENTING SEXUAL VIOLENCE IN CONFLICT INITIATIVE

(1) INTERNATIONAL ALLIANCE ON PREVENTING SEXUAL VIOLENCE IN CONFLICT INITIATIVE

As survivor champions, Kolbassia Haoussou MBE and Nadine Tunasi won the argument to create a survivor advisory group for the UK's flagship Preventing Sexual Violence in Conflict Initiative. The advisory group now brings survivors from across the world together and is a tremendous example of Freedom from Torture influencing other actors, in this case the UK Government, to take a survivor-centred approach to preventing sexual violence, including sexual torture. The advisory group is at the heart of the new international alliance that the UK has created to bolster the impact of the entire initiative, including implementation of recommendations and policy development.

- **A new survivor advisory group to put survivors at the heart of decision-making in the global fight against sexual violence in conflict.**
- **Global survivor advisory group recommendations were adopted in the International Alliance policies.**
- **Survivors from previously marginalised communities, such as the indigenous people of Guatemala and children born of war rape, felt empowered to speak and saw their recommendations reflected in the work of the International Alliance.**

(2) ADVISING THE OFFICE OF THE PROSECUTOR OF THE INTERNATIONAL CRIMINAL COURT

Survivors Speak OUT (SSO) is now advising on a survivor-based approach to achieving international justice for survivors.

- **SSO helped to shape the creation of new virtual reality software for victims of sexual violence to give testimony for prosecutions and the ability for survivors to bear witness in court whilst being in a remote, safe space.**
- **SSO helped to strengthen a new ICC policy on gender-based crimes.**

A WORLD FREE FROM TORTURE

No Government should ever commit or tolerate torture. It is the most terrible abuse of power towards a defenceless person, a violation of their human rights and dignity, to deliberately cause pain, suffering and mental anguish.

And yet in the 21st century, around the world, we see the incidence and acceptance of torture rising, as authoritarian governments seek to suppress popular movements and protest, and use torture to silence activists and destroy people.

In 2023, we continued our unapologetic efforts to protect the absolute ban on torture, raise awareness of torturing states and hold the UK to its obligations and commitments to international law.

- Our movement-building work has helped to achieve a **14% increase since 2020** in UK public support for the absolute torture ban, **rising from 55% in January 2020 to 69% in January 2024**.
- **122% increase in our media coverage last year**, showcasing our lived-experience, clinical and policy experts as thought leaders on torture and the rights of survivors.

We used media to raise awareness and highlight abuses of power. This included stories showcasing survivor experiences of torture in places like Iran and the Democratic Republic of the Congo, and commentary from survivors on UK legislation which backslides on our obligation to uphold the absolute torture ban and sets a dangerous precedent for other countries, including the Northern Ireland Troubles Act and National Security Bill, as well as the Economic Activity of Public Bodies (Overseas Matters) Bill (known as the Anti-Boycott Bill), which seeks to restrict public bodies making decisions that meet with their human rights responsibilities, including in relation to torture.

Survivors launch Refugee Rights and Anti-Torture Manifestos at Parliament

Freedom from Torture and SSO were selected to help celebrate the 75th anniversary of the Universal Declaration of Human Rights (UDHR) at Parliament. We launched our joint Refugee Rights and Anti-Torture manifestos, highlighting key priorities to Members of Parliament and Peers from across the political spectrum.

Together with survivors of torture participating in the UK Anti-Torture Coalition, a coalition of survivors and organisations committed to upholding the absolute prohibition on torture and achieving justice and reparation for survivors, we are building political support across all political parties to uphold the absolute ban on torture and the right to asylum in the lead up to the next General Election as a foundation for engagement with whichever party or parties form the next Government.



HOLDING THE UK TO ACCOUNT

"There cannot be avenues for accountability for international crimes in some countries and a total absence in others. We either all have human rights, or none of us do."

NADINE TUNASI, SSO MANAGER AND SURVIVOR CHAMPION FOR THE PREVENTING SEXUAL VIOLENCE IN CONFLICT INITIATIVE

The National Security Bill 2023 included concerning provisions that potentially granted ministers and security personnel impunity if they encouraged or assisted any offence abroad. Our advocacy and campaigning work contributed to narrowing the scope of the provisions, limiting full impunity and allowing some survivors to have improved access to redress.

We briefed Members of Parliament and Peers on the terrible precedent that passing the Northern Ireland Troubles (Legacy and Reconciliation) Bill 2023 would set. Sadly, it was passed. The Act gives a green light to repressive governments worldwide to evade their obligations under international law. However, the Irish Government will be challenging the legality of the Act as incompatible with provisions of the European Convention on Human Rights including the prohibition of torture.

Through our report 'Dangerous Liaisons: UK partnerships with Chinese policing institutions linked to crimes against humanity in Xinjiang' (2022), Freedom from Torture has achieved more robust protections against UK police complicity in torture abroad. In 2023 the national coordination body for law enforcement in the UK, the National Police Chief's Council, introduced new guidance on risk assessment for overseas security and justice assistance, to supplement Government guidance on human rights in this area. The new "police specific guidance" is intended to ensure that overseas security and justice assistance delivered by UK police is responsive to human rights risks. The Minister advised that the process for oversight of international engagement was being updated to reduce the types of risks highlighted by Freedom from Torture's investigation.



SUPPORTERS: THE POWER BEHIND THE SUCCESS

In 2023, our supporters grew bigger and louder than ever before. Our art auction Drawing a Line Under Torture at the prestigious Sotheby's art auction house surpassed all expectations, raising an incredible £310,000 through both the live auction and an innovative online auction platform, allowing bidders to participate worldwide.



Nasrin Parvaz, survivor, artist and activist, speaking at our Drawing a Line Under Torture art auction



During Refugee Week in June, supporter Tom Hashemi drew a heart around London for Freedom from Torture

Survivor artists took centre stage, featuring their works alongside beautiful works donated by Quentin Blake, Antony Gormley, Maggi Hambling, David Hockney, Grayson Perry, Paula Rego and Ai Weiwei, among many others.

The highlight of the night was a speech by artist and survivor activist Nasrin Parvaz who, in her own words, has used art sessions at Freedom from Torture to explore "important insights into the very painful realities faced by those who've experienced torture".

Our amazing supporters also undertook more challenges than ever to raise vital funds for survivors of torture.

Over 50 supporters took part in Journeys in Solidarity, walking, running, cycling, and swimming in solidarity with survivors of torture. Thomas Munns completed the gruelling London Marathon. On two wheels, supporters Tom Hashemi and Matt Ludford pushed themselves to new heights. Tom cycled in the shape of a heart around London for Refugee Week and Matt rode from London to Glasgow – a distance of 600 miles – in aid of our services. Mother and daughter Tara and Anna cycled through France, Italy, Slovenia, and Austria, while Daisy Shone trekked 100km of the Jordan desert in only 5 days.



A big thank you from Freedom from Torture staff!

THANK YOU

None of this work would be possible without you. With your support we helped survivors gain asylum, provided essential services to help rebuild shattered lives, held governments to account and campaigned tirelessly for a world free from torture.

Thank you for standing with survivors and extending compassion to those who arrive here to rebuild their lives in safety after torture. We are delighted to share those funders below, who are happy for their support to be acknowledged.

- BBC Children in Need
- Beatrice Laing Trust
- Ben & Jerry's Foundation Fund, a fund of Tides Foundation
- Bertha Foundation
- Brook Trust
- Cathy Wills Charitable Trust
- C F Crawford Charitable Trust
- Chillag Family Trust
- City Bridge Foundation
- CRH Charitable Trust
- D'Oyly Carte CT
- Elizabeth Bennett Charitable Trust
- Evan Cornish Foundation
- Garden Court Chambers
- Glasgow Council for the Voluntary Sector
- Hadrian Trust
- Highway One Trust
- Jane & James Kessler Family Charitable Trust
- John Coates Charitable Trust
- Joseph Ettedgui Charitable Foundation
- Joseph Rowntree Charitable Trust
- Justice Collaborations
- London Catalyst
- London Churches Refugee Fund
- Ministry of Justice
- Murdoch Forrest Charitable Trust
- Mrs Kathrine Tollis
- National Lottery Community Fund
- Netherdale Trust
- Newcastle City Council
- Oak Philanthropy Ltd
- Patricia Routledge Foundation
- Rachel and Anthony Williams Charitable Trust
- Rayne Foundation
- Scottish Government
- Smilg Family Charitable Trust
- Stanley Thomas Johnson Foundation
- The Ian Mactaggart Trust
- The Sigrid Rausing Trust
- The St. Christopher's Trust
- Victoria Wood Foundation
- Vitol Foundation
- Wyn and Ken Lo Memorial Fund
- Yusef Foundation

STRATEGIC REPORT

2023 was the second year of our four year strategy.

The strategy was co-developed with people with lived experience of torture and the UK asylum system, and focuses on four ambitious goals:

- **Changing Lives** – we will help more survivors of torture via our ground breaking clinical services and become recognised as a clinical centre of excellence.
- **Changing the System** – we will build broad support for the torture ban and Britain as a country of sanctuary for survivors, and ensure a fair, compassionate asylum system.
- **Survivors Driving Change** – we will support more survivors to take the lead in shaping our work.
- **Changing Ourselves** – we will become a more agile, creative and future focused organisation that actively supports healing and empowering survivors.



How did we deliver against our strategic goals in 2023?

We are working to double the number of survivors of torture supported through our holistic clinical services. We made clear in our strategy that this ambition required income growth of at least 30%, but this was before the steep rise in inflation from 2022 onwards. During 2022 and 2023, our cost base expanded significantly, including to ensure higher levels of emergency relief to survivors and fair wages to our staff. The ability to give of many of our donors was also impacted by the cost of living crisis, creating a double squeeze on our resources. We helped 713 survivors of torture via our treatment service in 2023. This is just slightly ahead of the number of survivors helped in our baseline year 2021 (709 survivors helped), but for much of the year the service was operating on only 60-80% capacity. This demonstrates the increased efficiency and impact of our treatment service despite under-resourcing linked to a national shortage of psychological therapists. Our focus on evidence-based trauma-focused therapies, which reflects survivor priorities, means that survivors in our care are overcoming post-traumatic stress disorder more quickly. We are now well ahead of our target to ensure that 80% of clients are discharged within 36 months of arrival to our service. We instituted a range of measures across the year to enhance our ability to attract clinicians to work with us, including better marketing of the benefits to clinicians of working at Freedom from Torture, wider advertisement of roles and a cost of living pay rise.

We helped 167 survivors of torture with clinical evidence to support their asylum claim in 2023. This represents a 58% increase on the number of survivors helped in 2021 (109 survivors helped), meaning that at this point in our strategy we are ahead of our target to double the number of survivors helped via this life-saving service.

Survivors are truly at the centre of the design, delivery and constant improvement of our clinical services. Following a successful pilot in 2022, the survivor led London-based stabilisation group, Finding our Ground, went from strength to strength, supporting more people than ever to feel safe and ready for therapy in the next step to recovery. We also undertook a wide-ranging clinical survey in partnership with survivors to better understand our service users' experiences of our face-to-face and remote clinical services. This survey will shape the future direction of our services.

The quality of Freedom from Torture's clinical services remains high, with over 80% of clients reporting improved mental health symptoms following therapy. For our Medico-legal Report (MLR) service, over 80% of people



who receive an MLR at initial decision stage are granted asylum, a very high success rate given the tendency of legal representatives to refer the most complicated cases to us now.

As efforts by the Home Office to clear the asylum backlog intensified towards the end of 2023, our welfare team experienced a surge in demand for support, particularly with housing. Once survivors are granted protection, they often have only a matter of days to leave Home Office accommodation and find new housing, facing a serious risk of destitution while also navigating the complex benefits system.

The new asylum ban introduced by the Illegal Migration Act, the fear of being sent to Rwanda and the opportunities and challenges of the new fast track system for asylum claims for nationalities with high grant rates also meant a spike in demand by survivors for support from our legal advice service.

Our fundraising income fell in 2023 compared to 2022. As a people-powered organisation, we rely heavily on donations from the public to keep our services running, and the cost of living crisis has impacted our supporter giving income stream. Legacy income was exceptionally high in 2022 due to two unexpectedly large legacy gifts. In 2023, legacy income returned to average levels, which by comparison resulted in an overall reduction in income. Freedom from Torture's external profile continued to increase in 2023, with high profile campaigning activity and media interviews reaching a broad audience. In line with our Survivors Driving Change strategic goal, there were more opportunities than ever for survivors to lead on media messaging, through interviews and first-hand commentary on the impacts of the Government's anti-refugee policies on survivors of torture.

We continued to build support for the absolute ban on torture and challenged legislation that undermines this. Survivor leadership is key to this and in 2023 survivors had meaningful conversations and engagement on national and international stages to ensure a survivor centred approach to the prevention of torture. Our work in upholding the rights of survivors is now recognised around the world and is being used to change legal and policy frameworks to support justice for survivors.

PLANS FOR FUTURE PERIOD

Together for a future free from torture

In 2024, we continue to work to help support survivors of torture live for the future, not in the pain of the past. We are planning further changes to our clinical services based on our 2023 survey of clients about what they most need from us to access the tools and strength they have to rebuild their lives and thrive in safety. This includes a strong focus on evidence-based trauma-focused therapies, expanded access to pain management support and survivor co-led stabilisation services, development of a new survivor co-led approach to the reintegration phase of therapy, and legal and welfare advice to help survivors navigate harsh new anti-refugee laws and the risk of unsafe accommodation and homelessness.

In this crucial election year in the UK, Freedom from Torture will work with survivors to influence public opinion and policy makers to call for a more compassionate asylum system to offer safety to those fleeing torture. Alongside more than 600 civil society partners in the Together With Refugees coalition, we will continue to fight against inhumane policies and make the case to all political parties for a more welcoming UK for refugees. We will continue to call for the torture ban to be upheld and call for accountability to those who flout it.

We continue to invest in fundraising and communications activities to support the growth in income we need to deliver our strategy. The challenging fundraising environment that Freedom from Torture, and many charities, find ourselves in makes it even more pressing to continue to innovate and reach more audiences. In 2024, our Chelsea Flower Show garden, designed alongside survivors, will continue to tell the story of Freedom from Torture to a new audience engaging people with our message of hope and resilience.





Painting by Nasrin Parvaz, survivor, artist and activist

FUNDRAISING STATEMENT

Freedom from Torture relies on fundraising to deliver income for our work.

Freedom from Torture's Fundraising and Engagement strategy is underpinned by our Organisational strategy. Fundraising activities are guided by Freedom from Torture's values and supported through a range of policies and procedures to ensure compliance with regulations and best practice.

Fundraising effectiveness

In 2023 for £1 spent on fundraising we received £2.37.

Strategic fundraising

In 2023, Freedom from Torture raised funds from individuals, grant giving organisations and corporate partners. The largest source of income was from individual donors, who generously responded to appeals or gave a regular gift. In addition, the organisation raised funds through grant giving bodies, including charitable trusts, through corporate sponsorship and an annual programme of special events, the largest of which was our Art Auction hosted by Sotheby's.

Freedom from Torture is committed to transparency and welcomes feedback from supporters to enable us to improve and grow. In 2023, we received 70 complaints about our fundraising activity, compared to 63 in 2022.The Supporter Experience team aim to respond to queries within 5 working days, which they achieved in 99% of cases in 2023.

Freedom from Torture's fundraising programme is supported by a number of professional fundraising agencies to deliver activities such as face to face fundraising and telephone fundraising. Any agency working on behalf of the charity is expected to follow robust compliance and quality control processes. The team at Freedom from Torture regularly monitor activity to ensure standards are met, including protections for vulnerable adults in line with the Chartered Institute of Fundraising guidance.

Freedom from Torture is registered with the Fundraising Regulator and all activities follow the Code of Fundraising Practice. In addition, we are members of the Lotteries Council and follow all relevant legislation, including data protection rules governed by the Information Commissioner's Office (ICO).

Our dedicated supporter care team is available 5 days per week and will aim to respond to any questions, concerns or complaints within 5 working days. Our supporter promise is available on Freedom from Torture's website and our Supporter Experience Team can be contacted on **info@freedomfromtorture.org** or by phoning **020 7697 7788**.

FINANCIAL REVIEW

Financial Review for 2023

We started 2023 with a high level of funds, thanks to two very large legacies with a combined value of £4.8m.

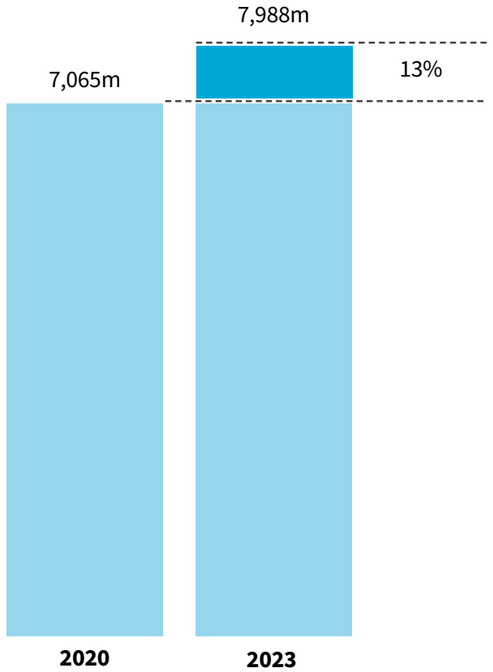
The receipt of such a large amount of funds was unprecedented in the history of Freedom from Torture and Trustees agreed to create a designated fund, called the Development Fund, to allow the organisation to use the funds for the development and support of our services and influencing work.

In 2023, by making use of the Development Fund, Freedom from Torture had a planned deficit of £2.16m between income and expenditure for 2023.

The Development Fund also enabled us to increase expenditure on our Charitable Activities by 5%.

We will be using the remainder of the funds in 2024, £1.34m, to further support our work.

Increase in Charitable Activities 2020 to 2023



Income

Our income in 2023 was £2.04m less than in 2022 due mainly to the proportion of the two unprecedented legacies received in 2022. Excluding legacies, income from donations rose by £0.19m compared to 2022, in particular because of increased income from Trusts and Foundations and Major Donors compared to last year.

Income – £9,887,078



- Events, Raffles, Fees, other **6%**
- Gift Aid **9%**
- Trusts, Grants & Corporate **17%**
- Committed Donations **23%**
- Donations from individuals **24%**
- Legacies **21%**

Generating growth in income from individual giving proved very difficult in 2023. The cost-of-living crisis certainly had an impact on donations, alongside the decline in some of our traditional income streams, such as postal appeals to warm donors.

For the longer term, the organisation is exploring the potential for new income streams that will make it a little less reliant on fundraised income. These include statutory commissioning of services income, as well as utilising our premises to generate rental income.

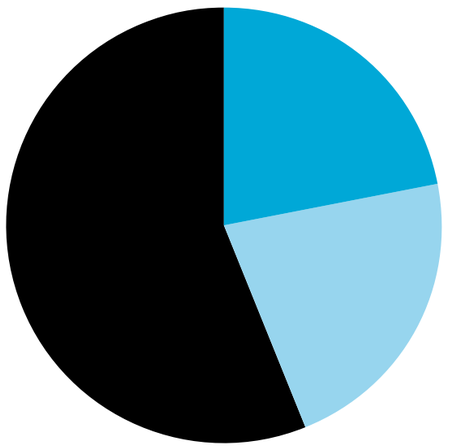
Expenditure

Expenditure on delivering and supporting our services and influencing work increased in 2023 by £0.39m, although this was partially offset by reduced fundraising costs of £0.28m.

The increased expenditure on Charitable activities was in part due to Freedom from Torture's response to the cost-of-living crisis for clients and staff. This included increasing the amount we gave per individual service user who found themselves in an emergency financial crisis. The surge in inflation during 2022 and 2023 was impacting lower paid staff disproportionately because of the rise in the costs of essentials, such as food and energy. Therefore, rather than give staff an across the board percentage cost of living rise, Trustees approved a one-off fixed amount pay award to all staff, meaning colleagues at all levels received the same cash amount (pro-rata). This benefited our lower paid staff more as a proportion of their income.

The reason fundraising expenditure was higher in 2022 than 2023 was because we were able to make a one-off investment in donor recruitment in 2022.

Total Expenditure – £12,057,079



- Supporter costs **22%**
- Direct costs **22%**
- Staff costs **56%**

The overall picture at the end of 2023 showed the organisation with a healthy level of funds, with the General Reserve within the limits identified in our reserves policy (which includes an income risk assessment) and funds that can be utilised in 2024. However, the economic outlook and the fundraising environment mean that the coming year will be very challenging.

The two very large legacies received between 2021 and 2023 were put to use by developing our services and influencing work and absorbing some of the inflationary costs during the year.

As we put the Development Fund to work, our expenditure outstripped our income in 2023, creating a deficit. Prior to 2023, we had projected that fundraising investments would see our income increase to offset the deficit created before the funds had been utilized completely.

Unfortunately, like many charities, we have achieved lower levels of income growth than we anticipated because of the economic environment and the impact of the cost-of-living crisis on our donors. Therefore, our current income projections for the coming three years do not show the gap between income and expenditure reducing before our Development Fund runs out in the way we had projected. This means that the organisation will almost certainly have to reduce expenditure, including expenditure on our charitable activities in 2024.

The Senior Management Team and Trustees are working on a plan to implement expenditure reductions to ensure the sustainability of Freedom from Torture into the future for the benefit of survivors of torture. We have funds available that will allow us the time to make the reductions in a considered and well planned way.

The main movements within the designated funds were in our Working Capital Fund and Development Fund:

- **Working Capital Fund** reduced by £1.10m, thanks to the receipt of some large legacy debtors.
- **Development Fund** decreased by £1.18m, as we used the funds to deliver our services and influencing work.

Conclusion

Freedom from Torture finished 2023 with significant funds available to support services and influencing work in 2024. Trustees are confident that the organisation will remain a going concern in the future, although it will need to reduce expenditure in order to remain financially sustainable.

Fixed Assets

Total capital spend was £0.25m, of this £0.23m was on computer hardware and office equipment. Much of this expenditure related to replacing some of our PCs and laptops and transitioning much of our data to the cloud.

Reserves and Investment Policy

It is the policy of the Trustees to maintain a General Reserve equivalent to two to four months' direct charitable expenditure, which equates to £1.39m and £2.83m. The General Reserve serves two main purposes:

- to make up for any shortfall in budgeted income in a particular year; and
- to cover any unbudgeted expenditure which may become necessary.

The policy is designed to ensure that Freedom from Torture can meet these two eventualities in any financial year without immediately having to cut back services. In the event of unforeseen loss of budgeted income or increased expenditure, it gives Freedom from Torture a period in which to seek to remedy the situation by securing additional funds and, only if this should not be possible, to plan an orderly reduction of expenditure commitments. The policy is reviewed annually by our Finance, Fundraising, Governance and Audit Committee.

Freedom from Torture's main source of income is donations from the general public. The level of income from this source can fluctuate in any given financial year.

While every effort is made to have realistic income forecasts the charity retains adequate levels of reserves to cover potential income shortfalls. The level of reserves for 2023 was set by identifying the potential risk and level of shortfall for all our main income streams. This was done by looking at historical fluctuations, type of income and level expected in the financial year. The potential risks for each income stream were added together to make a "worst case" scenario and the reserves level is set to cover this scenario. In addition, the level of reserves retained would have covered the period during which any major shortfall of income would be identified, and the appropriate action required is agreed and implemented.

The Trustees have designated funds as shown on page 31 which include a fixed assets reserve, long term donation, major building repairs, development fund and working capital reserve.

General Reserve

The level of our General Reserve increased in 2023 by £0.11m. The organisation ended the year with a general Reserve of £1.39m, which is above the lower safe limit set by our reserves policy (see left).

Restricted Funds

These relate to income, the use of which has been restricted to specific areas of our charitable activity. They include donations from trusts and foundations and grants from public bodies towards the costs of projects or specific lines of expenditure. Trustees expect to use the funds held at the end of 2023 during the next financial year.

Total Funds held at the end of 2023

Fund	Total
Designated Funds (Including Fixed Assets £3,780,746)	£7,325,430
General Reserve	£1,390,120
Restricted Funds	£633,884
Total Funds	**£9,349,434**

Investment Policy

The Trustees consider that it is not prudent to invest any of the reserves long term. The investment policy is therefore to manage funds so as to obtain the best rate of interest on them.

Designated Funds	Designation	Use of fund	Value at Year-end
Fixed Assets Reserve	Property (two buildings owned by the charity, used as clinical centres) & ICT equipment, furniture, fixtures & fittings etc.	This represents the extent to which unrestricted funds are tied up in the organisation's property and other fixed assets. The year-end balance is equal to the book value of the fixed assets less any amount that is funded by loans.	£3,780,746
Long-term Donation	Gift given to the charity. Donor expressed a wish that the donation be invested and the proceeds be used for psychotherapy.	Trustees have invested the proceeds generated by the investment of these funds in our psychotherapy work in 2023.	£526,812
Major Building Repairs	Fund to cover any large-scale repairs or refurbishments to property owned by the charity. Current policy is to place £40k a year into the fund.	We placed £40k in the fund in 2023, as per our policy. We did not need to drawdown any funds in 2023.	£448,571
Development Fund	Fund to provide for long-term development of the organisation and to deliver its strategic plan.	Between 2021 and 2023 we were fortunate to receive two unprecedented legacies with a total value of £4.8m. In order to support our services and invest in fundraising we drew down £2.1m of the fund in 2023.	£1,336,789
Working Capital Reserve	Fund to cover working capital needs. Level of fund required is calculated as Current Assets, excluding Bank and cash, less Creditors.	Represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).	£1,232,512
Total			**£7,325,430**

RISK MANAGEMENT

We have a thorough approach to managing risk at Freedom from Torture

We use a risk register to document our most important risks and monitor measures in place to mitigate these risks.

Risk management is discussed regularly at Senior Management Team level. The risk register is reviewed at every Finance, Fundraising, Governance and Audit Committee meeting and at every Board of Trustees meeting with feedback to ensure we have the most robust mitigation plans and strategies in place. In 2023, Trustees held a special meeting to review and refresh our risk management framework.

The following are the top 5 risks identified throughout the year:

Risk 1 Failure to raise adequate funds to enable us to deliver our strategic goals.
Mitigation includes: A Fundraising and Engagement strategy to maximise fundraised income, including scoping of how to enhance this strategy in a challenging fundraising market. This includes a new focus on attracting high net worth individuals, and appraisal of other income generation options, e.g. service commissioning. Media and profile building activities to improve Freedom from Torture's brand recognition. Cost control measures.

Risk 2 Failure to deliver our strategy, due mainly to insufficient income growth to expand our services.
Mitigation includes: Review of our clinical model, based on survivor insights, to explore how we can deliver the best possible service to the highest number of survivors within resource constraints. Consideration of whether to extend the shelf life of our strategy to allow more time to deliver on our service growth ambitions in the context of financial pressures. Appraisal of new income streams to support our services e.g. service commissioning.

Risk 3 Inadequate client database.
Mitigation includes: Rollout of a major upgrade to our bespoke client database (Daylight) and ongoing patching based on user testing to improve the system's speed, safety and functionality. Launch of a scoping project to help us decide whether to keep developing or replace the system with an off the shelf product.

Risk 4 Unstable clinical management.
Mitigation includes: Successful recruitment across the year to fill all our clinical management vacancies. Rollout of a Trauma-informed Leadership Development Programme to support and retain managers across Freedom from Torture, including a special focus on the skills needed to lead and manage staff who are delivering clinical services to traumatised survivors of torture.

Risk 5 Failure to attract and retain employees.
Mitigation includes: A pay uplift to address the cost of living crisis for staff. Rollout of recommendations from our 2022 project to improve Freedom from Torture's recruitment processes, including initiatives to improve attraction and retention of psychological therapists in the context of a national shortage of these skills. A faster onboarding process including a new system for processing Disclosure and Barring Service (DBS) checks. A trauma-informed wellbeing framework to support our staff in their challenging work to support traumatised survivors of torture.



Painting by Nasrin Parvaz, survivor, artist and activist

ORGANISATIONAL STRUCTURE

Structure, governance and management

Freedom from Torture is legally constituted as a company limited by guarantee, registered as Medical Foundation for the Care of Victims of Torture since 1985. The organisation changed its legal name to Freedom from Torture on 28th February 2020. Our governing instruments are the memorandum and articles of association. We are registered with both the Charity Commission and the Office of the Scottish Charity Regulator. Our only subsidiary, Survivors Trading Limited, is dormant and has no significant assets or liabilities.

Remuneration policy

The remuneration of the key management post holders, who consist of the individuals disclosed in note 7 to the financial statements on page 49, has been established in accordance with market rates, taking into account the level of expertise, experience and skills required to fulfil the roles successfully. Our general staff remuneration policy was reviewed in January 2023 and approved by the Trustees.

Organisational structure

The governing body of the charity is the Board of Trustees (the Board). The Trustees are also Directors of the company. The Board includes senior professionals in key disciplines relevant to the governance of the organisation: the asylum system, medicine, mental health, finance, accountancy, governance and fundraising, who are able to appreciate and assess the risks in their respective fields. We are also proud to have three Trustees with lived experience of the UK asylum system.

The Board approves the strategy, annual budgets and major investments, alongside receiving the most recent management accounts and assessing overall performance. The Senior Management Team has delegated responsibility for operational management of the charity, taking day-to-day decisions in the interest of the charity.

The Board of Trustees met six times in 2023. Additional sessions for Trustees are held each year to revisit assurance processes and strengthen Trustee skills. In 2023 these additional sessions focussed on risk management, finance and safeguarding.

The following standing Committees of the Board, each consisting of a number of Trustees, met during the year: Finance, Fundraising, Governance and Audit (four meetings), Performance, Standards and Effectiveness (four meetings) and Remuneration (two meetings). The Board received reports from the Chief Executive, members of the Senior Management Team and the Board Committees covering the finances of the organisation and the work of all directorates, noting significant developments in our work and in the environment in which we operate.

New Trustees are appointed by the Board when the need arises to replace leavers and strengthen particular core competencies against a skills audit. Details of changes to Trustees during the year are on page 39. Recruitment of new Trustees is through an open process, with vacancies advertised on various websites; applications are particularly encouraged from former service users with expertise in the fields sought. A recruitment drive was undertaken for the appointment of four new Trustees in 2023.

The term of office is three years, after which a Trustee may be re-appointed for up to a maximum of two further terms. In exceptional circumstances, the Board of Trustees has the power to permit two Trustees to serve two years beyond a third term if the Board of Trustees considers it in the best interests of the charity.

In March 2018, Freedom from Torture adopted the Charity Governance Code (for larger charities) to continue to drive forward improvements in its governance. In 2022, the Board conducted a further review of the charity's performance against the Code and identified a number of areas for improvement which we used to drive further improvements in 2023, including development of Freedom from Torture's first ever diversity, equity and inclusion strategy.

The Chair of Freedom from Torture resigned in January 2024 after 6 years of service and a recruitment for a new Chair is underway. Sonya Sceats has been the Chief Executive since March 2018.

Clinical services (including medical assessment, psychological treatment and care coordination) are provided through our centres in England (London and South East, North West, North East and West Midlands) and Scotland (Glasgow). We deliver one-to-one, group and family rehabilitation to survivors of torture and produce clinical evidence for use in the determination of asylum claims. We also offer placement opportunities for Psychology trainees, CBT trainees, Systemic Family Therapy trainees and Social Workers. We also provide clinical training to external organisations, including Psychology doctorate courses and IAPT services.

Legal and welfare casework support is provided to treatment clients at all of the charity's centres.

We employed 175 people at the end of 2023 and the organisation was fortunate to have the services of 123 part-time volunteers and 13 student placements. Most worked in the area of medical, therapeutic and casework services in our five clinical centres.

The Trustees confirm that they comply with their duty in regards to the guidance on public benefit published by the Charity Commission in exercising their powers and duties.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also Directors of Freedom from Torture for the purposes of company law) are responsible for preparing the Trustees' Report, Strategic Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards including FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

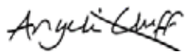
The Trustees' Annual Report is approved by the Trustees of the Charity.

The Strategic Report, which forms part of the Annual Report, is approved by the Trustees in their capacity as directors in company law of the charity.

Signed on their behalf by:



Fiona Goudie
Vice-Chair,
Freedom from Torture



Angela Cluff
Vice-Chair,
Freedom from Torture

Approved on 25 June 2024

INDEPENDENT AUDITOR'S REPORT

Opinion

We have audited the financial statements of Freedom from Torture for the year ended 31 December 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the notes to the financial statements. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard Applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2023 and of the charitable company's incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 (as amended) and regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities Act 2011 or the Charities Accounts (Scotland) Regulations 2006 (as amended) requires us to report to you if, in our opinion:

- the information given in the Trustees' Annual Report is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we required for our audit.

Responsibilities of Trustees

As explained more fully in the Trustees' responsibilities statement set out above, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under section 144 of the Charities Act 2011 and report in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.



As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.
- Obtain sufficient appropriate audit evidence regarding the financial information of the business activities within the charitable company to express an opinion on the financial statements. We are responsible for the direction, supervision and performance of the charitable company audit. We remain solely responsible for our audit report.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.
- We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

There are inherent limitations in the audit procedures described above. We are less likely to become aware of instances of non-compliance with laws and regulations that are not closely related to events and transactions reflected in the financial statements. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 8 of the Charities Act 2011 and Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charitable company's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company and charitable company's Trustees as a body, for our audit work, for this report, or for the opinion we have formed.

Moore Kingston Smith LLP

Luke Holt

For and on behalf of Moore Kingston Smith LLP

Statutory auditor
9 Appold Street
London
EC2A 2AP

22 August 2024

STATEMENT OF FINANCIAL ACTIVITIES

Incorporating Income and Expenditure Account for the year ended 31 December 2023

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	2	8,077,954	821,619	8,899,573	11,196,539
Charitable activities	4	181,917	257,307	439,224	526,239
Other trading activities (incl. fundraising)	3	473,355	-	473,355	193,909
Investments		74,926	-	74,926	13,253
Total		**8,808,152**	**1,078,926**	**9,887,078**	**11,929,940**
Expenditure on:					
Raising funds	5	4,069,151	-	4,069,151	4,354,311
Charitable activities		6,741,763	1,246,165	7,987,928	7,593,190
Total	**6**	**10,810,914**	**1,246,165**	**12,057,079**	**11,947,501**
Net gains/ (losses) on investments	9	9,139	-	9,139	(2,749)
Net Income / (expenditure)		**(1,993,623)**	**(167,239)**	**(2,160,862)**	**(20,310)**
Net movements in funds		**(1,993,623)**	**(167,239)**	**(2,160,862)**	**(20,310)**
Reconciliation of funds:					
Total funds brought forward		10,709,173	801,123	11,510,296	11,530,606
Total funds carried forward		**8,715,550**	**633,884**	**9,349,434**	**11,510,296**

The accompanying notes are an integral part of these financial statements.

In the current and previous year the only restricted income was included in Donations and legacies and Charitable activities (see Notes 2 and 4); the only restricted expenditure was included in Charitable activities (see Note 6).

Balance Sheet as at 31 December 2023

(Company limited by guarantee - registered no. 2398586)

	Notes	2023 £	2022 £
Fixed Assets:			
Tangible assets	8	4,045,696	4,141,779
Intangible assets	8	32,664	17,207
Investments	9	23,475	14,336
		4,101,835	**4,173,321**
Current Assets:			
Debtors	10	2,262,068	3,327,869
Short-term deposits		1,600,000	-
Cash at hand and in bank		2,415,088	5,209,207
		6,277,156	**8,537,076**
Creditors: amounts falling due within one year	11	(1,029,556)	(1,193,244)
Net current assets		5,247,600	7,343,832
Total assets less current liabilities		**9,349,434**	**11,517,154**
Creditors: amounts falling due after one year	12	0	(6,857)
Net assets		**9,349,434**	**11,510,296**
Funds	14		
Unrestricted funds:			
Designated funds		7,325,430	9,432,996
General reserve		1,390,120	1,276,177
		8,715,550	**10,709,173**
Restricted income funds:		633,884	801,123
		9,349,434	**11,510,296**

The accompanying notes are an integral part of these financial statements.

The accounts were approved and authorised for issue by the Board of Trustees on the 25 June 2024

and signed on its behalf by: , Trustee

Cash flow statement for the year ended 31 December 2023

	Notes	2023 £	2022 £
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities		(875,428)	(1,849,800)
Cash flows from investing activities:			
Dividends and interest from investments		74,926	13,253
Purchase of property, plant and equipment		(279,441)	(123,651)
Net cash used in investing activities		**(204,515)**	**(110,398)**
Cash flows from financing activities:			
Repayments of borrowing		(110,570)	(102,356)
Interest paid		(3,606)	(3,753)
Net cash used in financing activities		**(114,176)**	**(106,109)**
Change in cash and cash equivalents in the reporting period		(1,194,119)	(1,633,292)
Cash and cash equivalents at the beginning of the reporting period		5,209,207	3,575,915
Cash and cash equivalents at the end of the reporting period		**4,015,088**	**5,209,207**

Reconciliation of net expenditure to net cash flow from operating activities

	Notes	2023 £	2022 £
Net expenditure		(2,160,862)	(20,310)
Adjustments for:			
Depreciation charges		344,549	336,746
Amortisation charges		15,518	9,323
Dividends and interest from investments		(74,926)	(13,253)
Interest paid		3,606	3,753
Losses/(gains) on investments		9,139	(2,749)
Decrease/(increase) in debtors		1,065,801	(1,135,283)
Increase/(decrease) in creditors		(59,975)	(395,509)
Net cash provided by/(used in) operating activities		**(857,150)**	**1,849,800**
Analysis of cash and cash equivalents			
Cash in hand and in the bank		2,415,088	5,209,207
		4,015,088	**5,209,207**

The accompanying notes are an integral part of these accounts.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1. Accounting policies

General information and basis of preparation:

Freedom from Torture is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 54 of these financial statements. The nature of the charity's operations and principal activities are included in the Trustees' Report.

The functional currency used to prepare the financial statements was Sterling and rounded to the nearest £.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, as updated through Update Bulletin 1 published on 2 February 2016 and Update Bulletin 2 published on 5 October 2018, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulation 2014 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements do not consolidate the income, expenditure, assets or liabilities of the trading company as disclosed in note 9 due to their immateriality.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Going Concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cause significant doubt on the ability of the charitable company to continue as a going concern.

The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making inquiries, the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future.

The financial projections for the coming year show that the charity will need to reduce expenditure in order to retain a safe level of General Reserve and remain financially sustainable into the future. Plans are being developed by the Senior Management Team for approval by Trustees that will implement strategic long-term reductions but retain the organization's ability to deliver its strategic plan and charitable objects objectives. Trustees are confident that a range of options exist that allow for a sustained reduction in costs throughout the going concern assessment period.

As a result of the strategic cost cutting plans discussed above, the existing General Reserve and designated funds, and the availability of assets that could be monetised if required, the Trustees have concluded that Freedom from Torture has sufficient financial resources to continue in operation and meet its obligations as they fall due from the 12 months from the date of approval of these financial statements.

Tangible and intangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently at cost less depreciation and any impairment losses. Purchases above £500 are capitalised according to our policy. Depreciation is provided at rates per annum calculated to write off the cost or valuation of each asset over its useful life, as follows:

Freehold land	0%
Freehold buildings	2%
Long leasehold building	2%
Computer equipment	25%
Database software	20%
Furniture, fixture and fitting	25%

The depreciation rates above reflect the duration that assets retain a value to the organisation.

Intangible assets are amortised over their expected useful life, as follows:

Software	20%

Investments

Listed investments are initially measured at cost and subsequently measured at fair value. Changes in fair value and gain and losses arising on disposal of investment are reflected in the Statement of Financial Activities at the balance sheet date. Investments in subsidiaries are stated at cost less any provision for impairment.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short- term liquid investments with original maturities of three months or less.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Report.

For legacies, entitlement arises when the charity is aware that probate has been granted. Receipt is normally probable when the executors have established that there are sufficient assets in the estate. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Expenditure

Direct charitable expenditure is analysed under four broad activity headings: medical/therapeutic/casework; education, training and information; human rights work; and relief grants for individuals and families. Under each of these headings is included staff costs directly attributed to each activity, specific project costs and an allocation of shared costs such as premises and telephone usage on the basis of the staff time spent on each activity. Cost of generating funds includes direct expenditure incurred in relation to fundraising campaigns and events, staff costs directly attributed to this activity and shared costs which are allocated as above. Support costs represent those functions which are wholly or mainly in support of the above activities including senior management, human resources and financial administration. Governance includes only those costs associated with maintaining the charity as a legal, rather than an operational entity. See note 6.

Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation are included in the Statement of Financial Activities for the period.

Operating leases

The rentals paid on operating leases are charged to expenditure on a straight line basis over the term of the lease.

Pension cost

The charity provides a defined contribution pension scheme for its employees and contributions payable for the year are charged to the Statement of Financial Activities.

Funds

Unrestricted funds are available for use at the discretion of the Trustees, in furtherance of the general charitable objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in note 14. The General Reserve is the balance of unrestricted funds not designated by the Trustees. Restricted funds are funds, the use of which is subject to specific conditions imposed by the donors or as specified in an appeal to donors.

Critical accounting estimates and areas of judgement

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that effect the amounts recognised in the financial statements. In the view of the Trustees, judgements, estimates and assumptions that had the most significant affect included legacy income recognition and depreciation, as per the accounting policies previously disclosed.

2. Donations and legacies

2023	2023	2023	2023
	Unrestricted funds £	Restricted funds £	Total funds £
Trusts & foundations	516,384	704,123	1,220,507
Companies	61,778	-	61,778
Individuals:			
Committed donations (excluding Gift Aid)	2,318,476	-	2,318,476
Major donations (excluding Gift Aid)	1,050,061		1,050,061
Other donations (excluding Gift Aid)	1,213,345	117,496	1,330,841
Gift aid tax claimable	863,958	-	863,958
Legacies	2,053,952	-	2,053,952
Total	**8,077,954**	**821,619**	**8,899,573**

2022	2022	2022	2022
	Unrestricted funds £	Restricted funds £	Total funds £
Trusts & foundations	280,247	627,652	907,899
Companies	23,322	-	23,322
Individuals:			
Committed donations (excluding Gift Aid)	2,359,261	-	2,359,261
Major donations (excluding Gift Aid)	599,533	51,205	650,738
Other donations (excluding Gift Aid)	1,699,673	100,591	1,800,264
Gift aid tax claimable	913,088	-	913,088
Legacies	4,541,967	-	4,541,967
Total	**10,417,091**	**779,448**	**11,196,539**

During 2023 a total of 138 legacy payments were received totalling £2,868,121. 114 new legacy notifications were received (5% up on 2022) and, at year end, the total estimated legacy income due to be paid (the legacy pipeline) stood at £2.15million from 121 active legacy cases. 71 of these legacies are residuary (a share of the benefactor's estate) and 42 are pecuniary (gifts of fixed amounts). £1million of the legacy pipeline is held within just 6 very high value legacies.

3. Other trading activities (incl. Fundraising)

	2023 £	2022 £
Raffles	61,888	71,899
Fundraising events	370,496	75,630
Christmas cards	24,396	28,811
Sundry	16,575	17,569
	473,355	**193,909**

4. Income from charitable activities

2023	2023	2023	2023
	Unrestricted funds £	Restricted funds £	Total funds £
Grants from government and public bodies:			
Big Lottery	-	100,000	100,000
United Nations	-	47,940	47,940
Scottish Government (Inspire Scotland)	-	50,000	50,000
Ministry of Justice	-	42,515	42,515
Others	-	16,852	16,852
Sub-total government and public bodies	**-**	**257,307**	**257,307**
Fees for Medico-legal reports	168,183	-	168,183
Training fees & Others	13,734	-	13,734
Total	**181,917**	**257,307**	**439,224**

2022	2022	2022	2022
	Unrestricted funds £	Restricted funds £	Total funds £
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	-	-
United Nations		48,769	48,769
Scottish Government (Inspire Scotland)		40,000	40,000
Ministry of Justice		220,454	220,454
Others	-	64,583	64,583
Sub-total government and public bodies	**-**	**373,806**	**373,806**
Fees for Medico-legal reports	152,433	-	152,433
Training fees & Others	-	-	-
Total	**152,433**	**373,806**	**526,239**

There are no known unfulfilled conditions, or contingencies attached to the income recognised in respect of government grants.

The income shown above is comprised of the total funds received as adjusted for the movement in debtors.

Freedom from Torture was grateful to receive six grants from the from the grant giving bodies below in 2022:

Scottish Government Inspiring Scotland	Core and Healing Neighbourhoods Project in Scotland	50,000
Glasgow Council For The Voluntary Sector aka Glasgow Community Mental Health Wellbeing Fund	Supporting survivors of torture in Scotland	10,000
Ministry of Justice	Supporting survivors of torture in West Midlands	42,515
Newcastle City Council	Supporting survivors of torture in North East	6,852
National Lottery Community Fund	Supporting survivors of torture in West Midlands	100,000
The United Nations Voluntary Fund for Victims of Torture	Supporting survivors of torture in London & SE	47,940
		257,307

These funds are included as part of the relevant restricted funds in Note 14.

5. Cost of raising funds

	2023 £	2022 £
Direct Marketing	2,366,249	3,090,013
Legacies	176,957	147,148
Trusts and Corporate	288,580	311,473
Events	168,906	98,620
Local Groups	93,597	86,624
Community	110,789	81,110
Major Donors	242,513	263,797
Grants	203,482	111,869
Bad debt write off	264,773	-
Cost of raising voluntary income	3,915,846	4,190,654
Cost of activities for generating funds	153,305	163,657
Total cost of raising funds	**4,069,151**	**4,354,311**

6. Analysis of total expenditure

2023	Staff costs £	Other direct costs £	Support costs £	Total 2023 £
Raising funds:				
Donations and legacies	1,283,632	2,008,785	623,428	3,915,845
Trading activities	41,735	91,425	20,146	153,306
	1,325,367	**2,100,210**	**643,574**	**4,069,151**
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	4,170,376	82,155	1,458,989	5,711,520
Education/training/info.	176,699	17,123	67,274	261,096
Human rights work	1,066,347	368,107	442,758	1,877,212
Relief grants	20,073	110,881	7,146	138,100
	5,433,495	**578,266**	**1,976,167**	**7,987,928**
Support costs	**964,755**	**1,654,986**	**(2,619,741)**	**-**
Total expenditure	**7,723,617**	**4,333,462**	**-**	**12,057,079**

2022	Staff costs £	Other direct costs £	Support costs £	Total 2022 £
Raising funds:				
Donations and legacies	1,223,183	2,368,310	599,161	4,190,654
Trading activities	35,342	110,622	17,693	163,657
	1,258,525	**2,478,932**	**616,854**	**4,354,311**
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,944,748	69,605	1,397,641	5,411,994
Education/training/info.	199,688	16,987	89,504	306,179
Human rights work	1,041,093	278,075	430,581	1,749,749
Relief grants	24,551	91,295	9,422	125,268
	5,210,080	**455,962**	**1,927,148**	**7,593,190**
Support costs	**924,515**	**1,619,487**	**(2,544,002)**	**0**
Total expenditure	**7,393,120**	**4,554,381**	**-**	**11,947,501**

All expenditure on raising funds was unrestricted (2022 – the same); of the charitable activities expenditure £6,741,763 was unrestricted (2022–£6,859,611) and £1,246,165 was restricted (2022–£733,579).

During 2023 Freedom from Torture gave £110,881 in relief grants to survivors of torture (2022–£91,295.27). Of this, £27,461.08 was for emergency assistance. In addition, clients received travel costs to attend face to face appointments and mobile phones and phone credit to enable attendance to virtual video therapy appointments. In total £83,420.30 was given to enable access to our services.

Net incoming resources are stated after charging:

	Total 2023 £	Total 2022 £
Auditors' remuneration:		
Audit fee – statutory accounts	19,650	17,380
Audit fee – non audit services	1,500	1,175
Operating lease rentals – Land and buildings	285,364	196,968

Support costs represent premises and other overhead costs which cannot be directly attributed to departments and projects. The allocation of support costs in the above table is as follows:

	Premises/phone furniture/post equipment/print £	Governance £	Financial administration £	Senior management £	HR & staff training £	2023 Total allocated £
Raising funds:						
Donations and legacies	321,120	9,042	120,797	78,329	94,139	623,427
Trading activities	10,376	292	3,903	2,531	3,042	20,144
	331,496	**9,334**	**124,700**	**80,860**	**97,181**	**643,571**
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/casework	751,507	21,161	282,697	183,311	220,311	1,458,987
Education/training/info.	34,652	976	13,035	8,453	10,159	67,275
Human rights work	228,062	6,422	85,790	55,629	66,858	442,761
Relief grants	3,681	104	1,385	898	1,079	7,147
	1,017,902	**28,663**	**382,907**	**248,291**	**298,407**	**1,976,170**
Total	**1,349,398**	**37,997**	**507,607**	**329,151**	**395,588**	**2,619,741**

	Premises/phone furniture/post equipment/print £	Governance £	Financial administration £	Senior management £	HR & staff training £	2022 Total allocated £
Raising funds:						
Donations and legacies	298,413	7,608	119,321	74,447	99,372	599,161
Trading activities	8,812	225	3,524	2,198	2,934	17,693
	307,225	**7,833**	**122,845**	**76,645**	**102,306**	**616,854**
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/casework	696,098	17,747	278,336	173,660	231,799	1,397,640
Education/training/info.	44,578	1,137	17,824	11,121	14,845	89,505
Human rights work	214,452	5,467	85,749	53,501	71,412	430,581
Relief grants	4,692	120	1,876	1,171	1,563	9,422
	959,820	**24,471**	**383,785**	**239,453**	**319,619**	**1,927,148**
Total	**£1,267,045**	**32,304**	**506,630**	**316,098**	**421,925**	**2,544,002**

The basis of allocation of costs in all cases is the proportion of direct staff time spent on each function. Senior management includes the Chief Executive's office.

7. Staff costs and transactions with trustees

	2023 £	2022 £
Salaries (including temporary staff)	6,404,057	6,057,720
Interpreters	404,816	421,213
Social security	552,535	572,323
Pension contributions	340,626	323,151
Life assurance contributions	21,583	18,713
	7,723,617	**7,393,120**

The charity contributes at the rate of 6% of gross salary to a money purchase pension scheme for staff with more than three months' service who have not opted out of the scheme.

The year-end creditors includes an amount of £nil (2022–£41,660) for accrued pension costs.

The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the year was as follows:

	2023 £	2022 £
£60,001 - £70,000	-	-
£70,001 - £80,000	1	4
£80,001 - £90,000	2	-
£90,001 - £100,000	1	1

Key management personnel comprises of the Trustees and Senior Management Team (listed below):

Chief Executive Officer

National Director of Clinical Services

Director of Finance and Central Services

Director of Fundraising and Communications

Director of Survivor Empowerment

Total remuneration for these posts amounted to £522,549 (2021–£569,570)

All the employees in the above categories participated in the pension scheme. Contributions made for them amounted to £27,320 (2022–£29,151).

The Trustees act in a voluntary capacity and received no remuneration. 4 Trustees (2022–3) received reimbursement of expenses totalling £1,703 during the year (2022–£1,763). There were no other related party transactions in the year (2022–£nil).

Staff costs included ex-gratia, redundancy and payment in lieu of notice costs of £26,691 (2022–10,394).

The average number of paid employees and self-employed interpreters (full-time equivalent) over the year by function was:

	2023 £	2022 £
Medical, therapeutic and casework	76	76
Interpreters services including admin	10	9
Education, training and information	3	4
Human rights work	20	19
Relief	-	1
Support	19	18
Fundraising	30	28
Total full-time equivalent (salaried staff)	158	155
Interpreters self employed	33	44
Total full time equivalent (all staff)	191	199
Total on payroll, full time and part time	**175**	**185**

During the year the charity was fortunate also to have the services of around 123 (2022–123) part-time volunteers (not included in the numbers above). Most worked in the medical, therapeutic and casework area.

8. Tangible and intangible fixed assets

	Tangible Fixed Assets				
	Freehold land and building £	Long leahold building £	Computer hardware / Office equipment £	Furniture / Fixtures and fittings £	Total £
Cost:					
At 01.01.23	5,419,752	435,331	1,125,811	1,270,800	8,251,694
Additions	-	-	226,072	22,394	248,466
Disposals	-	-	(544,672)		(544,672)
At 31.12.23	**5,419,752**	**435,331**	**807,211**	**1,293,194**	**7,955,488**
Depreciation:					
At 01.01.23	1,938,154	119,798	962,611	1,089,352	4,109,915
Charge for the year	106,116	6,311	128,662	103,460	344,549
Eliminated on disposals			(544,672)		(544,672)
At 31.12.23	**2,044,270**	**126,109**	**546,601**	**1,192,812**	**3,909,792**
Net book values:					
At 31.12.22	**3,481,598**	**315,533**	**163,200**	**181,448**	**4,141,779**
At 31.12.23	**3,375,482**	**309,222**	**260,610**	**100,382**	**4,045,696**

	Intangible Fixed Assets £
Database software	
Cost:	
At 01.01.23	665,126
Additions	30,975
At 31.12.23	**696,101**
Amortisation:	
At 01.01.23	647,919
Charge for the year	15,518
At 31.12.23	**663,437**
Net book values:	
At 31.12.22	**17,207**
At 31.12.23	**32,664**

The freehold land and building comprised the charity's main premises in Finsbury Park, London. The Long leasehold building, being the Newcastle centre is held under a 295 years lease running from 2006.

9. Investments

At the end of 2023 the charity held listed investments comprising of shares valued at £23,475 (2022–£14,336) which had been donated by supporters. The main holding is Scottish Investment Trust Plc £17,862 (2022–£12,671).

	2023 £	2022 £
Market value at beginning of year	14,336	17,086
Unrealised investment gain/(loss)	9,139	(2,750)
Market value at end of year	**23,475**	**14,336**

In addition to the investments described above the charity retained the shares comprising its £100 (2022–£100) investment in its trading subsidiary company, Survivors Trading Limited. Survivors Trading has been dormant since 2011 and therefore there was no turnover income or expenditure. Net assets amounted to £8 at the year-end (2022–£8). The income, expenditure, assets and liabilities of the trading company are not consolidated in this financial statements due to their immateriality.

Copies of Survivors Trading's financial statements are available from 111 Isledon Road, London, N7 7JW.

10. Debtors

	2023 £	2022 £
Trade debtors (Medico-legal report fees)	281,165	315,849
Bad debts provision	(27,780)	(31,053)
Tax recoverable on Gift Aid donations	178,929	189,175
Legacies	1,645,769	2,687,077
Sundry debtors	44,483	87,725
Prepayments	139,502	79,096
	2,262,068	**3,327,869**

11. Creditors: amounts falling due within one year

	2023 £	2022 £
Bank loan repayable within one year	-	103,713
Trade creditors	668,290	285,810
Inland Revenue: PAYE and NI contributions	149,090	182,468
Staff salaries and pensions	-	-
Other accruals	212,176	621,253
	1,029,556	**1,193,244**

See details of bank loan below in note 12.

12. Creditors: amounts falling due after more than one year

	2023 £	2022 £
Between one and two years	-	6,857
Between two and five years	-	-
	-	**6,857**

The above loan from the Co-operative Bank was paid off at the end of 2023.

13. Lease commitments

Total future minimum lease payments payable under non-cancellable operating leases are as follows:

	2023 £	2022 £
Up to one year	109,896	115,554
Between two and five years	51,530	81,414
	161,426	**196,968**

14. Movements in funds

Opening and closing balances and movements in funds were as follows:

2023	Brought forward at end 2022 £	Income during 2023 £	Outgoing during 2023 £	Transfers & investment gains £	Carried forward at end 2023 £
Restricted funds:					
Medico-legal work	24,246	-	(24,246)	-	-
Psychological therapy - Adults	10,166	183,701	(178,575)	-	15,291
Psychological therapy - CYPF*	53,057	25,600	(62,421)	-	16,236
Group work - Adults	2,944	-	(2,944)	-	-
Group work - CYPF	6,749	24,989	(20,075)	-	11,662
Welfare advice and care	8,250	13,000	(12,500)	-	8,750
North West centre	6,115	72,335	(77,202)	-	1,248
Scotland centre	18,271	103,072	(94,406)	-	26,937
North East centre	19,979	27,352	(32,165)	-	15,166
West Midlands centre	75,555	143,373	(159,100)	-	59,828
Survivors writing group - Write 2 Life project	4,661		(4,661)	-	-
Training & capacity building	-			-	-
Human rights work	247,177	483,004	(562,179)	-	168,002
Relief grants	8,423	2,500	(9,380)	-	1,543
Memorial events in memory of A. Wetherfield	-			-	-
North East centre Fixed Assets reserve	315,532		(6,311)	-	309,221
	801,123	**1,078,926**	**(1,246,165)**	**-**	**633,884**
Designated funds:					
Fixed assets reserve	3,744,491	-	-	36,255	3,780,746
Working Capital Reserve	2,238,340	-	-	(1,005,828)	1,232,512
Development Fund	2,514,782	-	-	(1,177,993)	1,336,789
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	408,571	-	-	40,000	448,571
	9,432,996	**13,170**	**(13,170)**	**(2,107,566)**	**7,325,430**
General reserve (unrestricted fund)	1,276,177	8,794,982	(10,797,743)	2,116,705	1,390,120
Sub-total: Charity funds	**11,510,296**	**9,887,078**	**(12,057,078)**	**9,139**	**9,349,434**

* Children, young people and families

2022	Brought forward at end 2021 £	Income during 2022 £	Outgoing during 2022 £	Transfers & investment gains £	Carried forward at end 2022 £
Restricted funds:					
Medico-legal work	7,893	30,500	(14,147)	-	24,246
Psychological therapy - Adults	2,083	69,269	(61,186)	-	10,166
Psychological therapy - CYPF*	9,710	86,034	(42,687)		53,057
Group work - Adults	-	9,944	(7,000)	-	2,944
Group work - CYPF	417	22,994	(16,662)	-	6,749
Welfare advice and care	-	11,000	(2,750)		8,250
North West centre	9,107	29,800	(32,792)	-	6,115
Scotland centre	5,867	93,925	(81,521)	-	18,271
North East centre	369	46,804	(27,194)	-	19,979
West Midlands centre	4,292	263,909	(192,646)	-	75,555
Survivors writing group - Write 2 Life project	6,875	7,886	(10,100)	-	4,661
Training & capacity building	6,666	-	(6,666)	-	-
Human rights work	2,644	468,560	(224,027)	-	247,177
Relief grants	126	12,630	(4,333)	-	8,423
Memorial events in memory of A. Wetherfield	3,429	-	(3,429)	-	-
North East centre Fixed Assets reserve	321,971	-	(6,439)	-	315,532
	381,448	**1,153,254**	**(733,579)**	**-**	**801,123**
Designated funds:					
Fixed assets reserve	3,851,416	-	-	(106,925)	3,744,491
Working Capital Reserve	3,769,130	-	-	(1,530,790)	2,238,340
Development Fund	1,200,000	-	-	1,314,782	2,514,782
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	368,571	-	-	40,000	408,571
	9,715,929	**13,170**	**(13,170)**	**(282,933)**	**9,432,996**
General reserve (unrestricted fund)	1,433,229	10,763,516	(11,200,752)	280,184	1,276,177
Sub-total: Charity funds	**11,530,606**	**11,929,940**	**(11,947,501)**	**(2,749)**	**11,510,296**

The capitalised expenditure on the North East centre (North East Centre fixed assets reserve) is considered restricted as the grant provided towards these costs, imposes specific condition that the building should continue to be used for the purpose of the Freedom from Torture. The £6,311 (2022–£6,439) outgoing resources represents the depreciation on the building.

The Fixed assets reserve is an unrestricted fund designated by the Trustees. Its purpose is to reflect funds tied up in the charity's fixed assets (other than the North East centre held in restricted funds as above) after taking into account the bank loans which are part-financing them. When additional fixed assets are required, further funding will be sought if necessary.

The Long term donation is a fund set-up in response to a donor's wish that the £500k they gave be invested and any interest gained be used to help fund psychotherapy services over a sustained period. The intention of the donor was to provide long-term assistance but the Trustees have discretion to draw on it at times of great need.

The charity is putting aside £40,000 p.a. into a Major Building Repairs Reserve to fund major repairs to its freehold property in London and its leasehold property in Newcastle. Due to the nature of the costs covered it is not possible to anticipate the timing of the expenditure.

The working capital reserve represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).

15. Analysis of assets and liabilities between funds

2023	Unrestricted Funds			
	Restricted Funds £	Designated Funds £	General Reserve £	2023 Total £
Tangible and intangible fixed assets	309,221	3,769,139	-	4,078,360
Investments	-	-	23,475	23,475
Net current assets	324,663	3,556,291	1,366,645	5,247,599
Long term loan	-	-	-	-
	633,884	**7,325,430**	**1,390,120**	**9,349,434**

2022	Unrestricted Funds			
	Restricted Funds £	Designated Funds £	General Reserve £	2022 Total £
Tangible and intangible fixed assets	315,532	3,843,454	-	4,158,986
Investments	-	-	14,336	14,336
Net current assets	485,591	5,596,399	1,261,841	7,343,831
Long term loan	-	(6,857)	-	(6,857)
	801,123	**9,432,996**	**1,276,177**	**11,510,296**

16. Taxation

Freedom from Torture is a registered charity and as such its income and gains are exempt from corporation tax to the extent that they are applied to its charitable objectives.

17. Analysis of changes in net cash / (net debt)

	Brought forward at the end of 2022 £	Cashflow £	Carried forward at the end of 2023 £
Cash	5,209,207	(1,194,119)	4,015,088
Loans falling due within one year	(103,713)	103,713	0
Loans falling due after more than one year	(6,857)	6,857	0
	5,098,637	**(1,083,549)**	**4,015,088**

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY

Board of Trustees

Fiona Goudie (Vice-Chair)
Angela Cluff (Vice-Chair appointed 12.03.2024)
Manraj Sandhu (Treasurer)
Michael Johnson
Mahesh Wickramasinghe
Rasha Obaid
Shabnam Amini (appointed 21.03.2023)
Brian Gareth Dunlop (appointed 21.03.2023)
Philomène Uwamaliya (appointed 27.06.2023)
John Patrick Dunford (appointed 27.06.2023)
Melanie Essex (end of term 21.03.2023)
Javier Rodriguez Alarcon (resigned 06.12.2023)
Sarah Taylor Peace (Vice-Chair resigned 08.12.2023)
Susan Berelowitz (Chair resigned 30.01.2024)
Joanne Stubley (resigned 07.02.2024)

Chief Executive

Sonya Sceats

Charity Registration Number

1000340

Registered Name

Freedom from Torture

Registered Office

111 Isledon Road, London N7 7JW

Scottish Charity Number

SCO39632

Company Registration Number

2398586

Bankers

National Westminster Bank plc
95 High Street, Huntingdon, Cambs PE29 3DT

Auditors

Moore Kingston Smith LLP
9 Appold Street EC2A 2AP

Solicitors

DHM Stallard LLP
Griffin House, 135 High Street, Crawley RH10 1DQ

Bates Wells & Braithwaite
10 Queen Street Place, London EC4R 1BE

Finance, Fundraising, Governance and Audit Committee

Manraj Sandhu (Chair)
Brian Gareth Dunlop (Vice-Chair)
Mahesh Wickramasinghe
Shabnam Amini

Performance, Standards and Effectiveness Committee

Fiona Goudie (Chair)
Michael Johnson (Vice-Chair)
Mahesh Wickramasinghe
Rasha Obaid
John Denford
Philomène Uwamaliya

Remuneration Committee

Manraj Sandhu
Michael Johnson
Fiona Goudie
Shabnam Amini

PLEASE JOIN US IN FIGHTING FOR A WORLD WITHOUT TORTURE.

SUPPORT TORTURE SURVIVORS LIVE FOR THE FUTURE, NOT IN THE PAIN OF THE PAST.

We can only see one in three of the torture survivors referred to Freedom from Torture for clinical therapy. Time is of the essence in dealing with trauma.

We urgently need more therapists to be able to support more torture survivors to rebuild their lives more quickly. And we need more funding to do that.

You can help by:

Funding the clinical therapy that is critical to psychological and physical rehabilitation, and the legal support that fights for people's asylum and safety.

Campaigning against torture, and for refugee rights that give people the protection and security they need to recover and look to the future.

Showing your solidarity with torture survivors as they recover their confidence, their voice, and put their lives back together.

FREEDOM FROM TORTURE

Chichester House,
91 Moss Lane East,
Manchester M15 5GY

Unit 005, 1st Floor,
Caroline Point,
62 Caroline Street,
Birmingham B3 1UF

The Alan Smithson Rooms,
City House, 1-3 City Rd,
Newcastle upon Tyne NE1 2AF

Room 27, Adelphi Centre,
12 Commercial Road,
Glasgow G5 0PQ

111 Isledon Road
Islington
London N7 7JW

www.freedomfromtorture.org

Registered charity number: England 1000340, Scotland SC039632 Registered with the OISC, registration number N201600022

To protect client identities, models have been used in some photographs.

FREEDOM FROM TORTURE

England & Wales - Charity number 1000340

Accounts

ANNUAL REPORT 2022



FREEDOM FROM TORTURE

EMPOWERING SURVIVORS, REBUILDING LIVES

2023 THE CHARITY AWARDS

OVERALL WINNER

CONTENTS

Our Best Year Yet 2

Changing Lives 4

Driving Positive Change 6

Empowering Survivors to Speak Out 8

Supporters: The Power Behind Our Success 10

Strategic Review 12

Plans for Future Period 13

Fundraising Statement 14

Financial Review 15

Risk Management 19

Organisational Structure 20

Statement of Trustees' Responsibilities 22

Independent Auditor's Report 23

Financial Statements 26

Reference and Administrative Details of the Charity 43

OUR BEST YEAR YET

2022 was a year of incredible impact. Our therapists and doctors directly supported more survivors to secure safety and rebuild their lives. Our campaigning reached new heights, harnessing people power and affecting real, tangible change to policies impacting survivors of torture. And survivor voices have never been more central to the international fight to put an end to torture worldwide.

Thank you - this is only possible thanks to your incredible commitment and support for a more compassionate world. Please join us in 2023 with your time, energy and financial support - together we can meet our goal of doubling the number of torture survivors we directly support by 2025.

"People we did it! You know together we have the power. **Together we're a force."**

KOLBASSIA HAOUSSOU MBE, DIRECTOR OF SURVIVOR EMPOWERMENT



We helped

18% MORE

survivors to heal, feel safe and strong again via our direct therapy services, compared to 2021.



We helped

25% MORE

survivors with clinical evidence of torture to secure the right to remain in the UK compared to 2021.

Direct action by survivors of torture and solidarity actions taken by more than 100,000 caring people **forced airline Privilege Style to back out of a plan to fly refugees to Rwanda, as part of the government's cruel refugee expulsion scheme.**



Our Stop Torture Impunity campaign was named **Campaign of the Year** at the Sheila McKechnie Foundation Awards. The hard-hitting coalition campaign forced the government to abort its plan to give de facto impunity to British troops that commit torture and other war crimes abroad.



"It is a brilliant example of a campaign that really delivered against its objectives through a comprehensive, brave and ambitious approach. The breadth of the work was incredible."

AWARDS JUDGE BEN HYMAN.

Preventing Sexual Violence in Conflict Initiative (PSVI) champions **Nadine Tunasi** and **Kolbassia Haoussou MBE successfully convinced the Foreign Commonwealth and Development Office to launch a global network of survivors** as part of the UK's Preventing Sexual Violence in Conflict Initiative. **Eighty-one countries attended the global PSVI summit and fifty-three countries signed a political declaration committing to amplifying the voices of survivors.**



PSVI conference

Our fierce and strategic litigation meant that the **estimated 45,000 people who crossed the Channel in 2022 were not exposed to the heartless 'pushbacks' policy**, which may have cost many their lives.

73,000 people signed our open letter defending the Human Rights Act, putting the government on the back foot with its regressive Bill of Rights agenda.

Our explainer videos around cruel government anti-refugee bill proposals reached more than 500,000 people, **empowering our growing movement of supporters to defend the rights of torture survivors seeking sanctuary in the UK.**

We brought **survivor voices to the forefront of the mainstream media with powerful, first-hand stories of hope and compassion.**

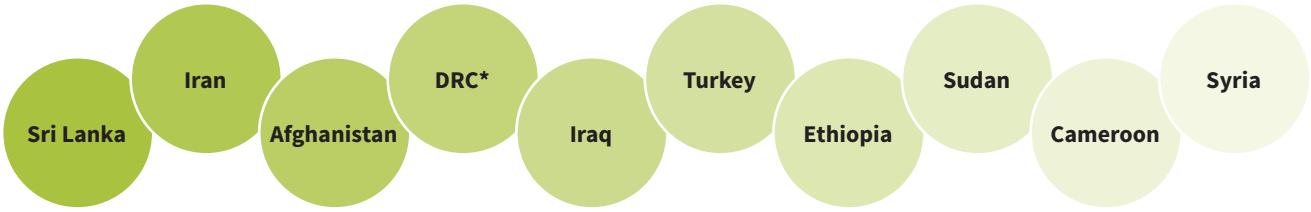


CHANGING LIVES

Our clinical services went from strength to strength – providing life-changing support for hundreds of men, women and children who have survived physical and psychological torture.

Therapy and support

In 2022, the top 10 countries of origin of our clients were:



*Democratic Republic of the Congo

Torture survivors have experienced some of the worst forms of human rights violations. Our therapists help them to rebuild their physical and mental health and feel safe again.

This year, we helped more survivors to heal, feel safe and strong again. Our therapists, lawyers and welfare advisors offered a lifeline to people who crucially needed compassion, support and rehabilitation to recover and rebuild their lives in the UK.

Through our treatment service, we helped 18% more clients to recover from psychological and physical pain linked to torture.

This essential trauma therapy has helped survivors like Ibrahim to 'feel safe and secure' again.



Ibrahim's story: "Freedom from Torture has changed my life"

A terrifying visit from police at his home in Guinea turned Ibrahim's world upside down. After days of torture due to his father's political allegiances, he was told he would be killed if he stayed in the country. Fearing for his life, Ibrahim took a dangerous journey to the UK, where he ended up alone on the streets. Today, he is slowly recovering from his traumatic experience thanks to one of our expert therapists. "My therapist is always encouraging me not to give up on my life," explains Ibrahim. "Right now, I feel secure and safe. Freedom from Torture has changed my life."





We helped

18% MORE

survivors to heal, feel safe and strong again via our direct therapy services, compared to 2021.

Despite this growth, we were not able to meet demand for referrals to our clinical services in 2022. Our strategic goal to increase income by 30% by 2025 will enable us to double the number of survivors who benefit from our treatment services and clinical evidence service.



We helped

25% MORE

survivors with clinical evidence of torture to secure the right to remain in the UK compared to 2021.





Providing evidence to rebuild lives

Our world-renowned medico-legal report service helps survivors to prove they were tortured and provides vital evidence for their asylum claims.

Our detailed clinical evidence ensured that more survivors were granted the right to remain in the UK. Without our medico-legal reports and clinical letters, many survivors may not have been granted asylum with a risk of being sent back to their torturers.

> *"This was one of the most extreme cases of physical torture I have come across, The client was very lucky to have survived, and yet his claim was refused all the way up the courts.* ***I don't think he would have obtained refugee status without the evidence from Freedom From Torture.****"*
>
> **THE JOINT COUNCIL FOR THE WELFARE OF IMMIGRANTS (JCWI), 2023 (FOR 2022 CLINICAL RESPONSE LETTER FOLLOWING PREVIOUS MLR)**

Stabilisation support from fellow survivors

> *"The presence of a survivor was like a light at the end of the tunnel."* **CLIENT, FOUNDING OUR GROUND**

In 2022, we helped survivors at the beginning of their therapy journeys to feel understood, supported and in safe hands via a new approach to stablisation therapy that is led collaboratively by a survivor and a therapist.

The support of survivors who have completed treatment with us has helped clients to understand the effects of trauma and to learn initial coping mechanisms. The power of having survivor support from the outset has had a real impact on their recovery.

> *"The survivor sets the example that I can get through this. I can create a foundation for my life"*
>
> **CLIENT, FOUNDING OUR GROUND**

> *"Being new to the United Kingdom, survivors found the Founding Our Ground group the first place they connected with supportive people. Fellow survivors and clinicians reassured them and demonstrated how their journey with Freedom from Torture could help to heal their trauma."*
>
> **JEREMIE DIATAPAKOLA, SERVICE USER ENGAGEMENT COORDINATOR, FREEDOM FROM TORTURE.**



DRIVING POSITIVE CHANGE

In 2022, we proved that people power really works. By standing up to decision-makers, backed by thousands of our supporters, we transformed government policies and put a stop to activities linked to torture.

We made the UK rethink police contracts with China

Our *Dangerous Liaisons* report exposed UK government links to the brutal and systematic persecution of ethnic minorities in Xinjiang, China. We discovered that UK aid money was being used to fund a partnership between a private UK police college and Chinese police trainers. When we shared our findings, the police college declared an end to all its relationships in China.



20,000 supporters signed our petition on the issue, and parliamentarians from all major political parties voiced their support for our concerns. Following this intense pressure, both the UK police and government committed to strengthening scrutiny of human rights risks before engaging with foreign police forces.

We helped stop refugee flights to Rwanda

In October, we forced Privilege Style airline to withdraw from the UK government's scheme to send refugees to Rwanda – making it more difficult for the government to deliver its cruel 'cash for humans' scheme.

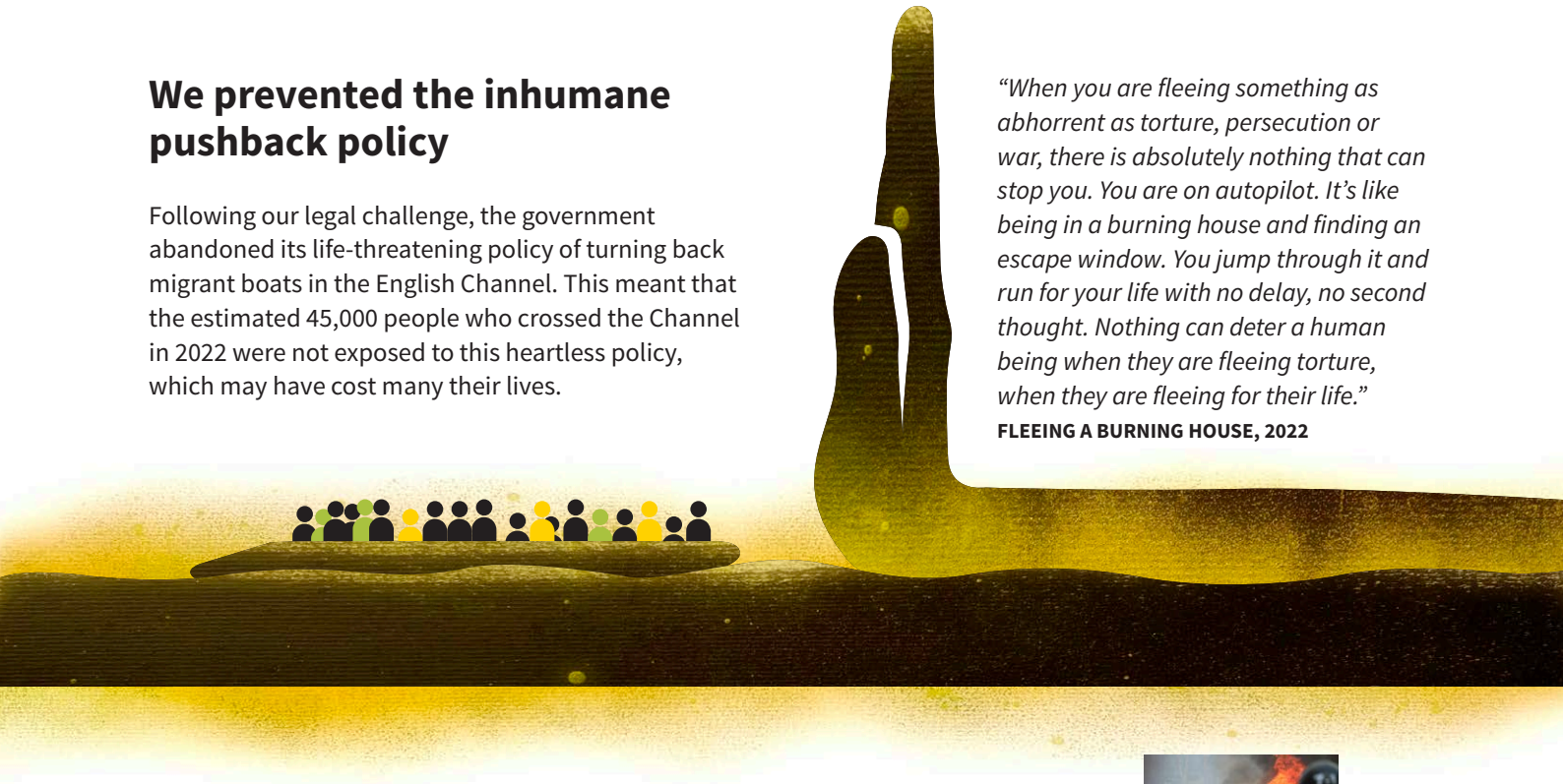
Survivors and our supporters put huge pressure on the airline – sending more than 16,000 emails, posting thousands of tweets and making hundreds of phone calls. Thirty thousand people also signed an open letter to sports teams telling them not to use the company. The news of our success made headlines around the world, with stories in *The Telegraph, The Times, The Guardian* and *The New York Times.*

> *"This is a victory for torture survivors, a victory for human rights, and a triumph for the thousands of people who spoke out against the government's scheme, We've already forced Titan and Airtanker airlines to say they won't fly the planes. We can make sure no plane ever takes off to Rwanda."*
> **KOLBASSIA HAOUSSOU, DIRECTOR OF SURVIVOR EMPOWERMENT, FREEDOM FROM TORTURE.**



We prevented the inhumane pushback policy

Following our legal challenge, the government abandoned its life-threatening policy of turning back migrant boats in the English Channel. This meant that the estimated 45,000 people who crossed the Channel in 2022 were not exposed to this heartless policy, which may have cost many their lives.



"When you are fleeing something as abhorrent as torture, persecution or war, there is absolutely nothing that can stop you. You are on autopilot. It's like being in a burning house and finding an escape window. You jump through it and run for your life with no delay, no second thought. Nothing can deter a human being when they are fleeing torture, when they are fleeing for their life."

FLEEING A BURNING HOUSE, 2022

We made our voices heard

In our *Fleeing a Burning House* report, our clinicians powerfully explained why survivors take such dangerous journeys to seek asylum in the UK. We presented the report and our policy recommendations to parliamentarians, and raised the issues in several broadcast interviews, helping to counter the government's misinformation about why people are putting their lives at risk in small boats.



We brought survivor voices to the forefront of the mainstream media with powerful, first-hand stories of hope, compassion and resilience.

Iran's protests are not an angry outburst, but the result of generations of trauma

Nasrin Parvaz

The Guardian



THE TIMES

Channel pushback policy sunk before court hearing

The New York Times

Airline Quits British Plan to Deport Asylum Seekers to Rwanda

INDEPENDENT

As a Holocaust survivor, Britain gave me a home – would today's government? Steven Frank

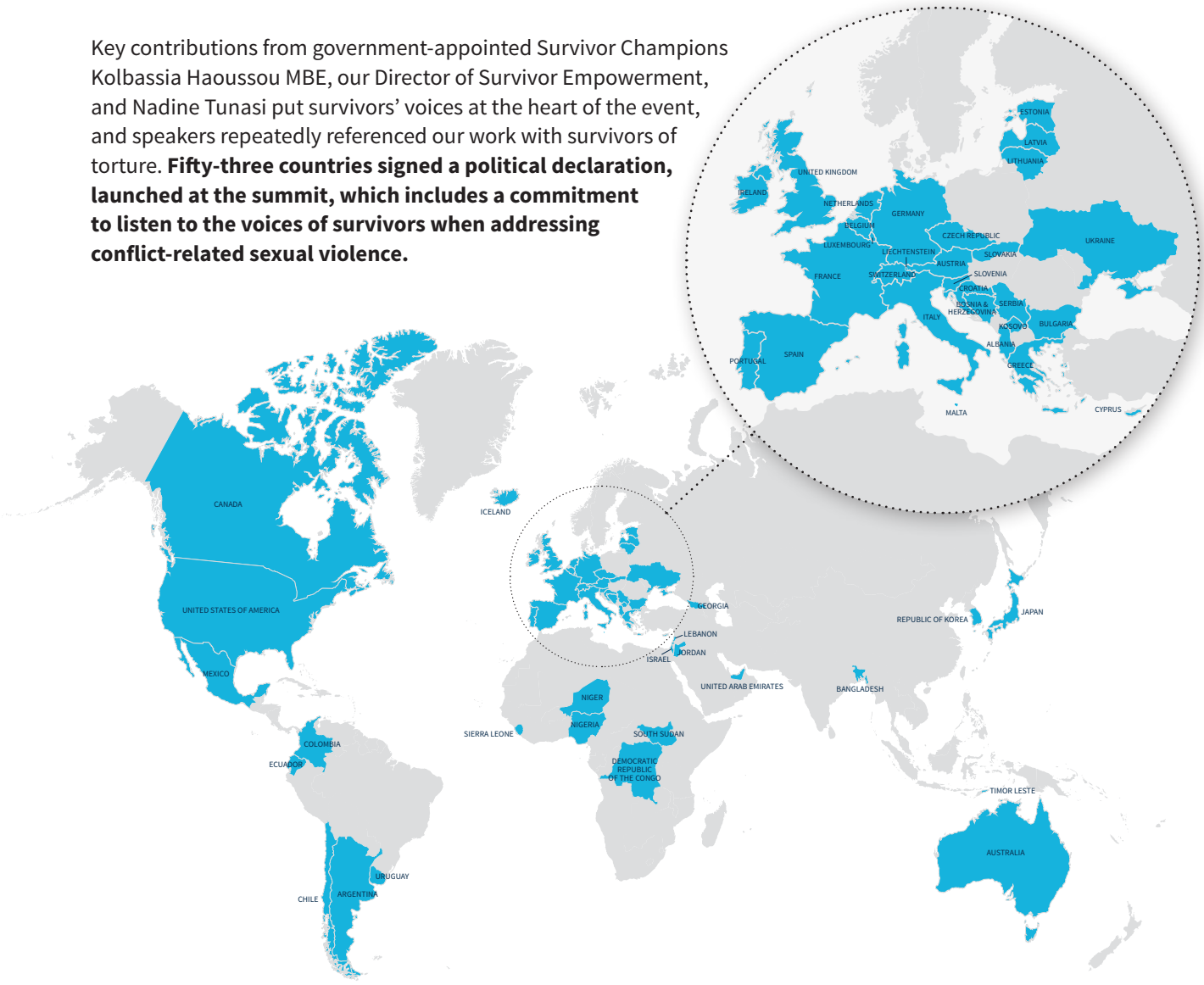
EMPOWERING SURVIVORS TO SPEAK OUT

Throughout the year, we worked with survivors to build active networks. And it proved that amplifying survivor voices can bring about real change.

Torture survivors take centre stage at government summit

Representatives from 81 countries attended the global summit of the government-led Preventing Sexual Violence in Conflict (PSVI) initiative in November.

Key contributions from government-appointed Survivor Champions Kolbassia Haoussou MBE, our Director of Survivor Empowerment, and Nadine Tunasi put survivors' voices at the heart of the event, and speakers repeatedly referenced our work with survivors of torture. **Fifty-three countries signed a political declaration, launched at the summit, which includes a commitment to listen to the voices of survivors when addressing conflict-related sexual violence.**



"Our message about the importance of survivors' voices meant the PSVI team worked closely with survivors from the initial concept right through to finalising the conference programme. One important suggestion was to include at least one survivor in every session. Building on the momentum of the event, a survivor group was set up to advise the PSVI, and we held a survivor retreat to discuss how to strengthen the voices of survivors in global efforts to tackle conflict-related sexual violence." **NADINE TUNASI, SURVIVORS SPEAK OUT MANAGER AND PSVI SURVIVOR CHAMPION**



SURVIVORS SPEAK OUT

Survivors Speak OUT partnership: stronger together

In June, we established a formal memorandum of understanding with Survivors Speak OUT - the network of torture survivors nested at Freedom from Torture that works to raise awareness about the impact of torture and advocate for policy change. This is a powerful foundation for our collaboration with survivors to build a world free from torture.

Based on this work, a wide range of organisations came to Freedom from Torture and Survivors Speak OUT for advice about how to strengthen empowerment models in their work generally with people on the move. We have influenced the following organisations, among others, on empowerment models this year:

SWEDISH RED CROSS • WORLD HEALTH ORGANISATION • MÉDECINS SANS FRONTIÈRES • DOCTORS OF THE WORLD

Nasrin's story: "People need to know what's going on"

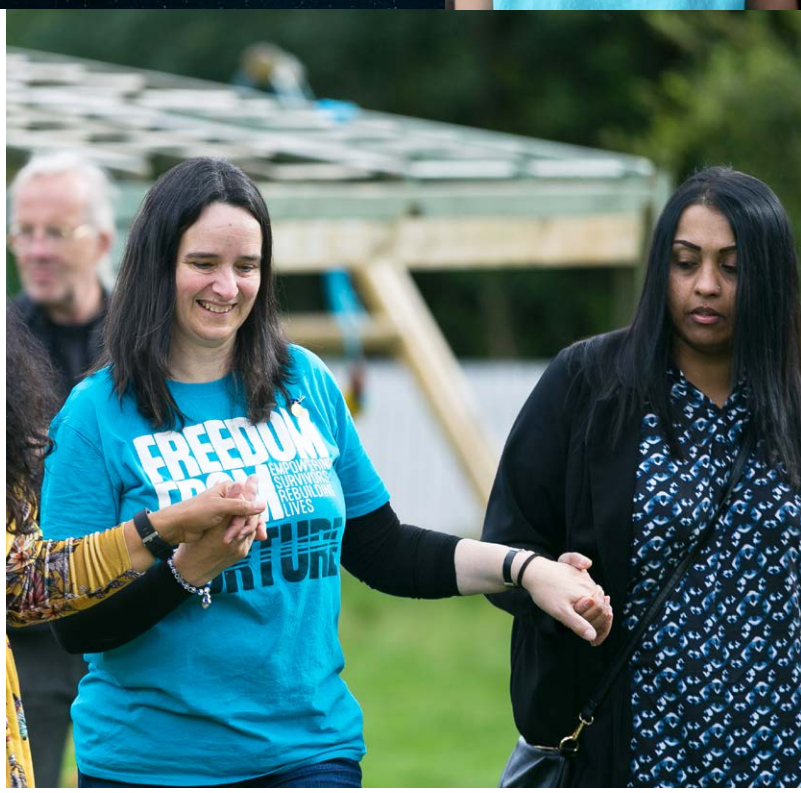
Nasrin fled her home in Iran after eight years of imprisonment and torture. She now campaigns with Survivors Speak OUT "We have to tell people what happened to us," she says. "People need to know what's going on in countries like Iran." As well as communicating vital information, Nasrin's work with SSO has helped her to campaign against the UK government's laws that prevent refugees seeking safety in the UK. "I feel my life has meaning," she says. "If I hadn't come to Freedom from Torture, my life would be empty."



Survivors "bring the whole world" to Glasgow

In September, a group of torture survivors in Glasgow organised an inspirational harvest festival that broke down barriers and raised awareness of the impact of torture. Four hundred people attended - sharing food, dancing and showing solidarity with survivors. The organisers were able to use their skills and feel part of the community. "Freedom from Torture made me feel I'm an important person," said one while another said: "It's just amazing being here, I forgot my problems."

"I cannot tell you how happy and proud they were," said Ahlam Souidi, Freedom from Torture's Senior Community Development Worker in Glasgow. *"They had so much passion to make this event happen. People from Iran, Afghanistan, Iraq, Cameroon and more came together – we brought the whole world in one place."*



SUPPORTERS: THE POWER BEHIND OUR SUCCESS

Our tens of thousands of compassionate supporters were the driving force behind making a very real difference to the lives of torture survivors in 2022. From signing petitions and taking campaign actions to donating vital funds to those who are in need of therapy and support, your compassion and dedication has been inspiring. We are lucky to work in partnership with trusts and foundations who support our work in a planned way over several years, and the regular monthly giving of our supporters is crucial to enable us to plan ahead and respond flexibly as need arises.

Funds for emergency support

This year, our Emergency Relief Fund provided torture survivors the help they needed, when they needed it most.

These small grants given to our clients, entirely funded by our generous supporters, were a lifeline to hundreds of survivors suffering from poverty and the cost of living crisis.



For Maysa, a survivor of torture from Iraq, the grant meant she was able to feed her family and pay for WiFi so her sons could continue their education.

For Shakil, a human rights campaigner from Kuwait, the money from the fund helped him buy food and pay for bus fares to attend medical appointments. This was only made possible thanks to the generosity of our supporters.

A New Chapter

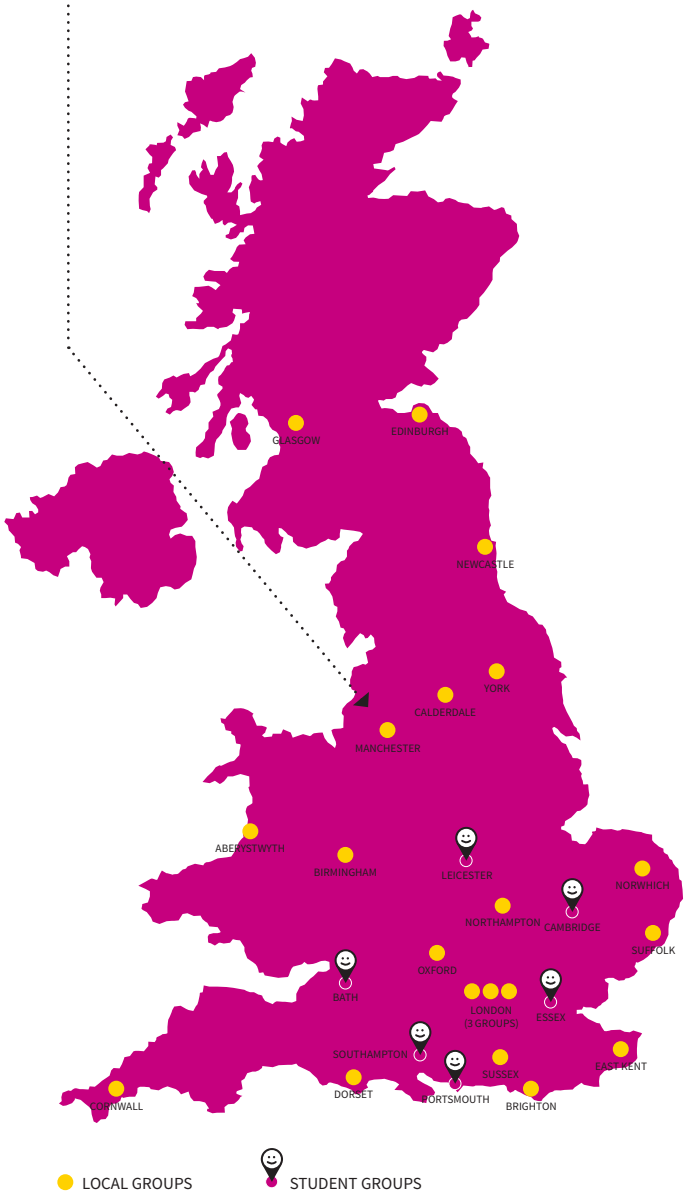
Our star-studded flagship literary fundraising event A New Chapter explored how it feels to start from scratch – celebrating the strength of refugees building a new life in the UK. Hosted by Alexei Sayle, the evening featured readings from bestselling authors Julian Barnes, Elif Shafak and Inua Ellams alongside members of our creative writing group for torture survivors. We also showcased The Hospitable Environment, a short film created by our survivor activism group Young Outspoken Survivors about their experiences of coming to the UK as young refugees.



INUA ELLAMS, PERFORMING AT A NEW CHAPTER

Local supporter groups

Our magnificent Manchester supporters group organised the seventh Chorlton Open Gardens event – raising more money than ever for torture survivors. The money we received will help fund life-changing therapy and the event itself drew focus to some of the most pressing issues facing our clients right now. “As there is so much negative press around refugees we felt it was important to raise awareness and raise funds which are sorely needed,” said co-organiser Merryn Cooke.



This year, we welcomed six new Freedom from Torture student campaigning groups. Students at Cambridge, Bath, De Montfort, Southampton, Portsmouth and Essex universities have joined our fight for a world free from torture and a fair system for survivors seeking safety in the UK.

Thank you

Freedom from Torture’s specialist therapy and legal services are supported by a movement of individuals, trusts, foundations and companies who believe in our vision of a world without torture and support our calls for survivor-led change.

We would like to thank each and every supporter who makes our work possible. We are delighted to share those funders below, who are happy for their support to be acknowledged.

- BBC Children in Need
- British Medical Association
- Bryan and Sirkka Sanderson Foundation
- Cecil and Hilda Lewis Charitable Trust
- Craps Charitable Trust
- CRH Charitable Trust
- Glasgow Council for the Voluntary Sector
- Henocq Law Trust
- Highway One Trust
- International Rehabilitation Council for Torture Victims (IRCT)
- Joseph Rowntree Charitable Trust
- Justice Collaborations
- London Catalyst
- Manchester City Council
- Ministry of Justice
- Mirianog Trust
- Newcastle City Council
- Oak Philanthropy Ltd
- Paul Hamlyn Foundation
- S E Franklin’s Charitable Trust No 3
- Scottish Government Equalities and Social Cohesion Fund
- Smilg Family Charitable Trust
- Stanley Thomas Johnson Foundation
- The 29th May 1961 Charitable Trust
- The Beatrice Laing Trust
- The Bertha Foundation
- The Brook Trust
- The Chillag Family Trust
- The D’Oyly Carte Charitable Trust
- The Elizabeth Bennett Charitable Trust
- The Eveson Trust
- The Finnis Scott Foundation
- The Hadrian Trust
- The Health Foundation
- The Hospital Saturday Fund
- The Manchester Guardian Society Charitable Trust
- The Patricia Routledge Foundation
- The R S Macdonald Charitable Trust
- The Rachel and Anthony Williams Charitable Trust
- The Ratcliff Foundation
- The Rayne Foundation
- The Sheila Truman Trust
- The Sigrid Rausing Trust
- The Souter Charitable Trust
- The St Christopher’s Trust
- The Swire Charitable Trust
- Tinsley Charitable Trust
- Victoria Wood Foundation
- William A Cadbury Charitable Trust

STRATEGIC REVIEW

2022 was the first year of our four year strategy. The strategy was developed alongside people with lived experience of torture and the UK asylum system, and focused on four ambitious goals:

- **Changing Lives** – we will help more survivors of torture via our ground breaking clinical services and become recognised as a clinical centre of excellence.
- **Changing the System** – we will build broad support for the torture ban and Britain as a country of sanctuary for survivors, ensure a fair and compassionate asylum system.
- **Survivors Driving Change** – we will support more survivors to take the lead and shape our work.
- **Changing Ourselves** – we will become a more agile, creative and future focused organisation that actively supports healing and empowering survivors.

How did we deliver against these goals in 2022?

Our strategy aims to double the number of survivors of torture supported through our clinical services. Eighteen % more survivors received treatment in 2022 compared to 2021 and we helped 25% more survivors with clinical evidence to support their asylum claim.

Responding to the cost-of-living crisis and the impact this has on our clients, we were able to increase our emergency relief rates by 14% in 2022 and support all clients with travel costs to attend their appointments, removing barriers for clients to receive vital therapy to support their recovery.

In a milestone for our human rights based clinical model, we piloted stabilisation services co-delivered by survivors and therapists to support new clients with coping mechanisms prior to receiving therapy. We secured a crucial advocacy success in our commitment to changing the system when the government climbed down on its lethal policy to pushback small boats in the Channel. Litigation by Freedom from Torture and others played a significant role in this change in policy, which will inevitably save lives.

Working alongside survivors of torture, our campaigning activities in 2022 focused on the government's policy to send refugees to Rwanda. Led by survivors, our Stop the Flights campaign targeted airlines suspected to be involved in expelling refugees to Rwanda. Three airlines publicly ruled themselves out because of our campaign, before Privilege Style, the airline that had been ready to fly the first flight in June, wrote to us announcing its withdrawal from the scheme.

Our fundraised income grew by 16% in 2022 from 2021. During the year we attracted over 12,000 new supporters to help fund our life changing work, nearly 8% more than recruited in 2021.

In 2022, we increased our profile across social media, national and international press and broadcast, enabling us to reach more people with our messages of hope. Survivor voices were an important part of these messages, with 16% of media mentions featuring survivors.

PLANS FOR FUTURE PERIOD

Together for a future free from torture

In 2023, we continue to work towards a more compassionate world for survivors of torture. We are committed to helping more survivors of torture to have access to our rehabilitation service and clinical evidence to help them to recover and secure safety here in the UK.

Survivors of torture will continue to lead the delivery of our strategy and in 2023 we will roll-out our co-led clinical stablisation groups. Our campaigning and movement building activities will be designed and delivered with survivors of torture firmly in the driving seat. We will develop a survivor leadership programme to support career progression for survivors at Freedom from Torture.

We continue to invest in our external engagement activities through our media, campaigning and fundraising work. Investment in fundraising will enable growth in income to achieve our strategic goals. Responding to the increasingly hostile political environment our clients are experiencing, Freedom from Torture is harnessing the compassion that so many people in the UK feel to call for a fairer system for people fleeing torture and persecution.



Together With Refugees Coalition demonstration.

FUNDRAISING STATEMENT

Freedom from Torture relies on fundraising to deliver income for our work. Our fundraising strategy links to our organisational strategy and is supported by policies and procedures, including our ethical fundraising policy, to ensure Freedom from Torture is meeting best practice standards.

Fundraising effectiveness

For every £1 per spend on direct fundraising costs we generate £3.21.

Strategic fundraising

Freedom from Torture receives income from a wide range of sources, with the largest proportion coming through gifts in wills and individuals giving regular gifts or single gifts to our appeals. In addition, we receive income through community fundraising, charitable trusts and foundations and our programme of special events such as the Great Street Feast. The organisational strategy and Freedom from Torture's core values - compassion, empowerment, hope and resolve - underpin all fundraising activities.

Freedom from Torture's Supporter Promise sets out our commitment to transparency, respect and valuing the contribution our donors and supporters make to the organisation. Freedom from Torture is committed to transparency and welcomes feedback from supporters to enable us to improve and grow. In 2022, we had a total of 63 complaints about our fundraising activity, primarily relating to mail and email fundraising appeals. Our Supporter Experience team handled over 750 queries, successfully responding to over 95% within 5 working days of receiving them.

Freedom from Torture works with external specialists in the delivery of our fundraising activities including face to face fundraising agencies, telephone fundraising agencies and database consultants. In working with such suppliers, we have written agreements in place and the team regularly provides training and monitors our suppliers to ensure they are compliant and meet the standards set out in our Vulnerable Adults Supporter Policy as well as all relevant regulation and legislation.

Freedom from Torture is registered with the Fundraising Regulator and all activities follow the Code of Fundraising Practice. We are also members of the Lotteries Council and follow all relevant legislation, including GDPR and data protection.

Our dedicated supporter care team is available 5 days per week and will aim to respond to any questions, concerns or complaints within 5 working days. Our supporter promise is available on Freedom from Torture's website and our Supporter Experience Team can be contacted at info@freedomfromtorture.org or by phoning 020 7697 7788.

FINANCIAL REVIEW

Financial Review for 2022

In 2022, Freedom from Torture's income and expenditure balanced almost exactly. We had a very small shortfall between income and expenditure of £20k, 0.2% of turnover. This was despite a very challenging external fundraising environment, which included transitioning from the pandemic disruption in the early part of the year, to the cost of living crisis in the latter part of the year.

During 2022 our General Reserves reduced, although they are at a safe level. Our designated funds reduced overall by £283k. However, we retained a significant level of funds which will underpin our plans for the coming 2-3 years.

The main movements within the designated funds were in our Working Capital Fund and Development Fund:

- **Working Capital Fund** reduced by £1,531k, thanks to the receipt of some large legacy debtors. The majority of these receipts related to two very large legacies, which Trustees had decided to designate to a fund called the Development Fund.
- **Development Fund** increased by £1,315k, thanks to the receipt of the two legacies mentioned above, which Trustees have designated for the Development of the organisation. These are being used for future income generation and the expansion of our services, during 2023 and 2024.

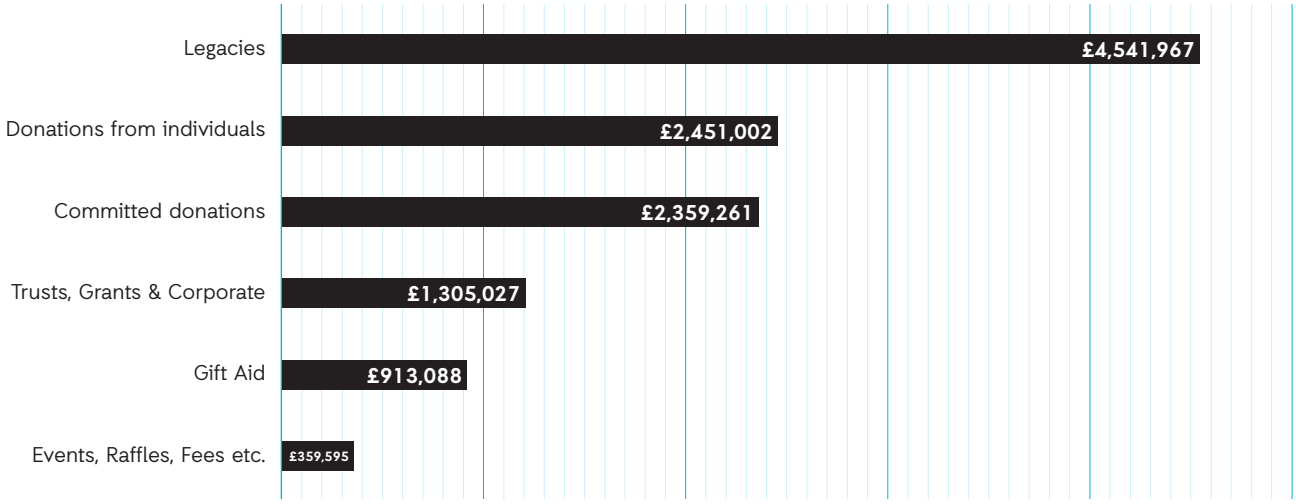
Overall, Freedom from Torture finished 2022 in a stable financial position, with funds available to protect and develop our services and influencing work in the coming years.

Income

Income increased significantly in 2022 (£1,616k) compared to 2021. This was mainly the result of two very large legacies. Together they increased legacy income by £1,505k (50%) from 2021. There were other successes, in particular in Trusts & Foundations, which increased by £437k, an increase of 92% compared to the previous year.

Our second biggest income source, Committed donations, matched 2021, despite the very difficult economic environment. This is important as this income source has been declining slightly in the last few years. Considerable work was done in 2022 to successfully arrest the decline and we are optimistic that we can generate growth in this area over the next three years.

Total Income: £11,929,940



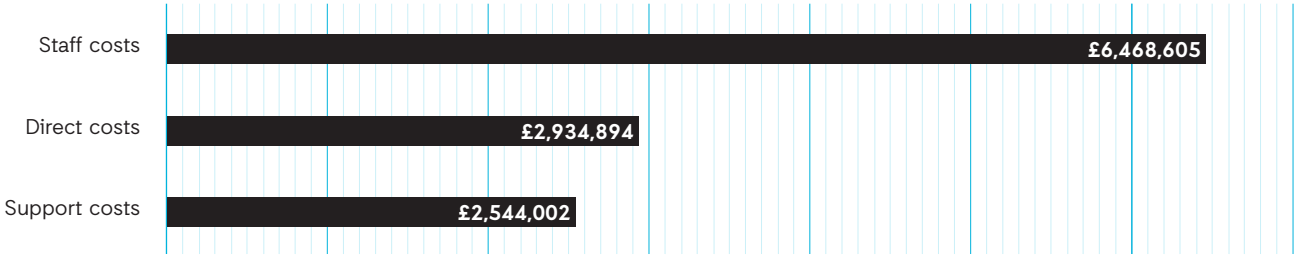
Expenditure

Fundraising expenditure increased in 2022 by £918k, compared to 2021. A significant portion of this increase, circa £360k, was a targeted investment in donor recruitment funded by a drawdown from a designated fund for development. This was done to generate long-term sustainable income in the coming years.

In line with our fundraising strategy, this investment allowed the development of an agile approach to fundraising where new initiatives are tested, including digital fundraising channels. This approach also enabled a rapid fundraising response when key events shone a light on the impact of the hostile environment on survivors of torture.

Charitable expenditure increased in 2022, £607k (9%). Much of this increase was due to improved recruitment and retention, alongside planned expansions in several frontline areas. The organisation resumed full service following the restrictions imposed by the pandemic and was able to complete some restructures and developments that had started in 2021.

Total Expenditure: £11,947,501



We expect charitable expenditure to increase again in 2023, as we will be able to drawdown from our Development Fund to offset a planned deficit next year. Future growth (and possibly our ability to match the planned level of spend in 2023 in subsequent years), will be dependent on how our income performs. The Senior Management Team and Trustees are working on contingencies to ensure that if income does not match our projections the organisation will be able to adapt and, if required, resize in a timely and strategic way that ensures our direct services are retained as fully as possible.

There is considerable work being done to develop new income streams and create more agile working practices that will allow for greater impact for our beneficiaries per £1 spent.

Trustees are confident that the current financial strategy is the right course of action at this time and the organisation is taking the appropriate measures and putting in place sensible mitigations/ contingencies to ensure that Freedom from Torture will remain financially sustainable long into the future and that the organisation is a going concern moving into 2023.

Fixed Assets

Total capital spend was £124k, of which £97k was on computer hardware and office equipment. Much of this expenditure related to replacing some of our PCs and laptops and transitioning much of our data to the Cloud. Most processes now take place through Sharepoint which will save costs in the long-term while greatly increasing capacity and flexibility.

Reserves and Investment Policy

It is the policy of the Trustees to maintain a General Reserve equivalent to two to four months' direct charitable expenditure, which equates to £1.2m and £2.4m. The General Reserve serves two main purposes:

- to make up for any shortfall in budgeted income in a particular year; and
- to cover any unbudgeted expenditure which may become necessary.

The policy is designed to ensure that Freedom from Torture can meet these two eventualities in any financial year without immediately having to cut back

services. In the event of unforeseen loss of budgeted income or increased expenditure, it gives Freedom from Torture a period in which to seek to remedy the situation by securing additional funds and, only if this should not be possible, to plan an orderly reduction of expenditure commitments. The policy is reviewed annually by our Finance, Fundraising, Governance and Audit Committee.

Freedom from Torture's main source of income is donations from the general public. The level of income from this source can fluctuate in any given financial year.

Whilst every effort is made to have realistic income forecasts, the charity retains adequate levels of General Reserve to cover potential income shortfalls. The level of General Reserve for 2022 was set by identifying the potential risk and level of shortfall for all of our main income streams. This was done by looking at historical fluctuations, type of income and the level expected in the financial year. The potential risks for each income stream were added together to make a "worst case" scenario and the General Reserve level is set to cover this scenario. In addition, the level of General Reserve retained would have covered the period during which any major shortfall of income would be identified and the appropriate action required is agreed and implemented.

Trustees have designated funds as shown in the table below which includes a fixed assets reserve, long term donation, major building repairs, development fund and working capital reserve.

General Reserve

The level of our General Reserve decreased in 2022 by £157k. The organisation ended the year with a General Reserve of £1.28m, which is above the lower safe limit set by our reserves policy (see above).

Restricted Funds

These relate to income the use of which has been restricted to specific areas of our services. They include donations from trusts and foundations and grants from public bodies towards the costs of projects or specific lines of expenditure. Trustees expect to use the funds held at the end of 2022 during the next financial year.

Total Funds held at the end of 2022

Fund	Total
Designated Funds (Including Fixed Assets £4,398,490)	£9,432,996
General Reserve	£1,276,177
Restricted Funds	£801,123
Total Funds	**£11,510,296**

Investment Policy

The Trustees consider that it is not prudent to invest any of the reserves long term. The investment policy is therefore to manage funds so as to obtain the best rate of interest on them.

Designated Funds	Designation	Use of fund	Value at year-end
Fixed Assets Reserve	Property (two buildings owned by the charity, used as clinical centres) & ICT equipment, furniture, fixtures & fittings etc.	This represents the extent to which unrestricted funds are tied up in the organisation's property and other fixed assets. The year-end balance is equal to the book value of the fixed assets less any amount that is funded by loans.	£3,744,491
Long-term Donation	Gift given to the charity. Donor expressed a wish that the donation be invested and the proceeds be used for psychotherapy.	Trustees have authority to use this fund as they see fit but intend to abide by the donor's wishes to retain the capital received where possible.	£526,812
Major Building Repairs	Fund to cover any large- scale repairs or refurbishments to property owned by the charity. Current policy is to place £40k a year into the fund.	We placed £40k in the fund in 2022, as per our policy. We did not need to drawdown any funds in 2022	£408,571
Development Fund	Fund to provide for long-term development of the organisation through infrastructure improvements and long-term investment in income generation.	We were fortunate to receive notifications of two large legacies with a combined value of over £4m. We received the first tranche of the funds, £1.2m, in 2021. During 2022 we received a further £2.4m. In order to support our services and invest in fundraising we drew down £1.57m of the fund in 2022.	£2,514,782
Working Capital Reserve	Fund to cover working capital needs. Level of fund required is calculated as Current Assets, excluding Bank and cash, less Creditors.	Represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).	£2,238,340
Total Funds			**£9,432,996**

RISK MANAGEMENT

We have a thorough approach to managing risk at Freedom from Torture. We use a risk register to document our most important risks and monitor measures in place to mitigate these risks. Risk management is discussed regularly at Senior Management Team level. The risk register is reviewed at every Finance, Fundraising, Governance and Audit committee meeting and at every Board of Trustee meeting and feedback is given to ensure we have the most robust mitigation plans and strategies in place. In 2022 the Board adopted a new risk management policy.

Our top risks in 2022 were as follows:

Risk 1 Failure to raise adequate funds to enable us to deliver our strategic plans.
Mitigation includes: A new fundraising strategy and increased investment in fundraising to maintain and strengthen sustainable income streams and attract new supporters. A proactive approach to media and profile building activities to improve Freedom from Torture's brand recognition.

Risk 2 Freedom from Torture's cyber security is breached due to targeting from hostile parties resulting in major disruption to the website and associated services.
Mitigation includes: cyber security software and penetration testing. Regular phishing tests followed by mandatory training and a refresher for all staff on cyber security in mid-2022.

Risk 3 Inaccurate recording and reporting and inadequate management of client related case work risks due to weaknesses with Freedom from Torture's client management system ("Daylight")
Mitigation includes: patching and further development of Daylight with a focus on improving risk management functionality and compatibility of the system with our clinical model ("Pathways") and increased staffing to support this. A deeper review of whether to continue developing Daylight or replace it is underway.

Risk 4 Survivor Empowerment Directorate is unable to deliver on all of its strategic commitments due to lack of full resources in place.
Mitigation includes: Additional support to Survivor Empowerment leadership from Human Resources and the CEO to ensure that survivor empowerment is fully integrated across the charity and a review of the directorate structure to ensure the right roles are in place followed by a capacity-building needs assessment to augment the skills of survivor staff in the directorate.

Risk 5 Data breach or non-compliance with data protection obligations and procedures.
Mitigation includes: clear protocols for the management of Subject Access Requests with key staff trained on compliance. Mandatory data protection training is in place and a new traffic light reporting system for managers to identify any staff who are not compliant. Successful end of year reviews and eligibility for pay progression depends on a satisfactory outcome of testing during the training. External legal advice was commissioned to ensure compliance of our privacy notices with data protection best practice.

ORGANISATIONAL STRUCTURE

Structure, governance and management

Freedom from Torture is legally constituted as a company limited by guarantee, registered as Medical Foundation for the Care of Victims of Torture since 1985. The organisation changed its legal name to Freedom from Torture on 28th February 2020. Our governing instruments are the memorandum and articles of association. We are registered with both the Charity Commission and the Office of the Scottish Charity Regulator. Our only subsidiary, Survivors Trading Limited, is dormant and has no significant assets or liabilities.

Remuneration policy

The remuneration of the key management post holders, who consist of the individuals disclosed in note 7 to the financial statements on page 48, has been established in accordance with market rates, taking into account the level of expertise, experience and skills required to fulfil the roles successfully. Our general staff remuneration policy was reviewed in January 2023 and approved by the Trustees.

Organisational structure

The governing body of the charity is the Board of Trustees (the Board). The Trustees are also Directors of the company. The Board includes senior professionals in key disciplines relevant to the governance of the organisation: human rights, the asylum system, medicine, mental health, finance, accountancy, governance, safeguarding and fundraising, who are able to appreciate and assess the risks in their respective fields. We are also proud to have a Trustee with lived experience of torture who is a former service user, as well as two Trustees with lived experience of the UK asylum system.

The Board approves the strategy, annual budgets and major investments, alongside receiving the most recent management accounts and assessing overall performance. The Senior Management Team has delegated responsibility for operational management of the charity, taking day-to-day decisions in the interests of the charity.

The Board of Trustees met five times in 2022. Additional sessions for Trustees are held a number of times each year to revisit assurance processes and strengthen trustee skills. In 2022 these additional sessions focussed on finance and safeguarding.

The following standing Committees of the Board, each consisting of a number of Trustees, met during the year: Finance, Fundraising, Governance and Audit (four meetings), Performance, Standards and Effectiveness (four meetings) and Remuneration (two meetings). The Board received reports from the Chief Executive, members of the Senior Management Team and the Board Committees covering the financial situation and the work of all directorates, noting significant developments in our work and in the environment in which we operate.

New Trustees are appointed by the Board when the need arises to replace leavers and strengthen particular core competencies against a skills audit. Details of changes to Trustees during the year are on page 55. Recruitment of new Trustees is through an open process, with vacancies advertised on various websites; applications are particularly encouraged from former service users with expertise in the fields sought. A recruitment drive was undertaken in 2022 for the appointment of four new Trustees in 2023.

The term of office is three years, after which a Trustee may be re-appointed for up to a maximum of two further terms. In exceptional circumstances, the Board of Trustees has the power to permit two Trustees to serve two years beyond a third term if the Board of Trustees considers it in the best interests of the charity.

In March 2018, Freedom from Torture adopted the Charity Governance Code (for larger charities) to continue to drive forward improvements in its governance. In 2022, the Board conducted a further review of the charity's performance against the Code and identified a number of areas for improvement.

The Chair of Freedom from Torture is Susan Berelowitz, who was elected in October 2017. Sonya Sceats has been the Chief Executive since March 2018.

Clinical services (including medical assessment, psychological treatment and care coordination) are provided through our centres in England (London and South East, North West, North East and West Midlands) and Scotland (Glasgow). We deliver one-to-one, group and family rehabilitation to survivors of torture and produce clinical evidence for use in the determination of asylum claims. We also offer placement opportunities for Psychology trainees, CBT trainees, systemic family therapy trainees and social workers. We also provide clinical training to external organisations, including Psychology doctorate courses and IAPT services.

Legal and welfare casework support is provided to treatment clients at all of the charity's centres.

We employed 172 people at the end of 2022 and the organisation was fortunate to have the services of 34 part-time volunteers and 17 student placements. Most worked in the area of medical, therapeutic and casework services in our five clinical centres.

The Trustees confirm that they comply with their duty to have regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also directors of Freedom from Torture for the purposes of company law) are responsible for preparing the Trustees' Report, Strategic Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards including FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Trustees' Annual Report is approved by the Trustees of the Charity.

The Strategic Report, which forms part of the Annual Report, is approved by the Trustees in their capacity as directors in company law of the charity.
Signed on their behalf by:



Sue Berelowitz
Chair, Freedom from Torture
Approved on 27 June 2023

INDEPENDENT AUDITOR'S REPORT

Opinion

We have audited the financial statements of Freedom from Torture for the year ended 31 December 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the notes to the financial statements. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard Applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2022 and of the charitable company's incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 (as amended) and regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities Act 2011 or the Charities Accounts (Scotland) Regulations 2006 (as amended) requires us to report to you if, in our opinion:

- the information given in the Trustees' Annual Report is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we required for our audit.

Responsibilities of Trustees

As explained more fully in the Trustees' responsibilities statement set out above, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under section 144 of the Charities Act 2011 and report in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Trustees.

- Conclude on the appropriateness of the Trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

- Obtain sufficient appropriate audit evidence regarding the financial information of the business activities within the charitable company to express an opinion on the financial statements. We are responsible for the direction, supervision and performance of the charitable company audit. We remain solely responsible for our audit report.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.

- We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.

- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.

- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

There are inherent limitations in the audit procedures described above. We are less likely to become aware of instances of non-compliance with laws and regulations that are not closely related to events and transactions reflected in the financial statements. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

Use of our report

This report is made solely to the charitable company's Trustees, as a body, in accordance with Chapter 3 of Part 8 of the Charities Act 2011 and Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charitable company's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company and charitable company's Trustees as a body, for our audit work, for this report, or for the opinion we have formed.



Moore Kingston Smith LLP
Statutory auditor
9 Appold Street
London
EC2A 2AP

Date: 17 July 2023

Moore Kingston Smith LLP is eligible to act as auditor in terms of Section 1212 of the Companies Act 2006.

STATEMENT OF FINANCIAL ACTIVITIES

Incorporating Income and Expenditure Account for the year ended 31 December 2022

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total funds 2022 (£)	Total funds 2021 (£)
Income from:					
Donations and legacies	2	10,417,091	779,448	11,196,539	9,405,953
Charitable activities	4	152,433	373,806	526,239	457,520
Other trading activities (incl. fundraising)	3	193,909	-	193,909	444,396
Investments		13,253	-	13,253	5,480
Total		**10,776,686**	**1,153,254**	**11,929,940**	**10,313,349**
Expenditure on:					
Raising funds	5	4,354,311	-	4,354,311	3,436,428
Charitable activities		6,859,611	733,579	7,593,190	6,985,960
Total	**6**	**11,213,922**	**733,579**	**11,947,501**	**10,422,388**
Net gains/ (losses) on investments	9	(2,749)	-	(2,749)	2,882
Net Income / (expenditure)		(439,985)	419,675	(20,310)	(106,157)
Net movements in funds		**(439,985)**	**419,675**	**(20,310)**	**(106,157)**
Reconciliation of funds:					
Total funds brought forward		11,149,158	381,448	11,530,606	11,636,763
Total funds carried forward		**10,709,173**	**801,123**	**11,510,296**	**11,530,606**

The accompanying notes are an integral part of these financial statements.

In the current and previous year the only restricted income was included in Donations and legacies and Charitable activities (see Notes 2 and 4); the only restricted expenditure was included in Charitable activities (see Note 6).

Balance Sheet as at 31 December 2022

	Notes	2022 (£)	2021 (£)
Fixed Assets			
Tangible assets	8	4,141,779	4,354,874
Intangible assets	8	17,207	26,530
Investments	9	14,336	17,086
		4,173,322	**4,398,490**
Current Assets			
Debtors	10	3,327,869	4,463,152
Short-term deposits		-	-
Cash at hand and in bank		5,209,207	3,575,915
		8,537,076	**8,039,067**
Creditors: amounts falling due within one year	11	(1,193,244)	(797,480)
Net current assets		**7,343,832**	**7,241,587**
Total assets less current liabilities		**11,517,154**	**11,640,077**
Creditors: amounts falling due after one year	12	(6,858)	(109,472)
Net assets		**11,510,296**	**11,530,606**
Funds	14		
Unrestricted funds			
Designated funds		9,432,996	9,715,929
General reserve:		1,276,177	1,433,229
		10,709,173	**11,149,158**
Restricted income funds:		801,123	381,448
		11,510,296	**11,530,606**

The accompanying notes are an integral part of these financial statements.

The accounts were approved and authorised for issue by the Board of Trustees on the 27th June 2023 and signed on its behalf by Manny Sandhu, Director, Trustee and Treasurer.



Manny Sandhu,
Director, Trustee and Treasurer.

Cash flow statement for the year ended 31 December 2022

	Notes	2022 (£)	2021 (£)
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities		1,849,800	(48,928)
Cash flows from investing activities:			
Dividends and interest from investments		13,253	5,480
Purchase of property, plant and equipment		(123,651)	(373,455)
Net cash used in investing activities		**(110,398)**	**(367,975)**
Cash flows from financing activities:			
Repayments of borrowing		(102,356)	(102,862)
Interest paid		(3,753)	(3,246)
Net cash used in financing activities		**(106,109)**	**(106,108)**
Change in cash and cash equivalents in the reporting period		1,633,292	(523,011)
Cash and cash equivalents at the beginning of the reporting period		3,575,915	4,098,925
Cash and cash equivalents at the end of the reporting period		**5,209,207**	**3,575,915**

Reconciliation of net expenditure to net cash flow from operating activities

	2022 (£)	2021 (£)
Net income expenditure	(20,310)	(106,157)
Adjustments for:		
Depreciation charges	336,746	323,768
Amortisation charges	9,323	10,677
Dividends and interest from investments	(13,253)	(5,480)
Interest paid	3,753	3,246
Losses/(gains) on investments	2,749	(2,882)
Decrease/(increase) in debtors	1,135,283	(217,079)
Increase/(decrease) in creditors	395,509	(55,021)
Net cash provided by/(used in) operating activities	**1,849,800**	**(48,928)**
Analysis of cash and cash equivalents		
Cash in hand	5,209,207	3,575,915
	5,209,207	**3,575,915**

The accompanying notes are an integral part of these accounts.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. Accounting policies

General information and basis of preparation:

Freedom from Torture is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on **page 3** of these financial statements. The nature of the charity's operations and principal activities are included in the Trustees' Report.

The functional currency used to prepare the financial statements was Sterling and rounded to the nearest £.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, as updated through Update Bulletin 1 published on 2 February 2016 and Update Bulletin 2 published on 5 October 2018, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulation 2014 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements do not consolidate the income, expenditure, assets or liabilities of the trading company as disclosed in note 9 due to their immateriality.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Going Concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cause significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries, the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Should the cost of living crisis, require a reduction in expenditure, Trustees are confident management will be able to develop and implement plans to achieve this. Trustees are also sure that Freedom from torture has sufficient General Reserve and access to designated funds to enable time for plans to be developed and implemented in a strategic and timely way, ensuring long-term financial stability.

Tangible and intangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently at cost less depreciation and any impairment losses. Purchases above £500 are capitalised according to our policy. Depreciation is provided at rates per annum calculated to write off the cost or valuation of each asset over its useful life, as follows:

Freehold land	0%
Freehold buildings	2%
Long leasehold building	2%
Computer equipment	25%
Database software	20%
Furniture, fixture and fitting	25%

The depreciation rates above reflect the duration that assets retain a value to the organisation.

Intangible assets are amortised over their expected useful life, as follows:

Software	20%

Investments

Listed investments are initially measured at cost and subsequently measured at fair value. Changes in fair value and gain and losses arising on disposal of investment are reflected in the Statement of Financial Activities at the balance sheet date. Investments in subsidiaries are stated at cost less any provision for impairment.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short- term liquid investments with original maturities of three months or less.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Report.

For legacies, entitlement arises when the charity is aware that probate has been granted. Receipt is normally probable when the executors have established that there are sufficient assets in the estate. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Expenditure

Direct charitable expenditure is analysed under four broad activity headings: medical/therapeutic/ casework; education, training and information; human rights work; and relief grants for individuals and families. Under each of these headings is included staff costs directly attributed to each activity, specific project costs and an allocation of shared costs such as premises and telephone usage on the basis of the staff time spent on each activity. Cost of generating funds includes direct expenditure incurred in relation to fundraising campaigns and events, staff costs directly attributed to this activity and shared costs which are allocated as above. Support costs represent those functions which are wholly or mainly in support of the above activities including senior management, human resources and financial administration. Governance includes only those costs associated with maintaining the charity as a legal, rather than an operational entity. See note 6.

Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation are included in the Statement of Financial Activities for the period.

Operating leases

The rentals paid on operating leases are charged to expenditure on a straight line basis over the term of the lease.

Pension cost

The charity provides a defined contribution pension scheme for its employees and contributions payable for the year are charged to the Statement of Financial Activities.

Funds

Unrestricted funds are available for use at the discretion of the Trustees, in furtherance of the general charitable objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in note 14. The General Reserve is the balance of unrestricted funds not designated by the Trustees. Restricted funds are funds, the use of which is subject to specific conditions imposed by the donors or as specified in an appeal to donors.

Critical accounting estimates and areas of judgement

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that effect the amounts recognised in the financial statements. In the view of the Trustees, judgements, estimates and assumptions that had the most significant affect included legacy income recognition and depreciation, as per the accounting policies previously disclosed.

2. Donations and legacies

2022	2022	2022	2022
	Unrestricted funds (£)	**Restricted funds (£)**	**Total funds (£)**
Trusts & foundations	280,247	627,652	907,899
Companies	23,322	-	23,322
Individuals:			
Committed donations (excluding Gift Aid)	2,359,261	-	2,359,261
Major donations (excluding Gift Aid)	599,533	51,205	650,738
Other donations (excluding Gift Aid)	1,699,673	100,591	1,800,264
Gift aid tax claimable	913,088	-	913,088
Legacies	4,541,967	-	4,541,967
Total	**10,417,091**	**779,448**	**11,196,539**

2021	2021	2021	2021
	Unrestricted funds (£)	**Restricted funds (£)**	**Total funds (£)**
Trusts & Foundations	319,771	150,999	470,770
Companies	7,031	-	7,031
Individuals:			
Committed donations (excluding Gift Aid)	2,360,096	-	2,360,096
Major donations (excluding Gift Aid)	799,701	6,200	785,901
Other donations (excluding Gift Aid)	1,827,443	16,868	1,864,311
Gift aid tax claimable	881,147	-	881,147
Legacies	3,036,697	-	3,036,697
Total	**9,231,886**	**174,067**	**9,405,953**

At the end of 2022 there were 53 open residuary legacies with an estimated total value of £4,736,539 which had not met the conditions for recognition as income during the year (2021 – 25 open legacies with an estimated total of £2,623,622). A total of 126 legacy payments were received. The total received was an unprecedented £5,456,355. £3.2m of this total is attributable to just 3 individual legacies. 9 payments exceeding £100k were received with a further 12 of more than £50k and 65 of the legacies from which money was received were pecuniary. The largest pecuniary legacy received was £120k from the Block estate.

3. Other trading activities (incl. Fundraising)

	2022 (£)	2021 (£)
Raffles	71,899	77,687
Fundraising events	75,630	290,159
Christmas cards	28,811	38,865
HMRC - Furlough grant	-	24,683
Sundry	17,569	13,002
	193,909	**444,396**

4. Income from charitable activities

2022	**2022**	**2022**	**2022**
	Unrestricted funds (£)	**Restricted funds (£)**	**Total funds (£)**
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	-	-
United Nations	-	48,769	48,769
Scottish Government (Inspire Scotland)	-	40,000	40,000
Ministry of Justice	-	220,454	220,454
Others	-	64,583	64,583
Sub-total government and public bodies	**-**	**373,806**	**373,806**
Fees for medico-legal reports	152,433	-	152,433
Training fees & Others	-	-	-
Total	**152,433**	**373,806**	**526,239**

2021	**2021**	**2021**	**2021**
	Unrestricted funds (£)	**Restricted funds (£)**	**Total funds (£)**
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	68,037	68,037
United Nations	-	31,770	31,770
Scottish Government	-	-	-
Scottish Government (Corra Foundation)	-	30,000	30,000
Others	-	144,414	144,414
Sub-total government and public bodies	**-**	**274,221**	**274,221**
Fees for medico-legal reports	181,244	-	181,244
Training fees & Others	2,055	-	2,055
Total	**183,299**	**274,221**	**457,520**

There are no known unfulfilled conditions, or contingencies attached to the income recognised in respect of government grants.

The income shown above is comprised of the total funds received as adjusted for the movement in debtors.

Freedom from Torture was grateful to receive six grants from the grant giving bodies below in 2022:

Scottish Government Inspiring Scotland	Core and Healing Neighbourhoods Project in Scotland	30,000
Glasgow Council For The Voluntary Sector aka Glasgow Community Mental Health Wellbeing Fund	Supporting survivors of torture in Scotland	10,000
Mayor of London - Young Londoners Fund	Supporting survivors of torture aged 10-21 based in London	26,479
Manchester City Council - Our Manchester Fund	Supporting survivors of torture in Manchester	19,800
Ministry of Justice	Supporting survivors of torture in Birmingham	220,454
Newcastle City Council	Supporting survivors of torture in Newcastle	18,304
The United Nations Voluntary Fund for Victims of Torture	Supporting survivors of torture in London	48,769
		373,806

These funds are included as part of the relevant restricted funds in Note 14.

5. Cost of raising funds

	2022 (£)	2021 (£)
Direct Marketing	3,090,013	2,180,286
Legacies	147,148	110,144
Trusts and Corporate	311,473	182,917
Events	98,620	170,619
Local groups	86,624	79,915
Community	81,110	108,718
Major Donors	263,797	238,128
Grants	111,869	146,038
Cost of raising volutary income	4,190,654	3,216,765
Cost of activities for generating funds	**163,657**	**219,663**
Total cost of activities of raising funds	**4,354,311**	**3,436,428**

6. Analysis of total expenditure

2022	Staff costs (£)	Other direct costs (£)	Support costs (£)	Total 2022 (£)
Raising funds				
Donations and legacies	1,223,183	2,368,310	599,161	4,190,654
Trading activities	35,342	110,622	17,693	163,657
	1,258,525	**2,478,932**	**616,854**	**4,354,311**
Charitable expenditure				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,944,748	69,605	1,397,641	5,411,994
Education/training/information	199,688	16,987	89,504	306,179
Human rights work	1,041,093	278,075	430,581	1,749,749
Relief grants	24,551	91,295	9,422	125,268
	5,210,080	**455,962**	**1,927,148**	**7,593,190**
Support costs	**924,515**	**1,619,487**	**(2,544,002)**	**0**
Total expenditure	**7,393,120**	**4,554,381**	**0**	**11,947,501**

2021	Staff costs (£)	Other direct costs (£)	Support costs (£)	Total 2021 (£)
Raising funds				
Donations and legacies	1,122,961	1,548,519	545,285	3,216,765
Trading activities	44,052	157,271	18,340	219,663
	1,167,013	**1,705,790**	**563,625**	**3,436,428**
Charitable expenditure				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,642,426	70,845	1,343,231	5,056,502
Education/training/information	284,749	10,723	114,743	410,260
Human rights work	846,103	179,381	363,279	1,388,763
Relief grants	29,048	88,454	12,933	130,435
	4,802,371	**349,403**	**1,834,186**	**6,985,960**
Support costs	**772,900**	**1,624,911**	**(2,497,811)**	**-**
Total resources expended	**6,742,284**	**3,680,103**	**-**	**10,422,388**

All expenditure on raising funds was unrestricted (2021 – the same); of the charitable activities expenditure £6,859,611 was unrestricted (2021 - £6,111,155) and £733,579 was restricted (2021 - £874,805).

During 2022 Freedom from Torture gave £91,295 in relief grants to survivors of torture (2021 - £88,454). Of this, £20,022 was for emergency assistance. In addition, clients received travel costs to attend face to face appointments and mobile phones and phone credit to enable attendance to virtual video therapy appointments. In total £71,274 was given to enable access to our services.

Net incoming resources are stated after charging:

	Total 2022 (£)	Total 2021 (£)
Auditors' remuneration:		
Audit fee - statutory accounts	17,380	14,9000
Audit fee - non audit services	1,175	1,045
Operating lease rentals - Land and buildings	196,968	234,000

Support costs represent premises and other overhead costs which cannot be directly attributed to departments and projects. The allocation of support costs in the above table is as follows:

	Premises, phone, furniture, post, equipment, print (£)	Governance (£)	Financial administration (£)	Senior management (£)	HR and staff training (£)	2022 Total allocated (£)
Raising funds						
Donations and legacies	298,413	7,608	119,321	74,447	99,372	599,161
Trading activities	8,812	225	3,524	2,198	2,934	17,693
	307,225	**7,833**	**122,845**	**76,645**	**102,306**	**616,854**
Charitable expenditure						
Activities in furtherance of our objects:						
Medical/therapy/ casework	696,098	17,747	278,336	173,660	231,799	1,397,640
Education/training/info.	44,578	1,137	17,824	11,121	14,845	89,505
Human rights work	214,452	5,467	85,749	53,501	71,412	430,581
Relief grants	4,692	120	1,876	1,171	1,563	9,422
	959,820	**24,471**	**383,785**	**239,453**	**319,619**	**1,927,148**
Total	**1,267,045**	**32,304**	**506,630**	**316,098**	**421,925**	**2,544,002**

	Premises, phone, furniture, post, equipment, print (£)	Governance (£)	Financial administration (£)	Senior management (£)	HR and staff training (£)	2021 Total allocated (£)
Raising funds						
Donations and legacies	269,751	8,243	110,306	52,571	104,414	545,285
Trading activities	9,073	277	3,710	1,768	3,512	18,340
	278,824	**8,520**	**114,016**	**54,339**	**107,926**	**563,625**
Charitable expenditure						
Activities in furtherance of our objects:						
Medical/therapy/ casework	664,493	20,304	271,723	129,501	257,210	1,343,231
Education/training/info.	56,763	1,734	23,211	11,062	21,972	114,742
Human rights work	179,714	5,491	73,488	35,024	69,563	363,280
Relief grants	6,397	106	2,616	1,247	2,477	12,933
	907,367	**27,725**	**371,038**	**176,834**	**351,222**	**1,834,186**
Total	**1,186,191**	**36,245**	**485,054**	**231,173**	**459,148**	**2,397,811**

The basis of allocation of costs in all cases is the proportion of direct staff time spent on each function. Senior management includes the Chief Executive's office.

7. Staff costs and transactions with Trustees

	2022 (£)	2021 (£)
Salaries (including temporary staff)	6,057,720	5,604,489
Interpreters	421,213	369,672
Social security	572,323	457,657
Pension contributions	323,151	297,459
Life assurance contributions	18,713	13,007
	7,393,120	**6,742,284**

The charity contributes at the rate of 6% of gross salary to a money purchase pension scheme for staff with more than three months' service who have not opted out of the scheme.

The year-end creditors includes an amount of £41,660 (2021 - £nil) for accrued pension costs.

The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the year was as follows:

	2022	2021
£60,001 - £70,000	-	2
£70,001 - £80,000	4	3
£80,001 - £90,000	-	-
£90,001 - £100,000	1	1

Key management personnel comprises of the Trustees and Senior Management Team (listed below):

Chief Executive Officer
National Director of Clinical Services
Director of Finance and Central Services
Director of Fundraising and Communications
Director of Policy and Advocacy
Director of Survivor Empowerment

Total remuneration for these posts amounted to £569,570 (2021 - £532,615)

All the employees in the above categories participated in the pension scheme. Contributions made for them amounted to £29,151 (2021 - £27,510).

The Trustees act in a voluntary capacity and received no remuneration. 3 Trustees (2021-1) received reimbursement of expenses totalling £1,763 during the year (2021 - £300). There were no other related party transactions in the year (2021 - £nil).

Staff costs included ex-gratia, redundancy and payment in lieu of notice costs of £10,394 (2021 - £126,927).

The average number of paid employees and self-employed interpreters (full-time equivalent) over the year by function was:

	2022	2021
Medical, therapeutic and casework	76	80
Interpreters services including admin	9	10
Education, training and information	4	5
Human rights work	19	16
Relief	1	-
Support	18	15
Fundraising	28	24
Total full-time equivalent (salaried staff)	155	150
Interpreters self employed	9	9
Total full time equivalent (all staff)	**164**	**159**
Total on payroll, full time and part time	**185**	**173**

During the year the charity was fortunate also to have the services of around 74 (2021 - 38) part-time volunteers. Most worked in the medical, therapeutic and casework area.

8. Tangible and intangible fixed assets

	Tangible Fixed Assets				
	Freehold land and building (£)	**Long leashold building (£)**	**Computer hardware / Office equipment (£)**	**Furniture / Fixtures and fittings (£)**	**Total (£)**
Cost:					
At 01.01.22	5,419,752	435,331	1,028,642	1,244,316	8,128,041
Additions	-	-	97,169	26,484	123,653
At 31.12.22	**5,419,752**	**435,331**	**1,125,811**	**1,270,800**	**8,251,694**
Depreciation:					
At 01.01.22	1,832,166	113,359	877,962	949,682	3,773,169
Charge for the year	105,988	6,439	84,649	139,670	336,746
At 31.12.22	**1,938,154**	**119,798**	**962,611**	**1,089,352**	**4,109,916**
Net book values:					
At 31.12.21	**3,587,586**	**321,972**	**150,680**	**294,634**	**4,354,872**
At 31.12.22	**3,481,598**	**315,533**	**163,200**	**181,448**	**4,141,779**

	Intangible Fixed Assets (£)
Database software	
Cost	
At 01.01.22	665,126
Additions	-
At 31.12.22	**665,126**
Amortisation:	
At 01.01.22	638,569
Charge for the year	9,323
At 31.12.22	**647,919**
Net book values:	
At 31.12.21	**26,530**
At 31.12.22	**17,207**

The freehold land and building comprised the charity's main premises in Finsbury Park, London. The Long leasehold building, being the Newcastle centre is held under a 295 years lease running from 2006.

9. Investments

At the end of 2022 the charity held listed investments comprising of shares valued at £14,336 (2021 - £17,086) which had been donated by supporters. The main holding is Scottish Investment Trust Plc £12,671 (2021 - £14,654).

	2022 (£)	2021 (£)
Market value at beginning of year	17,086	14,204
Unrealised investment gain/(loss)	(2,750)	2,882
Market value at end of year	**14,336**	**17,086**

In addition to the investments described above the charity retained the shares comprising its £100 (2021-£100) investment in its trading subsidiary company, Survivors Trading Limited. Survivors Trading has been dormant since 2011 and therefore there was no turnover income or expenditure. Net assets amounted to £8 at the year-end (2020-£8). The income, expenditure, assets and liabilities of the trading company are not consolidated in these financial statements due to their immateriality. Copies of Survivors Trading's financial statements are available from 111 Isledon Road, London, N7 7JW.

10. Debtors

	2022 (£)	2021 (£)
Trade debtors (medico-legal report fees)	315,849	375,538
Bad debts provision	(31,053)	(36,687)
Tax recoverable on Gift Aid donations	189,175	102,689
Legacies	2,687,077	3,867,969
Sundry debtors	87,725	38,358
Prepayments	79,096	115,285
	3,327,869	**4,463,152**

11. Creditors: Amounts falling due within one year

	2022 (£)	2021 (£)
Bank loan repayable within one year	103,713	103,458
Trade creditors	285,810	353,848
Inland Revenue: PAYE and NI contributions	182,468	134,581
Staff salaries and pensions	-	-
Other accruals	621,253	205,593
	1,193,244	**797,480**

See details of bank loan below in note 12.

12. Creditors: Amounts falling due after more than one year

	2022 (£)	2021 (£)
Between one and two years	6,857	105,126
Between two and five years	-	4,346
	6,857	**109,472**

The above loan from the Co-operative Bank is secured against our freehold property at 111 Isledon Road, London N7 with interest charged at 1.10% above SONIA. It is repayable in monthly instalments over 14 years from December 2009.

13. Lease commitments

Total future minimum lease payments payable under non-cancellable operating leases are as follows:

	2022 (£)	2021 (£)
Up to one year	115,554	16,250
Between one and five years	81,414	217,750
	196,968	**234,000**

The charity had commitments under non-cancellable leases for land and buildings which relate to clinical centres in Manchester, Birmingham and Glasgow.

14. Movements in funds

Opening and closing balances and movements in funds were as follows:

2022	Brought forward at end 2021 (£)	Incoming during 2022 (£)	Outgoing during 2022 (£)	Transfers & investment gains 2022 (£)	Carried forward at end 2022 (£)
Restricted funds:					
Medico-legal work	7,893	30,500	(14,147)	-	24,246
Psychological therapy - Adults	2,083	69,269	(61,186)	-	10,166
Psychological therapy - CYPF*	9,710	86,034	(42,687)	-	53,057
Group work - Adults	-	9,944	(7,000)	-	2,944
Group work - CYPF	417	22,994	(16,662)	-	6,749
Welfare advice and care	-	11,000	(2,750)	-	8,250
North West centre	9,107	29,800	(32,792)	-	6,115
Scotland centre	5,867	93,925	(81,521)	-	18,271
North East centre	369	46,804	(27,194)	-	19,979
West Midlands centre	4,292	263,909	(192,646)	-	75,555
Survivors writing group - Write 2 Life project	6,875	7,886	(10,100)	-	4,661
Training & capacity building	6,666	-	(6,666)	-	-
Human rights work	2,644	468,560	(224,027)	-	247,177
Relief grants	126	12,630	(4,333)	-	8,423
Memorial events in memory of A. Wetherfield	3,429	-	(3,429)	-	-
North East centre Fixed Assets reserve	321,971	-	(6,439)	-	315,532
	381,448	**1,153,254**	**(733,579)**	**-**	**801,123**
Designated funds:					
Fixed assets reserve	3,851,416	-	-	(106,925)	3,744,491
Working Capital Reserve	3,769,130	-	-	(1,530,790)	2,238,340
Development Fund	1,200,000	-	-	1,314,782	2,514,782
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	368,571	-	-	40,000	408,571
	9,715,929	**13,170**	**(13,170)**	**(282,933)**	**9,432,996**
General reserve (unrestricted fund)	1,433,229	10,763,516	(11,200,752)	280,183	1,276,177
	11,530,606	**11,929,940**	**(11,947,501)**	**(2,749)**	**11,510,296**

*Children, young people and families

2021	Brought forward at end 2020 (£)	Incoming during 2021 (£)	Outgoing during 2021 (£)	Transfers & investment gains 2021 (£)	Carried forward at end 2021 (£)
Restricted funds:					
Medico-legal work	-	8,000	(107)	-	7,893
Psychological therapy - Adults	-	35,615	(33,532)	-	2,083
Psychological therapy - CYPF	54,276	35,500	(80,066)	-	9,710
Group work - Adults	83	20,349	(20,432)	-	-
Group work - CYPF	4,167	5,244	(8,994)	-	417
Welfare advice and care	2,808	-	(2,808)	-	-
North West centre	21,507	44,175	(56,575)	-	9,107
Scotland centre	124,019	54,357	(172,509)	-	5,867
North East centre	2,708	19,354	(21,693)	-	369
West Midlands centre	85,362	140,874	(221,944)	-	4,292
Yorkshire and Humberside hub	-			-	-
Survivors writing group - Write 2 Life project	4,667	8,300	(6,092)	-	6,875
Training & capacity building	11,249	10,000	(14,583)	-	6,666
Research and Information				-	
Human rights work	165,148	62,500	(225,005)	-	2,644
Relief grants	-	4,020	(3,895)	-	126
Memorial events in memory of A. Wetherfield	3,429	-	-	-	3,429
North East centre Fixed Assets reserve	328,542	-	(6,571)	-	321,971
	807,965	**448,288**	**(874,805)**	**-**	**381,448**
Designated funds:					
Fixed assets reserve	3,701,294	-	-	150,122	3,851,416
Working Capital Reserve	3,497,030	-	-	272,100	3,769,130
Development Fund	-	-	-	1,200,000	1,200,000
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	542,400	-	-	(173,829)	368,571
	8,267,536	**13,170**	**(13,170)**	**1,448,393**	**9,715,929**
General reserve (unrestricted fund)					
Sub-total: Charity funds	**2,561,262**	**9,851,891**	**(9,534,413)**	**(1,445,511)**	**1,433,229**
	11,636,763	**10,313,349**	**(10,422,389)**	**2,882**	**11,530,606**

The capitalised expenditure on the North East centre (North East Centre fixed assets reserve) is considered restricted as the grant provided towards these costs, imposes specific condition that the building should continue to be used for the purpose of Freedom from Torture. The £6,439 (2021-£6,571) outgoing resources represents the depreciation on the building.

The Fixed assets reserve is an unrestricted fund designated by the Trustees. Its purpose is to reflect funds tied up in the charity's fixed assets (other than the North East centre held in restricted funds as above) after taking into account the bank loans which are part-financing them. When additional fixed assets are required, further funding will be sought if necessary.

The Long term donation is a fund set-up in response to a donor's wish that the £500k they gave be invested and any interest gained be used to help fund psychotherapy services over a sustained period. The intention of the donor was to provide long-term assistance but the Trustees have discretion to draw on it at times of great need.

The charity is putting aside £40,000 p.a. into a Major Building Repairs Reserve to fund major repairs to its freehold property in London and its leasehold property in Newcastle. Due to the nature of the costs covered it is not possible to anticipate the timing of the expenditure.

The working capital reserve represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).

15. Analysis of assets and liabilities between funds

		Unrestricetd Funds		
2022	**Restricted Funds(£)**	**Designated Funds (£)**	**General Reserve (£)**	**2022 Total (£)**
Tangible and intangible fixed assets	315,532	3,843,454	-	4,158,986
Investments	-	-	14,336	14,336
Net current assets	485,591	5,596,399	1,261,841	7,343,831
Long term loan	-	(6,857)	-	(6,857)
	801,123	**9,432,996**	**1,276,177**	**11,510,296**

		Unrestricetd Funds		
2021	**Restricted Funds(£)**	**Designated Funds (£)**	**General Reserve (£)**	**2021 Total (£)**
Tangible and intangible fixed assets	321,971	4,059,433	-	4,381,404
Investments	-	-	17,086	17,086
Net current assets	59,477	5,765,968	1,416,143	7,241,588
Long term loan	-	(109,472)	-	(109,472)
	381,448	**9,715,929**	**1,433,229**	**11,530,606**

16. Taxation

Freedom from Torture is a registered charity and as such its income and gains are exempt from corporation tax to the extent that they are applied to its charitable objectives.

17. Analysis of changes in net debt

	Brought forward at end 2021 (£)	**Cashflow (£)**	**Carried forward at end 2022 (£)**
Cash	3,575,915	1,633,293	5,209,207
Loans falling due within one year	(103,458)	(255)	(103,713)
Loans falling due after more than one year	(109,472)	102,615	(6,857)
	3,362,985	**1,735,653**	**5,098,637**

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY

Board of Trustees
Susan Berelowitz (Chair)
Fiona Goudie (Vice-Chair)
Sarah Taylor Peace (Vice-Chair)
Manny Sandhu (Treasurer)
Joanne Stubley
Javier Rodriguez Alarcon
Mahesh Wickramasinghe
Michael Johnson
Rasha Obaid
Shabnam Amini (appointed 21 March 2023)
Brian Gareth Dunlop (appointed 21 March 2023)
John Patrick Dunford (appointed 27 June 2023)
Philomène Uwamaliya (appointed 27 June 2023)
Seibatu Amara (resigned 01.10.2022)
Sonali Naik (resigned 01.10.2022)
Melanie Essex (end of term 21 March 2023)

Chief Executive
Sonya Sceats

Charity Registration Number
1000340

Registered Name
Freedom from Torture

Registered Office
111 Isledon Road, London N7 7JW

Scottish Charity Number
SC039632

Company Registration Number
2398586

Bankers
National Westminster Bank plc
95 High Street, Huntingdon Cambs PE29 3DT
Co-operative Bank plc
80 Cornhill, London EC3V 3NJ

Auditors
Moore Kingston Smith LLP
Statutory auditor
9 Appold Street London EC2A 2AP

Solicitors
DMH Stallard
Griffin House, 135 High Street, RH10 1DQ
Bates Wells & Braithwaite London LLP
10 Queen Street Place London EC4R 1BE

Finance, Fundraising, Governance & Audit Committee
Manny Sandhu (Chair)
Sarah Taylor Peace (Vice Chair)
Javier Rodriguez Alarcon
Susan Berelowitz
Rasha Obaid
Mahesh Wickramasinghe
Shabnam Amini
Brian Gareth Dunlop

Performance, Standards and Effectiveness Committee
Fiona Goudie (Chair)
Joanne Stubley (Vice-Chair)
Mahesh Wickramasinghe (Vice-Chair)
Michael Johnson
Sue Berelowitz
John Patrick Dunford
Philomène Uwamaliya

Remuneration Committee
Sarah Taylor Peace (Chair)
Sue Berelowitz
Fiona Goudie
Manny Sandhu
Joanne Stubley
Michael Johnson

NONE OF OUR WORK WOULD BE POSSIBLE WITHOUT YOU. IT IS MORE IMPORTANT THAN EVER TO EXTEND OUR COMPASSION TO THOSE WHO ARRIVE HERE TO REBUILD THEIR LIVES IN SAFETY AFTER TORTURE. IF YOU TOO BELIEVE IN A KINDER, MORE HUMANE APPROACH TO SUPPORTING SURVIVORS OF TORTURE THEN PLEASE VISIT WWW.FREEDOMFROMTORTURE.ORG/WHAT-YOU-CAN-DO TO TAKE ACTION, OR CALL US ON 0207 679 7788

Freedom from Torture

Chichester House,
91 Moss Lane East,
Manchester M15 5GY

Unit 005, 1st Floor,
Caroline Point,
62 Caroline Street,
Birmingham B3 1UF

The Alan Smithson Rooms,
City House, 1-3 City Rd,
Newcastle upon Tyne NE1 2AF

Room 27, Adelphi Centre,
12 Commercial Road,
Glasgow G5 0PQ

111 Isledon Road
Islington
London N7 7JW
020 7697 7777

www.freedomfromtorture.org

Registered charity number: England 1000340, Scotland SC039632

FREEDOM FROM TORTURE
EMPOWERING SURVIVORS, REBUILDING LIVES

2023 THE CHARITY AWARDS
OVERALL WINNER

FREEDOM FROM TORTURE

England & Wales - Charity number 1000340

Accounts

FREEDOM FROM TORTURE

EMPOWERING SURVIVORS, REBUILDING LIVES



ANNUAL REVIEW 2021

“One of the most powerful ways to fight torture is to empower survivors to become agents: first to get rid of the impact of torture and live free from what the torturers wanted to achieve, and second to stand tall against torture by using their voice how they wish to.”

KOLBASSIA HAOUSSOU MBE, DIRECTOR OF SURVIVOR EMPOWERMENT



CONTENTS

Message from our Chair of Trustees 4

Message from our Chief Executive 5

Together for a world free from torture 6

Pathways to recovery 7

Shaping services together 9

Starting to heal: Grace's story 10

The difference expert support makes 11

Life-changing campaigning 12

A stronger voice, together 13

Angela's story 15

The force of the law 16

Nothing about us without us 17

We are many! 18

A future promise 19

Thank you to our supporters and funders 20

Strategic review 21

Together for a future free from torture 22

Our priorities for 2022 23

Fundraising statement 24

Financial review for 2021 25

Risk management 29

Organisational structure 30

Statement of trustees' responsibility 32

Independent auditor's report to the trustees and members of Freedom for Torture 33

Statement of Financial Activities 37

Reference and administrative details of the charity 55

Message from our Chair of Trustees

RECOVERY AND RENEWAL

As I reflect back on 2021, another year disrupted by Covid-19, I am so proud of the resilience and strength of Freedom from Torture. Having rapidly adapted our ways of working in 2020, last year was a year of recovery and renewal.

It was wonderful to once again open up our centres to clients in 2021 whilst also offering the option of new digital solutions such as remote therapy. Providing these options allowed clients to access vital therapy in ways that suited them.

With the continued assault on the rights of survivors of torture, our work in shining a light on injustice and influencing government policy is more important than ever and I am so proud of our achievements. Together with people who have survived torture, we made big strides and met vital milestones which have had a real and significant impact. This included our campaign against the Overseas Operations Bill which resulted in the government withdrawing its plan to de-criminalise torture for British troops abroad and for which we won a prestigious award.

Survivor empowerment

Central to our change agenda is making sure that people with lived experience are at the heart of everything we do at Freedom from Torture.

In 2021 we proudly welcomed Kolbassia Haoussou MBE as the first member of our Senior Management team who has survived torture. He leads our new Survivor Empowerment Directorate, where most of his colleagues also have lived experience of torture. Kolbassia and his team were in the driving seat in designing our ground-breaking four-year strategy for Freedom from Torture, launched in early 2022.

Survivors co-led surveys, focus groups and interviewed supporters and partner organisations. Together we refined our learning to make sure people's real-life experiences, priorities and ambitions became our guiding light for this new roadmap to a brighter future. (You can read our full strategy here.)

To back up our commitment to being an anti-racist organisation, we've made sure our Board members represent a more diverse range of skills and backgrounds. Three out of 12 of our trustees now have direct experience of torture and/or of the UK's asylum system.

Growing our movement

Extending our reach to connect with others working towards a better world for survivors of torture, asylum seekers and refugees has enabled us to amplify our power. 2021 saw a huge leap in our active supporters mobilising in support of our campaigns and we're honoured to have helped set up Together with Refugees – the largest coalition of its kind in UK history.



Finally, our investment in more innovative fundraising and communications methods is already paying off. We're generating more sustainable income to bring our strategy to life and connecting with even more compassionate people ready to take a stand for torture survivors' human rights in the UK.

None of this is possible without our dedicated donors, supporters, staff and volunteers. My deep and profound thanks to you all.

Sue Berelowitz

Message from our Chief Executive

STRONGER TOGETHER

I'm so proud that 2021 was the year we created our new Survivor Empowerment Directorate. This means that people who are 'experts by experience' are strengthening our services and spearheading our calls for change, in line with anti-racist principles.

Torture survivors co-designed our new clinical model, Pathways, which has transformed our rehabilitation service. Grounded in human rights, it offers people more choice of therapies to help work through their trauma, with better outcomes.

In response to a clear message from those who helped develop our new 2022-25 strategy, we're now increasing our fundraising activities to enable us to open up our rehabilitation services to even more survivors. We also want to increase the number of life-saving expert medical evidence reports we can provide to support their asylum claim (known as medico-legal reports or MLRs).

In another exciting development, people who have completed treatment with us are now directly involved in supporting others who have lived through torture. Through our peer support programme, survivors learn skills for integrating back into society after their therapy ends. Now we are planning for co-led stabilisation services to help survivors cope with their mental health while they wait for therapy to start.

A breakthrough year

As movements for social justice including Black Lives Matter gain ground globally, it matters more than ever that people with direct experience of torture are leading Freedom from Torture's calls for change.

One Strong Voice is the UK's first campaign coalition of refugee and migrant campaigners, including the Survivors Speak OUT network. We are proud to host them. 2021 saw the launch of their campaign to challenge the Nationality and Borders Bill, plus a seven-point manifesto for a more welcoming Britain.

The group also helped set the agenda for Together with Refugees, an historic coalition of more than 400 organisations which Freedom from Torture helped to create.

Overall, 2021 was a breakthrough year for Freedom from Torture. And it was all made possible by the energy, compassion, activism, and generosity of survivors, our supporters and funders.



It's inspiring to see all our combined passion and hard work growing into a thriving movement of thousands who stand united for a world free from torture. My heartfelt thanks to you all – together, we'll achieve even stronger impact in 2022.

Sonya Sceats

TOGETHER FOR A WORLD FREE FROM TORTURE

Freedom from Torture supports people who have survived torture to heal, and feel safe and strong again. Our vision is a world free from torture.

Our therapists work with survivors to rebuild their physical and mental health. Our doctors document evidence of torture, and our lawyers and welfare advisors help survivors with their asylum cases and social support.

We also support other organisations delivering high quality rehabilitation services.

Together, we speak out to expose torture and defend the rights of survivors, nationally and globally. We hold torturing governments to account. And we campaign for women, men and children to be treated fairly when they seek safety in the UK after being tortured.

We are able to do it all because we are backed by an active movement of compassionate, outspoken supporters.

WHAT WE STAND FOR

We stand with anyone, anywhere, who has survived torture. We believe in offering safety to people who risk being tortured elsewhere.

We are committed to tackling structural inequality and promoting diversity and inclusion in all of our work to achieve a world free from torture.

This includes facing up to the pervasive racism built into our immigration system, our public institutions and our history books.

We are committed to survivor leadership in the fight against torture.

And by recognising our diversity as our biggest strength, we are becoming a truly inclusive movement.

THESE FOUR VALUES GUIDE OUR WORK:

COMPASSION:
We understand suffering and work together to end it.

EMPOWERMENT:
We unlock strength and help people move from passive to active.

RESOLVE:
We never give up, no matter what.

HOPE:
We know things can change for the better.

PATHWAYS TO RECOVERY

Despite the challenges posed by Covid-19, our five UK centres remained open throughout 2021, supporting torture survivors with ground-breaking clinical rehabilitation services.

We rolled out our human rights-based 'Pathways' clinical model, which we co-designed with our clients.

They told us their top priority was getting treatment for Post Traumatic Stress Disorder (PSTD) symptoms, such as nightmares and flashbacks.

As a result, we have extended our offer of therapies that are proven to be effective in helping people recover from Post Traumatic Stress Disorder. They include Narrative Exposure Therapy (NET), Eye Movement De-sensitisation and Reprocessing (EDMR), and Trauma-Focused Cognitive Behavioural Therapy (TF-CBT).

We also offer personalised treatments for other difficulties including depression, self-harm, grief and loss, adjustment, and other anxiety difficulties such as obsessive-compulsive disorder (OCD), worry, and panic and other disorders.

Wider reach

We've continued to offer survivors a choice between remote or in-person therapy using the online systems we set up during lockdowns.

We also provided mobile phones and credit to clients who counldn't otherwise attend therapy sessions.

Moving on

In 2021 we discharged a total of 290 clients who had completed their therapy or other types of care with us.

Narrative Exposure Therapy (NET): Originally developed for use in low-income countries for victims of organised violence, NET, has been since used to treat refugees and asylum seekers worldwide. NET involves the re-organisation of memories of traumatic events into a chronological narrative, allowing trauma to be considered within the socio-political context in which it occurred.

Eye Movement Desensitisation and Reprocessing (EMDR Therapy): Uses the natural healing ability of the mind to process information, which usually occurs during REM sleep. However, traumatic events can overload this natural mechanism causing the memories to remain in a raw and unprocessed form. During EMDR therapy, clients are asked to recall traumatic memories whilst watching an object move backwards and forwards across their visual field, recreating eye movements similar to those in REM sleep. This helps to process the traumatic memories into a verbal story mode so that it loses its painful intensity.

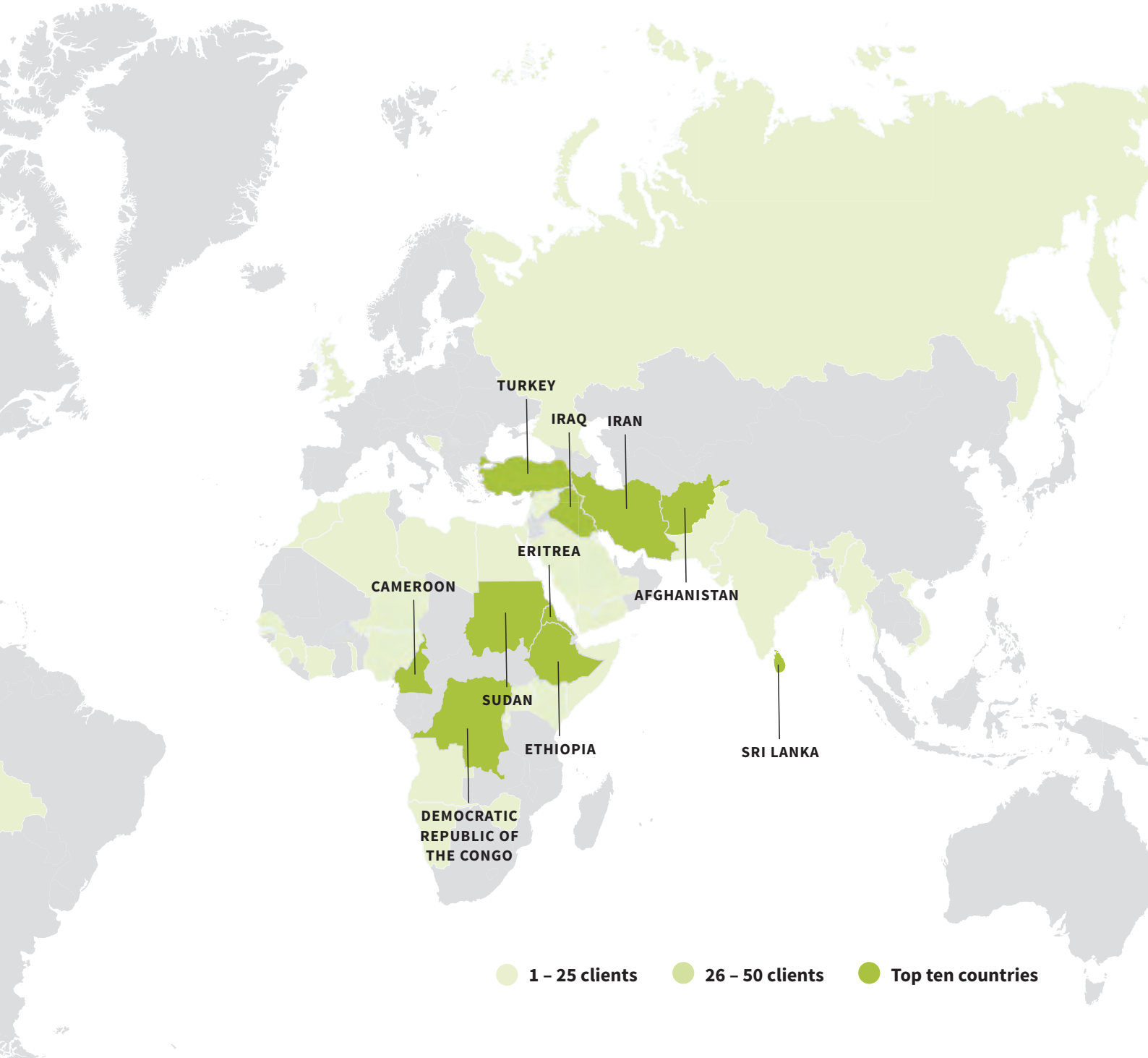
Trauma Focused Cognitive Behavioural Therapy (TF-CBT): Allows the client to talk about the thoughts and feelings they have at different points in the traumatic event. In this way, various unhelpful cognitions can be identified. A critical part of the trauma narrative is the cognitive restructuring work, used to help the client develop more helpful thought, potentially leading to more positive emotions and behaviours.

To ensure therapies continue to the meet the needs of our clients, they provide regular feedback to our therapists.

"I would like to thank you. Therapy really helped me to keep my mind relaxed and to focus. Supporting Freedom from Torture means you save lives. It means you're supporting humanity." Hezan

IN 2021, 709 PEOPLE FROM ALMOST 50 COUNTRIES BENEFITED FROM OUR PIONEERING TORTURE REHABILITATION SERVICES

The top 10 countries of origin of our clients receiving therapy are: Sri Lanka / Afghanistan / Iran / Democratic Republic of Congo / Turkey / Ethiopia / Sudan / Iraq / Eritrea /Cameroon



SHAPING SERVICES TOGETHER

Because survivors know best what they need to recover, we're now developing and delivering our services together.

We have also worked together with people with lived experience of torture to revise how we deliver the stabilisation phase of our rehabilitation services. People with lived experience were involved in a pilot to co-deliver stabilisation services to clients. These group sessions support clients to develop new skills for managing PTSD symptoms and understanding more about why trauma leads to these symptoms. This enables clients to have a greater sense of control over their symptoms and better equips individuals to access trauma focused therapies.

> ***"I feel happy and honoured to be involved in developing this programme alongside my clinical colleagues. It was a chance for me to share my own personal journey with new clients, and offer hope that they too will get through what can be a difficult process."***
>
> Jeremie Diatapakola, Service User Administrator at Freedom from Torture, who led our stabilisation programme pilot project.



Their feedback has transformed both the content of the programme and the way we deliver it, resulting in a detailed manual that we are now rolling out in 2022.

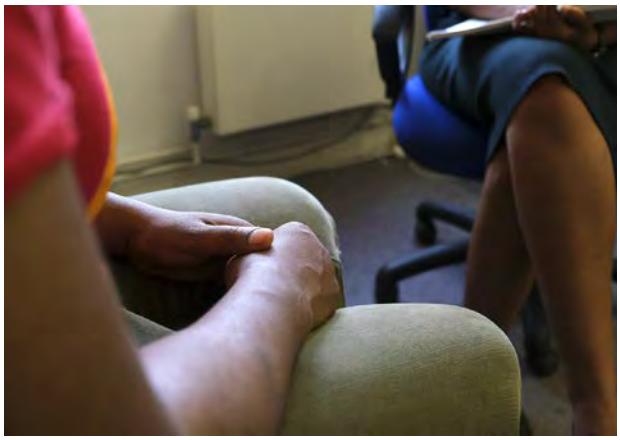
Sharing expertise

Many people seeking asylum in the UK are referred to the Improving Access to Psychological Therapy (IAPT) programme run by the NHS, the country's largest therapy provider. However, most IAPT practitioners lack experience and confidence in working with the complex needs of people who have been tortured.

In 2021, we partnered with a London NHS Trust to train 70 of its employees to provide Narrative Exposure Therapy to 140 torture survivors. Many more are set to benefit in the future.

> ***"The training gave a great interactive experience and direct feedback on developing NET skills, in a supportive and safe environment. I hope the skills I have learnt will continue to help clients with more complicated trauma presentations."***
>
> Melissa Miles, a CBT therapist with the IAPT's 'Back on Track' service.

One of our key strategic goals for 2022-25 is to build on this work and change even more lives by becoming a recognised clinical centre of excellence.



STARTING TO HEAL: GRACE'S STORY

When Grace's GP referred her to Freedom from Torture, she was struggling with PTSD symptoms and feeling sad and overwhelmed. Today, through a combination of therapy and support, she is turning things around.

Grace, 40, fled her home country in Africa after state police tortured her simply for participating in a demonstration supporting better pay for teachers. She started EDMR therapy with her therapist, Mel, on Zoom in February 2021.

In the beginning, Grace found it hard to recall her most traumatic memories. Mel used specific techniques to help her feel less distressed and work through her experiences over time.

After six months, Grace was having fewer nightmares and flashbacks. Finally, she felt able to grieve for the family and life she had been forced to leave behind.

Grace was ready to leave therapy after a year. She still grieves, but now she knows that this is a natural and healthy process. She has also received legal advice and support from Freedom from Torture to start rebuilding her life in the UK.

"I am extremely grateful for the support I have received from Mel – from the initial breathing exercises she taught me, that helped with my anxiety, to the specialist therapies that gave me back the memories of my earlier life that had become too painful to recall. I am now able to begin grieving for the loss of my life in Africa, and I no longer blame myself for what happened."

Grace



"When I first met Grace, she felt so sad and overwhelmed that she thought about ending her life. Now her PTSD symptoms have hugely improved."

Mel, Grace's therapist at Freedom from Torture



Note: some images used are anonymous to protect identity

THE DIFFERENCE EXPERT SUPPORT MAKES

Medical evidence matters

Many survivors can't start to heal while they live in fear of being sent home and being tortured again. Our world-renowned expert medical evidence helps people prove their right to asylum and settle down safely in the UK.

Most of our clients are seeking asylum in the UK. To be recognised as refugees, they first have to prove that they have been tortured.

A medico-legal report (MLR) is a document prepared by a medical expert after a physical and psychological assessment. We also offer clinical evidence from treating therapists. People who have survived torture can then use these reports to support their asylum application.

Timing matters – for example, if physical scars have faded this can dramatically impact your chances of success. That's why we are continually striving to make our MLR service available to everyone who needs it, when they need it.

The impact our clinical evidence reports made in 2021

We produced 199 pieces of clinical evidence overall, which benefitted 180 survivors of torture.

- We produced **145 medico legal reports (MLRs)** to support new asylum applications or to appeal a previous decision.
- We prepared **29 MLRs for initial asylum claims.**
- **27 of 31 asylum appeals** that we prepared MLRs for, and were decided in 2021, were successful.
- Out of another 32 MLRs prepared in 2021 to support asylum appeals, **90% have so far had a successful outcome.**

Emergency legal help during the pandemic

Many people who have survived torture face a long and anxious battle to navigate the UK's hostile asylum system. We stayed by their side during the pandemic's second year, when referrals to our legal and welfare service increased by 12% from 2020.

Our Legal Advice and Welfare Service (LAWS) provides free specialist advice to help people who are receiving therapy at Freedom from Torture with their immigration, asylum and welfare challenges.

- In 2021, **we helped 596 clients with immigration and welfare advice to** tackle urgent problems including homelessness, destitution and financial difficulties.

Through our Emergency Relief Fund, we made sure **129 survivors and their families** could pay for basics such as food, warm clothes, travel to therapy sessions and doctor's appointments, and buy phone credit to stay in touch with loved ones or attend online therapy sessions.

"When I heard about my local Freedom from Torture centre, I couldn't believe it. Their money helped me to buy food during this difficult time. Life is still hard, but I am happier. My family are with me and I have made new friends. I will never forget what the supporters of Freedom from Torture did for me."

Shakil, who was forced to leave Kuwait in 2019 after the authorities arrested and tortured him for campaigning for ethnic minority rights.

LIFE-CHANGING CAMPAIGNING

We saw some amazing achievements in 2021, thanks to the growing numbers of people in the UK who proudly stand with torture survivors.

Who are Survivors Speak OUT?

We are a national network of former Freedom from Torture clients. We speak with authority about torture, and about living in the UK as asylum seekers and refugees who have survived trauma. As experts on fighting torture, we also influence others and call for evidence-based policies.

Defeating the 'Torture Bill'

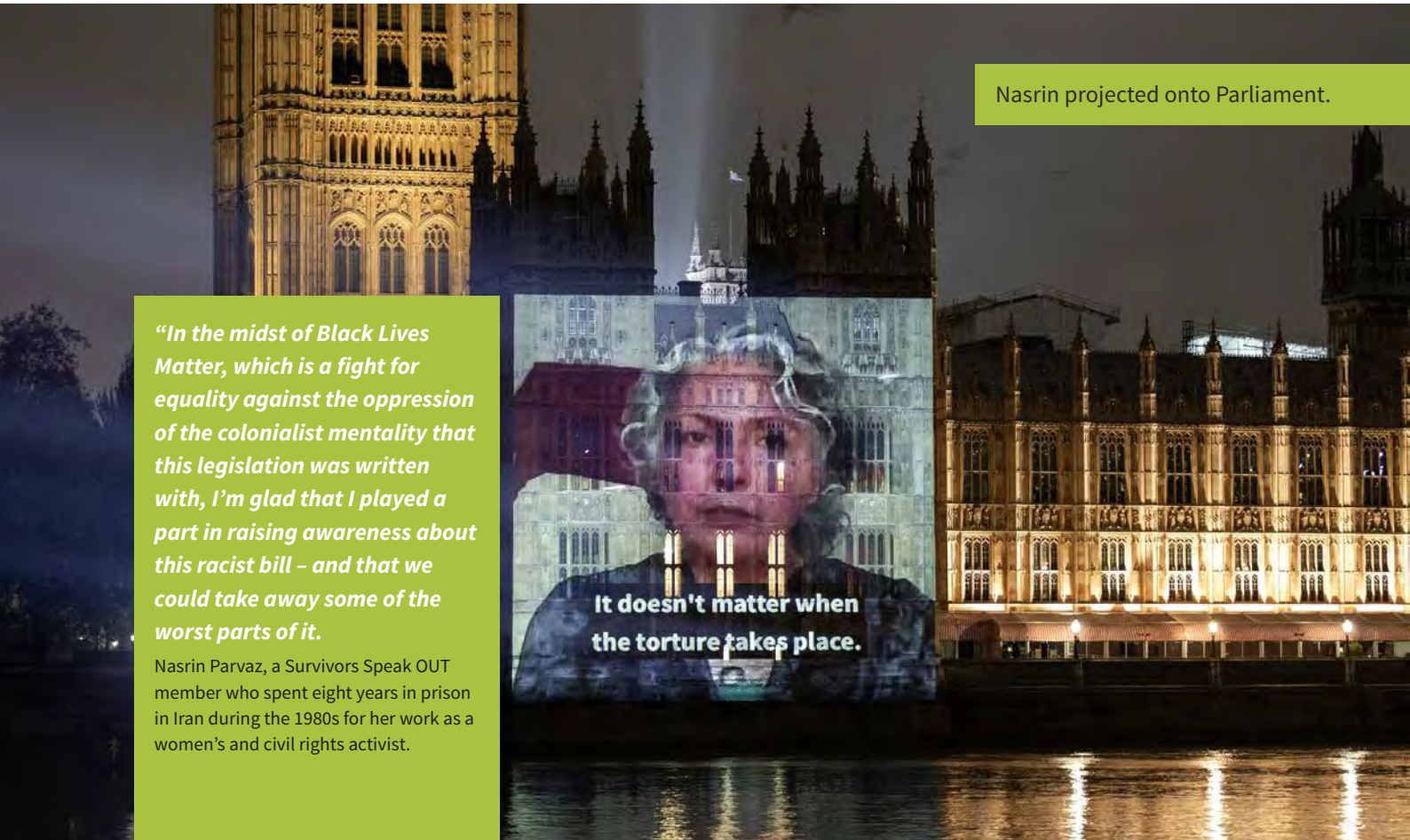
Alongside our Survivors Speak OUT network, we played a leading role in a campaign that caused a remarkable political defeat for the government.

15,000 of our supporters wrote to ask their MPs to stop the de-criminalisation of torture via the Overseas Operations Bill. And together with a broad coalition of organisations, we forced the UK government to back down – despite its 80-seat majority – on its plans to block prosecutions of British troops for torture and other international crimes abroad.

We are so proud that this campaign won 'Campaign of the Year' at the prestigious annual Sheila McKechnie Foundation National Campaigner Awards in 2022. This event celebrates people who have made change happen "most effectively, creatively and courageously".

We're now learning from this campaign's success so we can replicate it in the future.

"The proposals in the Overseas Operations Bill were a stark reminder of the need to protect the absolute global ban on torture. We must all make sure that we never come this close to decriminalising torture again."
Kolbassia Haoussou MBE, Director of Survivor Empowerment



Nasrin projected onto Parliament.

"In the midst of Black Lives Matter, which is a fight for equality against the oppression of the colonialist mentality that this legislation was written with, I'm glad that I played a part in raising awareness about this racist bill – and that we could take away some of the worst parts of it.
Nasrin Parvaz, a Survivors Speak OUT member who spent eight years in prison in Iran during the 1980s for her work as a women's and civil rights activist.

A STRONGER VOICE, TOGETHER

We're proud to have played our part in creating Together with Refugees – the largest refugee rights coalition in UK history.

Connecting with more than 400 UK refugee rights groups under the Together with Refugees umbrella marks a big step forwards towards our goal of building a wider movement of people prepared to defend torture survivors' human rights.



Our activists 'arrest' Paddington Bear for arriving in the UK by 'irregular means' – just like many torture survivors are forced to do.

United against the 'Anti-Refugee Bill'

Together, we changed the national conversation about the government's cruel Nationality and Borders Bill in 2021 by reframing it as the 'Anti-Refugee Bill'.

We commissioned a pro bono legal opinion from a team of barristers led by Raza Husain QC, which concluded that the controversial bill was "the biggest legal assault on international refugee law ever seen in the UK" and breached international and domestic law in at least 10 different ways.



Raza Husain QC



Together with Refugees demonstration in Parliament Square



Refugees Welcome petition with over 179,000 signatures being delivered to 10 Downing Street.

Freedom from Torture and Survivors Speak OUT co-led on the campaign's advocacy and campaigning work. 100,000 people took action in support of our campaign during 2021 and while the Bill eventually passed in 2022, our work to oppose it continues, including via litigation.

One Strong Voice

This work follows our One Strong Voice initiative to build power among activist groups led by people with lived experience of the UK's asylum and immigration system. Set up in December 2019 by Survivors Speak OUT, their vision is an immigration system that treats people with humanity and dignity.

Housed at Freedom from Torture, One Strong Voice now serves on the governance group that guides the Together with Refugees coalition.

The group's many achievements in 2021 included:

- Shaping the decisions of Freedom from Torture and the Together with Refugees coalition to prioritise opposition to the government's plan to scrap its intention to discriminate against refugees depending on how they arrive in the UK, during the passage of the Nationality and Borders Bill.
- Working with 400 organisations in the Together with Refugees coalition to galvanise united opposition political parties against this discriminatory system.
- Launching 'Our Vision of a Welcoming Britain', a seven-point manifesto for a compassionate immigration and asylum system, including giving people access to refugee protection regardless of how they arrive; making asylum decision-making free of political interference; and ending immigration detention.
- Delivering their manifesto to 10 Downing Street with a 9,000-strong petition.
- Publishing a spoof newspaper called *Metbo* – based on *Metro*, the UK's highest-circulation print newspaper, and handing out thousands of copies at events, including the Conservative Party conference.



The spoof *Metbo* newspaper envisions an alternative reality where government posters announce that 'It's time to help people seeking safety', Boris Johnson declares a U-turn on immigration policy and a Chanel ad promotes a new perfume called 'Sanctuary'. It also highlights personal stories revealing the harsh reality for people seeking safety in the UK, and their fears around the 'Anti-Refugee Bill'.

ANGELA'S STORY

Angela McLeary is a One Strong Voice member.

"When the Anti-Refugee Bill was first announced, most of the large NGOs focused on humanitarian visas and resettlement. But I felt that Clause 11 would be the most harmful part for refugees.

"Not only would it be contrary to the Refugee Convention by punishing people who were seeking safety from persecution – it would criminalise us and treat us like second-class citizens with no route to settling in the UK.

"I felt so sad because I know what it feels like to be treated as a second-class citizen. It is the most heart-breaking thing anyone can go through. You feel lost and lose your fundamental connections to your community.



"Together with Refugees have been amazing and turned out to be one of our strongest supporters. They have worked with us to gather wider public support by sharing our lived-experience perspective, helping people understand what refugees have been through and why we need to stand together."

THE FORCE OF THE LAW

As well as building public support for a more compassionate asylum system, we pursue legal cases to stop government policies that will hurt people who have survived torture.

In November 2021, we filed a legal challenge against the Home Office's lethal policy of pushing back refugee boats in the English Channel.



Refugees crossing the English Channel.

We joined forces with legal experts and other NGOs for maximum impact, and sought a judicial review of the policy.

Success! A week ahead of the planned judicial review, the government abandoned this controversial policy.

"We know from our work with torture survivors that most people seeking safety are forced to travel without seeking permission first. This might be because they come from a country where it's not possible to apply for a passport, or because the UK does not offer visas for people who need to seek asylum.

"This momentous climbdown by government shows that change is possible when we come together. But we should never have had to take this government to court to defend the sanctity of life – it is scandalous that it reached this point."

Freedom from Torture's Chief Executive, Sonya Sceats

No more training for police who torture

We celebrated another campaign victory in November 2021 when Police Scotland announced that it would end its training programme for the Sri Lankan police force, which has long been known to torture people.

More than 500 Freedom from Torture supporters wrote to their MSP (Member of Scottish Parliament) to support our joint campaign with Survivors Speak OUT, showcasing yet again the power we have when survivors and supporters work together.



Police Scotland ended its training programme for the Sri Lankan police force thanks to our campaigning.

'NOTHING ABOUT US WITHOUT US'

Activist Nadine Tunasi was appointed as Survivor Champion for the UK Government's Preventing Sexual Violence in Conflict Initiative (PSVI) in 2019, alongside our new Director of Survivor Empowerment, Kolbassia Haoussou.

During 2021, Nadine worked to develop a new approach to documenting the experiences of people who have survived sexual violence in conflict situations.

Her goal is making sure any investigative work is done safely, ethically and with respect for human rights.

The Murad Code is a code conduct that is designed to set guidelines for engaging with survivors of sexual violence. It encourages those who are engaging with survivors to proceed with a do not harm principle, and promote a survivor centred approach ensuring survivors wellbeing and welfare are considered in any actions and initiatives.

Nadine was involved in the consultation process and final editing before the document was published.

"The Murad Code is about ensuring survivors are not harmed." Nadine says. "Having survivors involved means that we are in a better position to advise documenters about what to do and not do. As we often say, nothing about us should be done without us."



Nadine Tunasi

WE ARE MANY!

We're delighted that a record number of people joined our work for a world free from torture in 2021. Our recent campaign wins have only been possible because our active, compassionate, brilliant supporters back us all the way.

Our innovative campaigning methods are showing tangible results, with the number of campaign actions quadrupling in two years, up from 32,000 in 2019 to 130,000 in 2021.

We're also growing our year-on-year support across all age groups, including among younger people, which is vital for the future of our movement.

And most encouraging of all, more people than ever are standing up for a UK that welcomes torture survivors. Our regular polling confirms significant shifts in public opinion:

- We saw 65% of the UK population agreeing that torture is wrong in any circumstances, up 7 points from two years previously.
- 49% of the public support the UK as a place of safety for torture survivors, up 8 points from two years ago.

Making a splash

All over the UK, our intrepid supporters made journeys across rivers, oceans and canals as part of our most successful fundraising challenge to date.

In 2021, dozens of Freedom from Torture supporters demonstrated their solidarity with the people around the world who are forced to make perilous journeys across water to escape persecution and conflict.

The 'Crossing Over Water' challenge enabled people of all ages and abilities to raise funds for survivors of torture, in their own time and at their own pace. Participants brought the challenge to life with a huge amount of enthusiasm, creativity and team spirit, raising over £14,000 for our work with survivors of torture.

The fundraiser took place between Humanitarian Day in August and World Peace Day in September. Holly, who led a team of 10 kayakers between the two Brighton piers, said: *"I took part in the challenge to stand against the government's hostile Anti-Refugee Bill and stand in solidarity with those who are forced to make dangerous journeys to reach the UK."*

21 miles and 21 bridges

Supporters in Scotland crossed the Deveron and the Spey rivers in a three-day bike ride, while others made their journey on foot, criss-crossing the numerous canal bridges in Edinburgh. In Devon, supporters kayaked across the Exe estuary, and in Norfolk one brave participant even crossed the River Yare in a home-made coracle.

In London, a team of nine hardy fundraisers walked 21 miles and crossed 21 bridges, raising over £4,500 between them. Not to be outdone by the grown-ups, 12-year-old Maya was a true inspiration, running an incredible 20km along the London canals.

Teresa, who came up with the idea and made the dream a reality with the huge support of Holly, Joanna and other members of the North London Freedom from Torture supporters' group, said: *"This challenge demonstrates how much so many people care about others, and how they really want to support those in need of a helping hand."*



Our North London group raised over £4,500 in their Crossing Over Water challenge.

A FUTURE PROMISE

Almost a third of our total fundraised income in 2021 came from gifts in wills. Without these generous donations, we simply couldn't do much of our life-changing work. Two of our supporters explain what leaving this legacy means to them.

Thank you!

"I've specified that 10% of my estate will be split between three charities, including Freedom from Torture. The thing about leaving something in your will is that you don't actually have to find the money now. It's a future promise.

Brid Fitzpatrick, Supporter





"Leaving a gift in your will is an opportunity to perhaps give a larger sum than a monthly standing order, and will ensure a useful income for the charity each year. Freedom from Torture's work is important because it's trying to support those who've lost everything and are in great physical and mental distress – trying to give them some hope and become complete again. Tied into that is the support to give them a safe place to stay, so they're not left on the streets."

Simon Taylor, Supporter

THANK YOU TO OUR SUPPORTERS AND FUNDERS

Freedom from Torture relies on the kindness and generosity of our supporters. Every single penny donated helps us provide therapy and support, empower survivors, and fight for change. Below are some of our donors who have made significant contributions through their trusts, foundations and companies and who are happy to be listed in this report. There are of course many others, far too many to name here – and we would like to say a huge thank you to each and every supporter who makes our work possible.

- Alchemy Foundation
- Anthony and Rachel Williams Charitable Trust
- Barrow & Cadbury Trust
- Brewster Maude Charitable Trust
- Brook Trust
- Bryan and Sirrka Sanderson Foundation
- Cecil and Hilda Lewis Charitable Trust
- Chillag Family Trust
- David Family Foundation
- Elizabeth Bennett Charitable Trust
- Forest Hill Charitable Trust
- JS Smilg Family Charitable Trust
- London Catalyst
- Lord Mayor Of Birmingham's Charity
- Manchester City Council
- Mercers' Company
- Ministry Of Justice
- Mirianog Trust
- Mrs Kathrine Tollis
- National Lottery Community Fund
- Newcastle City Council
- Pea Green Community First Fund
- Points Family Trust
- Rickety Charitable Trust
- Rosemary Beardow & Philip Young
- Saxham Trust
- Scottish Government Equalities and Social Cohesion Fund
- Sigrid Rausing Trust
- Stanley Thomas Johnson Foundation
- Stockwell Charitable Trust
- The 29th May 1961 Charitable Trust
- The AB Charitable Trust
- The Beatrice Laing Trust
- The Eddleston Settlement
- The Eveson Trust
- The Grut Charitable Trust
- The Hadrian Trust
- The Health Foundation
- The Hospital Saturday Fund
- The Ian Mactaggart Trust
- The Mercers' Company
- The Patrick & Helena Frost Foundation
- The S.E. Franklin Charity Trust No 3
- The Sir Charles Jessel Charitable Trust
- The Sutasoma Trust
- The TL Trust
- The Volant Trust
- Tinsley Charitable Trust
- Trust for London
- Unbound Philanthropy
- Victoria Wood Foundation
- Vivienne Westwood
- Wyn and Ken Lo Memorial Fund

STRATEGIC REVIEW

As the pandemic continued to impact our lives in 2021, we built on what we learned in 2020 and continued to adapt our services to meet our clients' needs. As survivors of torture seeking safety in the UK are threatened with increasingly hostile policies, our work is more important than ever. In 2021, we made huge strides in building a movement of people committed to justice and humanity, coming together to stand against these cruel policies.

Our clinical services team were able to resume face-to-face therapy and rehabilitation services whilst also retaining remote services, enabling clients to access vital clinical support in ways which best suited their needs.

Standing by our commitment to put survivor voices at the heart of everything we do, we established the Survivor Empowerment Directorate in 2021. Led by Kolbassia Haoussou MBE, the Survivor Empowerment team developed our co-led clinical approach, which is being implemented across our centres in 2022. The team also co-led our campaigning and advocacy work.

We were able to strengthen our impact by joining together with other organisations. In 2021, together with six other organisations, we founded Together with Refugees, a coalition calling for a better approach to supporting refugees that is more effective and humane. Much of the focus for Together with Refugees was on opposing the government's anti-refugee Nationality and Borders Bill.

Our campaigning and advocacy activities shone a light on injustices, delivering victories on the Overseas Operations Bill and the ending of Scottish-backed police training of forces in Sri Lanka known to employ torture. All of this public-facing work is helping to shift opinion on the use of torture, with an increase in the percentage of UK public stating that they support the UK as a place of safety for torture survivors.

Our fundraising income in 2021 was lower than in 2020, mainly because we received expected income early at the end of 2020. The ongoing Covid-19 pandemic also impacted some of our fundraising activities because of the restrictions on events and gatherings.

However, during 2021 we attracted over 11,000 new supporters to help fund our life-changing work, nearly double the amount we had planned.



TOGETHER FOR A FUTURE FREE FROM TORTURE

No government should ever commit or tolerate torture. The way we treat those who have survived it shows who we are as people and what our society stands for.

We are working towards a more compassionate world, where torture is consigned to history books and survivors get the help they need to thrive. Our new strategy explains what we will achieve by 2025.

For the first time ever, we created it with people who have lived through both torture and the UK's harsh asylum system.

Our survivor colleagues took the lead by designing and carrying out a survey on how we should do our work. More than 1,000 supporters, 100 people with lived experience of torture from 35 different countries, and 300 members of the public took part.

Then we refined our learning to make sure people's real-life experiences, priorities and ambitions become our guiding light for this new roadmap to a brighter future.

We've set four ambitious goals:

- **Changing Lives**
- **Changing the System**
- **Survivors Driving Change**
- **Changing Ourselves**

This is our most ambitious strategy ever – moving beyond a collaborative approach to one where our clinical services and campaigns are co-designed and co-delivered by people who have survived torture."

Sonya Sceats, Chief Executive

By 2025:

- We will have doubled the number of people who benefit from our ground-breaking rehabilitation services and the clinical evidence we prepare for survivors' asylum claims.
- We will be recognised as a centre of clinical excellence, with highly skilled teams leading innovative research alongside key academic partners. We will participate in national and global debates and deliver outstanding outcomes for the people we work with.
- We will build broad support for the torture ban and for Britain as a country of sanctuary for survivors, and ensure a fair, compassionate asylum system.
- We will employ people who have survived torture across most of Freedom from Torture's directorates, so they are influencing decisions at all levels.
- We will inspire others working with torture survivors to draw from our trauma-informed wellbeing framework as a model of good practice.
- We will increase our income to allow us to meet our strategic goals.

OUR PRIORITIES FOR 2022:

Partnering with survivors

We will launch our survivor/therapist co-led services, starting with a pilot at our London centre, and relaunch our service user engagement programme, building on the hybrid model to ensure that more people have the opportunity to access, evaluate and shape our services.

This will include training survivors and therapists to deliver a wider range of treatments together; evaluating the impact of the co-led services, and aiming to ensure that at least 25% of service users in each centre take part in service user panels, with strong representation of women.

Sharing our clinical excellence

We want to be recognised as a centre of clinical excellence that delivers outstanding outcomes for the people we work with, including through our trailblazing Pathways programme and medico-legal report service.

In 2022, we will hold a Freedom from Torture conference, partner with other academic and research institutions in clinical research, submit publications in journals, and participate in national and global debates. And we will ensure that more of our clinical and survivor colleagues speak at external conferences and relevant media, sharing our expertise and good practice.

Driving policy change

In 2022, we aim to influence a wide range of government and civil society organisations to meaningfully change their policies and practice, with input and inspiration from our Survivor Empowerment team.

We will play a leading role in a new global project led by the International Rehabilitation Council for Torture Victims (IRCT) on survivor empowerment models. We will also connect with other IRCT members to help them adapt our approach to survivor empowerment in their organisations.

Scaling up our medico-legal reports

We'll continue rolling out our new medico-legal report (MLR) operating model to increase the number of survivors who benefit from our life-saving clinical evidence, with a view to doubling the number of survivors who benefit by 2025.

Growing the movement

Throughout 2022, we'll keep campaigning against anti-refugee government policies – including via legal challenges where necessary. We'll seek to grow and galvanise the movement of people who want to see a kinder, more compassionate approach to refugees, and use the campaign to pass power within this growing movement to those with lived experience of the system.

Reporting on torture

In 2022, we are planning reports on 'what justice means' for survivors, on torture survivors' journeys to the UK and what happens on arrival, and on UK training of police in China, with a view to improving understanding among policy makers/parliamentarians, which will translate into improved policy.

The reports, which will draw on extensive national and international research and consultation with survivors, will also lead to greater public understanding of issues as seen from a survivor perspective, in turn leading to increased campaign action.

Reflecting the communities we serve

Equality, Diversity and Inclusion are some of our greatest assets and we are committed to promoting anti-racist principles at Freedom from Torture. In 2022, we will continue to make sure our workforce reflects the communities we serve, including in management positions and across our clinical services.

FUNDRAISING STATEMENT

Freedom from Torture relies on fundraising to deliver income for our work. Our fundraising strategy links to our organisational strategy and is supported by policies and procedures, including our ethical fundraising policy to ensure Freedom from Torture meets best practice standards.

Fundraising effectiveness
In 2021 for every £1 spent on fundraising we received £2.95.

Delivering a sustainable funding model
Freedom from Torture has a balanced fundraising portfolio, delivering income from a wide range of sources including charitable trusts and foundations, individual donations, community fundraising and gifts in wills. In 2021, we continued to invest in fundraising activities to build a sustainable funding base, balancing investment in testing new activities with established and proven techniques. All of our fundraising activities are consistent with our values and driven by the needs of survivors of torture.

Our Supporter Promise establishes the principles that guide our fundraising activities. These principles include: valuing and thanking our supporters', responding to queries, communicating honestly and openly and respecting our supporters' privacy. The full Supporter Promise can be found on our website. None of our life changing work would be possible without our generous supporters and this is reflected in the way in which we fundraise. Freedom from Torture is committed to transparency and welcomes feedback from supporters to enable us to improve and grow. In 2021, we received 49 complaints about our fundraising activity, down from 67 in 2020.

To deliver our broad programme of activities, we work with external specialists including face-to-face fundraising agencies, telephone fundraising agencies and database consultants.

When working with external agencies, we always ensure we have written agreements in place and the team regularly provide training and monitor our suppliers to ensure they are compliant and meet the standards set out in our Vulnerable Adults Supporter Policy as well as all relevant regulations and legislation. Freedom from Torture is registered with the Fundraising Regulator and all our activities follow the Code of Fundraising Practice.

We are also members of the Lotteries Council and follow all relevant legislation, including GDPR and data protection.

Our dedicated supporter care team is available 5 days per week and aims to respond to any questions, concerns or complaints within 5 working days. The team can be contacted on info@freedomfromtorture.org or by phoning 020 7697 7788.



Members of our Fundraising team meet new supporters.

FINANCIAL REVIEW FOR 2021

In 2021, Freedom from Torture was able to balance income and expenditure very closely. We had a small shortfall between income and expenditure of £106k – 0.1% of incoming resources. This was despite a very challenging external environment caused by the ongoing pandemic, Brexit and the general economic uncertainty throughout the year.

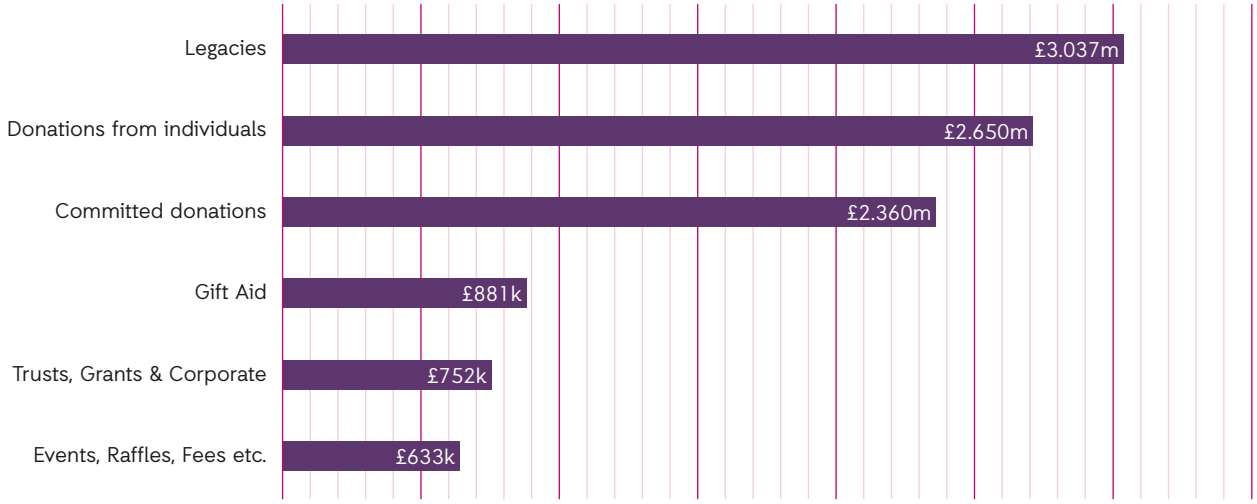
During 2021, our General Reserves reduced, although they are at a safe level. In addition, our designated funds increased significantly. The Trustees plan to utilise some of the designated funds in 2022 to deliver improved and expanded services, improve some of our infrastructure and invest in generating future income.

Overall, Freedom from Torture is in a very strong financial position and is looking to a future that, through prudent targeted investment, will see the organisation grow significantly in the next four years.

Income

Although income reduced compared to the previous year, our fundraising portfolio remains strong and our supporter base is growing. We continued to see impressive results from our warm direct marketing initiatives and our income from digital activities increased significantly in 2021.

Total Income: £10.347m



Two of our biggest sources of income – committed donations and donations in response to appeals, newsletters and other direct marketing – performed very well, generating £4.7m. The vast majority of this income came from people who have been giving to us for more than 5 years, in many cases for more than 10 years. This underlines the strength and commitment of our supporters to Freedom from Torture and gives us a very solid base to build upon in the future.

Legacy income remained very important, with income of more than £3m. During 2021, we were notified of a very large (£2m plus) legacy which we will receive in 2022. This, coupled with a similar sized legacy we were already aware of (£1.2m of which was received in 2021) gives the organisation a very strong financial foundation from which it intends to develop. These two legacies will be used in 2022 to:

- Increase our resources delivering services.
- Invest in infrastructure to make us more effective and agile.
- Invest in future income generation.

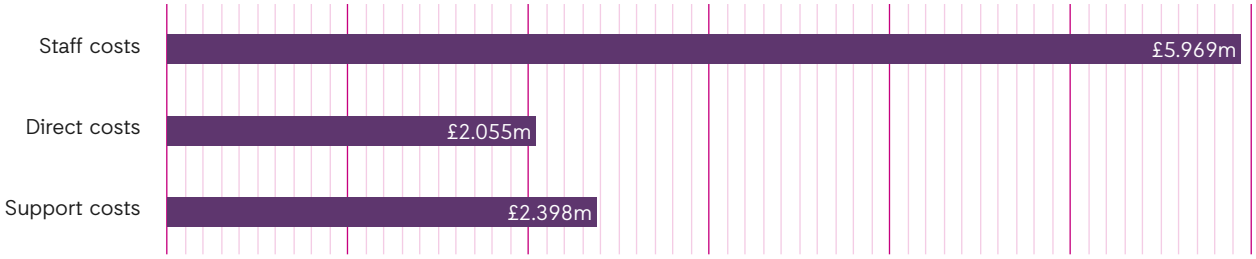
As part of the implementation of a new fundraising and engagement strategy based around increasing donor involvement and engagement with Freedom from Torture, we carried out a major restructure of our Fundraising and Communications directorate. This included the formation of a dedicated Digital and Campaigning Team which is building on the results mentioned above. The scale of the restructure inevitably led to some posts becoming vacant during the year, which, along with some staff turnover, temporarily impacted income. By the end of 2021, we were back to a full complement of Fundraising, Digital and Communications staff.

In addition, the Covid-19 lockdowns impacted some of our planned activities, in particular in events, donor recruitment and community fundraising. The consequence of this, alongside the restructuring of our fundraising department, was a fall in income compared to 2020.

Expenditure

Fundraising expenditure increased in 2021 by £354k, compared to 2020. Much of the increase was related to investment in digital acquisition as part of a strategy to develop new digital income streams. In addition, staff costs increased partly due to the creation of a dedicated Digital & Campaigns team in 2021.

Total Expenditure: £10.347m



Charitable expenditure remained at a very similar level to the previous year, 1% less than in 2020. Plans to increase our resources and expenditure on our services and influencing work were impacted by the ongoing uncertainty resulting from the continued impact of Covid-19 throughout much of the year. Despite the disruption caused by the Covid-19 lockdowns, we continued delivering our therapeutic services, including the continued development of remote virtual sessions pioneered in 2020.

We are planning on increasing charitable expenditure in 2022 and beyond in order to deliver our new four-year strategy, approved by the Trustees in late 2021. This will see our services and influencing work expand in 2022, through increased investment and more efficient working methods. To enable this growth, investment in fundraising activities will support our ambition to grow income by 30% in four years.

The increased expenditure will be financed by the projected increase in fundraised income and the utilisation of some designated funds, the level of which will be more than sufficient to enable the delivery of our plans. Trustees are confident that the strategy can be achieved while ensuring that Freedom from Torture will remain financially sustainable long into the future and that the organisation is a going concern moving into 2022.

Fixed Assets

Total capital spend was £373k, of which £289k was on furniture, fixtures and fittings. Much of this expenditure related to replacing some fire doors at our centre in London in order to comply with fire regulations.

Reserves and Investment Policy

It is the policy of the Trustees to maintain a General Reserve equivalent to two to four months' direct charitable expenditure, which equates to £1.1m and £2.2m. The General Reserve serves two main purposes:

- to make up for any shortfall in budgeted income in a particular year; and
- to cover any unbudgeted expenditure which may become necessary.

The policy is designed to ensure that Freedom from Torture can meet these two eventualities in any financial year without immediately having to cut back services. In the event of unforeseen loss of budgeted income or increased expenditure, it gives Freedom from Torture a period in which to seek to remedy the situation by securing additional funds and, if this is not possible, to plan an orderly reduction of expenditure commitments. The policy is reviewed annually by our Finance, Governance and Audit Committee.

Freedom from Torture's main source of income is donations from the general public. The level of income from this source can fluctuate in any given financial year.

While every effort is made to have realistic income forecasts the charity retains adequate levels of reserves to cover potential income shortfalls. The level of reserves for 2021 was set by identifying the potential risk and level of shortfall for all of our main income streams. This was done by looking at historical fluctuations, type of income and level expected in the financial year. The potential risks for each income stream were added together to make a "worst case" scenario and the reserves level is set to cover this scenario. In addition, the level of reserves retained would have covered the period during which any major shortfall of income would be identified, and the appropriate action required is agreed and implemented.

The Trustees have designated funds as shown on page 28 which include a fixed assets reserve, long-term donation, major building repairs, development fund and working capital reserve.

General Reserve

The level of our General Reserve decreased in 2021 by £1.2m. The organisation ended the year with a General Reserve of £1.4m, which is above the lower safe limit set by our reserves policy (see above).

Restricted Funds

These relate to income the use of which has been restricted to specific areas of our services. It includes donations from trusts and foundations, and grants from public bodies towards the costs of projects or specific lines of expenditure. Trustees expect to use the funds held at the end of 2021 during the next financial year.

Total Funds held at the end of 2021

Fund	Total
Designated Funds	£9,715,929
General Reserve	£1,433,229
Restricted Funds	£381,448
Total Funds	**£11,530,606**

Investment Policy

The Trustees consider that it is not prudent to invest any of the reserves long-term. The investment policy is therefore to manage funds so as to obtain the best rate of interest on them.

Designated Funds	Designation	Use of fund	Value at year-end
Fixed Assets Reserve	Property (two buildings owned by the charity, used as clinical centres) & ICT equipment, furniture, fixtures & fittings etc.	This represents the extent to which unrestricted funds are tied up in the organisation's property and other fixed assets. The year-end balance is equal to the book value of the fixed assets less any amount that is funded by loans.	£3,851,416
Long-term Donation	Gift given to the charity. The donor expressed a wish that the donation be invested and the proceeds be used for psychotherapy.	Trustees have authority to use this fund as they see fit but intend to abide by the donor's wishes to retain the capital received where possible.	£526,812
Major Building Repairs	Fund to cover any large- scale repairs or refurbishments to property owned by the charity. Current policy is to place £40k a year into the fund.	We placed £40k in the fund in 2021, as per our policy and drew down £214k to fund the replacement of some fire doors to our London Centre.	£368,571
Development Fund	Fund to provide for long-term develop of the organisation through infrastructure improvements and long-term investment in income generation.	We were fortunate to receive notifications of two unprecedently large legacies, likely combined value of £4.4m. We received the first tranche of the funds, £1.2m, in 2021. We expect to receive the rest in 2022.	£1,200,000
Working Capital Reserve	Fund to cover working capital needs. Level of fund required is calculated as Current Assets, excluding Bank and cash, less Creditors.	Represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).	£3,769,130
Total Funds			**£9,715,929**

RISK MANAGEMENT

We have a thorough approach to managing risk at Freedom from Torture. We use a risk register to document our most important risks and monitor measures in place to mitigate these risks. Risk management is discussed at regular Senior Management Team meetings. The risk register is reviewed at every Board of Trustee meeting and every Finance, Governance and Audit committee meeting and feedback is given to ensure we have the most robust mitigation plans and strategies in place.

Summary of top five risks

Risk 1

Failure to raise adequate funds to enable us to deliver our strategic plans.

Mitigation includes: Restructured Fundraising and Communications team to ensure the correct level of expertise and resource is in place to deliver our plans. Continued investment in Fundraising and Communication to develop sustainable income streams and attract new supporters. A proactive approach to media and profile building activities to improve Freedom from Torture's brand recognition.

Risk 2

Freedom from Torture's cyber security is breached due to targeting from hostile parties resulting in major disruption to the website and associated services.

Mitigation includes: A robust cyber security review and additional penetration testing. Additional cyber security software has been installed. Remote access policy has been updated to ensure all staff comply with required security measures.

Risk 3

Additional strain on Freedom from Torture's ICT systems and resources due to the move towards remote and hybrid working.

Mitigation includes: Introduction of additional leadership post to enable the team to meet increased demand. Business contingency plans have been introduced. Additional support through student placements and consultancy resource in place.

Risk 4

Survivor Empowerment Directorate is unable to deliver on all of its strategic commitments due to lack of full resources in place.

Mitigation includes: Additional support to Survivor Empowerment leadership from Human Resources and CEO to ensure that survivor empowerment is fully integrated across the charity. Review of team structure and resource with subsequent recruitment underway. Management training to support with service user engagement activities.

Risk 5

Clinical teams are restricted in delivery of Pathways model due to out of date and insufficient clinical data systems resource.

Mitigation includes: Current system has been reconfigured to enable basic Pathways compatibility. A project to replace the current system with a more suitable solution will be launched in 2022.

ORGANISATIONAL STRUCTURE

Structure, governance and management

Freedom from Torture is legally constituted as a company limited by guarantee, registered as Medical Foundation for the Care of Victims of Torture since 1985. The organisation changed its legal name to Freedom from Torture on 28th February 2020.

Our governing instruments are the memorandum and articles of association.

We are registered with both the Charity Commission and the Office of the Scottish Charity Regulator. Our only subsidiary, Survivors Trading Limited, is dormant and has no significant assets or liabilities.

Remuneration policy

The remuneration of the key management postholders, who consist of the individuals disclosed in note 7 to the financial statements on page 48, has been established in accordance with market rates, taking into account the level of expertise, experience and skills required to fulfil the roles successfully. Our general staff remuneration policy was reviewed in 2021 and approved by the Trustees.

Organisational structure

In March 2018, Freedom from Torture adopted the Charity Governance Code to continue to drive forward improvements in its governance. The governing body is the Board of Trustees (the Board), which met four times in 2021. The Trustees are also Directors of the company. In 2021, the following standing Committees of the Board, each consisting of a number of Trustees, met during the year: Finance, Governance and Audit (four meetings), Performance, Standards and Effectiveness (four meetings) and Remuneration (one meeting).

The Board received reports from the Chief Executive, members of the Senior Management Team and the Board Committees covering the financial situation and the work of all departments, noting significant developments in our work and in the environment in which we operate.

The Board includes senior professionals in key disciplines relevant to the management of the organisation: human rights, medicine, mental health, law, policy, finance, accountancy, governance, safeguarding and fundraising, who are able to appreciate and assess the risks in their respective fields.

We are also proud to have a Trustee with lived experience of torture who is a former service user, as well as two Trustees with lived experience of the UK asylum system.

New Trustees are appointed by the Board when the need arises to replace leavers and strengthen particular core competencies against a skills audit. Recruitment of new Trustees is through an open process, with vacancies advertised on various websites; applications are particularly encouraged from former service users with expertise in the fields sought. The term of office is three years, after which a Trustee may be re-appointed for up to a maximum of two further terms. In exceptional circumstances, the Board of Trustees has the power to permit two Trustees to serve two years beyond a third term if the Board of Trustees considers it in the best interests of the charity.

In 2021, we recruited a new Treasurer to the Board.

New Trustees receive a comprehensive induction covering the organisation's mission, activities, strategy and finances, as well as information about their legal responsibilities as a Trustee. The Board approves the strategy, annual budgets and major investments,

alongside receiving the most recent management accounts and assessing overall performance. The Senior Management Team has delegated responsibility for operational management of the charity, taking day-to-day decisions in the interest of the charity. Away days are held to review longer-term strategic issues. Details of changes to Trustees during the year are on page 55.

The Chair of Freedom from Torture is Susan Berelowitz, who was elected in October 2017. Sonya Sceats has been the Chief Executive since March 2018.

Clinical services (including medical, psychotherapeutic and social work) are provided through our centres in England (London and South East, North West, North East and West Midlands) and Scotland (Glasgow). We deliver one-to-one, group and family rehabilitation to survivors of torture and produce forensic medico-legal reports. Our Clinical Services Directorate also provides training and capacity-building services to external partners and organisations involved in the welfare of survivors of torture, including NGOs and statutory services, as well as relevant Home Office teams.

Clinical services also deliver outreach work, which includes psychotherapy, and legal and welfare casework isprovided in outreach centres.

We employed 173 people at the end of 2021 and the organisation was fortunate to have the services of 38 part-time volunteers. Most worked in the area of medical, therapeutic and casework services in our five clinical centres.

During the year, we developed better approaches to fundraising and communications with a view to generating more sustainable income, reaching more people and increasing public awareness of torture happening around the world. This involves an ambitious programme of digital growth; improved supporter care; attracting new philanthropists, and improving how we report so that supporters can follow our progress and see the impact they are enabling us to make.

To implement all this, we expanded our teams across Fundraising and Communications through a large-scale recruitment drive. As a result, we now have the required expertise to increase our income, bring this new strategy to life and grow the movement to end torture.

The Trustees confirm that they comply with their duty to have regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also directors of Freedom from Torture for the purposes of company law) are responsible for preparing the Trustees' Report, Strategic Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards including FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Trustees' Annual Report is approved by the Trustees of the Charity.

The Strategic Report, which forms part of the Annual Report, is approved by the Trustees in their capacity as directors in company law of the charity.

Signed on their behalf by:



Sue Berelowitz
Chair, Freedom from Torture
Approved on 28 June 2022

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES AND MEMBERS OF FREEDOM FROM TORTURE

Opinion

We have audited the financial statements of Freedom from Torture for the year ended 31 December 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2021 and of the incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended) and regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the

other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The trustees' annual report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the strategic report or the trustees' annual report.

We have nothing to report in respect of the following matters where the Companies Act 2006 or the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- the charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 32, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report to you in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.
- We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw

attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.
- Obtain sufficient appropriate audit evidence regarding the financial information of the entities or business activities within the charitable company to express an opinion on the consolidated financial statements. We are responsible for the direction, supervision and performance of the charitable company audit. We remain solely responsible for our audit report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charitable company's trustees, as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters which we are required to state to them in an auditor's report addressed to them and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company and charitable company's members as a body, and the charity's trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Moore Kingston Smith LLP

[Date] 10 August 2022
Luke Holt (Senior Statutory Auditor)
for and on behalf of Moore Kingston Smith LLP,
Statutory Auditor
Devonshire House
60 Goswell Road
London
EC1M 7AD

Moore Kingston Smith LLP is eligible to act as auditor in terms of Section 1212 of the Companies Act 2006.

STATEMENT OF FINANCIAL ACTIVITIES

Incorporating Income and Expenditure Account for the year ended 31 December 2021

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total funds 2021 (£)	Total funds 2020 (£)
Income from:					
Donations and legacies	2	9,231,886	174,067	9,405,953	11,422,655
Charitable activities	4	183,299	274,221	457,520	998,146
Other trading activities (incl. fundraising)	3	444,396	-	444,396	367,373
Investments		5,480	-	5,480	23,680
Total		**9,865,061**	**448,288**	**10,313,349**	**12,811,854**
Expenditure on:					
Raising funds	5	3,436,428	-	3,436,428	3,081,948
Charitable activities		6,111,155	874,805	6,985,960	7,065,252
Total	**6**	**9,547,583**	**874,805**	**10,422,388**	**10,147,200**
Net gains/ (losses) on investments	9	2,882	-	2,882	(2,967)
Net Income / (expenditure)		320,360	(426,517)	(106,157)	2,661,687
Net movements in funds		**320,360**	**(426,517)**	**(106,157)**	**2,661,687**
Reconciliation of funds:					
Total funds brought forward		10,828,798	807,965	11,636,763	8,975,076
Total funds carried forward		**11,149,158**	**381,448**	**11,530,606**	**11,636,763**

The accompanying notes are an integral part of these financial statements.

In the current and previous year the only restricted income was included in Donations and legacies and Charitable activities (see Notes 2 and 4); the only restricted expenditure was included in Charitable activities (see Note 6).

Balance Sheet as at 31 December 2021

	Notes	2021 (£)	2020 (£)
Fixed Assets			
Tangible assets	8	4,354,874	4,320,300
Intangible assets	8	26,530	22,092
Investments	9	17,086	14,204
		4,398,490	**4,356,596**
Current Assets			
Debtors	10	4,463,152	4,246,073
Short-term deposits		-	621,307
Cash at hand and in bank		3,575,915	3,477,618
		8,039,067	**8,344,998**
Creditors: amounts falling due within one year	11	(797,480)	(850,480)
Net current assets		**7,241,587**	**7,494,179**
Total assets less current liabilities		**11,640,077**	**11,850,775**
Creditors: amounts falling due after one year	12	(109,472)	(214,012)
Net assets		**11,530,606**	**11,636,763**
Funds	14		
Unrestricted funds			
Designated funds		9,715,929	8,165,026
General reserve:		1,433,229	2,663,772
		11,149,158	**10,828,798**
Restricted income funds:		381,448	807,965
		11,530,606	**11,636,763**

The accompanying notes are an integral part of these financial statements.

The accounts were approved and authorised for issue by the Board of Trustees on the 28 June 2022 and signed on its behalf by Manny Sandhu, Trustee



Cash flow statement for the year ended 31 December 2021

	Notes	2021 (£)	2020 (£)
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities		(48,928)	746,220
Cash flows from investing activities:			
Dividends and interest from investments		5,480	23,680
Purchase of property, plant and equipment		(373,455)	(167,193)
Net cash (used in)/provided by investing activities		**(367,975)**	**(143,513)**
Cash flows from financing activities:			
Repayments of borrowing		(102,862)	(100,908)
Interest paid		(3,246)	(5,200)
Net cash (used in)/provided by financing activities		**(106,108)**	**(106,108)**
Change in cash and cash equivalents in the reporting period		(523,011)	496,599
General reserve:		4,098,925	3,602,327
		3,575,915	**4,098,925**

Reconciliation of net income/ (expenditure) to net cash flow from operating activities

	2021 (£)	2020 (£)
Net income / (expenditure)	106,157	2,661,687
Adjustments for:		
Depreciation charges	323,768	306,524
Amortisation charges	10,677	11,654
Dividends and interest from investments	(5,480)	(23,680)
Interest paid	3,246	5,200
(Gains)/Losses on investments	(2,882)	(2,967)
(Increase)/decrease in debtors	(217,079)	(2,334,415)
Increase in creditors	(55,021)	116,283
Net cash provided by/(used in) operating activities	**(48,928)**	**746,220**
Analysis of cash and cash equivalents		
Cash in hand	3,639,079	3,477,618
Notice deposits (one year)	-	621,307
	3,575,915	**4,098,925**

The accompanying notes are an integral part of these accounts.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. Accounting policies

General information and basis of preparation:

Freedom from Torture is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 55 of these financial statements. The nature of the charity's operations and principal activities are included in the Trustees' Report.

The functional currency used to prepare the financial statements was Sterling and rounded to the nearest £.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, as updated through Update Bulletin 1 published on 2 February 2016 and Update Bulletine 2 published on 5 Octoner 2018, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulation 2014 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements do not consolidate the income, expenditure, assets or liabilities of the trading company as disclosed in note 9 due to their immateriality.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Going Concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cause significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries, the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Should the impact of Covid-19, or the cost of living crisis, require a reduction in expenditure or implementation of new ways of working, Trustees are confident management will be able to develop and implement plans to achieve this. Trustees are also sure that Freedom from torture has sufficient General Reserve and access to designated funds to enable time for plans to be developed and implemented in a strategic and timely way, ensuring long-term financial stability.

Tangible and intangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently at cost less depreciation and any impairment losses. Purchases above £500 are capitalised according to our policy. Depreciation is provided at rates per annum calculated to write off the cost or valuation of each asset over its useful life, as follows:

Freehold land	0%
Freehold buildings	2%
Long leasehold building	2%
Computer equipment	25%
Database software	20%
Furniture, fixture and fitting	25%

The depreciation rates above reflect the duration that assets retain a value to the organisation.

Intangible assets are amortised over their expected useful life, as follows:

Software	20%

Investments

Listed investments are initially measured at cost and subsequently measured at fair value. Changes in fair value and gain and losses arising on dispossal of investment are reflected in the Statement of Financial Activities at the balance sheet date. Investments in subsidiaries are stated at cost less any provision for impairment.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short- term liquid investments with original maturities of three months or less.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfillment.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Report.
For legacies, entitlement arises when the charity is aware that probate has been granted. Receipt is normally probable when the executors have established that there are sufficient assets in the estate. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Expenditure

Direct charitable expenditure is analysed under four broad activity headings: medical/therapeutic/ casework; education, training and information; human rights work; and relief grants for individuals and families. Under each of these headings is included staff costs directly attributed to each activity, specific project costs and an allocation of shared costs such as premises and telephone usage on the basis of the staff time spent on each activity. Cost of generating funds includes direct expenditure incurred in relation to fundraising campaigns and events, staff costs directly attributed to this activity and shared costs which are allocated as above. Support costs represent those functions which are wholly or mainly in support of the above activities including senior management, human resources and financial administration. Governance includes only those costs associated with maintaining the charity as a legal, rather than an operational entity. See note 6.

Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation are included in the Statement of Financial Activities for the period.

Operating leases

The rentals paid on operating leases are charged to expenditure on a straight line basis over the term of the lease.

Pension cost

The charity provides a defined contribution pension scheme for its employees and contributions payable for the year are charged to the Statement of Financial Activities.

Funds

Unrestricted funds are available for use at the discretion of the Trustees, in furtherance of the general charitable objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in note 14. The General Reserve is the balance of unrestricted funds not designated by the Trustees. Restricted funds are funds, the use of which is subject to specific conditions imposed by the donors or as specified in an appeal to donors.

Critical accounting estimates and areas of judgement

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that effect the amounts recognised in the financial statements. In the view of the Trustees, judgements, estimates and assumptions that had the most significant affect included legacy income recognition and depreciation, as per the accounting policies previously disclosed.

2. Donations and legacies

2021	2021	2021	2021
	Unrestricted funds (£)	**Restricted funds (£)**	**Total funds (£)**
Trusts & foundations	319,771	150,999	470,770
Companies	7,031	-	7,031
Individuals:			
Committed donations (excluding Gift Aid)	2,360,096	-	2,360,096
Major donations (excluding Gift Aid)	779,701	6,200	785,901
Other donations (excluding Gift Aid)	1,847,433	16,868	1,864,311
Gift aid tax claimable	881,147	-	881,147
Legacies	3,036,697	-	3,036,697
Total	**9,231,886**	**174,067**	**9,405,953**

2020	2020	2020	2020
	Unrestricted funds (£)	**Restricted funds (£)**	**Total funds (£)**
Trusts & Foundations	392,686	737,791	1,130,477
Companies	20,214	-	20,214
Individuals:			
Committed donations (excluding Gift Aid)	2,362,361	-	2,362,361
Major donations (excluding Gift Aid)	914,481	25,250	939,731
Other donations (excluding Gift Aid)	1,919,120	6,401	1,925,521
Gift aid tax claimable	956,025	-	956,025
Legacies	4,088,326	-	4,088,326
Total	**10,653,213**	**769,442**	**11,422,655**

Income from trusts and foundations included the following:

Donor	Purpose	£
Trust for London	Human Rights Work	15,000
David Family Foundation	London Centre: Children, Young People & Families	10,000
Unbound Philanthropy	Human Rights Work	10,000
The Patrick Frost Foundation	Write to Life	7,500
The 29th May 1961 Charitable Trust	West Midlands Centre:- Therapeutic Support	5,000
The Volant Trust	Scotland Centre: Supporting Women and Girls	5,000
The Beatrice Laing Trust	Natural Growth Project	5,000
The Eveson Charitable Trust	West Midlands Centre:- Therapeutic Support	3,000
Pea Green Community First Fund	North East Centre:- Therapeutic Support	2,000
The Hospital Saturday Fund	London Centre: Adult Groupwork	2,000
Lord Mayor Of Birmingham's Charity	West Midlands Centre:- Therapeutic Support	1,655
London Catalyst Charitable Trust	London Centre: Client Relief	1,500
Barrow & Cadbury Trust	Human Rights Work	1,000
The Hadrian Trust	North East Centre:- Therapeutic Support	500

At the end of 2021 there were 25 open residuary legacies with an estimated total value of £2,623,622 which had not met the conditions for recognition as income during the year (2020 – 9 open legacies with an estimated total of £1,556,438). It should be noted that £2,365,000 of that figure is represented by two significant legacies, one of £2m and one of £365,000. The remaining 23 legacies total £258,622. In addition, there are 4 estates with an estimated total value of £34,500 which will be released on the expiration of life trusts.

3. Other trading activities (incl. Fundraising)

	2021 (£)	2020 (£)
Raffles	77,687	135,829
Fundraising events	290,159	57,366
Christmas cards	38,865	46,319
HMRC - Furlough grant	24,683	123,685
Sundry	13,002	4,174
	444,396	**367,373**

4. Income from charitable activities

2021	2021	2021	2021
	Unrestricted funds (£)	**Restricted funds (£)**	**Total funds (£)**
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	68,037	68,037
United Nations	-	31,770	31,700
Scottish Government (Inspire Scotland)	-	30,000	30,000
Others	-	144,414	144,414
Sub-total government and public bodies	**-**	**274,221**	**274,221**
Fees for medico-legal reports	181,244	-	181,244
Training fees & Others	2,055	-	2,055
Total	**183,299**	**274,221**	**457,520**

2020	2020	2020	2020
	Unrestricted funds (£)	**Restricted funds (£)**	**Total funds (£)**
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	367,943	367,943
United Nations	-	34,380	34,380
Scottish Government	-	50,000	50,000
Scottish Government (Corra Foundation)	-	97,028	97,028
Others	-	188,217	188,217
Sub-total government and public bodies	**-**	**737,568**	**737,568**
Fees for medico-legal reports	258,227	-	258,227
Training fees & Others	2,351	-	2,351
Total	**260,578**	**737,568**	**998,146**

There are no known unfulfilled conditions, or contingencies attached to the income recognised in respect of government grants.

The income shown above is comprised of the total funds received as adjusted for the movement in debtors.

Freedom from Torture was grateful to receive three grants from the National Lottery Community Fund in 2021 as follows:

	Restricted funds (£)
Holistic Rehabilitation to help Survivors of Torture Rebuild their Lives Birmingham	49,704
Helping Survivors of Torture Improve Connectivity and Relationships to Enhance their Lives	10,000
Third Sector Communities Recovery Fund	8,333
	68,037

The grants above contributed to therapy in Scotand and West Midlands.

Freedom from Torture was grateful to receive six grants from the from the grant giving bodies below in 2021:

Scottish Government Inspiring Scotland	Core and Healing Neighbourhoods	30,000
Mayor of London - Young Londoners Fund	Supporting survivors of torture aged 10-21 based in London	24,000
Manchester City Council - Our Manchester Fund	Supporting survivors of torture in Manchester	39,045
Ministry of Justice	Supporting survivors of torture in Birmingham	64,515
Newcastle City Council	Supporting survivors of torture in Newcastle	25,155
The United Nations Voluntary Fund for Victims of Torture	Supporting survivors of torture in London	31,770
		214,485

These funds are included as part of the relevant restricted funds in Note 14.

5. Cost of raising funds

	2021 (£)	2020 (£)
Direct Marketing	2,180,286	1,791,603
Legacies	110,144	105,459
Trusts and Corporate	182,917	311,699
Events	170,619	118,125
Local groups	79,915	102,954
Community	108,718	86,003
Major Donors	238,128	278,357
Grants	146,038	104,652
Cost of raising volutary income	3,216,765	2,898,851
Cost of activities for generating funds	**219,663**	**183,097**
	3,436,427	**3,081,948**

6. Analysis of total expenditure

2021	Staff costs (£)	Other direct costs (£)	Support costs (£)	Total 2021 (£)
Raising funds				
Donations and legacies	1,122,961	1,548,518	545,285	3,216,765
Trading activities	44,052	157,270	18,340	219,663
	1,167,013	**1,705,788**	**563,625**	**3,436,428**
Charitable expenditure				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,642,426	70,845	1,343,231	5,056,502
Education/training/info.	284,794	10,723	114,743	410,260
Human rights work	846,103	179,381	363,279	1,388,763
Relief grants	29,048	88,454	12,933	130,435
	4,802,371	**349,403**	**1,834,186**	**6,985,960**
Support costs	**772,900**	**1,624,911**	**(2,397,811)**	**-**
Total expenditure	**6,742,284**	**3,680,103**	**-**	**10,422,388**

2020	Staff costs (£)	Other direct costs (£)	Support costs (£)	Total 2020 (£)
Raising funds				
Donations and legacies	1,018,381	1,382,476	497,994	2,898,851
Trading activities	39,862	124,335	18,900	183,097
	1,058,243	**1,506,811**	**516,894**	**3,081,948**
Charitable expenditure				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,670,470	112,857	1,123,734	4,907,061
Education/training/info.	419,173	10,858	173,448	603,479
Human rights work	860,599	182,707	326,598	1,369,904
Relief grants	15,844	162,792	6,172	184,808
	4,966,086	**469,214**	**1,629,952**	**7,065,252**
Support costs	**763,372**	**1,410,473**	**(2,146,845)**	**-**
Total resources expended	**6,760,701**	**3,386,498**	**-**	**10,147,200**

All expenditure on raising funds was unrestricted (2020 – the same); of the charitable activities expenditure £6,109,329 was unrestricted (2020 - £5,487,107) and £874,805 was restricted (2020 - £1,578,145).

During 2021 Freedom from Torture gave £88,454 in relief grants to survivors of torture (2020 - £174,976). Of this, £21,998 was for emergency assistance. In additon clients received travel costs to attend face to face appointments and mobile phones and phone credit to enable attendance to virtual video therapy appointments. In total £66,456 was given to enable access to our services.

Net incoming resources are stated after charging:

	Total 2021 (£)	Total 2020 (£)
Auditors' remuneration:		
Audit fee - statutory accounts	14,9000	13,050
Audit fee - non audit services	1,045	920
Operating lease rentals - Land and buildings	234,000	56,662

Support costs represent premises and other overhead costs which cannot be directly attributed to departments and projects. The allocation of support costs in the above table is as follows:

	Premises, phone, furniture, post, equipment, print (£)	Governance (£)	Financial administration (£)	Senior management (£)	HR and staff training (£)	2021 Total allocated (£)
Raising funds						
Donations and legacies	269,751	8,243	110,306	52,571	104,414	545,285
Trading activities	9,073	277	3,710	1,768	3,512	18,340
	278,824	**8,520**	**114,016**	**54,339**	**107,926**	**563,625**
Charitable expenditure						
Activities in furtherance of our objects:						
Medical/therapy/ casework	664,493	20,304	271,723	129,501	257,210	1,343,231
Education/training/info.	56,763	1,734	23,211	11,062	21,972	114,742
Human rights work	179,714	5,491	73,488	35,024	69,563	366,280
Relief grants	6,397	196	2,616	1,247	2,477	12,933
	907,367	**27,725**	**371,038**	**176,834**	**351,222**	**1,834,186**
Total	**1,186,191**	**36,245**	**485,054**	**231,173**	**459,148**	**2,397,811**

	Premises, phone, furniture, post, equipment, print (£)	Governance (£)	Financial administration (£)	Senior management (£)	HR and staff training (£)	2021 Total allocated (£)
Raising funds						
Donations and legacies	263,714	8,540	109,986	53,002	62,753	497,995
Trading activities	10,008	324	4,174	2,012	2,382	18,900
	273,722	**8,864**	**114,160**	**55,014**	**65,135**	**516,895**
Charitable expenditure						
Activities in furtherance of our objects:						
Medical/therapy/ casework	595,075	19,270	248,185	119,601	141,603	1,123,734
Education/training/info.	91,849	2,974	38,307	18,460	21,856	173,446
Human rights work	172,850	5,600	72,132	34,760	41,155	326,597
Relief grants	3,269	106	1,363	657	778	6,173
	863,143	**27,950**	**359,987**	**173,478**	**205,392**	**1,629,950**
Total	**1,136,865**	**36,814**	**474,147**	**228,492**	**270,527**	**2,146,845**

The basis of allocation of costs in all cases is the proportion of direct staff time spent on each function. Senior management includes the Chief Executive's office.

7. Staff costs and transactions with trustees

	2021 (£)	2020 (£)
Salaries (including temporary staff)	5,604,489	5,561,817
Interpreters	369,672	403,860
Social security	457,657	465,562
Pension contributions	297,459	313,956
Life assurance contributions	13,007	15,506
	6,742,284	**6,760,701**

The charity contributes at the rate of 6% of gross salary to a money purchase pension scheme for staff with more than three months' service who have not opted out of the scheme.

The year-end creditors includes an amount of £0 (2019 - £227) for accrued pension costs.

The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the year was as follows:

	2021	2020
£60,001 - £70,000	2	1
£70,001 - £80,000	3	3
£80,001 - £90,000	-	-
£90,001 - £100,000	1	1

Key management personnel comprises of the Trustees and Senior Management Team (listed below):

Chief Executive Officer
National Director of Clinical Services
Director of Finance and Central Services
Director of Fundraising and Communications
Director of Policy and Advocacy
Director of Survivor Empowerment

Total remuneration for these posts amounted to £532,615 (2020 - £463,745)

All the employees in the above categories participated in the pension scheme. Contributions made for them amounted to £27,510 (2020 - £24,074).

The Trustees act in a voluntary capacity and received no remuneration. 1 Trustee (2020-3) received reimbursement of expenses totalling £300 during the year (2020 - £188). There were no other related party transactions in the year (2020 - £nil).

Staff costs included ex-gratia, redundancy and payment in lieu of notice costs of £126,927 (2020 - £61,094).

The average number of paid employees and self-employed interpreters (full-time equivalent) over the year by function was:

	2021	2020
Medical, therapeutic and casework	80	72
Interpreters services including admin	10	10
Human rights work	5	9
Pension contributions	16	16
Support	15	14
Fundraising	24	23
Total full-time equivalent (salaried staff)	150	144
Interpreters self employed	9	8
Total full time equivalent (all staff)	**159**	**152**
Total on payroll, full time and part time	**173**	**183**

During the year the charity was fortunate also to have the services of around 38 (2020 - 49) part-time volunteers. Most worked in the medical, therapeutic and casework area.

8. Tangible and intangible fixed assets

	Tangible Fixed Assets				
	Freehold land and building (£)	**Long leashold building (£)**	**Computer hardware / Office equipment (£)**	**Furniture / Fixtures and fittings (£)**	**Total (£)**
Cost:					
At 01.01.21	5,419,752	435,331	959,460	955,158	7,769,701
Additions	-	-	69,182	289,158	358,341
At 31.12.21	**5,419,752**	**435,331**	**1,028,642**	**1,244,316**	**8,128,042**
Depreciation:					
At 01.01.21	1,726,310	106,788	807,340	808,963	3,449,401
Charge for the year	105,856	6,571	70,622	140,719	323,767
At 31.12.21	**1,832,166**	**113,359**	**877,962**	**949,682**	**3,773.168**
Net book values:					
At 31.12.20	**3,693,442**	**328,543**	**152,120**	**146,195**	**4,320,300**
At 31.12.20	**3,587,586**	**321,972**	**150,681**	**294,635**	**4,354,874**

	Intangible Fixed Assets (£)
Database software	
Cost	
At 01.01.21	650,011
Additions	15,115
At 31.12.21	**665,126**
Amortisation:	
At 01.01.21	627,919
Charge for the year	10,677
At 31.12.21	**638,596**
Net book values:	
At 31.12.20	**22,092**
At 31.12.21	**26,530**

The freehold land and building comprised the charity's main premises in Finsbury Park, London. The Long leasehold building, being the Newcastle centre is held under a 295 years lease running from 2006.

9. Investments

At the end of 2021 the charity held listed investments comprising of shares valued at £17,086 (2020 - £14,204) which had been donated by supporters. The main holding is Scottish Investment Trust Plc £14,654 (2020 - £12,250).

	2021 (£)	2020 (£)
Market value at beginning of year	14,204	17,171
Unrealised investment gain/(loss)	2,882	(2,967)
Market value at end of year	**17,086**	**14,204**

In addition to the investments described above the charity retained the shares comprising its £100 (2020-£100) investment in its trading subsidiary company, Survivors Trading Limited. Survivors Trading has been dormant since 2011 and therefore there was no turnover income or expenditure. Net assets amounted to £8 at the year-end (2020-£8). The income, expenditure, assets and liabilities of the trading company are not consolidated in this financial statements due to their immateriality. Copies of Survivors Trading's financial statements are available from 111 Isledon Road, London, N7 7JW.

10. Debtors

	2021 (£)	2020 (£)
Trade debtors (medico-legal report fees)	375,538	404,082
Bad debts provision	(36,687)	(39,863)
Tax recoverable on Gift Aid donations	102,689	214,702
Legacies	3,867,969	3,537,469
Sundry debtors	38,358	68,584
Prepayments	115,285	61,099
	4,463,152	**4,246,073**

11. Creditors: Amounts falling due within one year

	2021 (£)	2020 (£)
Bank loan repayable within one year	103,458	101,776
Trade creditors	353,848	420,233
Inland Revenue: PAYE and NI contributions	134,581	127,115
Staff salaries and pensions	-	-
Other accruals	205,593	201,695
	797,480	**850,819**

See details of bank loan below in note 12.

12. Creditors: Amounts falling due after more than one year

	2021 (£)	2020 (£)
Between one and two years	105,126	112,189
Between two and five years	4,346	101,823
	109,472	**214,012**

The above loan from the Co-operative Bank is secured against our freehold property at 111 Isledon Road, London N7 with interest charged at 1.10% above SONIA. It is repayable in monthly instalments over 14 years from December 2009.

13. Lease commitments

Total future minimum lease payments payable under non-cancellable operating leases are as follows:

	2021 (£)	2020 (£)
Up to one year	16,250	36,178
Between one and five years	217,750	20,484
	234,000	**56,662**

The charity had commitments under non-cancellable leases for land and buildings which relate to clinical centres in Manchester, Birmingham and Glasgow.

14. Movements in funds

Opening and closing balances and movements in funds were as follows:

2021	Brought forward at end 2020 (£)	Incoming during 2021 (£)	Outgoing during 2021 (£)	Transfers & investment gains 2021 (£)	Carried forward at end 2021 (£)
Restricted funds:					
Medico-legal work	-	8,000	(107)	-	7,893
Psychological therapy - Adults	-	35,615	(33,532)	-	2,083
Psychological therapy - CYPF*	54,276	35,500	(80,066)	-	9,710
Group work - Adults	83	20,349	(20,432)	-	-
Group work - CYPF	4,167	5,244	(8,994))	-	417
Welfare advice and care	2,808	-	(2,808)	-	-
North West centre	21,507	44,175	(56,575)	-	9,107
Scotland centre	124,019	54,357	(172,509)	-	5,867
North East centre	2,708	19,354	(21,693)	-	369
West Midlands centre	85,362	140,874	(221,944)	-	4,292
Yorkshire and Humberside hub	-	-	-	-	-
Survivors writing group - Write 2 Life project	4,667	8,300	(6,092)	-	6,875
Training & capacity building	11,249	10,000	(14,583)	-	6,666
Research and Information	-	-	-	-	-
Human rights work	165,148	62,500	(225,005)	-	2,644
Relief grants	-	4,020	(3,895)	-	126
Memorial events in memory of A. Wetherfield	3,429	-	-	-	3,429
North East centre Fixed Assets reserve	328,542	-	(6,571)	-	321,971
	807,965	**448,288**	**(847,805)**	**-**	**381,448**
Designated funds:					
Fixed assets reserve	3,701,294	-	-	150,122	3,851,416
Working Capital Reserve	3,497,030	-	-	272,100	3,769,130
Development Fund	-	-	-	1,200,000	1,200,000
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	542,400	-	-	(173,829)	368,571
	8,267,536	**13,170**	**(13,170)**	**1,448,393**	**9,715,929**
General reserve (unrestricted fund)	2,561,262	9,851,891	(9,534,413)	(1,445,511)	1,433,229
	11,636,763	**10,313,349**	**(10,422,388)**	**2,882**	**11,530,606**

*Children, young people and families

2020	Brought forward at end 2019 (£)	Incoming during 2020 (£)	Outgoing during 2020 (£)	Transfers & investment gains 2020 (£)	Carried forward at end 2020 (£)
Restricted funds:					
Medico-legal work	82,541	33,128	(115,669)	-	-
Psychological therapy - Adults	-	148,447	(148,447)	-	-
Psychological therapy - CYPF	85,019	153,466	(184,209)	-	54,276
Group work - Adults	1,416	16,822	(18,155)	-	83
Group work - CYPF	21,662	9,321	(26,816)	-	4,167
Welfare advice and care	6,000	29,214	(32,406)	-	2,808
North West centre	12,949	157,336	(148,778)	-	21,507
Scotland centre	115,334	264,251	(255,566)	-	124,019
North East centre	4,958	27,870	(30,120)	-	2,708
West Midlands centre	80,446	242,425	(237,509)	-	85,362
Yorkshire and Humberside hub	3,667	4,282	(7,949)	-	-
Survivors writing group - Write 2 Life project	750	13,694	(9,777)	-	4,667
Training & capacity building	6,666	15,000	(10,417)	-	11,249
Research and Information	-	5,000	(5,000)	-	-
Human rights work	118,515	384,365	(337,732)	-	165,148
Relief grants	501	2,390	(2,891)	-	0
Memorial events in memory of A. Wetherfield	3,429	-	-	-	3,429
North East centre Fixed Assets reserve	335,247	-	(6,705)	-	328,542
	879,100	**1,507,011**	**(1,578,146)**	**-**	**807,965**
Designated funds:					
Fixed assets reserve	3,743,064	-	-	(41,770)	3,701,294
Working Capital Reserve	1,278,898	-	-	2,218,132	3,497,030
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	532,400	-	-	10,000	542,400
	6,081,174	**13,170**	**(13,170)**	**2,186,362**	**8,267,536**
General reserve (unrestricted fund)	2,014,802	11,291,673	(8,555,883)	(2,189,330)	2,561,262
Sub-total: Charity funds	**8,975,076**	**12,811,854**	**(10,147,200)**	**(2,968)**	**11,636,763**

The capitalised expenditure on the North East centre (North East Centre fixed assets reserve) is considered restricted as the grant provided towards these costs, imposes specific condition that the building should continue to be used for the purpose of the Freedon from Torture. The £6,571 (2020-£6,705) outgoing resources represents the depreciation on the building.

The Fixed assets reserve is an unrestricted fund designated by the Trustees. Its purpose is to reflect funds tied up in the charity's fixed assets (other than the North East centre held in restricted funds as above) after taking into account the bank loans which are part-financing them. When additional fixed assets are required, further funding will be sought if necessary.

The Long term donation is a fund set-up in response to a donor's wish that the £500k they gave be invested and any interest gained be used to help fund psychotherapy services over a sustained period. The intention of the donor was to provide long-term assistance but the Trustees have discretion to draw on it at times of great need. The charity plans to use these funds in the next 18 months to support fundraising

The charity is putting aside £40,000 p.a. into a Major Building Repairs Reserve to fund major repairs to its freehold property in London and its leasehold property in Newcastle. Due to the nature of the costs covered it is not possible to anticipate the timing of the expenditure.

The charity is putting aside £40,000 p.a. into a Major Building Repairs Reserve to fund major repairs to its freehold property in London and its leasehold property in Newcastle. Due to the nature of the costs covered it is not possible to anticipate the timing of the expenditure.

15. Analysis of assets and liabilities between funds

	Unrestricetd Funds			
2021	**Restricted Funds(£)**	**Designated Funds (£)**	**General Reserve (£)**	**2021 Total (£)**
Tangible and intangible fixed assets	321,971	4,059,433	-	4,381,404
Investments	-	-	17,086	17,086
Net current assets	59,477	5,765,968	1,416,143	7,241,588
Long term loan	-	(109,472)	-	(109,472)
	381,448	**9,715,929**	**1,433,229**	**11,530,606**

	Unrestricetd Funds			
2020	**Restricted Funds(£)**	**Designated Funds (£)**	**General Reserve (£)**	**2021 Total (£)**
Tangible and intangible fixed assets	328,542	4,013,850	-	4,342,392
Investments	-	-	14,204	14,204
Net current assets	479,423	4,467,698	2,547,058	7,494,179
Long term loan	-	(214,012)	-	(214,012)
	807,965	**8,267,536**	**2,561,262**	**11,636,763**

16. Taxation

Freedom from Torture is a registered charity and as such its income and gains are exempt from corporation tax to the extent that they are applied to its charitable objectives.

17. Analysis of changes in net debt

	Brought forward at end 2020 (£)	**Cashflow (£)**	**Carried forward at end 2021 (£)**
Cash	4,098,925	(523,011)	3,575,915
Loans falling due within one year	(101,776)	(1,682)	(103,458)
Loans falling due after more than one year	(214,012)	104,540	(109,472)
	3,783,137	**(420,153)**	**3,362,985**

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY

Board of Trustees
Susan Berelowitz (Chair)
Melanie Essex (Vice Chair)
Fiona Goudie
Joanne Stubley
Javier Rodriguez Alarcon (Appointed 17 May 2021)
Mahesh Wickramasinghe (Appointed 17 May 2021)
Manny Sandhu (Treasurer, appointed 17 May 2021)
Michael Johnson
Rasha Obaid (Appointed 17 May 2021)
Sarah Taylor Peace
Seibatu Amara
Sonali Naik
John Jacob Dalhuisen (Resigned 12 October 2021)

Chief Executive
Sonya Sceats

Charity Registration Number
1000340

Registered Name
Freedom from Torture

Registered Office
111 Isledon Road, London N7 7JW

Scottish Charity Number
SC039632

Company Registration Number
2398586

Finance, Governance & Audit Committee
Manny Sandhu (Chair)
Sarah Taylor Peace (Vice Chair)
Javier Rodriguez Alarcon
Susan Berelowitz
Rasha Obaid
Sonali Naik

Performance, Standards and Effectiveness Committee
Melanie Essex (Chair)
Michael Johnson
Fiona Goudie
Joanne Stubley
Seibatu Amara
Mahesh Wickramasinghe

Remuneration Committee
Sarah Taylor Peace (Chair)
Manny Sandhu
Sue Berelowitz
Melanie Essex
Joanne Stubley
Michael Johnson

Bankers
National Westminster Bank plc
95 High Street, Huntingdon Cambs PE29 3DT
Co-operative Bank plc
80 Cornhill, London EC3V 3NJ

Auditors
Moore Kingston Smith LLP
Devonshire House,
60 Goswell Road London EC1M 7AD

Solicitors
DMH Stallard
Griffin House, 135 High Street, RH10 1DQ
Bates Wells & Braithwaite London LLP
10 Queen Street Place London EC4R 1BE

FREEDOM FROM TORTURE

EMPOWERING SURVIVORS, REBUILDING LIVES

Registered charity number: 1000340
Registered charity number in Scotland: SC039632

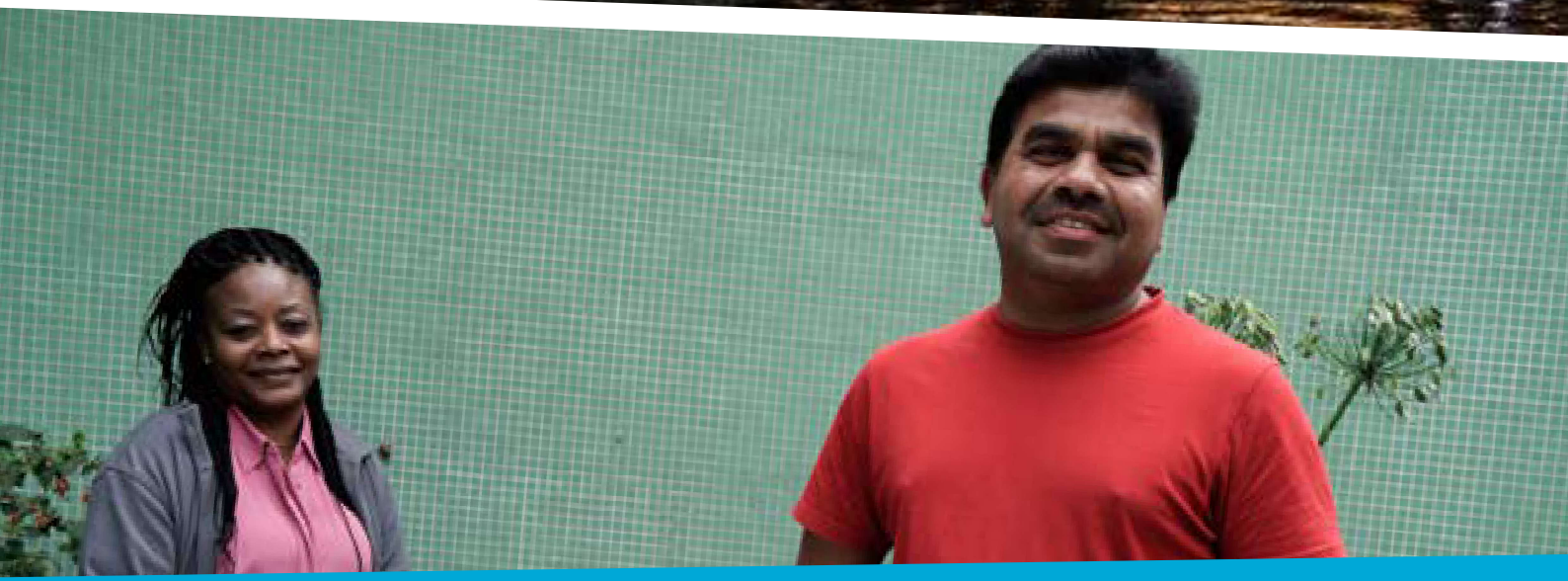
FREEDOM FROM TORTURE

England & Wales - Charity number 1000340

Accounts







FREEDOM FROM TORTURE

EMPOWERING SURVIVORS, REBUILDING LIVES

Annual Report 2020

CONTENTS

Message from the Chair of Trustees **4**
Message from the Chief Executive **6**
Our Mission, Vision & Values **9**

Our work in 2020:

How we helped survivors of torture **10**
Changing Connections **12**
How we helped survivors navigate the asylum system **14**
How we created change through legal challenge **16**
How we stood strong with torture survivors through the pandemic **18**
How we empowered survivors **22**
How our supporters rose to the challenge with us this year **24**

Thank you to our major donors **29**
Thank you to our supporters **30**
Strategic report **31**
Plans for the future period **33**
Fundraising statement **35**
Financial review **36**
Risk management **40**
Organisational structure **42**
Statement of Trustees' responsibility **44**
Independent Auditor's Report **45**
Financial statements **50**
Reference and administrative details of the charity **72**

MESSAGE FROM THE CHAIR OF TRUSTEES

Sue Berelowitz

As we look back on 2020, many of us will still be reeling from the pain and disruption caused by the global COVID-19 pandemic. As the shock of the news and the isolation of that first lockdown descended, we knew our clients would likely be among those who felt the effects most deeply. Feelings of isolation within four walls can be very triggering for some survivors of torture. Meanwhile vital care, therapy, and support threatened to recede out of reach. We knew that speed of movement was key and within just 2 weeks of learning about the first lockdown restrictions, we had moved to a completely remote model of therapy, ensuring no client was left without support.

Life changed for everyone. As a charity we were suddenly operating in a new world. Our donors and supporters, as well as our clients, staff and volunteers, have all had to stop and assess their priorities. As a sector we face uncertain times for a long time to come.

Over the year, we have had to think on our feet, be thoughtful and creative and above all determined to stand firm with survivors. Amid a storm, our staff and volunteers have dug deep, staying strong to our values and turning obstacles to opportunity. The digital doors we opened, out of necessity at first, have since shown us new possibilities for offering service and support to more people in new ways. We are hugely grateful to and hugely proud of our teams and what they have achieved despite all they have faced.



Over the year, we have had to think on our feet, be thoughtful and creative and above all determined to stand firm with survivors.

A line in the sand was drawn in May 2020, with the murder of George Floyd under the knee of an American police officer – a state actor applying persistent deliberate force intentionally inflicting severe pain and suffering which led to his death – and the uprising that followed, have brought all of these issues into sharp relief for us at Freedom from Torture.

For 35 years, Freedom from Torture has borne witness to torture linked to racist oppression in many countries and we have helped many thousands of survivors to rebuild their lives and find their voice again. We are gravely concerned about the rise of hate and normalisation of extremist views in the context of populist authoritarianism sweeping the world right now. Values our parents and grandparents fought for over decades – equality, respect for human dignity and tolerance – are threatened, including in liberal democracies such as the US and here in the UK. The very concept of human rights is under attack.

At Freedom from Torture, we have a strong history of calling out injustice. But we must do more. One statement does not fix this. The novelist Ralph Ellison said that "some things are just too unjust for words". So we call for action. It is time for the British government to show leadership and stand up to human rights abusers, even when they are allies or trading partners. And it must take concrete steps to address both structural and cultural problems in the Home Office and beyond that have let Black people down time and time again.

What keeps us strong is our heart. And at our very centre is survivor empowerment. The global political climate we are in now is harsher than ever – at best distracted and at worst hostile. We are a long way from our vision of a world free from torture, and while others look away we will keep fighting to get us closer to that world. This fight must be led by the experience and expertise of survivors. That is why, as we head into 2021, we are building a new directorate of survivor empowerment, with co-founder of Survivors Speak OUT, Kolbassia Haoussou MBE, at its helm.

As we set our strategy for the next four years, we will make sure all our plans, decisions and actions, are driven by survivors. Because we will never back down on this: it is not enough to treat the effects of torture. Torture is illegal; torture does not work; torture is always wrong. We are determined to build the movements and coalitions, to shape and strengthen political will, that will stop torture forever.

MESSAGE FROM THE CHIEF EXECUTIVE
Sonya Sceats

2020 was the most difficult year ever for torture survivors in the UK. Stories of hardship and intense anxiety flooded into our frontline staff as soon as COVID-19 restrictions were imposed. Survivors struggled to keep safe, feed themselves and their families and stay afloat mentally. The asylum system almost ground to a halt.

I am proud of the herculean efforts of our staff and volunteers to ease survivors' pain. We delivered more than 17,000 remote client sessions after the lockdown. In some weeks of the pandemic, we quadrupled our welfare spend so that survivors could meet their basic needs. We rolled out smart phones to help survivors access our own and other services. Our micro grants scheme helped hundreds more survivors via smaller charities supporting them across the UK.

Authoritarian leaders have exploited the pandemic to repress their populations and reduce constraints on their power. It is harder for torture survivors to escape. The number of asylum seekers reaching Britain plummeted last year. But the politics of hate against them escalated. Freedom from Torture joined with survivors to confront this politics, call out structural racism in our immigration system and defend the Rule of Law in Britain. We are delighted that our campaign against torture impunity led to two U-turns from the Prime Minister in early 2021.



All of this was made possible by the activism and incredible generosity of our supporters.

All of this was made possible by the activism and incredible generosity of our supporters. Together with our allies, we mobilised tens of thousands of people to campaign alongside survivors to raise asylum support rates, close unsafe army barracks accommodating asylum seekers and defeat UK government plans to decriminalise torture for British troops abroad. Our "Do What We Can" emergency appeal was among the most successful in our history. We are so grateful to everyone who contributed and to all the institutional funders who provided emergency grants to help us adjust to COVID-19.

We are determined to keep evolving Freedom from Torture to meet the challenges of this new world. Our

in-person services re-opened at the end of 2020 but we will embrace digital services to expand access and choices for survivors into the future. We will heed the call of Black Lives Matter to champion anti-racism and pass power to survivors in line with our long-standing commitment to survivor empowerment at Freedom from Torture and beyond. We will redouble our efforts to rebuild survivor-led movements to defend the torture ban and Britain's asylum system.

Our next strategy is taking shape now with survivors at the helm of the process. Thank you to all the survivors, donors, supporters and partners who are helping to shape it. We are a growing community of people committed to ending torture and ensuring that Britain remains a safe place for those who have suffered it.

Together we are unstoppable.





OUR MISSION VISION & VALUES

Freedom from Torture is dedicated to healing and protecting people who have survived torture. We provide therapies to improve physical and mental health, we medically document torture, and we provide legal and welfare help. We expose torture globally, we fight to hold torturing states to account and we campaign for fairer treatment of torture survivors in the UK.

Through this tumultuous year, our mission and core values have steered us through unprecedented change. We committed, in our 2019-2021 strategy, to work to significantly increase our impact. The critical challenges 2020 brought with it have called for some deep thinking about our ethos and how we adapt to deliver on our promise: to protect and heal more torture survivors in the UK and to prevent torture across the world.

Thanks to the dedication and spirit of our staff, volunteers and all those we work with, and thanks to the enduring generosity of our supporters, we were able to steer into unchartered territory with success.

WHAT WE STAND FOR

We oppose torture fiercely and stand with survivors in their recovery. Their resilience is a source of constant inspiration.

Our core values are:

COMPASSION: Understanding the suffering, acting together to end it.
EMPOWERMENT: Unlocking strength, moving from passive to active.
RESOLVE: Never giving up, even in the hardest times.
HOPE: Belief in the potential for making change.

OUR MODEL

While people are still being tortured, we will fight to ensure the UK is a welcoming place where survivors can rebuild their lives in safety and with dignity.

We will use the evidence we gather from the people we work with to expose torture, and we will campaign globally to ensure states responsible for torture are held to account.

We believe in the capacity of rehabilitation not only to rebuild lives, but to give power back to survivors so they are able to speak and advocate effectively and powerfully for change.

PUBLIC BENEFITS OF OUR ACTIVITIES

We provide physical, psychological, legal and welfare support to people in the UK who have survived torture. We also support other providers to deliver high-quality rehabilitation services to survivors.

We deliver wider public benefit through promoting social integration of torture survivors, raising public awareness of the use of torture and its terrible human impact and promoting a world free from torture.

The Trustees confirm that they comply with their duty to have regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties.

HOW WE HELPED SURVIVORS OF TORTURE

Torture attempts to break people to the point where they can't recover from the physical and mental wounds. Our work is to ensure that this doesn't happen. We support survivors so they can recover and live full lives.

In the response to COVID-19, we rapidly moved our services online and via telephone. We were aware that our clients were facing additional stresses and demands during this time, on top of the average stressors that the majority of the population were having to deal with. The social isolation caused by the lockdown was triggering for our clients, who were reminded of the loneliness of torture.

Our safeguarding referrals during this period revealed a range of concerns including domestic violence, physical and psychological abuse within Home Office accommodation, deteriorating mental health, the impact of parental mental health on parenting, and a significant reduction in access to usual coping mechanisms. This, combined with digital poverty, language barriers preventing access to health information, and reduced support networks, meant it was vital for us to be able to find ways to ensure we could provide a consistent service provision for our clients. So, we increased our support for survivors, offering more appointments in the immediate stages of the lockdown to our existing clients, and remained vigilant to any signs that our clients were experiencing a deterioration in their mental health, or any form of abuse or exploitation, so that our formal risk management and safeguarding procedures could be followed. We also held a 'safeguarding week' for clinicians which included specialist sessions on the safeguarding concerns most relevant to our clients.

We ensured all of our clients had access to a smart phone and had data, not only so they could access their therapy to continue their recovery, but also to enable them to maintain social contacts and have access to vital news services to keep informed about the public health situation. Those with mental health problems were more at risk of deterioration caused by the lack of social contact during the lockdowns. Our clients face additional challenges in relation to social reintegration (including language barriers, poverty, and lack of familiarity with UK services), and so this provision ensured clients maintained social contacts.

We provided a total of 18,260 hours of therapy in 2020 and, despite the uncertainty during the year, welcomed 241 new clients for treatment. We were still able to offer therapy to the point of recovery: 268 clients were successfully discharged after completing their therapy with us. Despite the pandemic, we continued to roll out our radical new treatment model Pathways and prepared for our trailblazing shift towards survivor co-delivery of rehabilitation services.

Throughout the year we have continued to offer evidence based therapy that treats the difficulties caused by torture (for example PTSD). We offered individual trauma focused therapy (Cognitive Behavioural Therapy (CBT)), and Eye Movement Desensitisation and Reprocessing (EMDR)), family and couple systemic psychotherapy, and individual stabilisation (that helps survivors to manage

18,260
Hours of therapy in 2020

268
clients were successfully discharged

241
New clients for treatment

180
MLR reports

their psychological difficulties such as flashbacks and nightmares. And we've had a positive response from our clients about our remote service offer during this period. We also introduced validated assessment and outcome tools so that we can be sure of the exact nature of our clients' difficulties that was so important to make treatment decisions, in collaboration with client wishes. The latest results show that our treatments are leading to effective change.

Our medico-legal report (MLR) service was adapted quickly this year to allow clients' assessments to happen remotely during lockdown in spite of the considerable challenges. It is crucial that survivors' scarring is documented by experts to prove their experiences, and sometimes the timing of this is critical. We were able to carry on with psychological assessments of clients' past and current mental health and, as the first lockdown eased, we brought in a model that meant remote assessments could continue where appropriate, while vital in-person scarring assessments were reintroduced.

The service now has an established hybrid system of assessing clients both remotely and in-person. This rapid adaptation was crucial for us to keep offering survivors of torture the medical evidence they needed to further their asylum cases.

Over the course of 2020, we produced 180 MLR reports – an increase on last year's figures despite the pandemic. Some individuals received a grant of asylum following receipt of the remote psychological reports produced early on in the pandemic; others used their reports to argue that their previously failed asylum claims should be considered afresh. We now plan to make ongoing use of the systems established while working remotely, as they help us to offer clients and their legal representatives a service that's flexible and adaptable to individual needs. Our medico-legal report writing team have described this pioneering model in an article in the 'torture' academic journal.

Through our clinical services we have ensured that our vital work in supporting survivors' recovery has continued and that the conditions caused by the lockdown's were mitigated so that survivors were protected from these additional hardships as far as possible.



CASE STUDIES: CHANGING CONNECTIONS

HEALING THE SCARS OF TORTURE

Zoe Cricks is a Clinical Nurse Specialist and the Pain Management Coordinator at Freedom from Torture. She works with our clients to help them manage the physical pain they might be suffering with as a result of their torture. Usually, she'd do this in person. Last year, she adapted, like the rest of our organisation, to continue to offer these crucial services online.

Many people who have survived torture continue to experience physical as well as mental pain. Living with persistent pain can be a constant reminder of torture, and if it's unaddressed can really hinder people's quality of life – and future. The situation can be made worse if people are going without things that could help, like nutritious food, access to exercise, and a social network. For those forced to live in poverty, maybe in mouldy, damp accommodation, without a decent bed or heating, it can feel like all they have is their pain.

With professional medical and self-management support, through relaxation techniques, and movement and exercise classes, survivors can begin to improve their lives. Treating both the mental trauma and the physical pain helps rehabilitation massively.

"A number of our clients have existing health conditions, lots are on medications for PTSD and depression. GPs are working flat out at the moment, they're working really hard, but lots of people's prescriptions are running out, and it's very difficult to get hold of GPs."



Painting by Ronce, Freedom from Torture client.

Treating both the mental trauma and the physical pain helps rehabilitation massively.

"Our clinicians and welfare team are working hard to try and link our clients up with local organisations and other people that can support them. We're sending out care packages that can last them for a while, but situations like this don't happen in a vacuum. Everything that was happening before is still going on, yet anxiety, PTSD, health conditions all appointments have stopped. We're doing everything that we can to help."



STAYING APART BUT STILL PULLING TOGETHER

Mohammed is one of our community development workers. He runs a football group for survivors in Glasgow. The all-male football team would usually meet every week, but when the country went into lockdown, Mohammed set up a WhatsApp group so everyone could stay connected. Thanks to Mohammed, who's been sending them exercises to do at home, the group has been able to keep up with their exercise as well as stay in touch even when they couldn't meet in person. Through the virtual group, he's been able to offer the holistic support he normally would in person, like helping them with translations when he can.

"Thankfully, just before the coronavirus crisis hit, Police Scotland had donated shorts and jackets, which we distributed just in time. We also bought football shoes and kits not long before, so most of the group have equipment they can use too.

"The Whatsapp group is really important so the group can keep building friendships. Some of the guys have lived in Glasgow for years, but others had just arrived in the UK by themselves and were having to do lockdown alone. It's important not only that we check in with them, but that these friendships can keep going, as they look out for each other."

HOW WE HELPED SURVIVORS NAVIGATE THE ASYLUM SYSTEM

Having already been through so much, many survivors struggle to have their claim for protection recognised, suffering painful accusations that they are lying and years of lengthy and retraumatising appeals. Some are subjected to harmful detention, and failures in accommodation and support often leave survivors living in desperate poverty.

Through the disruption of 2020, and against the backdrop of increased hostility from the Home Office, we have continued to support survivors to navigate the asylum system. Our specialist in-house Legal and Welfare Service (LAWS) received 2,142 referrals this year and we were able to support 568 clients.

Our clients continue to express the value that they place on this service. It makes a huge difference for them to know our skilled legal immigration and welfare advisors are able to work together with their own legal representatives to make sure their needs are met.

Abuse, bullying and conflict in asylum accommodation is a rife, and is a considerable source of distress for our clients. Our LAWS and clinical teams work with survivors to ensure that they are well equipped with the skills to manage conflict where possible, and if necessary, where it isn't possible for them to keep themselves safe, to make the needed referrals so they can be moved to more suitable accommodation.

It makes a huge difference for [our clients] to know our skilled legal immigration and welfare advisors are able to work together with their own legal representatives to make sure their needs are met.





HOW WE CREATED CHANGE THROUGH LEGAL CHALLENGE

Our Legal and Welfare service specialists were involved in two key strategic litigation cases this year. In other words, we're not just working with individuals to see their rights realised case by case. We're combining in-house legal expertise with our depth of experience in the issues that survivors of torture face again and again, so we can create systemic changes in areas where we know it's needed.

CASE STUDIES:

ANTI–SOCIAL BEHAVIOUR IN SUPPORT ACCOMMODATION: A BREACH OF CONDITIONS

Our client, a single mother with a small child, was experiencing abusive and anti-social behaviour in her asylum support accommodation. We alerted the Home Office accommodation provider and made relevant safeguarding referrals. We referred our client to a community care solicitor (Deighton Pierce Glynn (DPG)) and the Home Office offered to remedy the situation by moving the client to alternative accommodation, though she would have preferred to remain in the accommodation and instead for the perpetrator to be moved. Even though the Home Office offered this solution, our client was still granted permission to proceed to a full hearing. We provided a witness statement for the hearing as well as evidence detailing how our clients have been affected on some scale by the issue of anti-social behaviour in asylum support accommodation.

The Home Office settled the case one week before the scheduled hearing in December 2020. One of the main outcomes was that they agreed to amend the 'Breach of Conditions' policy on dealing with antisocial behaviour, harassment, verbal or physical abuse, threatening behaviour or assault in asylum support accommodation (this covers anyone experiencing antisocial behaviour from someone outside their family, as behaviour of family members or intimate partners is covered by the Domestic Abuse policy).

We've remained involved in this case to comment and feedback on policy development.





RELOCATION DELAYS FOR PEOPLE SEEKING ASYLUM AND LIVING WITH DISABILITY: A HIGH COURT JUDGMENT

A number of our clients experience physical and mental health disabilities and have faced unreasonable delays in being relocated to suitable accommodation. This means they may be left in unsuitable accommodation for prolonged periods, which can clearly be distressing.

So we were keen to support a piece of strategic litigation brought by DPG regarding these unacceptable delays in relocation. We again provided a witness statement and wider evidence on the issue for the case.

In December 2020, the High Court handed down a judgment holding that delays in relocation in these cases is unlawful and discriminatory.

The findings of the case said that the Home Office's system for enforcing standards on its private sector contractor was "chaotic", their failure to know how the contract performed unlawful, and that their failure to monitor the provision of accommodation to those with disabilities a breach of duty.

The Judge rejected the submission by the Secretary of State that disability discrimination was justified on the grounds of immigration control, rejected suggestions that claimants' destitution was caused by their own "failure to travel" to accommodation offered, and highlighted that economic incentives in contracts with private accommodation contractors risks a negative impact on disabled people as their accommodation needs are "less profitable".

Finally the judge also found that the Home Office ignored evidence from those using services, and from NGOs, that the contracts are failing, allowing a situation to develop where people were left unable to meet their essential living needs for prolonged periods, and that a more constructive approach from the Secretary of State is needed to ensure the asylum support system wins confidence and respect.

HOW WE STOOD STRONG WITH TORTURE SURVIVORS THROUGH THE PANDEMIC

Against the stark backdrop of a worldwide backslide into authoritarianism and weakening commitment to the global torture ban, the global pandemic rolled in. It brought shifts in political priorities, as well as clear logistical barriers to our movement-building around the world. But we have not turned away. We've held strong to our values and redoubled our efforts to stand with survivors and speak out against torture.

While Donald Trump set the global bar low with his claim that "torture absolutely works", he never stood alone, with other supporters of torture in power from Brazil to the Philippines. In the UK, we have seen the government abandon their moral and legal responsibilities in many different contexts this year, in ways that would have been unthinkable just a few years ago.

In the face of new obstacles this year, we have taken the opportunity to think deeply this year and plan how we will counter this backslide. We have pushed forward the process of reaching out to partner organisations with whom we believe we can make a difference. And we're building momentum back up with the expansion of our survivor activism work in the coming year, including the planned creation of a Survivor Empowerment Directorate.

When the Overseas Operations Bill reared its head, outlining a "presumption against prosecution" for torture and other crimes, we played a key role in energising opposition to the Bill, in parliament and nationwide. We knew that if it passed unchanged into law, it would effectively provide impunity for perpetrators in most cases of torture and other grave crimes after five years.

We worked with leading military and defence figures on a letter to the Prime Minister, which gained wide traction and impact. Members of Survivors Speak OUT (SSO – a national network of torture survivors who are former

We're building momentum back up with the expansion of our survivor activism work in the coming year, including the planned creation of a Survivor Empowerment Directorate.


"The sun's unrelenting rays had scorched my heart for so long and left it charred. Now it has been replaced by soft falling rain that has brought a new stronger heart beating within me.

Whenever I see the words "safeguarded", my heart leaps with joy and says, 'yes, that's what you are to me, Freedom from Torture, you make me feel like I'm always wearing an invisible sign that's boldly printed:

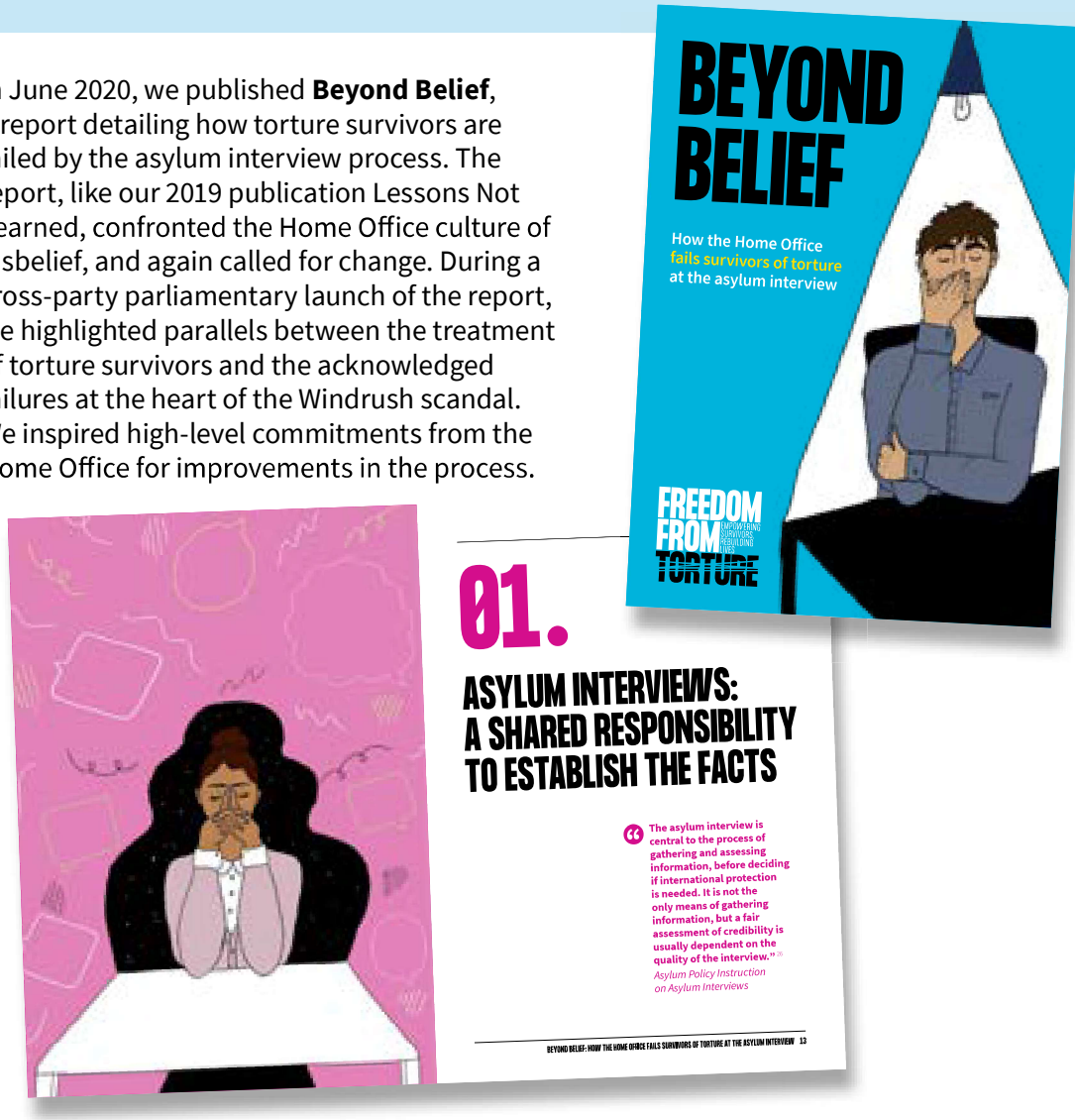
SAFELY GUARDED

clients of Freedom from Torture and who speak with authority on issues of torture, and life in the UK as asylum seekers and refugees who have survived trauma) drove much of the advocacy thinking, and spoke at key parliamentary events on the theme, including the Conservative Party Conference.

Over 14,000 of our supporters wrote to their MPs asking them to oppose the bill, and join them in taking a stand that torture should never go unpunished. By year -end, the government remained defiant but, thanks in part to our efforts, was under great pressure. 2021 saw an incredible U-turn, with Parliament voting for a government amendment to exclude torture, genocide and crimes against humanity from the scope of the presumption against prosecution in the Overseas Operations Bill.



In June 2020, we published **Beyond Belief**, a report detailing how torture survivors are failed by the asylum interview process. The report, like our 2019 publication Lessons Not Learned, confronted the Home Office culture of disbelief, and again called for change. During a cross-party parliamentary launch of the report, we highlighted parallels between the treatment of torture survivors and the acknowledged failures at the heart of the Windrush scandal. We inspired high-level commitments from the Home Office for improvements in the process.



While the pandemic has thrown up many challenges, 2020 has also seen new energy in pushing against the most unjust government proposals and practice.

This year we brought attention to the ethnic disparities in health and other areas that we see through our work. In June we joined forces with Black Lives Matter UK, Hope Not Hate, The Joint Council For The Welfare Of Immigrants and others to project a **Black Lives Matter** message onto the Houses of Parliament, which gained international coverage and was featured in the Times, the Independent, Vogue, the Daily Mail and the Washington Post to name but a few media outlets.

We campaigned to close the decommissioned army barracks in Kent and Wales where many people seeking asylum were being held in unacceptable conditions. After a COVID-19 outbreak in the barracks in January and February, we teamed up with the Royal College of Psychiatrists and others and worked with ministers and the public to push for the closure. Our petition, at final count, got more than 45,000 signatures. By year-end, the government was forced to rethink the barracks policy, the facility in Wales has since closed and we hope the Kent barracks won't be far behind.

Our petition to close the decommissioned army barracks in Kent and Wales, at final count, got more than

45,000 SIGNATURES





In a year when the government introduced increasingly hostile policies for people seeking asylum, we pulled together with partner organisations Asylum Matters, British Red Cross, Refugee Action, Refugee Council and Scottish Refugee Council in the Asylum Reform Initiative, a newly-created coalition for change. Pooling our expertise with other leading organisations in our sector, we tackled new proposals flagged in 2020 for implementation in 2021, which look set to cut away at the very principles of seeking asylum in the UK.

We also led a campaign, beginning in April, to raise asylum support in the face of the pandemic. Joining forces with other organisations in the refugee, human rights and welfare rights sectors, we called for an uplift of £20 to asylum support, in line with the increase to Universal Credit.

We sent a letter to the Home Secretary that was signed by over 60 organisations, and ran a public petition that got over 21,000 signatures. We met with parliamentary allies on the Labour and SNP frontbench to discuss our campaign calls and exchanged several letters with the Home Secretary and Chancellor of the Exchequer regarding the campaign call and the eventual minor 5% increase to support rates. We took an important leadership role in defining the campaign ask, generating support and collaboration from outside the sector and building public pressure.

We sent a letter to the Home Secretary that was signed by over

60 ORGANISATIONS

and ran a petition that got over

21,000 SIGNATURES

HOW WE EMPOWERED SURVIVORS

Survivor voices ran through all our activity this year, from our stance on anti-racism, to our expert opposition to the Overseas Operations Bill, to the increasing impact of our therapeutic work.

We are increasing our investment in our survivor activism work to make sure authoritative voices power the change we create. In 2021, we will welcome a Director for Survivor Empowerment to our senior management team. This new role, alongside increased representation of torture survivors among our Board, will add lived-experience authority at every level of the organisation.

Our survivor-led work has seen phenomenal growth in the past decade. It has been widely admired, and we hope will create a lasting legacy in the years to come. We know the model for building survivor-led work that we're developing with Survivors Speak OUT (SSO) is eagerly anticipated by other organisations embarking on the journey.

Much of the Survivor Activism team's work had to be delivered remotely this year, from creative workshops organised by Write to Life and Young Outspoken Survivors, to the core advocacy, campaigning and coalition-building work of SSO. It was a challenging pivot, but one which has laid the groundwork for remote working in future, which will open up new technological and geographic possibilities.

A new network, in development this year, may prove to be our greatest contribution yet to empowerment models within the UK migration sector. SSO worked with other self-led advocacy groups with lived experience to create a new movement of campaigners with lived experience of migration, seeking asylum, and refugee issues. The One Strong Voice network was launched at a successful remote event in December. They laid out their vision, mission and objectives and held meetings with key Home Office officials. We expect to see their number and their influence grow in 2021.



Much of the Survivor Activism team's work had to be delivered remotely this year... It was a challenging pivot, but one which has laid the groundwork for remote working in future, which will open up new technological and geographic possibilities.

CASE STUDIES:

THANK YOU LUCIE

Lucie volunteers as a receptionist and administrator with our Manchester team, where she can use her qualifications and experience in secretarial work and computer science to use for a cause she believes in.

She is also a refugee, and was a Freedom from Torture client herself.

Originally from the Democratic Republic of Congo, Lucie fled her home in fear of her life and, together with her two children, sought asylum in the UK. She was later granted refugee status and her husband has since joined her.

Lucie says: **"I have been a client of Freedom from Torture so I wanted to use my professional skills to support the noble purpose of defending human rights and providing therapy and support to survivors of torture.**

I've gained new skills, with training on how to work therapeutically through interpreters and online training. Volunteering here means I can use my skills and aid my professional development, including practising my English. At times I have helped the interpreters translate French and Lingala into English too."

Survivors are involved in every aspect of our services, whether it's being greeted at our centres by volunteers like Lucie, leading campaigns, or co-designing our services.

We put people with lived experience of torture at the heart of all we do. While 2020 was a year of change in many ways, one in which we adapted fast, it was also a time for us to stay steadfast in our mission. Our commitment to collaborate with, and be led by, survivors of torture is integral to that.



NO SURVIVOR LEFT BEHIND

Lockdown has posed critical problems for survivors of torture this year, as it has for millions across the UK. An important part of being able to heal and rebuild your life as a survivor is being able to continue personal learning and development.

So the team at our Glasgow centre were delighted to take a donation of 24 refurbished PCs from the Remade Network – a grassroots network of repair social enterprises tackling inequality who believe in reuse over buying new.

The PCs will be sent out to survivors with a handy 'Welcome to your new PC' guide, to help them get set up.

HOW OUR SUPPORTERS ROSE TO THE CHALLENGE WITH US THIS YEAR

Every year, survivors turn to us in moments where it might feel as if everyone else has turned away. As the UK went into a full lockdown in March 2020, we knew it would have a profound effect on survivors of torture.

Our supporters understood that too, showing incredible generosity. We are deeply grateful to all our supporters for coming together in the face of change this year, adapting with us to make sure we're still there for survivors. .

It's thanks to supporters that we can offer small cash grants of £30-£100 to people seeking refuge in the UK to pay for food, warm clothes and bus fares to meet solicitors. A little support can be life-changing for people like Seko, a hardworking father of two from the Democratic Republic of Congo (DRC), who was tortured for his atheist views for eight months. When he finally escaped to the UK he lived off £37.75 a week – until it was taken away with only three days' notice.

It's not easy to describe in words how painful it is to receive a letter telling you you'll be homeless in three days. So, with Seko's permission, we included an image of the letter he received when we launched our appeal in March.

Many survivors are already isolated and alone, suffering from the gaps in practical support the UK government lacks to provide. Our campaign highlighted the impact of the pandemic for survivors of torture in emails and social media posts. The appeal was low cost, simple and genuine. It felt tangibly real - because it was. Seko's story and the harsh, inhumane letter resonated with supporters across the UK and they responded with empathy, kindness and solidarity, donating an incredible £499,524.



CASE STUDIES:

THANK YOU JOANNA

"Our work as a local group has never been more urgent," says Joanna, a volunteer with a local Freedom from Torture group in London.

The group has been putting a lot of energy into digitally adapting their meetings and activities, because they know the pandemic will severely impact our ability to fundraise, and so of course our services.

Although Joanna has just moved to Brussels, she's continuing her work with the group online.

"There is a long way to go for our immigration system to treat people with the respect, dignity and humanity they deserve. That's why it's so important to support survivors of torture."



"There is a long way to go for our immigration system to treat people with the respect, dignity and humanity they deserve."

THANK YOU MARK

Author Mark, who was once a client of ours, has just donated the rights of one of his books to support other survivors of torture.

Mark, who survived a year of imprisonment and torture and eight years of the Iran-Iraq war, came to the UK in 1989 where he had therapy with us and became a member of Write to Life, our creative writing group for survivors of torture.

With the group's support, he became a passionate writer and went on to pen an incredible 30 books, 25 novels and five plays.



"Write to Life gave me self-confidence and belief. I would never have found my voice without them. Once I had confidence, I was able to write."

HOW WE REDESIGNED OUR SPECIAL EVENTS FOR SUCCESS IN 2020

In May, during the first six weeks of lockdown, we piloted and delivered our first online-only auction "You, Me and a Celebrity". Top Ottolenghi chefs, as well as A-listers like Dame Helen Mirren, Thandiwe Newton and Prue Leith, who wouldn't normally be able to support an event in person, offered online experiences from Q&As to coaching sessions.

It enabled us to build relationships and attract supporters in a new way. One high-profile supporter joined our literary committee as a direct result of hearing how passionate our celebrity supporters are about our work. And the auction raised almost **£15,000.**

We also delivered a series of "Surviving Lockdown" events – giving hundreds of supporters from around the country a unique opportunity to hear directly from our front-line workers about the struggles our clients are facing and the need for their continued support. For many people who can't usually attend our events, this gave them a unique insight, an opportunity to ask questions and a chance to understand the impact of their donations in helping survivors.

Our annual fundraising dinner took a quite different shape this year as we turned it into an exclusive "Meet the Patrons" event for donors. John McCarthy, Michael Palin and Fiona Shaw spoke about their support and commitment to Freedom from Torture and answered questions from the audience. With an entertaining mix of heartfelt sentiment and hilarious anecdote, this event exceeded our expectations and raised **£58,176.**

We ended the year on a high with an interactive literary festival, "The Resilience Readings". Adapting our traditional literary evening to run online as a three-day event featuring celebrity speakers and author sessions, we attracted hundreds of new supporters. The stars of the show were members of Write to Life, who delivered



incredibly powerful, moving accounts of their journeys, inspired by the theme of Resilience. There was also a special performance from the amazing Sing for Freedom choir.

Running alongside the festival we launched our first-ever poetry competition to raise our profile as well as funds, and a unique literary auction supported by best-selling authors and artists including Margaret Atwood, Edmund de Waal, Ian McEwan, Anne Fine, Quentin Blake and Ken Follett.

As well as attracting a host of new supporters, The Resilience Readings also got fantastic media coverage including in Vogue, GQ and Tatler, and exceeded both our reforecast and original targets, raising **£56,500** the most our literary events have ever raised!

We attracted hundreds of new supporters. The stars of the show were members of Write to Life, who delivered incredibly powerful, moving accounts of their journeys, inspired by the theme of Resilience.

DOING WHAT WE CAN

In March, as COVID-19 was spreading rapidly in the UK and dominating the news cycle, survivors who were already living on just £5 a day were being pushed into even more threatening conditions.

We changed direction in our campaign planning, knowing we had to be responsive to the fact our supporters were likely to be distracted, facing worries and challenges themselves. We tested a different approach with the language and visuals we used, working with a local artist, reaching out to influencers and taking a more targeted approach to particular audiences. The result was Do What We Can, an emergency relief fund campaign. It was our most successful digital appeal to date, raising over £260,000 after GiftAid and match funding.

SMALL GRANTS SCHEME

With the enduring generosity of our supporters, we've been able to run a COVID small grants scheme this year, supporting charities who, like us, work with survivors of torture across the UK. In 2020, we distributed £20,000 across 14 charities, granting funds to charities that work with groups that are underrepresented within our own services, such as certain nationalities, single parents, older adults and people who identify as LGBTQIA+. This scheme has supported meaningful programmes and projects providing vital services to survivors of torture beyond our own services.

CASE STUDY:

THE COMFREY PROJECT

The Comfrey Project is a safe and welcoming community space for refugees and people seeking asylum who find themselves worlds away from home, family and friends after their journey to safety. They foster personal wellbeing, social integration and community health through activities like allotment gardening, cooking and crafts.

The Comfrey Project received a grant from us and is putting it to use providing emergency support during the pandemic to the survivors they work with.



One young woman from Nigeria, who is among the Comfrey Project clients receiving much-needed help through the grant, has been struggling with depression and a decline in her physical health. She is currently being treated for severe anaemia, but couldn't afford the travel costs to her various appointments at the hospital. Despite being physically exhausted, she would walk for over an hour to get there – once almost being hit by a car during a dizzy spell.

Thanks to your support, the Comfrey Project is able to provide her with funds to travel to her hospital appointments and therapy sessions, as well as supermarket vouchers for fresh fruit and vegetables to help her regain her health.

The Comfrey Project received a grant from us and is putting it to use providing emergency support during the pandemic.

THANK YOU
TO OUR MAJOR FUNDERS

Freedom from Torture would not be able to continue without the generous support of our funders. This year more than ever, we are grateful to those funders who have given particular support through uncertain times.

The **Paul Hamlyn Foundation** is supporting our efforts in securing asylum and immigration reforms that will mean better treatment for people in these systems. We're achieving this through three interwoven work streams: the first aims to develop engagement with senior Home Office officials, exploring issues of leadership and culture through insight into the lived experiences of our shared clients. The second has created a programme of power-building among migration activism groups, which has culminated in the creation of One Strong Voice, a self-led activist group with lived experiences of the UK migration system. The third work stream continues to build public campaigning, media work and advocacy to sustain pressure on Home Office ministers and senior officials to deliver UK migration system reform.

The Paul Hamlyn Foundation also gave a generous donation towards expenditure generated by COVID-19.

The **Sigrid Rausing Trust** donates a core grant for our work at the global level to support new approaches and achieve greater impact in the fight to defend the torture ban, including through the development and promotion of survivor empowerment models.

The **Open Society Foundation**, through the New Executives Fund, has funded a programme of work that supports us in playing a leading role in the global fight against threats to the absolute torture ban.

This year more than ever, we are grateful to those funders who have given particular support through uncertain times.

The **Esmée Fairbairn Foundation** has provided multi-year donations to the Survivors Speak OUT network. The funding supports SSO in its lobbying and influencing work with the UK government, as well as building the self-sufficiency of SSO and supporting our youth activism group: Young Outspoken Survivors.

The Esmée Fairbairn Foundation also gave a generous unrestricted donation during the COVID-19 pandemic.

The **City Bridge Trust**, via the London Communities Response Fund, gave an emergency grant to support our IT costs for London-based staff as we transitioned to remote working in March 2020, and also supported our client relief fund, which enables clients to access essential items.

THANK YOU
TO OUR SUPPORTERS

Everything Freedom from Torture has achieved in the past year depends upon the compassion and generosity of our supporters. Every single penny donated counts towards the rebuilding of lives and there are far too many to list here. However below are some of our donors who have made significant contributions and who have been happy to be listed in this report.

Mr Julian Barnes
Ms Caroline Bilbrough
The Brook Trust
The Chillag Family Trust
Mr Alan Cristea
Mr Sebastian Gibson
Mr Duncan and Mrs Barbara Greenland
Mrs Laura and Mr Graham Hazell
Mrs Kate and Mr Marcus Hill
Mr Charles Jaques
The Wyn and Ken Lo Memorial Fund
The Mercers' Company
M&S on behalf of Dame Helen Mirren
Dr Rajesh Munglani
The Points Family Trust
Mr Chris and Mrs Joyce Pountain
The Bryan and Sirrka Sanderson Foundation
Mr Alexei and Mrs Linda Sayle
The Sheila Truman Trust
The Bertha Foundation
Professor Angela Vincent
Mr Martin Wolf
The Victoria Wood Foundation

Every single penny donated counts towards the rebuilding of lives.

STRATEGIC REPORT

While 2020 showed us all how we can come together to create hope in times of crisis, we're still only too aware that our values are under threat, with extremist views becoming normalised worldwide. And the full effects of the pandemic on all our work still remain to be seen. We know for certain that we are needed more than ever. As long as torture continues to be used across the globe we must stay standing, with survivors, and continue to fight against it.

While we've come up against cultural, political and logistical barriers to our movement-building in 2020, we know how vital it will be in 2021 to grow its momentum. We know there are people, organisations and decision-makers, globally and nationally, who share our commitment to humanity and justice. We will bring them together to stand against the backslide into authoritarianism and merciless territorialism.

We were determined in our stand against the Overseas Operations Bill this year, as we always are in the face of regressive legislation. Even when it seemed an impossible task, we fought on against the "presumption against prosecution" of torture and other grave crimes after five years.

Survivors Speak OUT voiced their concerns and knowledge at political committees and conferences, and representatives spoke to the public through film and the media. Thousands of our supporters wrote to their MPs. We worked with senior military and legal figures, as well as the UN High Commissioner for Human Rights, with significant impact. Finally, the House of Lords delivered a remarkable rebuff to the government, forcing a retreat on first torture impunity and then on other war crimes too.

We refused to press pause on our trailblazing work in establishing more effective and empowering models of torture rehabilitation this year, despite the pandemic. We continued to roll out our radical new treatment model, Pathways, and prepared for our shift towards survivor co-delivery of rehabilitation services. Meanwhile, we worked to turn challenge into opportunity, staying committed to in-person therapy where possible while embracing the possibilities of digital services to expand our reach.

Thanks to supporters, we distributed £20,000 across 14 charities through our small grants project in 2020. By offering support through fellow charities in this way, we've helped survivors of torture in communities we wouldn't otherwise have reached.

We're also proud of what has been a strong performance in fundraising and engagement for us this year. In the current climate it's a significant achievement to have finished the year above budget. Driven by over-performance in Trusts and Grants, Digital and Appeals, our budget was helped by an unexpected legacy, and we've also seen our net number of donors on file grow for the first time since 2014, while digital income increased by an incredible 350%.

Meanwhile, we have laid the foundation for the growth of the One Strong Voice network in 2021. At a successful remote launch event in December, they laid out their vision, mission and objectives. We look forward to witnessing the influence and impact of this network in the coming year.

By offering support through fellow charities, we've helped survivors of torture in communities we wouldn't otherwise have reached.



PLANS FOR THE FUTURE PERIOD

The voluntary sector is under unprecedented strain as a consequence of COVID-19. One in ten charities are expected to close within the year. The sector is facing a shortfall of at least £6 billion and charities that are slow to adapt, evolve and show their impact will face losing donations in the difficult years ahead.

Up to this point, Freedom from Torture has been resilient to this challenging hostile environment by remaining close to our core mission and values while we've adapted, embracing digital tools and finding new ways to keep supporting and standing with survivors and through pivoting to more agile and digitally focused activity.

In addition to this, we face an increasingly hostile political environment, with attacks on the torture ban worldwide and on the UK's refugee protection system. The need to deliver and demonstrate concrete impact for survivors of torture is greater than ever.

Given all this, our plans for future period are:

DIGITAL-FIRST CAMPAIGNING

Over the last year, we have all kept connected through digital technology, more than ever before. Even during an era of social distancing, we saw global movements rise up against racism, xenophobia, food poverty, and more. The potential for technology to accelerate social change has never been clearer.

We believe that a thriving anti-torture movement is essential if we're to realise our vision of a world free from torture. That's why we're embedding a digital-first campaigns approach in 2021. We will experiment, test and learn new approaches using modern tools and technology to engage supporters and potential supporters at scale. This digital-first approach will inform our offline campaigns activity, and vice versa.

BETTER MEASURING OUR IMPACT

Our external influencing teams in particular will be focusing on effectively demonstrating the impact of their work. We'll be looking at bringing in a comprehensive Monitoring, Evaluation and Learning framework and approach that's responsive, regularly identifies ways to improve, and is part of a bigger system.

The development of this system needs to align with our goals to disrupt power systems and take an anti-imperialist approach. We plan to bring in a partner to make sure the system is given the proper investment of time and resources so it's true to our values, meaningful and sustainable, and so we can continually equip staff with the tools and skills to develop and implement it.

REVIEWING OUR STRATEGY AND CREATING OUR NEW FOUR-YEAR PLAN

For the first time, survivors of torture are leading on our strategy review to shape our direction over the next four years. After a review of our current strategy, a forecast and exploration of challenges ahead and framework discussions, our subject experts will develop milestones, objectives and activities, with an overall strategy signed off by our Board in October.

BUILDING UP THE ASYLUM REFORM INITIATIVE

A key focus for us in 2021 will be working on the Together with Refugees campaign, which launched in May. We co-founded this with Asylum Matters, British Red Cross, Refugee Action, Refugee Council and Scottish Refugee Council.

As we face the critical challenges over the coming months, including the Government's New Plan for Immigration and Sovereign Borders Bill, we'll come together as a coalition and unite hundreds of civil society groups against such highly regressive reforms, sharing plans and strategising side by side so we can build long-term public and political support for our vision of a more humane, just and effective system.

REFRAMING REFUGEE ISSUES

Influencing public debate will be another key piece of work in our defence against the attack on the rights of people seeking asylum. We'll undertake research to find the words and narratives that can change hearts and minds and build support for people seeking asylum.

The words and messages we choose are powerful tools for persuasion. Drawing on expert international work on this subject, as well as media and communications output from migrant and refugee advocacy organisations in the UK, we plan to create a language guide to help the refugee and migrant advocacy sector think tactically, play to our strengths and win.

BUILDING ON OUR SUCCESS IN STRATEGIC LITIGATION

Our Legal and Welfare service specialists were involved in two key strategic litigation during 2020. In 2021 we'll place greater focus on combining our in-house legal expertise with our depth of experience in the issues that survivors of torture face again and again. This way, we can create deep and lasting systemic changes where we know they're needed.

CREATING OUR SURVIVOR DIRECTORATE

We plan to form a trailblazing Survivor Empowerment Directorate in 2021, led by a new Director of Survivor Empowerment, to bring survivor perspectives and voices onto our senior management team for the first time. Kolbassia Haoussou MBE, co-founder of Survivors Speak OUT, has now been appointed to this role, which will be key as we build coalitions with other organisations working with torture survivors in the UK and globally as well as driving survivor empowerment internally in our organisation. This directorate will both underpin and oversee the placing of survivor voices at the heart of everything we do.

hhvv

FUNDRAISING STATEMENT

Our fundraising strategy and approaches are periodically reviewed and evaluated to ensure that the money we invest is maximising income whilst remaining true to the values of the organisation. This allows us to raise funds in an ethical way and help as many torture survivors as possible.

CALCULATING FUNDRAISING EFFICIENCY

Of the funds raised in 2020, £0.25 in every £1 was used to raise the next £1.

HOW WE FUNDRAISE

All of our fundraising activities are driven by the needs of the survivors we help and are conducted with our generous supporters in mind. We ensure that we do not engage in practices that are inconsistent with Freedom from Torture's values and have established principles to maintain this. Our Supporter Promise highlights these principles and is openly available to all supporters and members of the public. It can be found here: **www.freedomfromtorture.org/what-you-can-do.**

To maximise the impacts of our investment in fundraising, we do sometimes work with external specialists. Before we work with any external organisations, including telephone agencies and creative and marketing organisations, we ensure they comply with our high standards and with all relevant legislation. All of our contracts with these agencies and organisations, as well as any other partners, are General Data Protection Regulation (GDPR) compliant and follow Freedom from Torture's own supporter and privacy policies.

We regularly review all partnerships, monitor their work and provide training to their staff.

We are members of the Institute of Fundraising and the Lotteries Council, are registered with the Fundraising Regulator, and abide by the Code of Fundraising Practice. We also follow all relevant legislation and best practice in the charitable sector and are fully compliant with GDPR.

The donations, engagement and involvement of supporters is vital in allowing us to help survivors of torture. Without this, we simply wouldn't be able to do the life changing work that we do. Our dedicated supporter care team is available every week day and aims to respond to all questions, concerns or complaints within 5 working days. They can be contacted on: **info@freedomfromtorture.org** or by phoning **020 7697 7788.**

Complaints

'We received 46 complaints over the course of 2020, all of which were responded to individually and handled accordingly.'

Vulnerable adult fundraising

Freedom from Torture work in compliance with the Fundraising Regulator Code and the Charities (Protection and Social Investment) Act 2016, the DMA's guidelines for call centres, as well as the document by the Institute of Fundraising (IoF): Treating Donors Fairly: Fundraising with People in Vulnerable Circumstances.

All our fundraising staff receive training on regulatory fundraising compliance how to deliver against that in practice. For more information, please refer to our Vulnerable Adult Supporter Policy.

FINANCIAL REVIEW

The financial results for the year are set out in the Statement of Financial Activities. The financial results for 2020 were exceptional given the challenges brought by COVID-19. We were able to generate higher income than we had budgeted for, enabling the retention of a safe general reserve level, while increasing expenditure on charitable activities.

INCOME

Overall income grew significantly by £2.8m (28%), even though some fundraising activities were severely impacted by the pandemic and the lockdowns during the year.

Our fundraising teams were able to quickly and effectively adapt many planned activities, which more than compensated for drops in areas like community fundraising and challenge event income. Several activities moved to being virtual or digital based. We were able to generate much more income through online campaigns and appeals than in previous years. This helped drive an increase in income through our website of 180%.

We generated £760k through two COVID-19 related appeals to our supporters. In addition, our Christmas Appeal, generated over £400k.

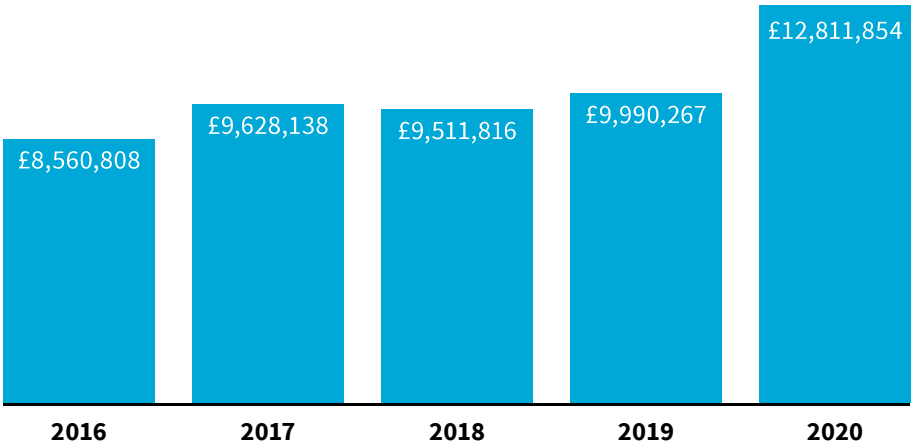
Several Trust and Foundations gave support to help cope with the financial impact of COVID-19. This generous support was very important as it came very early in the pandemic, when uncertainty about how stable our underlying income would be was very high. These grants and donations allowed the organisation time to review the situation.

The biggest single reason for our increased income was due to the notification of a legacy with the value of £2.3m. A legacy of this amount is unprecedented in the history of the organisation. In addition, we were also informed of another significant legacy of circa £1.5m that will be coming in the relatively near future. This is not included in our 2020 income. Both legacies are a mixture of property, cash and shares, which will need to be liquidated before the funds can be used. Trustees have decided that the funds, once received, will be used for developing infrastructure and long-term income generation to ensure Freedom from Torture can grow its services and influencing work in the future.

COVID 19 INCOME UPDATE

Although our income results for 2020 were very good, there are massive challenges facing the organisation. We have extremely loyal and generous supporters, most of whom have supported the organisation for more than 10 years, a strong legacy pipeline and close links with many trusts, foundations, and grant giving bodies. However, the economic outlook for 2021 and beyond is the most uncertain in living memory and even pre-COVID, many traditional fundraising channels were becoming less effective.

Income



The environment we face means Freedom from Torture will need to change and develop its fundraising activities, a process that started in 2019 and continued in 2020 with increased investment in income generation, particular in the recruitment of new donors. We will continue to invest in new fundraising initiatives, with the knowledge that not all the initiatives will work. However, we believe that this strategy is the best way to achieve our mission and strategic goals.

EXPENDITURE

Pre the pandemic we had planned for some increases in charitable expenditure in 2020. However, because of the uncertainty the Senior Management Team and Trustees immediately implemented a set of cost control measures. We reduced charitable expenditure by £960k compared to budget.

The reductions were implemented in a targeted way that ensured our services and influencing work remained intact. The delivery of all services and influencing work moved to remote working, with therapeutic, legal and welfare services moving to a remote model. This saw the number of appointments with survivors increase compared to the previous year. In addition, we were able to provide much needed financial assistance to survivors of torture during the lockdowns. We expanded the scope, remit and amounts given through our emergency relief to survivors of torture. Plus, we gave support to other survivors of torture connected to the organisation, including former service users, medico-legal reports clients and volunteer survivor activists working with us. Finally, we were able to help other survivors receiving help from fellow NGOs in the UK by providing a small grants fund of £20k.

Even with the uncertainty caused by the pandemic, in 2020 Freedom from Torture was able to spend almost exactly match overall expenditure on delivering its services and influencing work as in 2019.

FIXED ASSETS

Total capital spend was £158k, of this £79k was on ICT equipment. This was to enable the move to remote working because of the pandemic. Most of the remainder was on fire doors, which needed to be replaced to comply with health and safety regulations.

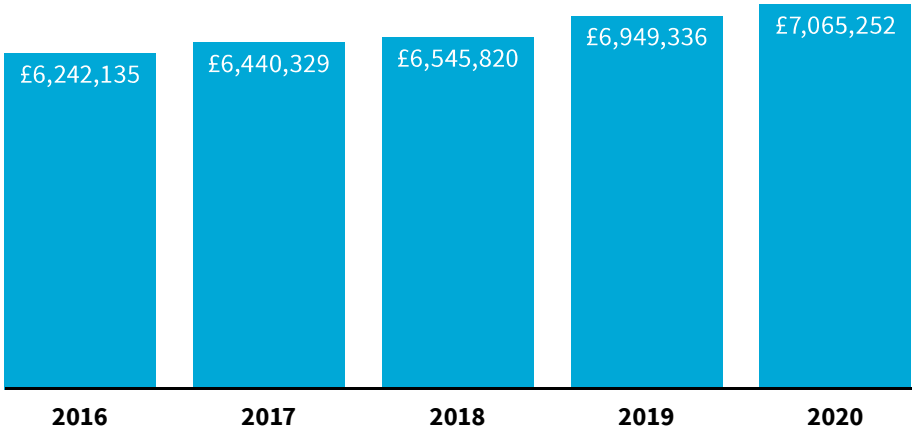
RESERVES AND INVESTMENT POLICY

It is the policy of the Trustees to maintain a General Reserve equivalent to two to four months' direct charitable expenditure, which equates to £1.2m and £2.3m. The General Reserve serves two main purposes:

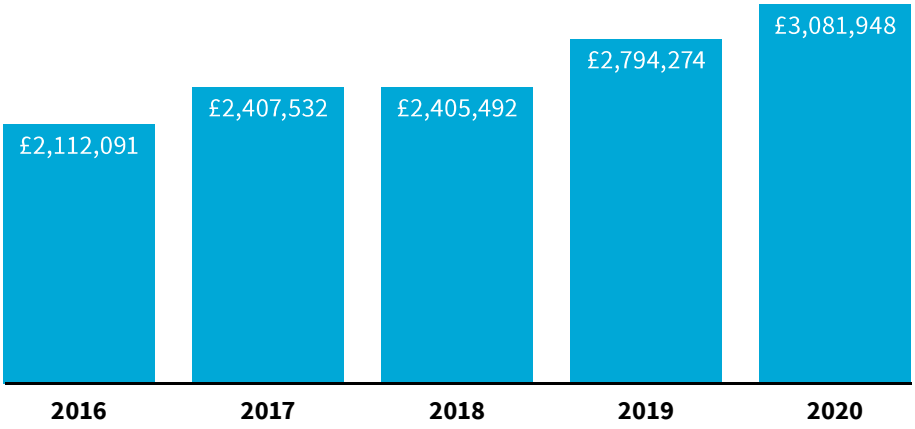
- to make up for any shortfall in budgeted income in a particular year; and
- to cover any unbudgeted expenditure which may become necessary.

The policy is designed to ensure that Freedom from Torture can meet these two eventualities in any financial year without immediately having to cut back services. In the event of unforeseen loss of budgeted income or increased expenditure, it gives Freedom from Torture a period in which to seek to remedy the situation by securing additional funds and, only if this should not be possible, to plan an orderly reduction of expenditure commitments. The policy is reviewed annually by our Finance, Governance and Audit Committee.

Charitable Expenditure



Fundraising costs



Freedom from Torture's main source of income is donations from the general public. The level of income from this source can fluctuate in any given financial year.

While every effort is made to have realistic income forecasts the charity retains adequate levels of reserves to cover potential income shortfalls. The level of reserves is set by identifying the potential risk and level of shortfall for all of our main income streams. This is done by looking at historical fluctuations, type of income and level expected in the financial year. The potential risks for each income stream are added together to make a "worst case" scenario and the reserves level is set to cover this scenario. In addition, the level of reserves retained will cover the period during which any major shortfall of income would be identified and the appropriate action required is agreed and implemented.

The Trustees have designated funds as shown on page XX which include a fixed assets reserve, long term donation, major building repairs and working capital reserve.

GENERAL RESERVE

The level of our General Reserve increased in 2020 by £545k. The organisation ended the year with a general Reserve of £2.56 million, which is slightly above the upper limit of 4 months operational costs specified in our reserves policy at (4.2 months. This is due to the excellent income results in 2020 and the cost control measures implemented during the pandemic.

Trustees have agreed to use some of the General Reserve in 2021, to ensure we achieve our strategic goals. The General Reserve will return to within the limits specified in our reserve policy in early 2021.

These reserves, coupled with strong income and control of expenditure, are ensuring that services and influencing work are being maintained during the COVID-19 lockdown and economic uncertainty. Trustees and the Senior Management Team will ensure that the use of any reserves over and above what is planned, will only be if required to protect short-term delivery of our strategic aims. Should income reduce as a result of the pandemic, or for other reasons, measures will be implemented as required to ensure that the General Reserve is managed safely and maintained or replenished to safe levels as quickly as possible.

RESTRICTED FUNDS

These relate to income the use of which has been restricted to specific areas of our services. They include donations from trusts and foundations and grants from public bodies towards the costs of projects or specific lines of expenditure. Trustees expect to use the funds held at the end of 2020 during the next financial year.

INVESTMENT POLICY

The Trustees consider that it is not prudent to invest any of the reserves long term. The investment policy is therefore to manage funds so as to obtain the best rate of interest on them.

Fund	Total
Designated Funds	£8,267,536
General Reserve	£2,561,262
Restricted Funds	£807,965
Total Funds	**£11,636,763**

Designated Funds	Designation	Use of fund	Value at Year-end
Fixed Assets Reserve	Property (two buildings owned by the charity, used as clinical centres) & ICT equipment, furniture, fixtures & fittings etc	This represents the extent to which unrestricted funds are tied up in the organisation's property and other fixed assets. The year-end balance is equal to the book value of the fixed assets less any amount that is funded by loans.	£3,701,294
Long-term Donation	Gift given to the charity. Donor expressed a wish that the donation be invested and the proceeds be used for psychotherapy.	Trustees have authority to use this fund as they see fit. Although it was planned to use the fund to invest in donor recruitment in 2020 and then replenish the fund over five years from 2021, this plan was not implemented because of the pandemic.	£526,812
Major Building Repairs	Fund to cover any large- scale repairs or refurbishments to property owned by the charity. Current policy is to place £40k a year into the fund.	We placed £40k into the fund in 2020, as per our policy and drew down £30k to fund the replacement of some fire doors to our London Centre.	£542,400
Working Capital Reserve	Fund to cover working capital needs. Level of fund required is calculated as Current Assets, excluding Bank and cash, less Creditors.	Represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).	£3,497,030
TOTAL			**£8,267,536**

RISK MANAGEMENT

We take a robust approach to identifying, monitoring and actively managing risks facing Freedom from Torture. Consideration of risk is streamed into all of our senior management meetings and we use a risk register to capture and manage the most important risks. Our risk management encompasses and differentiates between strategic and operational risks.

The register is formally reviewed and updated every month by the Senior Management Team. At every Board of Trustees meeting the register is reviewed and feedback is used to ensure we continue to identify and have the most effective mitigation plans and strategies in place. We have implemented many actions to reduce risk and to mitigate against its effects.

SUMMARY OF OUR TOP FIVE RISKS

Risk 1

A client, staff member or volunteer contracts and dies of COVID-19.

Mitigation includes: All but critical staff working from home; scenario planning; risk assessments and action planning for each centre; PPE for staff and clients; support for staff to be safely vaccinated; signage for all centres regarding: distancing, hand washing etc; local health and safety protocols in place; perspex screens and other protective furniture for all reception areas; and installation of further facilities for alternative ways of getting to work (e.g. bike racks); addressing vaccine hesitancy in client populations; deployment of all relevant track and trace equipment and tools.

Risk 2

Reduced service efficacy due to over-reliance on remote working / lack of face-to-face appointments

Mitigation includes: Operational planning in place; plans to increase face-to-face offer as soon as easing allows; regular review of business intelligence re: our offer; regular consultation with people who use our services regarding their needs. Upskilling of staff to deliver a wider range of interventions via our remote offer.

Risk 3

A treatment client of Freedom from Torture harms or kills themselves, or another person, or commits other serious crime.

Mitigation includes: Regular scheduled risk assessments for all treatment clients, with consideration of interagency contacts; major incident response plan in place; suite of relevant policies agreed and regular review of these included in planning; risk management and suicide prevention training for all clinicians; annual safeguarding week; regular training for staff; dedicated safeguarding resource.

Risk 4

COVID causes serious disruption to our medico-legal reporting services.

Mitigation includes: Strategic and operational planning; review of medico-legal reporting services, including how to improve value for money and increase reports; advocacy with the Home Office.

Risk 5

Failure to raise adequate funds to enable us to deliver our strategic plans.

Mitigation includes: Increased investment in Fundraising and Communications to protect and develop our long-term income streams; launch of a brand review to raise profile; piloting several new fundraising initiatives; funding agreed to roll out new initiatives, once viability confirmed, fundraising and engagement working group set up to monitor delivery of new strategic approach; ongoing risk assessment and strategic planning; iterative digital-first strategy in place.



ORGANISATIONAL STRUCTURE

STRUCTURE, GOVERNANCE AND MANAGEMENT

Freedom from Torture is legally constituted as a company limited by guarantee, registered as Medical Foundation for the Care of Victims of Torture since 1985. The organisation changed its legal name to Freedom from Torture on 28th February 2020.

Our governing instruments are the memorandum and articles of association.

We are registered with both the Charity Commission and the Office of the Scottish Charity Regulator. Our only subsidiary, Survivors Trading Limited, is dormant and has no significant assets or liabilities.

REMUNERATION POLICY

The remuneration of the key management post holders, who consist of the individuals disclosed in note (?) to the financial statements on page (?) has been established in accordance with market rates, taking into account the level of expertise, experience and skills required to fulfil the roles successfully. Our general staff remuneration policy is being reviewed and it is currently planned that changes will be implemented in 2021.

ORGANISATIONAL STRUCTURE

In March 2018, Freedom from Torture adopted the Charity Governance Code to continue to drive forward improvements in its governance. The governing body is the Board of Trustees (the Board) which met four times in 2020. The Trustees are also Directors of the company.

During 2020 the following three standing Committees of the Board, each consisting of a number of Trustees met during the year: Finance & Fundraising (4 meetings), Clinical and Legal Governance (4 meetings) and Policy and Advocacy (2 meetings).

In 2019, we carried out a governance review to ensure our structures, systems and processes were appropriate and enabled our organisation to improve transparency and delivered greater public benefit. The recommendations of the review were considered by the Board and the previous standing committees were replaced by the Performance Standards and Effectiveness Committee (4 meetings), the Finance Governance and Audit Committee (4 meetings), the Remuneration Committee (1 meeting) and the Fundraising and Influencing Working Group (4 meetings). This new governance structure will commence in 2021.

The Board received reports from the Chief Executive, members of the Senior Management Team and the Board Committees covering the financial situation and the work of all departments, noting significant developments in our work and in the environment in which we operate.

The Board includes senior professionals in key disciplines relevant to the management of the organisation: human rights, medicine, mental health, law, policy, finance, accountancy, governance, child protection, fundraising, and

communications who are able to appreciate and assess the risks in their respective fields.

We are also proud to have a Trustee with lived experience of torture who is a former service user. We have internal controls in place to mitigate identified risks in compliance with Charity Commission guidelines.

New Trustees are appointed by the Board when the need arises to replace leavers and strengthen particular core competencies against a skills audit. Recruitment of new Trustees is through an open process with vacancies advertised on various websites and applications are particularly encouraged from former service users with expertise in the fields sought. The term of office is three years, after which a Trustee may be re-appointed for up to a maximum of two terms. In exceptional circumstances, the Board of Trustees has the power to permit two Trustees to serve two years beyond a third term if the Board of Trustees considers it in the best interests of the Charity.

In 2020 the Treasurer resigned from the Board for personal reasons and we are currently recruiting a replacement.

New Trustees receive a comprehensive induction covering the organisation's mission, activities, strategy and finances and about their own responsibilities. The Board approves the strategy, annual budgets and major investments alongside receiving quarterly management accounts and assessing overall performance. The Senior Management Team has delegated responsibility for operational management of the charity taking day to day decisions in the interest of the charity. Away days are held to review longer term strategic issues. Details of changes to Trustees during the year are on page (?).

Chair of Freedom from Torture is Susan Berelowitz who was elected in October 2017. Sonya Sceats has been the Chief Executive since March 2018.

Clinical services (including medical, psychotherapeutic & social work) are provided through our centres in England (London and South East, North West, North East and West Midlands) and Scotland. We deliver one to one, group and family rehabilitation to survivors of torture and produce forensic medico-legal reports. Our clinical services directorate also provides training and capacity building services to external partners and organisations involved in the welfare of survivors of torture including NGOs and statutory services, the legal sector and immigration judiciary as well as relevant Home Office teams.

Clinical Services also deliver outreach work which includes psychotherapy, legal and welfare casework provided in outreach centres.

We employed an average of 188 people during the year and the organisation was fortunate to have the services of 107 part-time volunteers. Most worked in the area of medical, therapeutic and casework services in our five clinical centres.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also directors of Freedom from Torture for the purposes of company law) are responsible for preparing the Trustees' Report, Strategic Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards including FRS 102 have been followed,subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Trustees' Annual Report is approved by the Trustees of the Charity.

The Strategic Report, which forms part of the Annual Report, is approved by the Trustees in their capacity as directors in company law of the charity.

Signed on their behalf by:



Sue Berelowitz
Chair, Freedom from Torture
Approved on 22 June 2021

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF FREEDOM FROM TORTURE

OPINION

We have audited the financial statements of Freedom from Torture for the year ended 31 December 2020 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2020 and of the incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended) and regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

BASIS OF OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATED TO GOING CONCERN

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of

assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINIONS ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the [strategic report and the] trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- [the strategic report and the] trustees' annual report have been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE PERMITTED TO REPORT BY EXCEPTION

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the strategic report or the trustees' annual report.

We have nothing to report in respect of the following matters where the Companies Act 2006 or the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- the parent charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF TRUSTEES

As explained more fully in the trustees' responsibilities statement set out on page [x], the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

This We have been appointed as auditor under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report to you in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

EXPLANATION AS TO WHAT EXTENT THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.
- We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.

- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.
- Obtain sufficient appropriate audit evidence regarding the financial information of the entities or business activities within the charitable company to express an opinion on the consolidated financial statements. We are responsible for the direction, supervision and performance of the charitable company audit. We remain solely responsible for our audit report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

USE OF OUR REPORT

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charitable company's trustees, as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters which we are required to state to them in an auditor's report addressed to them and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company and charitable company's members as a body, and the charity's trustees, as a body, for our audit work, for this report, or for the opinions we have formed.



Luke Holt

Senior Statutory Auditor
For and on behalf of Moore Kingston Smith LLP, Statutory Auditor

Devonshire House
60 Goswell Road
London EC1M 7AD

Moore Kingston Smith LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

Approved on 29 July 2021

Statement of financial activities

Incorporating Income and Expenditure Account for the year ended 31 December 2020

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2020 £	Total funds 2019 £
Income from:					
Donations and legacies	2	10,653,213	769,442	11,422,655	8,665,431
Charitable activities	4	260,578	737,568	998,146	900,817
Other trading activities (incl. fundraising)	3	367,373	-	367,373	400,741
Investments		23,680	-	23,680	23,278
Total		**11,304,844**	**1,507,010**	**12,811,854**	**9,990,267**
Expenditure on:					
Raising funds	5	3,081,948	-	3,081,948	2,794,274
Charitable activities		5,487,107	1,578,145	7,065,252	6,949,336
Total	6	**8,569,055**	**1,578,145**	**10,147,200**	**9,743,610**
Net gains/ (losses) on investments	9	(2,967)	-	(2,967)	1,066
Net income		2,732,822	(71,135)	2,661,687	247,723
Net movements in funds		**2,732,822**	**(71,135)**	**2,661,687**	**247,723**
Reconciliation of funds:					
Total funds brought forward		8,095,976	879,100	8,975,076	8,727,353
Total funds carried forward		**10,828,799**	**807,965**	**11,636,763**	**8,975,076**

The accompanying notes are an integral part of these financial statements.

In the current and previous year the only restricted income was included in Donations and legacies and Charitable activities (see Notes 2 and 4); the only restricted expenditure was included in Charitable activities (see Note 6).

Balance Sheet as at 31 December 2020

(Company limited by guarantee – registered no. 2398586)

	Notes	2020	2019
		£	£
Fixed Assets			
Tangible assets	8	4,320,300	4,468,811
Intangible assets	8	22,092	24,566
Investments	9	14,204	17,171
		4,356,596	**4,510,548**
Current Assets			
Debtors	10	4,246,073	1,911,658
Short-term deposits		621,307	1,211,815
Cash at hand and in bank		3,477,618	2,390,512
		8,344,998	**5,513,985**
Creditors:			
amounts falling due within one year	11	(850,819)	(732,934)
Net current assets		7,494,179	4,781,051
Total assets less current liabilities		11,850,775	9,291,599
Creditors:			
amounts falling due after one year	12	(214,012)	(316,522)
Net assets		**11,636,763**	**8,975,076**
Funds	14		
Unrestricted funds:			
Designated funds		8,267,536	6,081,174
General reserve		2,561,262	2,014,802
		10,828,798	8,095,976
Restricted income funds:		807,965	879,100
		11,636,763	**8,975,076**

The accompanying notes are an integral part of these financial statements.

The accounts were approved and authorised for issue by the Board of Trustees on 22nd June 2021



Manraj Sandhu, Treasurer

Cash flow statement for the year ended 31 December 2020

	2020	2019
	£	£
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	746,220	482,648
Cash flows from investing activities:		
Dividends and interest from investments	23,680	23,278
Purchase of property, plant and equipment	(167,193)	(239,575)
Net cash (used in)/provided by investing activities	**(143,513)**	**(216,297)**
Cash flows from financing activities:		
Repayments of borrowing	(100,908)	(96,882)
Interest paid	(5,200)	(8,749)
Net cash (used in)/provided by financing activities	**(106,108)**	**(105,631)**
Change in cash and cash equivalents in the reporting period	496,599	160,712
Cash and cash equivalents at the beginning of the reporting period	3,602,327	3,441,615
Cash and cash equivalents at the end of the reporting period	**4,098,925**	**3,602,327**

Reconciliation of net income/ (expenditure) to net cash flow from operating activities

	2020	2019
	£	£
Net income / (expenditure)	2,661,687	247,723
Adjustments for:		
Depreciation charges	306,524	280,172
Amortisation charges	11,654	17,420
Dividends and interest from investments	(23,680)	(23,278)
Interest paid	5,200	8,749
(Gains)/Losses on investments	2,967	(1,066)
(Increase)/decrease in debtors	(2,334,415)	(161,837)
Increase in creditors	116,283	114,766
Net cash provided by/(used in) operating activities	**746,220**	**482,649**
Analysis of cash and cash equivalents		
Cash in hand	3,477,618	2,390,512
Notice deposits (one year)	621,307	1,211,815
	4,098,925	**3,602,327**

The accompanying notes are an integral part of these accounts.

Notes to the financial statements for the year ended 31 December 2020

1. ACCOUNTING POLICIES

General information and basis of preparation:

Freedom from Torture is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are included in the Trustees' Report.

The functional currency used to prepare the financial statements was Sterling and rounded to the nearest £.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, as updated through Update Bulletin 1 published on 2 February 2016 and Update Bulletine 2 published on 5 October 2018, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulation 2014 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements do not consolidate the income, expenditure, assets or liabilities of the trading company as disclosed in note 9 due to their immateriality.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Going concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cause significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries in particular about the potential impact of the COVID-19 on income generation and operations, the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Should the impact of COVID-19 require a reduction in expenditure or implementation of new ways of working, Trustees are confident management will be able to develop and implement plans to achieve this. Trustees are also sure that Freedom from torture has sufficient General Reserve to enable time for plans to be developed and implemented in a strategic and timely way, ensuring long-term financial stability.

Tangible and intangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently at cost less depreciation and any impairment losses. Depreciation is provided at rates per annum calculated to write off the cost or valuation of each asset over its useful life, as follows:

Freehold land	0%
Freehold buildings	2%
Long leasehold building	2%
Computer equipment	25%
Database software	20%
Furniture, fixture and fitting	25%

The depreciation rates above reflect the duration that assets retain a value to the organisation.

Intangible assets are amortised over their expected useful life, as follows:

Software	20%

Investments

Listed investments are initially measured at cost and subsequently measured at fair value. Changes in fair value and gain and losses arising on disposal of investment are reflected in the Statement of Financial Activities at the balance sheet date. Investments in subsidiaries are stated at cost less any provision for impairment.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short- term liquid investments with original maturities of three months or less.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this

requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Report.

For legacies, entitlement arises when the charity is aware that probate has been granted. Receipt is normally probable when the executors have established that there are sufficient assets in the estate. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Expenditure

Direct charitable expenditure is analysed under four broad activity headings: medical/therapeutic/casework; education, training and information; human rights work; and relief grants for individuals and families. Under each of these headings is included staff costs directly attributed to each activity, specific project costs and an allocation of shared costs such as premises and telephone usage on the basis of the staff time spent on each activity. Cost of generating funds includes direct expenditure incurred in relation to fundraising campaigns and events, staff costs directly attributed to this activity and shared costs which are allocated as above. Support costs represent those functions which are wholly or mainly in support of the above activities including senior management, human resources and financial administration. Governance includes only those costs associated with maintaining the charity as a legal, rather than an operational entity. See note 6.

Grants payable are payments made to third parties in furtherance of the Charity's objectives. Unconditional grant offers are accrued in full once the recipient has been advised of the grant award and the payment is probable. Where grant awards are subject to performance conditions that are outside of the control of the Charity these are accrued when the recipients has been notified of the grant award.

Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation are included in the Statement of Financial Activities for the period.

Operating leases

The rentals paid on operating leases are charged to expenditure on a straight line basis over the term of the lease.

Pension cost

The charity provides a defined contribution pension scheme for its employees and contributions payable for the year are charged to the Statement of Financial Activities.

Funds

Unrestricted funds are available for use at the discretion of the Trustees, in furtherance of the general charitable objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in note 14. The General Reserve is the balance of unrestricted funds not designated by the Trustees. Restricted funds are funds, the use of which is subject to specific conditions imposed by the donors or as specified in an appeal to donors.

Critical accounting estimates and areas of judgement

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that effect the amounts recognised in the financial statements. In the view of the Trustees, judgements, estimates and assumptions that had the most significant affect included legacy income recognition and depreciation, as per the accounting policies previously disclosed.

2. DONATIONS AND LEGACIES

2020	2020 Unrestricted funds	2020 Restricted funds	2020 Total funds
	£	£	£
Trusts & foundations	392,686	737,791	1,130,477
Companies	20,214	-	20,214
Individuals:			
Committed donations (excluding Gift Aid)	2,362,361	-	2,362,361
Major donations (excluding Gift Aid)	914,481	25,250	939,731
Other donations (excluding Gift Aid)	1,919,120	6,401	1,925,521
Gift aid tax claimable	956,025	-	956,025
Legacies	4,088,326	-	4,088,326
Total	**10,653,213**	**769,442**	**11,422,655**

2019	2019 Unrestricted funds	2019 Restricted funds	2019 Total funds
	£	£	£
Trusts & foundations	320,063	843,712	1,163,775
Companies	11,237	-	11,237
Individuals:			
Committed donations (excluding Gift Aid)	2,364,049	-	2,364,049
Major donations (excluding Gift Aid)	808,141	5,000	813,141
Other donations (excluding Gift Aid)	1,106,228	47,147	1,153,375
Gift aid tax claimable	772,901	-	772,901
Legacies	2,386,953	-	2,386,953
Total	**7,769,572**	**895,859**	**8,665,431**

Notes to the financial statements for the year ended 31 December 2020

Income from trusts and foundations included the following:

Donor	Purpose	£
Paul Hamlyn Foundation	Human Rights Work	140,000
Sigrid Rausing Trust	Core work	120,000
Open Society Foundation	Human Rights Work	95,865
Esmee Fairbairn Foundation	Survivor activism / Survivors Speak Out	45,000
City Bridge Trust/London Communities Response	ICT costs and COVID-19 relief	41,318
BBC Children in Need	London Centre: Children, Young People & Families	36,000
The Tolkien Trust	COVID-19 Relief	30,000
Trust for London	UK Policy Work including SSO Survivor Activism	30,000
Stanley Thomas Johnson Foundation	COVID-19 Relief	24,979
Islington Council	Capital Expenditure	22,500
Paul Hamlyn Foundation	COVID-19 Relief	20,000
Unbound Philanthropy	Human Rights Work	19,500
Barrow Cadbury Trust	UK Policy work / Survivors Speak Out	19,000
Joseph Rowntree Charitable Trust	Human Rights Work	17,500
Zephyr Charitable Trust	Training and Capacity Building	15,000
RS Macdonald Charitable Trust	Scotland centre: Children and Young People	15,000
Philip King Charitable Trust	Legal Advice and Welfare Service	15,000
The Three Oaks Trust	West Midlands Centre: Interpreting costs	10,000
BBC Children in Need	Scotland Centre: Children and Young People	10,000
The Volant Trust	Scotland Centre: Supporting Women and Girls	10,000
The Evan Cornish Foundation	North West Centre: Therapeutic Support	10,000
M & C Trust	Child psychotherapy	8,000
Delves Chariitable Trust	Legal Advice and Welfare Service	8,000
Unbound Philanthropy	COVID-19 Relief	6,000
Persula Foundation	Write to Life	6,000
29th May 1961 Charitable Trust	West Midlands Centre:- Therapeutic Support	5,000
Birmingham District Nursing Charitable Trust	West Midlands Centre:- Therapeutic Support	5,000
Trust for London/London Communities Response	COVID-19 - London Centre Client Relief	5,000
Scottish Refugee Council	COVID-19 Scotland Centre Client Relief	5,000
DG Charitable Trust	Scotland Centre: Therapeutic Support	5,000
The Harrop Green Charitable Trust	North West Centre: Therapeutic Support	5,000
The Beatrice Laing Trust	Natural Growth Project	5,000
Barbour Foundation	North East Centre: Core Support	5,000
The Patrick and Helena Frost Foundation	Write to Life	5,000
The Netherdale Trust	Scotland Centre: Therapeutic Support	3,750
D'Oyly Carte Charitable Trust	London Centre: Art Therapy	3,500
BBC Children in Need	COVID-19 Relief	3,000
Manchester Guardian Society Chartible Trust	North West Centre: Therapeutic Support	3,000
Eleanor Rathbone Charitable Trust	North East Centre: Core Support	2,500
The Ratcliff Foundation	West Midlands Centre: Therapeutic Support	2,000

Donor	Purpose	£
The Hugh Fraser Foundation	Scotland Centre: Therapeutic Support	2,000
Rainford Trust	North West Centre: Therapeutic Support	2,000
London Churches Refugee Fund	London Centre: Client Relief	1,650
Homelands Charitable Trust	Family therapy	1,500
William Howarth Charitable Settlement	North West Centre: Therapeutic Support	1,500
JTH Charitable Trust	Scotland Centre: Therapeutic Support	1,250
George Henry Collins Char Trust	West Midlands Centre:- Therapeutic Support	1,000
The Ericson Trust	London Centre: Children, young people and families	1,000
Gordon Fraser Charitable Trust	Scotland Centre: Therapeutic Support	1,000
The Inchcape Foundation	Scotland Centre: Therapeutic Support	1,000
Souter Charitable Trust	North West Centre: Therapeutic Support	1,000
The Sutasoma Trust	Natural Growth Project	1,000
Scottish Refugee Council	Scotland Centre: Printing Recipe Book	938
Miss KM Harbinson's Charitable Trust	Scotland Centre: Therapeutic Support	700
The Trace Charitable Trust	Child psychotherapy	540
Lillie C Johnson Trust	West Midlands Centre:- Therapeutic Support	500
The Brian Shaw Memorial Trust	West Midlands Centre:- Therapeutic Support	500
The Westward Trust	West Midlands Centre:- Therapeutic Support	400
Ian Fleming Charitable Trust	Scotland Centre: Therapeutic Support	400
RKT Harris Charitable Trust	Scotland Centre: Therapeutic Support	250
Catherine Cookson Charitable Trust	Physical Therapy	250

At the end of 2020 there were 9 open residuary legacies with an estimated total value of £1,556,438 which had not met the conditions for recognition as income during the year (2019 – 20 open legacies with an estimated total of £275,326). In addition, there are 4 estates with an estimated total value of £34,500 which will be released on the expiration of life trusts.

3. OTHER TRADING ACTIVITIES (INCL. FUNDRAISING)

	2020	2019
	£	£
Raffles	135,829	122,990
Fundraising events	57,366	244,423
Christmas cards	46,319	17,201
HMRC - Furlough grant	123,685	
Sundry	4,174	16,127
	367,373	**400,741**

4. INCOME FROM CHARITABLE ACTIVITIES

2020	2020 Unrestricted funds	2020 Restricted funds	2020 Total funds
	£	£	£
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	367,943	367,943
United Nations	-	34,380	34,380
Scottish Government	-	50,000	50,000
Scottish Government (Corra Foundation)	-	97,028	97,028
Others	-	188,217	188,217
Sub-total government and public bodies	-	737,568	737,568
Fees for medico-legal reports	258,227	-	258,227
Training fees & Others	2,351	-	2,351
Total	**260,578**	**737,568**	**998,146**

2019	2019 Unrestricted funds	2019 Restricted funds	2019 Total funds
	£	£	£
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	385,194	385,194
Scottish Government	-	35,000	35,000
Others	-	143,410	143,410
Sub-total government and public bodies	-	563,604	563,604
Fees for medico-legal reports	321,536	-	321,536
Training fees & Others	15,677	-	15,677
Total	**337,213**	**563,604**	**900,817**

There are no known unfulfilled conditions, or contingencies attached to the income recognised in respect of government grants.

The income shown above is comprised of the total funds received as adjusted for the movement in debtors.

Freedom from Torture was grateful to receive five grants from the National Lottery Community Fund in 2020 as follows:

	Restricted funds
	£
Helping Adult Torture Survivors Recover to Rebuild Their Lives Manchester: ID 10259774	93,094
Holistic Rehabilitation to help Survivors of Torture Rebuild their Lives Birmingham ID 0010286404	95,667
Healing Neighbourhoods Scotland – Integrating Survivors of Torture ID 0010295140	112,641
Holistic Support for Torture Survivors London ID 0010249444	41,541
Third Sector Communities Recovery Fund	25,000
	367,943

The grants above contributed to integration of torture survivors into the community in Scotand , adult therapy in London, North West and West Midlands

Freedom from Torture was grateful to receive seven grants from the from the grant giving bodies below in 2020:

		Restricted funds
		£
Scottish Government via Corra Foundation	COVID Recovery Wellbeing Grant	97,028
Scottish Government Promoting Equality and Cohesion Fund	Core and Healing Neighbourhoods	50,000
Mayor of London – Young Londoners Fund	Supporting survivors of torture aged 10-21 based in London	48,000
Manchester City Council – Our Manchester Fund	Supporting survivors of torture in Manchester	19,800
Ministry of Justice	Supporting survivors of torture in Birmingham	96,350
Newcastle City Council	Supporting survivors of torture in Newcastle	4,299
The United Nations Voluntary Fund for Victims of Torture	Supporting survivors of torture in London	34,380
		349,857

These funds are included as part of the relevant restricted funds in Note 14.

5. COST OF RAISING FUNDS

	2020	2019
	£	£
Direct Marketing	1,791,603	1,623,922
Legacies	105,459	117,196
Trusts and Corporate	311,699	197,724
Events	118,125	154,348
Local Groups	102,954	72,355
Community	86,003	112,647
Major Donors	278,357	260,095
Grants	104,652	138,201
Cost of raising voluntary income	2,898,851	2,676,488
Cost of activities for generating funds	183,097	117,786
Total cost of raising funds	**3,081,948**	**2,794,274**

6. ANALYSIS OF TOTAL EXPENDITURE

2020	Staff costs	Other direct costs	Support costs	Total 2020
	£	£	£	£
Raising funds:				
Donations and legacies	1,018,381	1,382,476	497,994	2,898,851
Trading activities	39,862	124,335	18,900	183,097
	1,058,243	**1,506,811**	**516,894**	**3,081,948**
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,670,470	112,857	1,123,734	4,907,061
Education/training/info	419,173	10,858	173,448	603,479
Human rights work	860,599	182,707	326,598	1,369,904
Relief grants	15,844	162,792	6,172	184,808
	4,966,088	**469,214**	**1,629,952**	**7,065,252**
Support costs	736,372	1,410,473	(2,146,845)	-
Total expenditure	**6,760,701**	**3,386,496**	**-**	**10,147,200**

2019	Staff costs	Other direct costs	Support costs	Total 2019
	£	£	£	£
Raising funds:				
Donations and legacies	928,171	1,316,634	431,683	2,676,488
Trading activities	29,364	73,282	15,140	117,786
	957,535	**1,389,916**	**446,823**	**2,794,274**
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,388,722	231,629	1,217,869	4,838,220
Education/training/info	441,476	42,710	188,038	672,224
Human rights work	734,027	206,757	287,452	1,228,236
Relief grants	11,735	194,587	4,334	210,656
	4,575,960	**675,683**	**1,697,693**	**6,949,336**
Support costs	689,965	1,454,552	(2,144,517)	-
Total resources expended	**6,223,460**	**3,520,151**	**-**	**9,743,610**

All expenditure on raising funds was unrestricted (2019 – the same); of the charitable activities expenditure £5,389,759 was unrestricted (2019 - £5,594,736) and £1,578,144 was restricted (2019 - £1,354,601).

During 2020 Freedom from Torture gave £174,976 in relief grants to survivors of torture (2019 - £194,587). This includes grants totalling £20,000 given to other NGOs providing direct assistance to survivors of torture.Freedom from Torture gave £154,876 directly to individual survivors of torture and their dependents. Of this, £123,221 was for emergency assistance, smart phones and mobile phone credit, to enable remote access to Freedom from Torture's service while the COVID-19 prevented face to face therapy at our centres. In addition, clients attending treatment appointments prior to the pandemic, were reimbursed £31,754 for their travel to/from their appointments.

Net incoming resources are stated after charging:

	Total 2020	Total 2019
	£	£
Auditor's remuneration:		
Audit fee – statutory accounts	13,050	10,750
Audit fee – non audit services	920	895
Operating lease rentals - Land and buildings	46,162	128,550

Support costs represent premises and other overhead costs which cannot be directly attributed to departments and projects. The allocation of support costs in the above table is as follows:

	Premises/phone furniture/post equipment/print	Governance	Financial administration	Senior management	HR & staff training	2020 Total allocated
	£	£	£	£	£	£
Raising funds:						
Donations and legacies	263,714	8,540	109,986	53,002	62,753	497,995
Trading activities	10,008	324	4,174	2,012	2,382	18,900
	273,722	**8,864**	**114,160**	**55,014**	**65,135**	**516,895**
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/ casework	595,075	19,270	248,185	119,601	141,603	1,123,734
Education/training/ info	91,849	2,974	38,307	18,460	21,856	173,446
Human rights work	172,950	5,600	72,132	34,760	41,155	326,597
Relief grants	3,269	106	1,363	657	778	6,173
	863,143	**27,950**	**359,987**	**173,478**	**205,392**	**1,629,950**
Total	**1,136,865**	**36,814**	**474,147**	**228,492**	**270,527**	**2,146,845**

	Premises/phone furniture/post equipment/print	Governance	Financial administration	Senior management	HR & staff training	2019 Total allocated
	£	£	£	£	£	£
Raising funds:						
Donations and legacies	212,713	8,323	87,170	45,414	78,062	431,682
Trading activities	7,460	292	3,057	1,593	2,738	15,140
	220,173	**8,615**	**90,227**	**47,007**	**80,800**	**446,822**
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/ casework	600,111	23,481	245,925	128,122	220,230	1,217,869
Education/training/ info	92,656	3,626	37,971	19,782	34,003	188,038
Human rights work	141,644	5,542	58,045	30,241	51,981	287,453
Relief grants	2,136	84	875	456	784	4,335
	836,547	**32,733**	**342,816**	**178,601**	**306,998**	**1,697,695**
Total	**1,056,720**	**41,348**	**433,043**	**225,608**	**387,798**	**2,144,517**

The basis of allocation of costs in all cases is the proportion of direct staff time spent on each function. Senior management includes the Chief Executive's office.

7. STAFF COSTS AND TRANSACTIONS WITH TRUSTEES

	2020	2019
	£	£
Salaries (including temporary staff)	5,561,817	5,150,102
Interpreters	403,860	354,476
Social security	465,562	417,707
Pension contributions	313,956	286,743
Life assurance contributions	15,506	14,432
	6,760,701	**6,223,460**

The charity contributes at the rate of 6% of gross salary to a money purchase pension scheme for staff with more than three months' service who have not opted out of the scheme.

The year-end creditors includes an amount of £0 (2019 - £227) for accrued pension costs.

The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the year was as follows:

	2020	2019
£60,001 - £70,000	1	2
£70,001 - £80,000	3	2
£80,001 - £90,000	-	-
£90,001 - £100,000	1	1

Key management personnel comprises of the Trustees and Senior Management Team (listed below):

Chief Executive Officer
National Director of Clinical Services
Director of Finance and Central Services
Director of Fundraising and Communications
Director of Policy and Advocacy

Total remuneration for these posts amounted to £463,745 (2019 – £447,387)

All the employees in the above categories participated in the pension scheme.
Contributions made for them amounted to £24,074 (2019 – £21,770).

The Trustees act in a voluntary capacity and received no remuneration. 3 Trustees (2019 –3) received reimbursement of expenses totalling £188 during the year (2019 – £1,571). There were no other related party transactions in the year (2019 – £nil).

Staff costs included ex-gratia, redundancy and payment in lieu of notice costs of £61,094 (2019 - £23,035).

Notes to the financial statements for the year ended 31 December 2020

The average number of paid employees and self-employed interpreters (full-time equivalent) over the year by function was:

	2020	2019
Medical, therapeutic and casework	72	71
Interpreters services including admin	10	10
Education, training and information	9	9
Human rights work	16	14
Support	14	14
Fundraising	23	22
Total full-time equivalent (salaried staff)	144	140
Interpreters self employed	8	8
Total full-time equivalent (all staff)	152	148
Total on payroll, full-time and part-time	183	183

During the year the charity was fortunate also to have the services of around 49 (2019 - 107) part-time volunteers. Most worked in the medical, therapeutic and casework area.

8. TANGIBLE AND INTANGIBLE FIXED ASSETS

	Tangible Fixed Assets				
	Freehold land and building	Long Leasehold building	Computer hardware/ Office equipment	Furniture/ Fixtures & fittings	Total
	£	£	£	£	£
Cost:					
At 01.01.20	5,419,752	435,331	877,250	879,355	7,611,688
Additions	-	-	82,210	75,803	158,013
At 31.12.20	5,419,752	435,331	959,460	955,158	7,769,701
Depreciation:					
At 01.01.20	1,620,588	100,083	739,291	682,915	3,142,877
Charge for the year	105,722	6,705	68,049	126,048	306,524
At 31.12.20	1,726,310	106,788	807,340	808,963	3,449,401
Net book values:					
At 31.12.19	3,799,164	335,248	137,959	196,440	4,468,811
At 31.12.20	3,693,442	328,543	152,120	146,195	4,320,300

	Intangible Fixed Assets
Database software	£
Cost:	
At 01.01.20	640,831
Additions	9,180
At 31.12.20	650,011
Amortisation:	
At 01.01.20	616,265
Charge for the year	11,654
At 31.12.20	627,919
Net book values:	
At 31.12.19	24,566
At 31.12.20	22,092

The freehold land and building comprised the charity's main premises in Finsbury Park, London.
The Long leasehold building, being the Newcastle centre is held under a 295 years lease running from 2006.

9. INVESTMENTS

At the end of 2020 the charity held listed investments comprising of shares valued at £14,204 (2019 – £17,171) which had been donated by supporters. The main holding is Scottish Investment Trust Plc £12,250 (2019 – £14,602).

	2020	2019
	£	£
Market value at beginning of year	17,171	16,105
Unrealised investment gain/(loss)	(2,967)	1,066
Market value at end of year	14,204	17,171

In addition to the investments described above the charity retained the shares comprising its £100 (2019-£100) investment in its trading subsidiary company, Survivors Trading Limited. Survivors Trading has been dormant since 2011 and therefore there was no turnover income or expenditure. Net assets amounted to £8 at the year-end (2019-£8). The income, expenditure, assets and liabilities of the trading company are not consolidated in this financial statements due to their immateriality. Copies of Survivors Trading's financial statements are available from 111 Isledon Road, London, N7 7JW.

10. DEBTORS

	2020	2019
	£	£
Trade debtors (medico-legal report fees)	404,082	309,576
Bad debts provision	(39,863)	(27,033)
Tax recoverable on Gift Aid donations	214,702	218,802
Legacies	3,537,469	1,312,302
Sundry debtors	68,584	39,661
Prepayments	61,099	58,350
	4,246,073	**1,911,658**

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Bank loan repayable within one year	101,776	100,174
Trade creditors	420,233	337,809
Inland Revenue: PAYE and NI contributions	127,115	119,503
Staff salaries and pensions	-	227
Other accruals	201,695	175,221
	850,819	**732,934**

See details of bank loan below in note 12.

12. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2020	2019
	£	£
Between one and two years	112,189	101,788
Between two and five years	101,823	214,734
	214,012	**316,522**

The above loan from the Co-operative Bank is secured against our freehold property at 111 Isledon Road, London N7 with interest charged at 1.10% above LIBOR. It is repayable in monthly instalments over 14 years from December 2009.

13. LEASE COMMITMENTS

Total future minimum lease payments payable under non-cancellable operating leases are as follows:

	2020	2019
	£	£
Up to one year	36,178	88,311
Between one and five years	20,484	50,289
	56,662	**138,600**

The charity had commitments under non-cancellable leases for land and buildings which relate to clinical centres in Manchester, Birmingham and Glasgow.

Notes to the financial statements for the year ended 31 December 2020

14. MOVEMENTS IN FUNDS

Opening and closing balances and movements in funds were as follows:

2020	Brought forward at end 2019	Incoming during 2020	Outgoing during 2020	Transfers & investm. gains 2020	Carried forward at end 2020
	£	£	£	£	£
Restricted funds:					
Medico-legal work	82,541	33,128	(115,669)	-	-
Psychological therapy – Adults	-	148,447	(148,447)	-	-
Psychological therapy – CYPF*	85,019	153,466	(184,209)	-	54,276
Group work – Adults	1,416	16,822	(18,155)	-	83
Group work – CYPF	21,662	9,321	(26,816)	-	4,167
Welfare advice and care	6,000	29,214	(32,406)	-	2,808
North West centre	12,949	157,336	(148,778)	-	21,507
Scotland centre	115,334	264,251	(255,566)	-	124,019
North East centre	4,958	27,870	(30,120)	-	2,708
West Midlands centre	80,446	242,425	(237,509)	-	85,362
Yorkshire and Humberside hub	3,667	4,282	(7,949)	-	-
Survivors writing group – Write 2 Life project	750	13,694	(9,777)	-	4,667
Training & capacity building	6,666	15,000	(10,417)	-	11,249
Research and Information	-	5,000	(5,000)	-	-
Human rights work	118,515	384,365	(337,732)	-	165,148
Relief grants	501	2,390	(2,891)	-	-
Memorial events in memory of A. Wetherfield	3,429	-	-	-	3,429
North East centre Fixed Assets reserve	335,247	-	(6,705)	-	328,542
	879,100	**1,507,011**	**(1,578,146)**	**-**	**807,965**
Designated funds:					
Fixed assets reserve	3,743,064	-	-	(41,770)	3,701,294
Working Capital Reserve	1,278,898	-	-	2,218,132	3,497,030
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	532,400	-	-	10,000	542,400
	6,081,174	**13,170**	**(13,170)**	**2,186,362**	**8,267,536**
General reserve (unrestricted fund)	2,014,802	11,291,673	(8,555,883)	(2,189,330)	2,561,262
Sub-total: Charity funds	**8,975,076**	**12,811,854**	**(10,147,200)**	**(2,968)**	**11,636,763**

* Children, young people and families

Notes to the financial statements for the year ended 31 December 2020

2019	Brought forward at end 2018	Incoming during 2019	Outgoing during 2019	Transfers & investm. gains 2019	Carried forward at end 2019
	£	£	£	£	£
Restricted funds:					
Medico-legal work	1,167	100,000	(18,626)	-	82,541
Psychological therapy - Adults	13,576	88,942	(102,518)	-	-
Psychological therapy – CYPF	73,613	216,830	(205,424)		85,019
Group work – Adults	416	42,084	(41,084)	-	1,416
Group work – CYPF	18,850	20,744	(17,932)	-	21,662
Welfare advice and care	-	8,000	(2,000)		
North West centre	14,948	297,540	(299,539)	-	12,949
Scotland centre	117,878	201,597	(204,141)	-	115,334
North East centre	2,061	26,150	(23,253)	-	4,958
West Midlands centre	83,700	186,939	(190,193)	-	80,446
Yorkshire and Humberside hub	-	11,000	(7,333)		3,667
Survivors writing group – Write 2 Life project	417	18,500	(18,167)	-	750
Training & capacity building	4,583	10,000	(7,917)	-	6,666
Human rights work	50,683	223,377	(155,545)	-	118,515
Relief grants	22,927	7,760	(30,187)	-	501
Memorial events in memory of A. Wetherfield	27,330		(23,901)	-	3,429
North East centre Fixed Assets reserve	342,089		(6,842)	-	335,247
	774,238	**1,459,463**	**(1,354,602)**	**-**	**879,100**
Designated funds:					
Fixed assets reserve	3,693,898	-	-	49,166	3,743,064
Working Capital Reserve	1,231,827	-	-	47,071	1,278,898
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	492,400	-	-	40,000	532,400
	5,944,937	**13,170**	**(13,170)**	**136,237**	**6,081,174**
General reserve (unrestricted fund)	2,008,178	8,517,633	(8,375,838)	(135,171)	2,014,802
Sub-total: Charity funds	**8,727,353**	**9,990,267**	**(9,743,610)**	**1,066**	**8,975,076**

The capitalised expenditure on the North East centre (North East Centre fixed assets reserve) is considered restricted as the grant provided towards these costs, imposes specific condition that the building should continue to be used for the purpose of the Medical Foundation. The £6,705 (2019-£6,842) outgoing resources represents the depreciation on the building.

The Fixed assets reserve is an unrestricted fund designated by the Trustees. Its purpose is to reflect funds tied up in the charity's fixed assets (other than the North East centre held in restricted funds as above) after taking into account the bank loans which are part-financing them. When additional fixed assets are required, further funding will be sought if necessary.

The Long term donation is a fund set-up in response to a donor's wish that the £500k they gave be invested and any interest gained be used to help fund psychotherapy services over a sustained period. The intention of the donor was to provide long-term assistance but the Trustees have discretion to draw on it at times of great need. The charity plans to use these funds in the next 18 months to support fundraising.

The charity is putting aside £40,000 p.a. into a Major Building Repairs Reserve to fund major repairs to its freehold property in London and its leasehold property in Newcastle. Due to the nature of the costs covered it is not possible to anticipate the timing of the expenditure.

15. ANALYSIS OF ASSETS AND LIABILITIES BETWEEN FUNDS

	Unrestricted Funds			
	Restricted Funds	Designated Funds	General Reserve	2020 Total
	£	£	£	£
Tangible and intangible fixed assets	328,542	4,013,850	-	4,342,392
Investments	-	-	14,204	14,204
Net current assets	479,423	4,467,698	2,547,058	7,494,179
Long term loan	-	(214,012)	-	(214,012)
	807,965	**8,267,536**	**2,561,262**	**11,636,763**

	Unrestricted Funds			
	Restricted Funds	Designated Funds	General Reserve	2019 Total
	£	£	£	£
Tangible and intangible fixed assets	335,247	4,158,132	-	4,493,379
Investments	-	-	17,171	17,171
Net current assets	543,853	2,239,564	1,997,631	4,781,048
Long term loan	-	(316,522)	-	(316,522)
	879,100	**6,081,174**	**2,014,802**	**8,975,076**

16. TAXATION

Freedom from Torture is a registered charity and as such its income and gains are exempt from corporation tax to the extent that they are applied to its charitable objectives.

17. ANALYSIS OF CHANGES IN NET DEBT

	Brought forward at end 2019	Cashflow	Carried forward at end 2020
	£	£	£
Cash	3,602,327	496,598	4,098,925
Loans falling due within one year	(100,174)	(1,602)	(101,776)
Loans falling due after more than one year	(316,522)	102,510	(214,012)
	3,185,631	**597,506**	**3,783,137**

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY

Board of Trustees

Susan Berelowitz (Chair)
Melanie Essex (Vice Chair)
Fiona Goudie
Joanne Stubley
John Jacob Dalhuisen
Javier Rodriguez Alarcon (Appointed 17 May 2021)
Mahesh Wickramasinghe (Appointed 17 May 2021)
Manraj Sandhu (Treasurer, appointed 17 May 2021)
Michael Johnson
Rasha Obaid (Appointed 17 May 2021)
Sarah Taylor Peace
Seibatu Amara
Sonali Naik
Raj Chada (Resigned 18 March 2020)
Andrew Farrell (Treasurer, resigned 6 October 2020)

Chief Executive

Sonya Sceats

Charity Registration Number

1000340

Registered Name

Freedom from Torture

Registered Office

111 Isledon Road, London N7 7JW

Scottish Charity Number

SC039632

Company Registration Number

2398586

Finance, Governance & Audit Committee

Manny Sandhu (Chair)
Sarah Taylor Peace (Vice Chair)
Javier Rodriguez Alarcon
Susan Berelowitz

Performance, Standards and Effectiveness Committee

Melanie Essex (Chair)
Michael Johnson
Fiona Goudie
Joanne Stubley
Seibatu Amara

Bankers

National Westminster Bank plc
95 High Street, Huntingdon Cambs PE29 3DT

Co-operative Bank plc
80 Cornhill, London EC3V 3NJ

Auditors

Moore Kingston Smith LLP
Devonshire House,
60 Goswell Road London EC1M 7AD

Solicitors

Howard Kennedy LLP
1 London Bridge, London SE1 9BG

Bates Wells & Braithwaite London LLP
10 Queen Street Place London EC4R 1BE

Remuneration Committee

Sarah Taylor Peace (Chair)
Manny Sandhu
Sue Berelowitz
Melanie Essex

To protect the identities of survivors of torture and shield their loved ones from persecution,
names may have been changed and models have been used in some photographs.
All stories are true, as told by survivors of torture.

Registered charity: England 1000340, Scotland SC039632.

Office of the Immigration Services Commissioner registration number: N201600022.

111 Isledon Road, Islington, London, N7 7JW
Tel: 020 7697 7777

www.freedomfromtorture.org

Facebook: Freedom from Torture
Twitter: @FreefromTorture
Instagram: @freefromtorture