BODY AND SOUL

England & Wales · Charity number 1060062

Details

Status	Registered
Legal form	Charitable company
Company number	03245543
Registered	1997-01-10
Register	View on the Charity Commission register

Contact

Address	St. Ives House 99-119 Rosebery Avenue London EC1R 4RE
Phone	02079236880
Website	www.bodyandsoulcharity.org

Activities

Objects: THE OBJECTS FOR WHICH THE COMPANY IS ESTABLISHED ARE: A) THE RELIEF OF PERSONS AFFECTED BY THE HUMAN IMMUNODEFICIENCY VIRUS (HIV), BY THE PROVISION OF APPROPRIATE ADVICE, INFORMATION AND SUPPORT TO THEM, THEIR FAMILIES, FRIENDS, PARTNERS AND CARERS; B) THE ADVANCEMENT OF PUBLIC EDUCATION IN ALL MATTERS WHICH ARE RELATED TO, OR THOUGHT TO BE RELATED TO, HIV; C) THE ADVANCEMENT OF PUBLIC HEALTH FOR THE PUBLIC BENEFIT, IN PARTICULAR BUT WITHOUT LIMITATION BY THE PROVISION OF APPROPRIATE ADVICE, INFORMATION AND SUPPORT TO PEOPLE WHO MAY EXPERIENCE, WHO ARE EXPERIENCING OR WHO HAVE EXPERIENCED TRAUMA; D) THE RELIEF OF THOSE IN NEED BY REASON OF ILL-HEALTH OR OTHER DISADVANTAGE; E) THE ADVANCEMENT OF PUBLIC AWARENESS AND EDUCATION IN ALL MATTERS RELATING TO TRAUMA.

Activities: Body & Soul is a pioneering UK charity delivering a proven transformational programme for people of all ages who have experienced childhood adversity, including those affected by family disruption, suicidal behaviour and HIV.

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Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,370,855	£1,403,879	£549,350	24
2023-12-31	£1,396,007	£1,556,697	£582,373	25
2022-12-31	£1,470,928	£1,458,144	£743,063	26
2021-12-31	£1,496,073	£1,325,996	£730,279	22
2020-12-31	£1,415,804	£1,329,647	£560,201	23

Trustees

Name	Role	Appointed
Jagdeep Parbha		2024-05-01
Jane Dutton		2017-05-31
Jeffrey Currie		2022-08-01
MUNYA CHIDAKWA		2012-08-16
Marjorie Agwang		2014-11-07
Samantha Campbell		2025-02-26
Tudor Payne		2026-01-16

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BODY AND SOUL

England & Wales - Charity number 1060062

Accounts

Company number: 03245543
Charity Number: 1060062

Body & Soul

Report and financial statements

For the year ended 31 December 2024

Body & Soul

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Reference and administrative information

For the year ended 31 December 2024

Company number	03245543 Incorporated – United Kingdon
Charity number	1060062 Registered – England and Wales
Registered office and operational address	St Ives House 99-119 Rosebery Avenue London EC1R 4RE
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Marjorie Agwang Deborah Bee Jags Parbha Munya Chidakwa Jeff Currie Jane Dutton Alex Lifschutz Chris Naylor Peter Souter Rachel Stevenson Samantha Teasdale

Key management personnel	Emma Colyer	Director
	Jed Marsh	Assistant Director
	Katie Brown	Co-Director: Head of You Are Not Alone
	Kudzai Sitima	Co-Director: Strategic Support
	Rachel Bothamley	Co-Director: Head Engagement
	Aarati Bista	Co-Director: Head of Children & Young People
	Zoe Reynolds	Head of Learning & Development

Bankers	The Co-operative Bank 62-64 Southampton Row London WC1B 4AR	Lloyds Bank plc 21-23 Hill Street London W1J 5JW

Reference and administrative information

For the year ended 31 December 2024

Solicitors	Hogan Lovells 65 Holborn Viaduct London, EC1A 2DV
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor 110 Golden Lane LONDON, EC1Y 0TG

The Trustees present their report and the audited financial statements for the year ended 31 December 2024

Reference and administrative information set out on page 3 and 4 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Body & Soul is an innovative frontline charity that brings a community-based and richly trauma-engaged approach to addressing the life-threatening impact of traumatic experiences in people of all ages. The charity was established in 1996 to provide targeted support for children and families, primarily refugees, who were living with HIV alongside complex trauma and multiple other adversities. In response, Body & Soul quickly developed a creative 'whole-person' model of healing, which transcends any specific source of trauma by focusing instead on nurturing individual strengths and the capacity for connection to maximise opportunities for growth and for mutual support, meanwhile offering a full suite of specialist practical and therapeutic support to address the more specific social, economic and psychological effects of acute or repetitive trauma.

This approach is inherently collaborative, shaped by a constant dynamic dialogue with members, who are actively involved in the organisation at every level. It is also systemic and solutions-orientated: through building long-term trusting relationships with each of our members, we have a clear understanding of all the challenges and joys in their lives, and we can therefore intervene in a highly-targeted way to reduce any risks and enhance specific protective factors.

In addition, Body & Soul is an inquiring organisation. There is a substantial body of research showing that the stress associated with adverse childhood experiences can have extremely serious consequences for individuals but also at the social and macroeconomic levels. For example, according to the WHO, "such stress can lead to serious problems such as alcoholism, depression, eating disorders, unsafe sex, HIV, heart disease, cancer and other chronic diseases." From the outset, Body & Soul has had to squeeze every ounce of impact from every pound we are given, which is why we always make sure we have a clear empirical rationale for every one of our interventions, and then monitor them rigorously ourselves to make sure we generate clear evidence of impact.

Principles

Body & Soul is committed to:

- Promoting equity and respect and to combating stigma, prejudice and discrimination in all settings and services.
- Adopting and promoting a human rights-based approach.
- Participation of members of all ages in planning, shaping, and delivering programmes.
- Ensuring there are structures, policies, and procedures which enable us to achieve our mission and fulfil our objectives.
- Working together with others in the spirit of collaboration and partnership to provide services that are evidenced based and of a high standard.
- Having an unshakable commitment to people of all ages impacted through childhood adversity and ongoing trauma.
- Having an entrepreneurial, innovative, and flexible approach.

Achievements in 2024

Spend: 88.75% of charitable expenditure is on programmes for children, teenagers, and adults

To whom it may concern,

The 2024 Annual Report begins with the words of our members as testimony to all they bring to this community and how it has supported them in return.

Twelve months ago, I was sectioned in hospital, with no hope or desire to return to my life outside of those walls. Today I am planning to return to education, have an expert by experience role sharing my story, and look forward to each day. I now believe that my life is worth living, and I have learnt to recover loudly rather than suffer in silence.

My journey through mental health services isn't unique. Aged 17 I had already received multiple rounds of CBT, spent countless nights in A&E in crisis, been admitted to inpatient units hours from home, and ultimately been forced to drop out of school. I couldn't see a way out of the darkness that had me surrounded. Unlike many other young people though, I was fortunate enough to be referred to Body & Soul.

I was met with hugs and smiles, in a comforting and sensory friendly space. I was asked questions about more than just my mental health. For the first time, I felt as if I was valued, that I wasn't a lost cause. No longer was my treatment defined by limited sessions, constrained resources, and white clinical spaces. Instead, I was welcomed into a vibrant and warm community with open arms, and offered lifelong support underpinned by a therapeutic modality unavailable to me through NHS services.

Body & Soul's You Are Not Alone Programme opened my eyes to a different way of treating mental health than I had ever experienced before. They looked beyond the conclusions that professionals had previously reached, and treated me as a person, not just a label. Once I reached the end of my DBT treatment, I was invited to join the community of graduates, where I have continued to receive focused support and care.

Body & Soul like many charities are facing increasing difficulties with funding. This could mean that for young people like me who would otherwise fall through the gaps charities like Body & Soul are under threat. For me, this

means the difference between a life of darkness and despair, and one of light and hope. Your support can mean that difference.

Earlier this month, I took some time to consider what my life would look like without Body & Soul. I didn't have an answer. In that alternate universe I wasn't even convinced I would be alive right now. But what has become an alternate universe for me is still the harsh reality for thousands of young people, left with insufficient support.

Body & Soul haven't just changed my life, they saved it. They helped me recognise that I haven't come this far to only come this far and that there is a life for me outside of a seemingly endless cycle of hospital admissions. Most importantly they showed me that whilst pain is real, hope is too.

We need your help to allow Body & Soul to continue reaching vulnerable young people, and to continue teaching them that their lives are worth living.

Yours sincerely,
Amy



Dear Friends,

Every year, our annual report is more than a balance sheet of Body & Soul's activities, we aim to capture the experience of a community that has been evolving over 28 years. Body & Soul is an ecosystem of belonging and transformation, a space where lives marked by trauma, isolation, and suicidality are not only stabilised but profoundly reimagined.

This year's report is anchored in the voices of our members, drawn from letters written in the final months of 2024. These words, raw and unfiltered, speak to the lived realities of individuals, young and old, who arrived at our doors having endured immense suffering, often after a suicide attempt and with no remaining belief that healing was possible.

To show up for a first assessment takes extraordinary courage, especially for those who have been repeatedly failed by systems meant to protect them. But our aim has never been to simply offer temporary relief. As an organisation, we reject the idea of short-term 'patches' for long-term pain. Instead, we begin with a question: What would life need to look like to be worth living and how far are you prepared to go to get there? Guided by this principle, our Body & Soul Healing Method supports 85% of members to achieve meaningful change within the first year. (Others may take longer, and that is honoured too).

Members' words were not originally written for a report, to make us sound like we're doing a great job. They were written in response to the reality that without additional funding, the one thing that had changed their life that they never thought existed, would be at risk.

What you will read is not a set of testimonials, it is a collective call to recognise the urgency, the effectiveness, and above all, the humanity at the heart of what we do.

Like many organisations across the sector, Body & Soul has faced an increasingly difficult financial landscape, requiring agility and determination in the face of ongoing uncertainty. In recent months, news of charity closures has dominated headlines, with financial strain cited as the primary cause, a trend that is expected to deepen as we move into 2025. Yet for Body & Soul, financial precarity is not new. It has always been a quiet, constant challenge running alongside our work, one that never quite reflects the scale or impact of what we do. As Maddie, a graduate of the You Are Not Alone programme, put it:

"I always felt misunderstood by the world until I found Body & Soul. Here, I finally found an entire community that accepted me and saw my value. It makes sense to me that the system that doesn't understand us, also doesn't understand the people who help us.

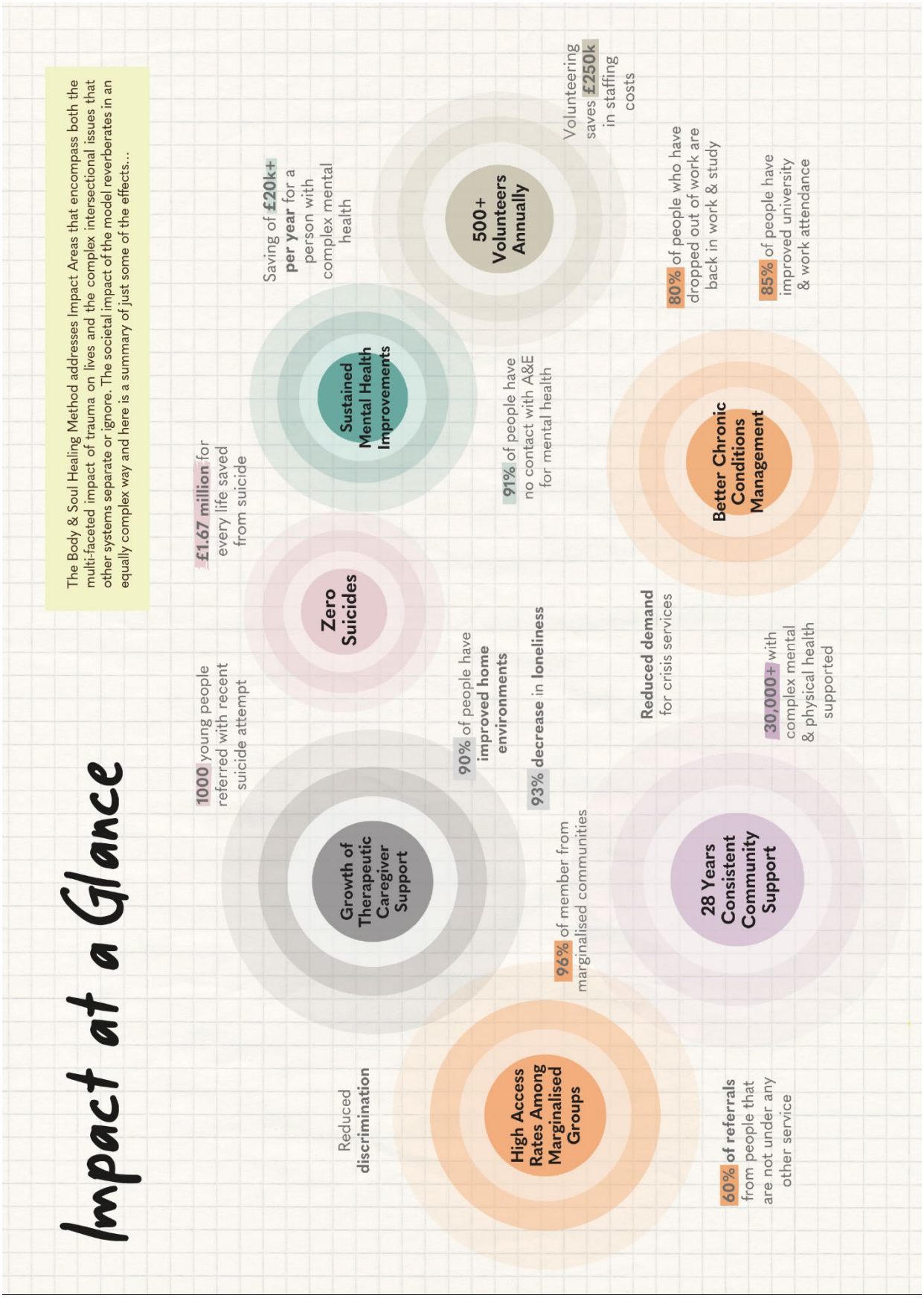
It's exhausting and painful and unfair but we have so much strength and resilience together, we are a community of people who have not been seen or heard by the world and now that we have finally found a place of love and acceptance, we're not going to let anyone take it away from us!"

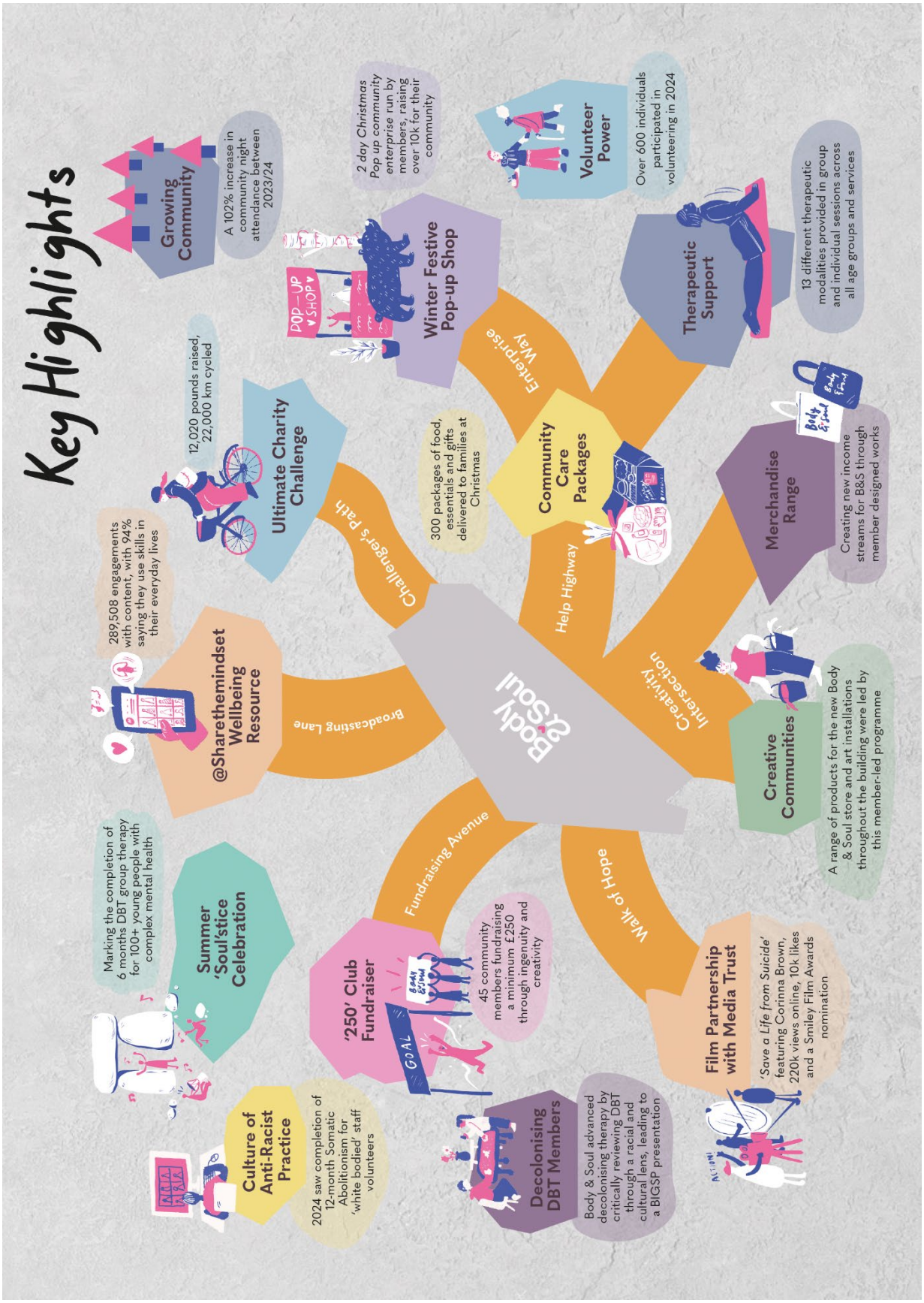
Body & Soul's impact is rooted in its refusal to reduce human suffering to simplified diagnoses or isolated interventions. Our approach embraces the full complexity of people's lives recognising that suicidality is not merely a clinical symptom, but often the expression of deep, systemic breakdowns. We do not pathologise, we listen, we hold and we respond. Grounded in an understanding of suicidality as a societal illness intertwined with race, culture, gender, trauma, migration, and both physical and mental health, our model offers a meaningful alternative to communities who have been failed or excluded by mainstream services. We work not within a single frame, but at the intersection of many, where real lives are lived.

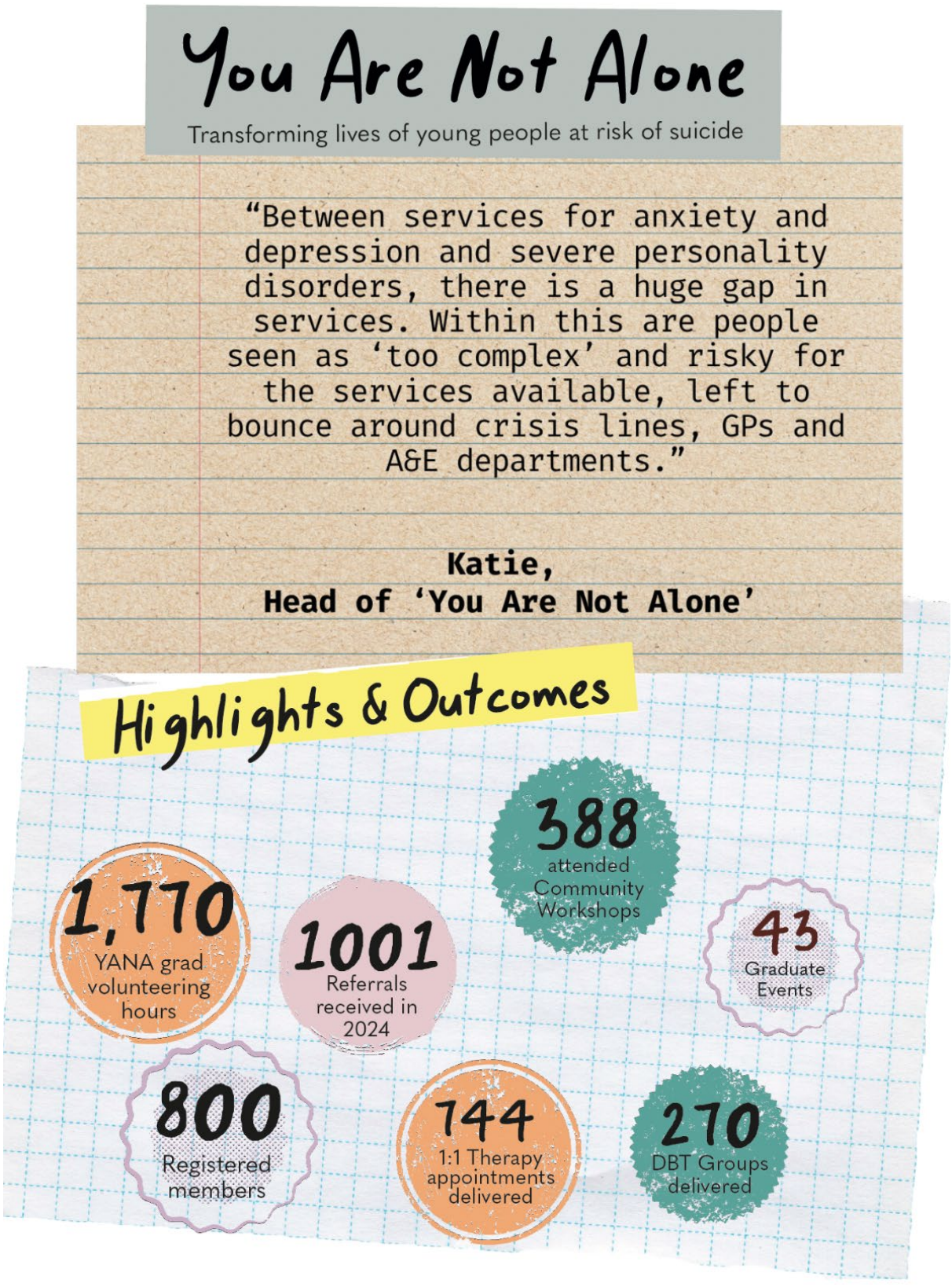
In 2024, this model was powerfully reflected back to us through the resilience of our own community. Members who once came through our doors in crisis became active contributors, writing letters of advocacy, leading peer support, facilitating creative workshops and helping to sustain the very organisation that helped them survive. This mutuality is not an outcome, it is a method. It reflects the central truth we have come to know: trauma, when faced in isolation, can destroy lives. But when held in community, it can begin to transform.

This report is a call to recognise the urgency of designing systems that do not dismiss, dehumanise, or fragment lives, but instead create conditions for healing. The Body & Soul model is a living template for what that can look like: a system of care rooted in dignity, connection, and long-term commitment.

emma xx
Director


Impact at a Glance
The Body & Soul Healing Method addresses Impact Areas that encompass both the multi-faceted impact of trauma on lives and the complex intersectional issues that other systems separate or ignore. The societal impact of the model reverberates in an equally complex way and here is a summary of just some of the effects...
1000 young people referred with recent suicide attempt
£1.67 million for every life saved from suicide
Zero Suicides
Saving of £20k+ per year for a person with complex mental health
Sustained Mental Health Improvements
500+ Volunteers Annually
Volunteering saves £250k in staffing costs
91% of people have no contact with A&E for mental health
90% of people have improved home environments
93% decrease in loneliness
Growth of Therapeutic Caregiver Support
Reduced discrimination
96% of member from marginalised communities
High Access Rates Among Marginalised Groups
Reduced demand for crisis services
28 Years Consistent Community Support
Better Chronic Conditions Management
80% of people who have dropped out of work are back in work & study
85% of people have improved university & work attendance
60% of referrals from people that are not under any other service
30,000+ with complex mental & physical health supported


Key Highlights
Body & Soul
Broadcasting Lane
@Sharethemindset Wellbeing Resource
289,508 engagements with content, with 94% saying they use skills in their everyday lives
Challenger's Path
Ultimate Charity Challenge
12,020 pounds raised, 22,000 km cycled
Enterprise Way
Winter Festive Pop-up Shop
2 day Christmas Pop up community enterprise run by members, raising over 10k for their community
Growing Community
A 102% increase in community night attendance between 2023/24
Help Highway
Community Care Packages
300 packages of food, essentials and gifts delivered to families at Christmas
Volunteer Power
Over 600 individuals participated in volunteering in 2024
Therapeutic Support
13 different therapeutic modalities provided in group and individual sessions across all age groups and services
Creativity Intersection
Merchandise Range
Creating new income streams for B&S through member designed works
Creative Communities
A range of products for the new Body & Soul store and art installations throughout the building were led by this member-led programme
Walk of Hope
Film Partnership with Media Trust
'Save a Life from Suicide' featuring Corinna Brown, 220k views online, 10k likes and a Smiley Film Awards nomination
Fundraising Avenue
'250' Club Fundraiser
45 community members fundraising a minimum £250 through ingenuity and creativity
Summer 'Soul'stice Celebration
Marking the completion of 6 months DBT group therapy for 100+ young people with complex mental health
Decolonising DBT Members
Body & Soul advanced decolonising therapy by critically reviewing DBT through a racial and cultural lens, leading to a BIGSP presentation
Culture of Anti-Racist Practice
2024 saw completion of 12-month Somatic Abolitionism for 'white bodied' staff volunteers


You Are Not Alone
Transforming lives of young people at risk of suicide
"Between services for anxiety and depression and severe personality disorders, there is a huge gap in services. Within this are people seen as 'too complex' and risky for the services available, left to bounce around crisis lines, GPs and A&E departments."
Katie,
Head of 'You Are Not Alone'
Highlights & Outcomes
1,770
YANA grad volunteering hours
1001
Referrals received in 2024
388
attended Community Workshops
43
Graduate Events
800
Registered members
744
1:1 Therapy appointments delivered
270
DBT Groups delivered

You Are Not Alone (YANA) represents a groundbreaking innovation in the treatment of complex mental health conditions and suicidality, earning the prestigious RSPH Public Health Minister's Award for its impact. As pressures on NHS services intensify and waiting times for mental health treatment reach unprecedented levels, the demand for YANA's services has grown dramatically. Since 2020, referrals to the programme have increased sixfold, enabling YANA to support over 900 young people in need.

YANA serves as a vital lifeline in the midst of a global youth suicide crisis. YANA provides support to young people across the UK who are most at risk of suicide. These are the young people deemed too complex or too risky for other agencies, who are constantly in and out of NHS services. They have all attempted suicide at least once, most of them multiple times. They find themselves trapped in a cycle of chronic mental health and self-harm, with seemingly no way out other than the unthinkable act of suicide.

YANA steps in before it is too late. It takes these young people who are most at risk of suicide, and beyond just ensuring their survival, it helps them to thrive.

How it works

Stabilise Phase

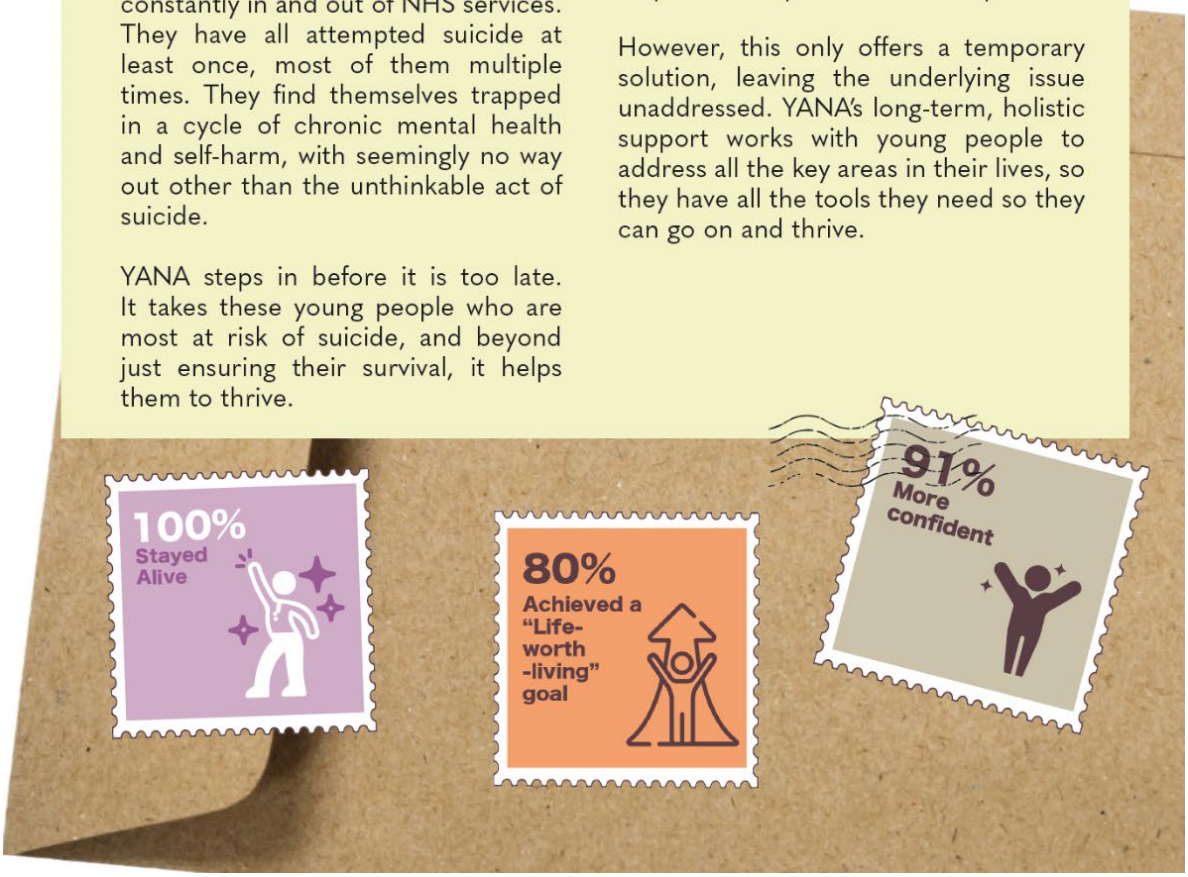
YANA's first phase stabilises young people who are at immediate risk of suicide. Young people undergo 6 months of intensive Dialectical Behaviour Therapy, considered the gold standard in suicide prevention, which gives them skills to manage their mental health in times of extreme distress.

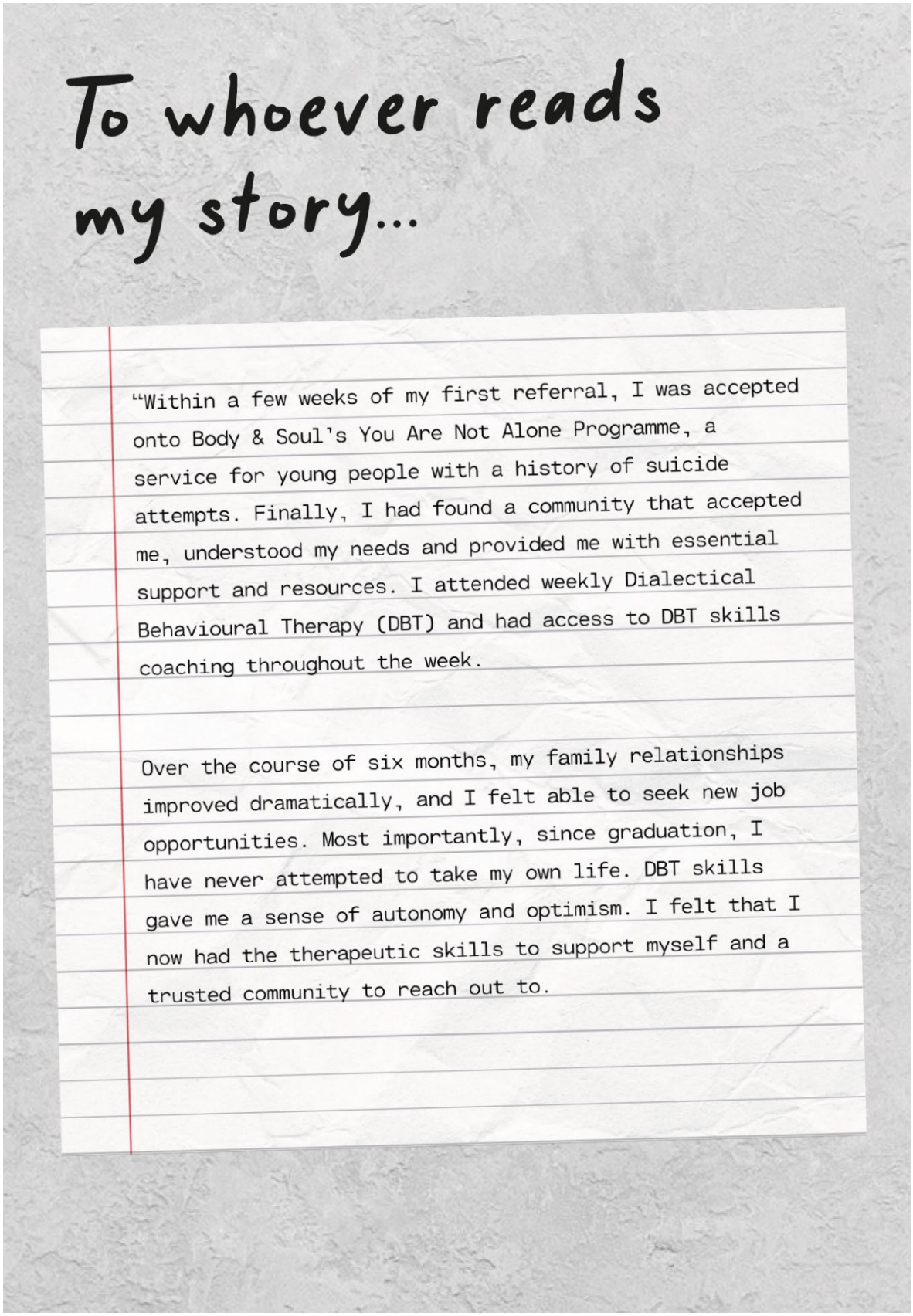
Thrive Phase

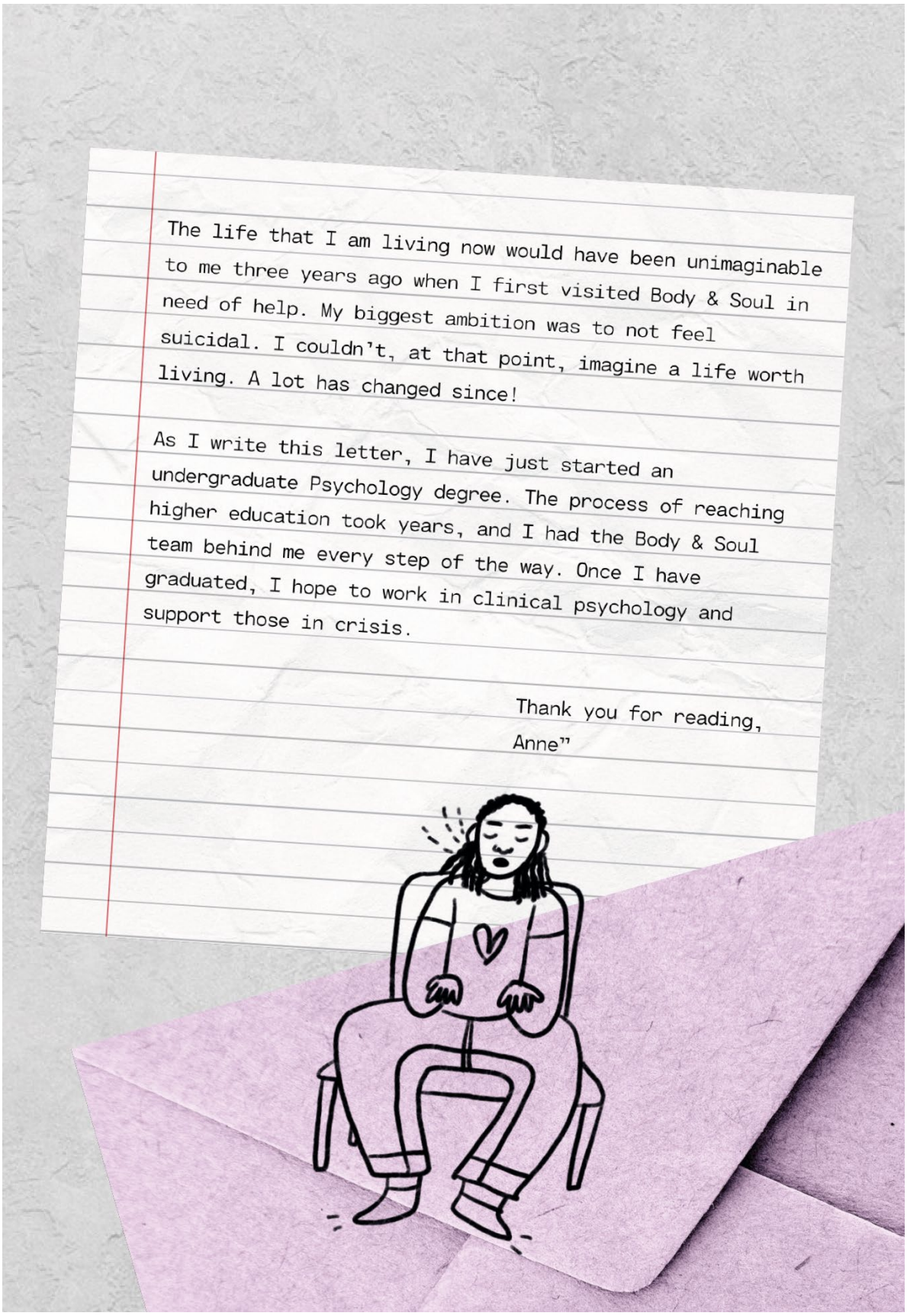
This transformational phase offers long-term ongoing support including trauma therapy, casework, nutrition guidance, skills training, peer connection, and more - empowering young people to lead stable, fulfilling lives.

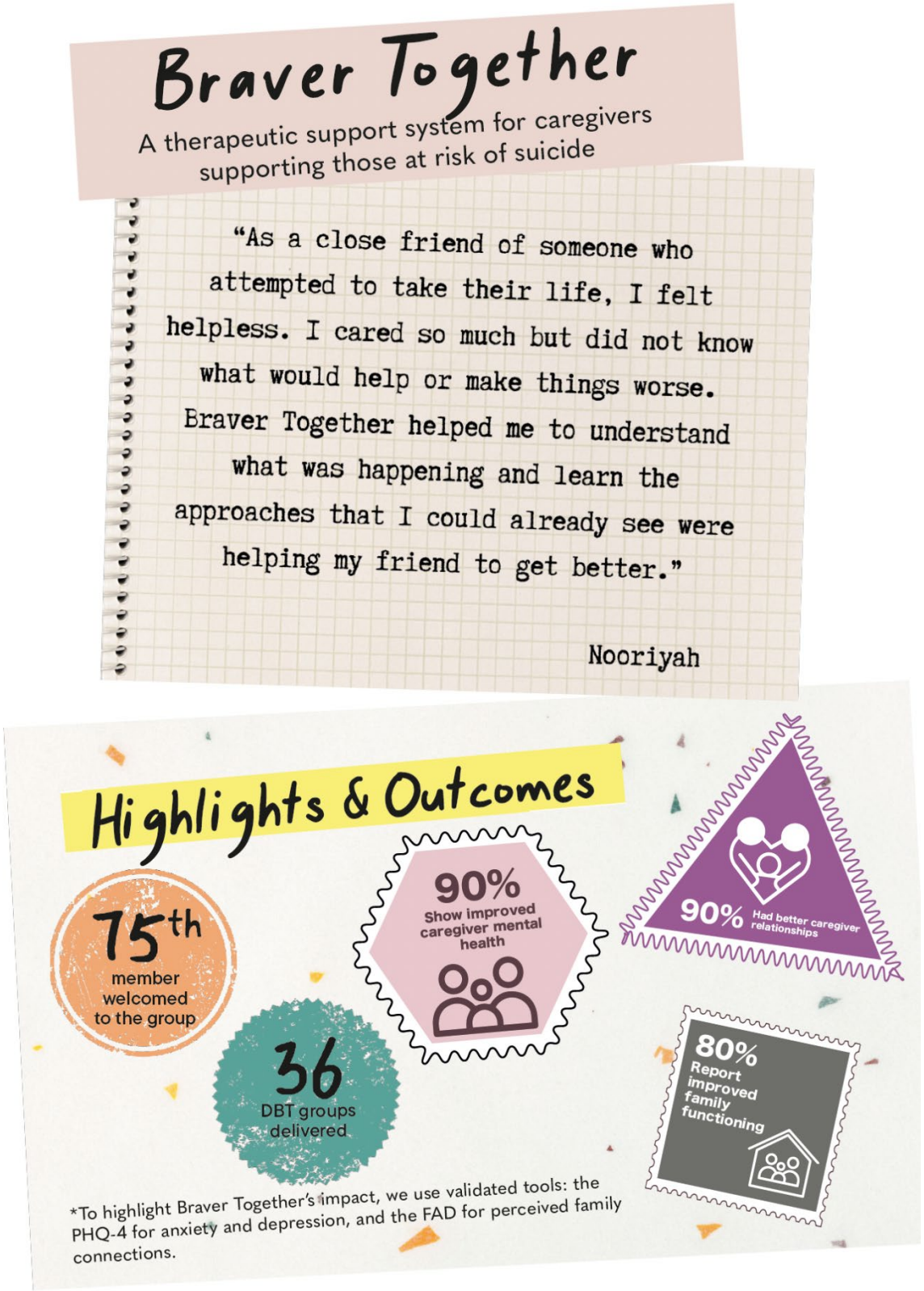
YANA addresses a critical gap in suicide prevention services. Most services focus solely on crisis intervention e.g. a helpline to stop a suicide attempt.

However, this only offers a temporary solution, leaving the underlying issue unaddressed. YANA's long-term, holistic support works with young people to address all the key areas in their lives, so they have all the tools they need so they can go on and thrive.




To whoever reads my story...
"Within a few weeks of my first referral, I was accepted onto Body & Soul's You Are Not Alone Programme, a service for young people with a history of suicide attempts. Finally, I had found a community that accepted me, understood my needs and provided me with essential support and resources. I attended weekly Dialectical Behavioural Therapy (DBT) and had access to DBT skills coaching throughout the week.
Over the course of six months, my family relationships improved dramatically, and I felt able to seek new job opportunities. Most importantly, since graduation, I have never attempted to take my own life. DBT skills gave me a sense of autonomy and optimism. I felt that I now had the therapeutic skills to support myself and a trusted community to reach out to.


The life that I am living now would have been unimaginable to me three years ago when I first visited Body & Soul in need of help. My biggest ambition was to not feel suicidal. I couldn't, at that point, imagine a life worth living. A lot has changed since!
As I write this letter, I have just started an undergraduate Psychology degree. The process of reaching higher education took years, and I had the Body & Soul team behind me every step of the way. Once I have graduated, I hope to work in clinical psychology and support those in crisis.
Thank you for reading,
Anne"


Braver Together
A therapeutic support system for caregivers supporting those at risk of suicide
"As a close friend of someone who attempted to take their life, I felt helpless. I cared so much but did not know what would help or make things worse. Braver Together helped me to understand what was happening and learn the approaches that I could already see were helping my friend to get better."
Nooriyah
Highlights & Outcomes
75th member welcomed to the group
90% Show improved caregiver mental health
90% Had better caregiver relationships
36 DBT groups delivered
80% Report improved family functioning
*To highlight Braver Together's impact, we use validated tools: the PHQ-4 for anxiety and depression, and the FAD for perceived family connections.

Braver Together (BT) is a unique support programme for anyone caring for a young person at risk of suicide.

Where services typically focus on the 'patient', BT understands that individual's wellbeing is not solely about the person's mental health, it is relative to the environment they live in. Whilst YANA provides a new supportive environment for members, BT helps ensure that family, chosen family, friends and partners know how to align their help whilst maintaining their own health and wellbeing.

Braver Together addresses key findings by The Royal College of Psychiatrists, Carers UK and The Mental Health Foundation which reveals 71% of carers have poor physical or mental health and 80% feel lonely or socially isolated. By tackling this, we improve outcomes for both young people with complex mental health and for those caring and supporting them. The programme alleviates the pressure on emergency mental health services by empowering families and individuals to use skills to feel more resilient.

How it works

Skill Building



12 weeks of skill-building sessions to help families manage their own mental health and stress, while learning how to "hold space" for someone in crisis.

Phone Coaching



A text or call service in-between weekly skills sessions to ask questions or ask for support using the skills they have learned.

Community Support

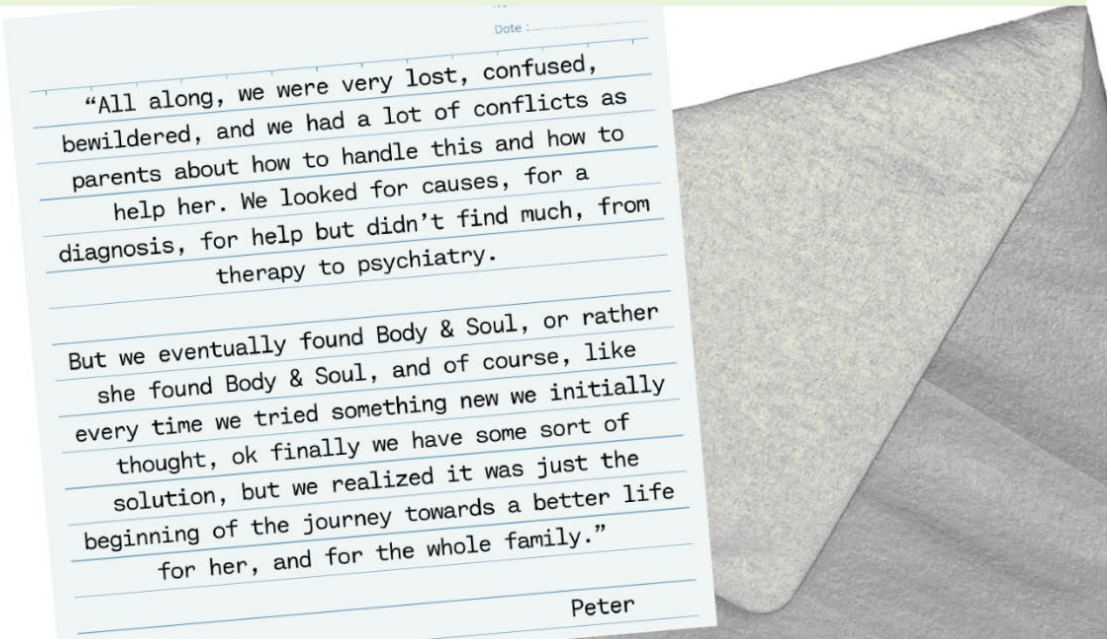


When the structured therapeutic group sessions have finished, there is a community space to continue to speak to others who have similar lived experiences. This is key in reducing isolation and fostering community.

Therapeutic Support



Free or low cost psychological therapy for individuals, couples or families.



"All along, we were very lost, confused, bewildered, and we had a lot of conflicts as parents about how to handle this and how to help her. We looked for causes, for a diagnosis, for help but didn't find much, from therapy to psychiatry.

But we eventually found Body & Soul, or rather she found Body & Soul, and of course, like every time we tried something new we initially thought, ok finally we have some sort of solution, but we realized it was just the beginning of the journey towards a better life for her, and for the whole family."

Peter

Addressing Critical Gaps in HIV Care

Race, Migration, Trauma & Family



"As a referrer it is invaluable for me to be able to discuss the benefits of attending Body & Soul with a patient and have complete trust that this service will serve our community with such depth of experience, love, and care. I have so many names, stories of how mothers, fathers, children, and even supportive family members have felt held, grounded, and encouraged by the nurturing and community that happens at Body & Soul."

Benjamin

Highlights & Outcomes

2,752 Therapy Sessions

6,531 Support Calls

2,459 Casework Sessions

Body & Soul's longest running service provides essential support to individuals living with HIV, particularly those underserved by the wider healthcare system. Our community includes predominantly Black and People of Colour (95%) and migrants or refugees of the African diaspora (91%). Many members have experienced repeated trauma, including trafficking, war, and gender-based violence and continue to face hardships such as poverty, inadequate housing and systemic racism.

Migrants and refugees face a disproportionate gap in HIV care, facing multiple barriers to accessing care and facing a 52% increase in HIV cases in the last year , for those born outside of the UK. This demonstrates the exponential need for increased support for migrants and refugees.

Body & Soul has always understood the experience of HIV differently, based on a deep understanding of race, culture and community as the foundations of our model.

Mental Health and Complex Trauma
The intersection of HIV and complex trauma presents significant mental health challenges. Complex trauma, which includes historical and ongoing racialised experiences of discrimination, directly influences emotional resilience and the ability to engage in consistent healthcare.

Upon referral, 80% of our members report experiencing suicidal ideation, highlighting the urgent necessity for a trauma-informed and community-driven intervention that addresses both the psychological and structural determinants influencing health outcomes.

Holistic and Community-Centred Support
Body & Soul has over 5000 registered members, and in the last year we have supported over 2500 members of all ages, from newly born babies to elders in the

How it works

Mental Health Support	Therapy, trauma-engaged psychotherapy and group sessions
Physical Health	Nutritional and functional health guidance and medical advocacy
Practical Casework Suppport	Immigration advice, housing support, debt and benefits guidance
Increased Capability	Improved self-concept, building resilience, improving ability for self-advocacy and confidence building
Maximising Productivity & Purpose	Personal development, employment support, and education
Psychosocial Wellbeing	Community engagement and destigmatisation







Stories from the community

"My name is Aisha from Ethiopia, and I've been living in the UK for more than 10 years. I first came to Body & Soul around 7 years ago. I felt immediately comfortable, like I had never felt before. It's very hard to meet other people with HIV who exist within a community like this, and I felt immediately happy. I started to contact some members, took their telephone numbers down and we now regularly meet up, chat online, and talk with each other. We call each other 'sister' and we do feel like family.

My closest friend I met is Mariam. After we met, we gave each other our phone numbers, and we called ourselves sisters. Whenever I need something, I know she is there right next to me.

We speak every day, and if I had never come to Body & Soul, I would never have met my sister. Outside of this place, I have nobody who checks up on me or knows about my HIV status. I finally have someone looking after me and checking on me. Sometimes she comes over to my flat and we stay several days together, even when I moved to my new flat she came over and told me "Sister, you can't stay here alone" so she stayed for the first few days with me, so I didn't feel so alone.

Without Body & Soul I think I would be homeless. I find it so hard to go and ask for support from any other service because of the stigma around my HIV status. I can't go to Citizens Advice Bureau or other services because I fear the stigma I will get and the way people treat me differently if they knew I had HIV. I hide myself.

Whereas when I came here, I felt that even the caseworkers are like my family. No one makes me feel shy, I feel like they know me in a way that others do not. I feel free when I come here.

This place feels like my own home. It is for me. I feel the same when I go to my house and put the key in the door, as when I come here and come through the front doors. I will never miss a Tuesday here because Tuesday is my chance to be myself. I can do what I want, and no one stops me or prevents me from being myself."

Aisha



The Body & Soul Programme

A holistic, systemic family approach to living with HIV

"Unlike many services, Body & Soul maintains proactive contact with members, ensuring that individuals and families remain engaged with their care. This approach is critical for sustained social connection, improved adherence to treatment and mental health outcomes."

Oolu,
Healthcare Professional

Highlights & Outcomes

Holistic Support = Whole Family Support

Children and young people (CYP) are deeply impacted by the challenges faced by their parents living with HIV, with an increased risk of poverty, homelessness, disrupted education, discrimination and loss of life opportunities.

These challenges can also affect parental responsiveness in the early years and parenting difficulties in later years. Body & Soul remains the only agency with a dedicated service for families, children and young people living with HIV. By addressing these issues, we work to break intergenerational cycles and support healthier futures for both parents and children.



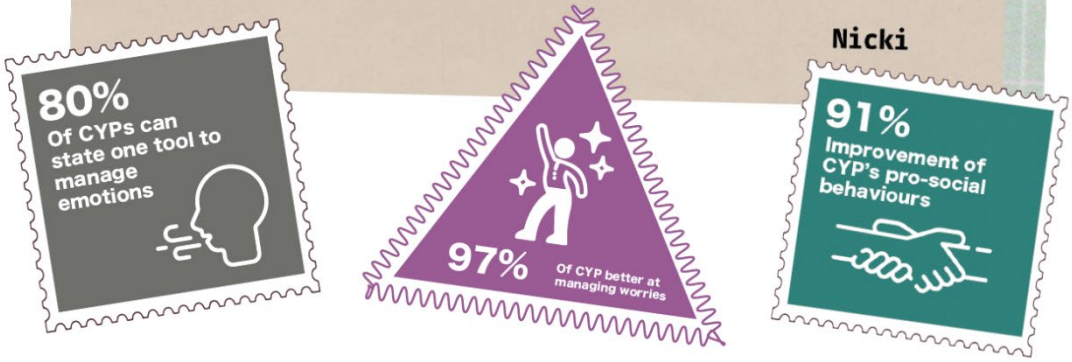
"Body & Soul is a community that supports HIV holistically, not just me, but they're also supporting my son who is now a grown teenager. He has his own problems because he is on the autistic spectrum with transitional needs.

Body & Soul is one of the places my son identifies as safe. He goes to school, he comes back home and he goes to Teen-spirit on a Thursday. This gives him independence to learn how to have a social life without me. He has two other buddies in the car who pick him up.

He has a mentor he looks to and draws strengths from and I've seen a change at school and since he's started secondary school. He is now in GCSEs in year 10 looking forwards to his exams.

My son also thinks about suicide. He was referred to CAMHS twice on suicide because he wanted to die, because before he could not understand himself. But I want to say, as a teenager, accessing to service independently by himself with the help of the taxi service, my son is now learning to come out of his shell. He is more interactive with other people and is now recognising a bit of interactions which makes him more confident in class and he now has friends, which for me is huge!"

Nicki



Body & Soul ASG

A therapeutic community supporting Adoptive Families and Special Guardianship

"For me, therapy has been essential in managing the complexities of parenting a neurodivergent teenager. It has given me tools to support him while also recognising my own limits and needs."

Elijah

Body & Soul's Adoption and Special Guardianship (ASG) programme offers a whole-family therapeutic support to families, understanding the unique nature of trauma experienced by children and young people around loss, rejection, neglect and abandonment.

It remains the only model of its kind in the UK, focusing holistic therapeutic support for both caregivers and children through Teen Spirit (aged 13-18) and Young Explorers (aged 7-12).

100% of CYP have experienced developmental trauma

62% of CYP are neurodiverse

68% CYP struggle with emotions, behaviour and relationships

22% of CYP struggle with suicidality and self-harm

At the core of the ASG programme is the Social & Emotional Skills Programme, utilising Dialectical Behaviour Therapy (DBT) as a foundation for emotional regulation and communication for the whole family.

Skills are integrated into creative learning projects ranging from cookery to drama to challenges and problem solving. High staff ratios ensure we meet significant needs within our community.

The programme is only possible through a strong advocacy approach to social services, that aims for early (not crisis) intervention, group rather than solely individual therapeutic support and longer term 'relational' approaches.

2024 has seen it become even more challenging to access help, with cuts to social services teams increasing the waiting time for applications to the Adoption Support Fund, the only funding available for this vital work.

The programme represents the first opportunity to acquire the social and emotional skills to begin to

form relationships and trust. It is also an environment that sensitively supports positive identity formation. 50% of Teen Spirit and Young Explorers are Black, People of Colour or Mixed Heritage and this is reflected through a culturally informed model that recognises unique needs, traditions, and experiences. This is supported by a multi-disciplinary team of professionals who are culturally and racially sensitive in their in approaches to supporting the members.

Highlights

164 families and **463** individual members in Adoption & Special Guardianship

100 members (45 families) supported through a Whole-Family Approach

100 1:1 adult caregiver Support Sessions



Outcomes

100% have better understanding of trauma

93% Of families feel less lonely

93% Reported an improved child-caregiver relationship

"Body & Soul have really connected with families and our individual challenges. The children learn through play, activities and situation-based analysis whereas we (the caregivers) learn the theory and apply the skills at home and this makes it easier to manage difficult situations with our children. The dialectical skills that we are being taught have been so helpful in managing challenging behaviour and dysregulation. For example, anger management was taught to the children through practically changing their temperature and through distraction techniques. We have been able to apply these techniques at home."

Rosa

Body & Soul Specialist 1:1 Support

"B&S is a very welcoming, loving, respectful and safe space for me and other HIV Positive Members. The team of staff and volunteers are exceptional, they are always very compassionate, comforting, and attend to members' needs in detail.

I was very lonely and isolated before starting to attend B&S, which was really having a bad impact on my mental health, then at B&S I got social connections with the weekly community sessions on Tuesdays. My depression and anxiety lessened, coupled with the Talking Therapy sessions which I received at B&S, hence my mental health improved greatly.

The weekly Community Sessions have excellent different themes, always including a nutritious dinner (helps a lot with my HIV Medication) followed by nutrition talks, Physical movement exercises, HIV Medication updates by clinical specialists, Arts & Crafts and drawings, Music & Dance, Male, Female, and Parents Groups, to mention but a few.

There are unique casework and referral pathway support at B&S – on immigration, housing, welfare benefits, parents, youth and children and others; currently I am being supported on housing issues.

Tailored complementary therapies (e.g. chair massage and reiki) and exercises at B&S really helped me with my Peripheral Neuropathy and Pre-Diabetic diagnosis, and I have lost 2Kgs in weight; support which are not easy to get at most other HIV Charities."

Simba

Individual Therapies

In 2024, 184 members received individual therapy through 2210 therapy sessions, delivered across 13 different modalities, including:



32% Have improved life functioning

Body & Soul's Healing Method is built upon every member feeling centred in community groups, courses and projects. From this foundation, we tailor further therapy to each individual, exploring if 1:1, group or family therapy is best for their specific set of needs, and the modality.

All therapists are required to work with racially and trauma informed approaches and with relevant accredited training.

100% Have reduction in distress post-therapy



25% Have reported reduced problems and symptoms

Casework & Advocacy

"I first came to Body & Soul in 2015. My friend Lola, who lived in the same accommodation as me, told me about them and we came together. I was supported by adult social services and my immigration application had been refused.

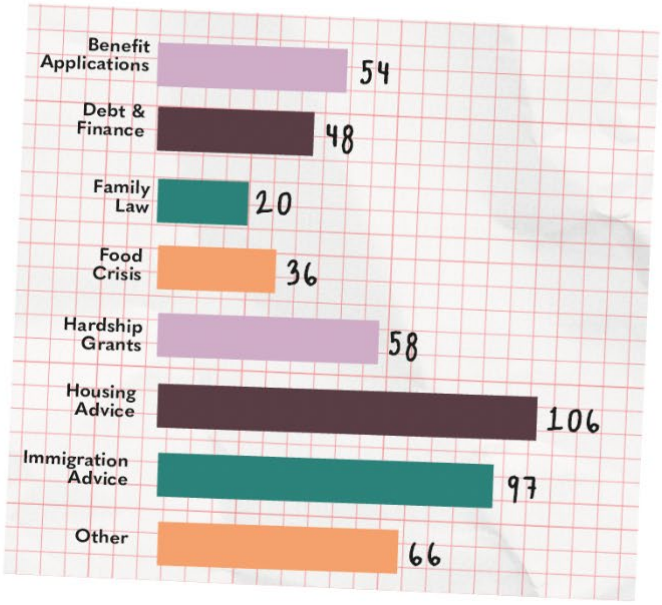
Body & Soul helped me in the beginning by referring me to the Red Cross and to the Food Chain for extra support. They also helped me to find a solicitor who helped me to claim asylum. Without Body & Soul I would never have received my refugee status and got my benefits. I am disabled so it would have been very hard for me.

The people at Body & Soul are good people. They help me to read my letters, and I enjoy the food. There is always someone to talk to and the volunteers help me. I met my good friend Joe at Body & Soul, we are like brothers and help each other - I come from Guinea, and he comes from Sierra Leone, so we are neighbours."

Fatoumata

Body & Soul's Casework and Advocacy support is available for all members 5 days a week. With a full time casework manager, a dedicated volunteer team and a regular pro bono legal clinic, urgent cases receive a quick response across a range of specialist areas.

Whether the issues pose immediate risk to wellbeing, or stop members moving forwards, the service works with members to address the immediate challenges and plan ahead to create a sense of stability.



Volunteering

Volunteering is simply the formula for how Body & Soul defies it's apparent modest budget and team, to produce the levels of impact. It is equally the pathway for members to continue rebuilding a sense of life and purpose.

Internally, we don't use the term 'volunteer', instead, every individual giving their time and skills belongs to a team and has a key role that truly matters. We believe this responsibility and purpose brings out the very best in talents and potential.



"Volunteering with B&S made a huge difference to me as it enabled me to connect and be part of a larger community. In early 2021 I was made redundant, so being part of the Beyond Boundaries phone service enabled me to build skills and stay connected to a community.

Talking to members and feeling like I was making a difference really helped me feel fulfilled, I also felt I was honing my learnt skills to be part of the growth of members and improving their lives

I learned more about different groups of people, was able to continue to develop empathy and compassion and learned more about resilience of people, while being able to reflect on being in a white body and how I show up in the world.

It helped me develop confidence in having to think on the spot and talking to different people and be curious and spontaneous and more comfortable with silence.

I'm now back in a new job after volunteering at Body & Soul."

Drew





Looking ahead to 2025

As our members remind us time and again, what makes the difference is not simply support, but the right support, at the right time. It is often the difference between falling deeper into crisis or finding a path back to life, a life that feels possible, meaningful, and worth living. In 2024, our community stood with us, a testament to the mutuality at the heart of Body & Soul. In 2025, we know we must do the same for the growing number of individuals at risk of suicide, many of whom have lost hope that the system will ever offer the care they need.

The crisis in mental health is deepening. Suicide rates are rising, waiting lists are lengthening, and the complexity of need is escalating. And still, the current model of care remains inadequate. Services remain overburdened, underfunded, and often too reactive. What is needed now is not reform, but transformation—a revolution in mental health support that reaches people before crisis becomes tragedy.

At Body & Soul, we have long worked at the sharpest edges of this crisis, supporting those with the most complex and layered experiences of trauma, exclusion, and mental ill-health. Our Healing Method is not a quick fix.

It is a long-term, evidence-informed approach that enables recovery in its fullest sense, particularly for those who have been repeatedly failed, overlooked, or turned away by conventional systems. And it works.

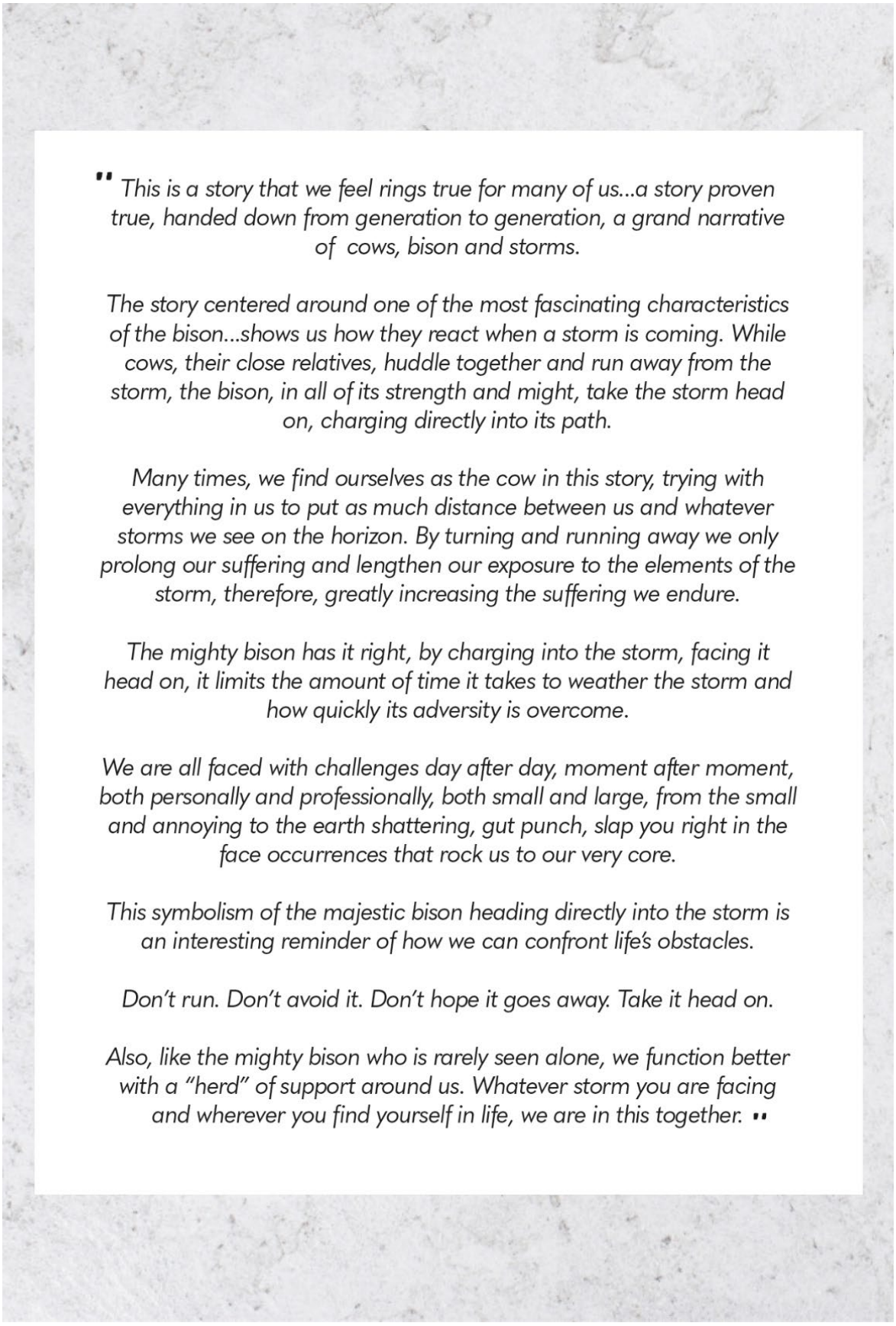
We can no longer wait for commissioners or policymakers to catch up. In 2025, we will take bold steps forward. Plans are already in motion for a high-profile suicide prevention campaign that will challenge public narratives, spotlight what can be done, and demand the change our members and so many others deserve.

What we lack in resources, we make up for in resolve. Our community is made up of individuals who have lived through the darkest corners of life and emerged with urgency, clarity and a passion for change. They do not want promises. They want action.

After 28 years, Body & Soul's mission is not only intact, it is enshrined in our vibrant community. We are here to transform the narrative for individuals that have been marginalised to the point of despair, and to show that with the right support, healing is not just possible, it is more than we can even imagine.

With love and gratitude to all our members, volunteers, staff, partners, funders and each of you that has made this year possible.

Body & Soul xx



" This is a story that we feel rings true for many of us...a story proven true, handed down from generation to generation, a grand narrative of cows, bison and storms.

The story centered around one of the most fascinating characteristics of the bison...shows us how they react when a storm is coming. While cows, their close relatives, huddle together and run away from the storm, the bison, in all of its strength and might, take the storm head on, charging directly into its path.

Many times, we find ourselves as the cow in this story, trying with everything in us to put as much distance between us and whatever storms we see on the horizon. By turning and running away we only prolong our suffering and lengthen our exposure to the elements of the storm, therefore, greatly increasing the suffering we endure.

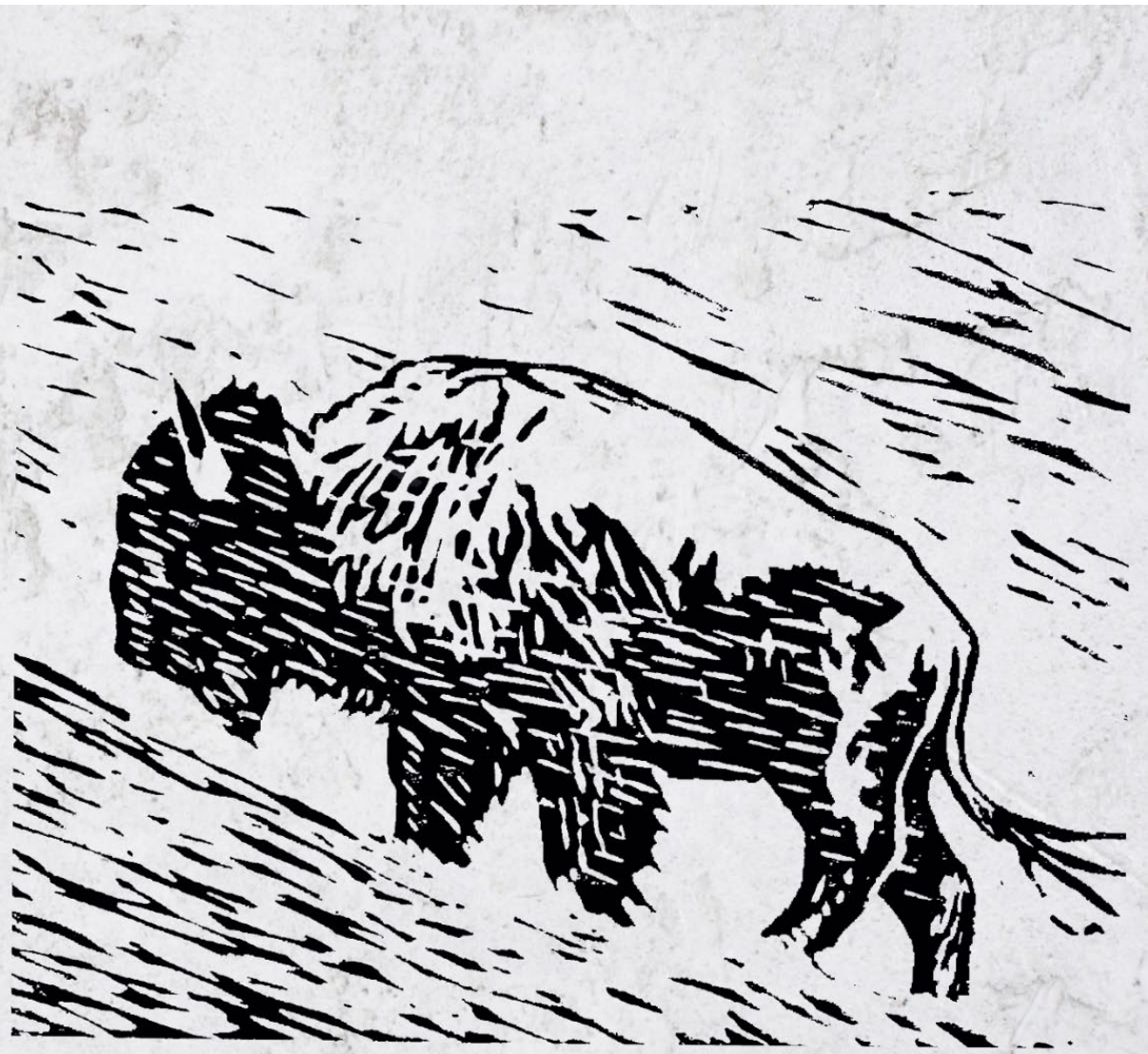
The mighty bison has it right, by charging into the storm, facing it head on, it limits the amount of time it takes to weather the storm and how quickly its adversity is overcome.

We are all faced with challenges day after day, moment after moment, both personally and professionally, both small and large, from the small and annoying to the earth shattering, gut punch, slap you right in the face occurrences that rock us to our very core.

This symbolism of the majestic bison heading directly into the storm is an interesting reminder of how we can confront life's obstacles.

Don't run. Don't avoid it. Don't hope it goes away. Take it head on.

Also, like the mighty bison who is rarely seen alone, we function better with a "herd" of support around us. Whatever storm you are facing and wherever you find yourself in life, we are in this together. "



If there are 2 minutes that capture a year in our community, it would be a young person reading out their graduation speech that represents what 6 months of DBT therapy means to them. The bison would also become symbolic of how a community responded to adversity, together. We thank everywarrior.org for lending the wisdom of elders that rang true for Amy and Body & Soul.

Generating Income to Save Lives: 11.25% of expenditure was on generating funds

Structure, Governance and Management section

Reserves

The reserves at Body & Soul are made up of restricted, designated and general funds. Body & Soul's approach to reserves is focussed on what is held in general free reserves. These are funds that are not restricted or designated for a defined purpose. Unrestricted funds are used for the overall delivery of the organisations aims and objectives.

The Trustees aim to maintain unrestricted reserves equivalent to three months' running costs, this equates to approximately £351,000. Reserves at the end of this year represent under 3 months running costs, however this was anticipated and is part of the 2025 income generation strategy. General funds equate to £257,361. The Trustees continue to develop and refine a strategy that builds reserves of the organisation with a focus on new donors, maintaining existing funders, increasing profile, social entrepreneurial activities and the development of new Board members.

Risk

The Trustees are responsible for ensuring that the charity identifies and manages the major risks it faces. A risk register is maintained and reviewed regularly to assess potential threats to the charity's operations, finances, governance, and reputation. Key risks include funding uncertainty, compliance with changing regulatory requirements, safeguarding, and the ability to deliver charitable services effectively. Where appropriate, mitigating controls and procedures have been implemented.

Key risks that have been reviewed and process put in place to mitigate include:

- Challenges in maintaining and further increasing charitable income due to the impact of the unstable economic and political landscape.
- Difficulty in securing funds from Trusts and Foundations due to increased demand, competition and changes in strategy/criteria.
- Continued impact of the decreased income stream of venue hire through changing work patterns of external organisations.
- Difficulty in influencing the wider system due to political and social environment we are operating within.
- Difficulty in managing increasing demands and complexities on programmes.
- Difficulty in recruiting/maintaining key staff with salaries offered and in the context of remote working and changing patterns of working.
- Difficulty in maintaining staff with the impact of the collective trauma on everyone.

- Increase in competitive tendering.
- Potential reduction anticipated of external providers acting on a pro bono or discounted basis.
- Challenges in lack of financial networks to generate new income.
- Failure to maximise opportunities when they arise due to capacity of staffing.
- Inadequacy of data systems to capture all data required.
  Continuing to establish the organisation as a leader in suicide prevention and trauma care.

Going concern

The Trustees recognise the long lasting impacts of the COVID-19 pandemic, coupled with the ever increasingly unstable external environment places a significant pressure on the charity sector. These pressures include rising levels of need among some of the most under served and marginalised communities, ongoing challenges in staffing and volunteer capacity and a challenging arena in generating income.

The current landscape for health and social care organisations requires agility, resilience and responsiveness.

Despite these challenges, 2024 has been a year of both struggle and renewal. Many organisations might not have been able to galvanise such a collective support at a time of organisational and global crisis. Body & Souls' strong organisational culture and a commitment to collective action were the ingredients that turned a very challenging moment into one of growth.

The Trustees are proud of the innovation, adaptability, and steadfast commitment demonstrated by Body & Soul throughout 2024. Guided by 28 years of trauma-informed practice, the organisation not only sustained its operations but continued to expand its reach and refined its model of support to meet increasing and more complex needs. Programmes have evolved with intentionality, fluidity, and deep alignment to the charity's core values.

In response to the continued volatility in statutory funding, increased competition for philanthropic income, and the broader economic impact of the cost-of-living crisis, Body & Soul has implemented a revised, system-wide fundraising strategy. This approach is already enabling the organisation to strengthen existing partnerships and cultivate new funding relationships critical to delivering its 2025 programme commitments.

The Trustees have reviewed the organisation's forecasts and financial position and, on this basis, have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Accordingly, the Trustees consider that

there are no material uncertainties about the charitable company's ability to continue as a going concern.

Remuneration

We are committed to paying our staff a fair and appropriate salary whilst always ensuring we have the financial ability to do so. As an organisation with important responsibilities towards our beneficiaries, donors, supporters, staff, and the public we recognise that accountability and transparency are in all aspects of our work. We balance the need of ensuring that value for money is present in all we do alongside the need to attract and retain staff with the leadership, experience, knowledge, and skills required to lead the transformation and complex work we are engaged with. We benchmark salaries against other similar front line service providers of a similar size. We aim to increase salaries regularly in the context of income confirmed and external economic factors. We pay a London Living wage to all employees. We believe those who consistently contribute at a level above expectation should have the opportunity to be further rewarded for doing so.
The team is supported by a range of voluntary professionals including the law firms Hogan Lovells, ITV, Wilsons, Bates Wells Braithwaite and Miles & Partners who assist in legal, strategic and infrastructure issues; DMFK provides assistance on building/design related matters.

A range of other external specialists also support the organisation every year.

In addition to the staff team and partner organisations, the organisation has benefitted hugely from volunteers during 2024. Without volunteers, Body & Soul would not be able to deliver our innovative, high quality, and responsive programmes of support. The Volunteer contribution in 2024 continues to multiply the size of the staff team.

Fundraising Practices Review

All fundraising practices are framed within the values and principles of the organisation. Where expenditure is required to generate income, there is an analysis of the return on investment to ensure the organisation is able to make informed decisions regarding activities.

The fundraising and partnership team are internal – the organisation does not use external, professional fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a telephone or door to door fundraising campaign. Our relationship with our supporters is very important to us and we do not wish for our supporters to feel under any pressure to donate to the charity. Where we partner with corporates, due diligence is conducted on the organisations and the amount of time and

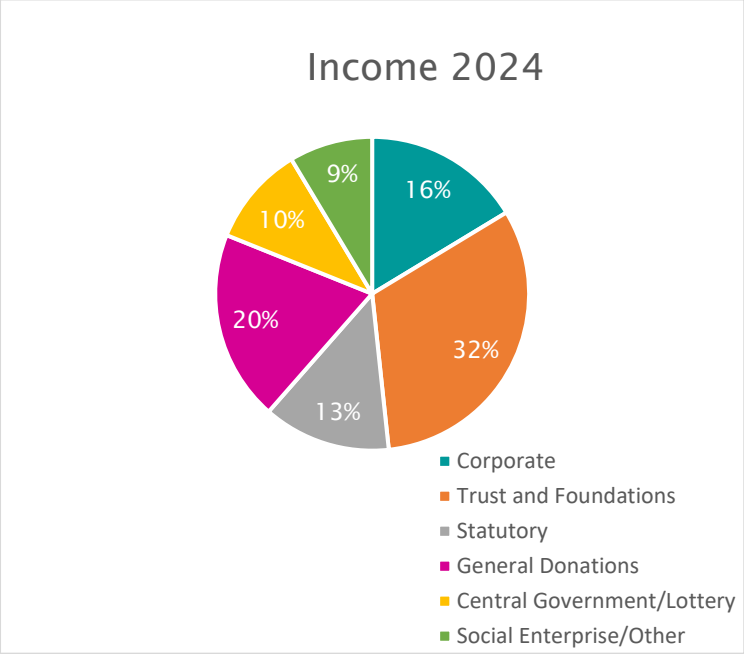
effort we as a charity need to invest, versus the income we would likely receive. Clear parameters and responsibilities are then agreed between partners.

We have ensured we are in line with the GDPR data protection regulations and all other relevant codes of conduct. We are registered with the Fundraising Regulator. Registration represents a commitment to the highest standards of practice and ensures that all fundraising activity is open, legal and fair.

We received no complaints about our fundraising practices in 2024.

Financial Review

Body & Soul receives funding from a variety of sources; Income came from the following sources each of which are explained in the graph:



In 2024, activities resulted in a deficit of £33,023. After 2023, we began the year in a challenging position to raise the necessary funds to be in surplus. However, we brought new funding partners to Body & Soul and grew income in a numbers of categories.

At midpoint of the financial year, it was indicated the organisation was in a challenging financial position having lost out for a significant Central Governement Grant. With key strategic decisions implemented at pace that galvansied the community, we began 2025 having reduced the deficit from £179,440. Additonally, we harnessed external support to aide our strategy for the forthcoming year. Expenditure was also reviewed to ensure any further savings and efficiencies could be actioned.

Body & Soul ended 2024 with unrestricted funds of £462,099 of which £257,361 was general funds.

Public Benefit

The trustees have taken great care in considering the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The aims not only provide a direct benefit to our members but also the wider public as they strengthen relationships, build community, reduce the financial pressure on health and social care systems, and create responsible citizens capable of participating in their communities and building an inclusive society.

The Year Ahead

Body & Soul looks forward to 2025 with passion, dedication and hope. 2025 will be an exciting year of the next iteration for the organisation, where we will strive to reach new people, new communities marginalised in society and often most impacted by the collective trauma of the world we exist within. We will be tenacious in our aspiration to amplify our revolutionary suicide prevention model among fellow professionals, experts, and opinion formers with an interest in interrupting the lifelong consequences of childhood adversity and ongoing trauma.

We are ambitious, always striving, and unwaveringly passionate about changing the world we live in. We will not rest with the knowledge that millions of people live in a cycle of despair, not knowing how to break it. We know through community and the right interventions at the right time, everyone can feel a sense of peace, a sense of self, and a sense of resilience. To this end, we enter our 28th year committed to delivering our ground breaking proven transformational programmes for people of all ages who have experienced complex trauma and suicidality, solving what is perceived to be one of the intractable problems of our time with a cost effective and impactful approach.

Our continued success would not be possible without community. The list of who is part of this community is extensive: members of all ages from every part of the UK and many others living internationally; volunteers, from those who answered our call and member volunteers who are channelling their new found wellbeing to help others; staff, full time and part time making up to 50+dedicated people; trustees, patrons and ambassadors, funders who believe in and back our model of care and corporate partners who provide expertise, funding and 100's of volunteers.

We are forever indebted to all the amazing people, trusts, companies and organisations that have, through contributions big and small, put life, energy, and love into the organisation.

Our Key Hopes for 2025 are:

- Launch of new branding and 3rd iteration of the organisation.
- Launch of new website
- Continue the expansion, reach and development of the 'You are not Alone' and 'Braver Together' Programmes, increasing staffing, number of groups, and support for caregivers.
- Review and development of all programmes in relation to the changing external environment, the pivot of the organisation and the changing needs of our communities.
- Expansion of wellbeing, trauma engaged offerings to frontline workers both in the UK and internationally.
- Research and publication of the unique findings in the development of a therapeutic community in the 21st Century.
- Development of Decolonising DBT Curriculum with the hope to present and publish.

Structure, governance and management

Body & Soul is made possible through the dedication of staff, volunteers and the community, of which the Trustee Board delegate the day-to-day running of Body & Soul to a full-time staff team with over 28 years' combined experience of delivering services which support children, teenagers, and families impacted by suicidality, childhood adversity and ongoing trauma.

The Trustee Board provides strategic oversight and governance to the organisation. It is committed to members of the Board having lived experience of trauma and is proud that throughout its history the Board has always had this representation. New Trustees to Body & Soul are recruited both internally and externally, with all appointments being approved by the Board of Trustees. A bespoke induction follows, ensuring each new Trustee understands the governance structure and decision-making processes, legal obligations under charity law, values and principles, financial reporting and overall programme delivery. Trustee meetings are held a minimum of every quarter.

The staff team are accountable to members, the Board of Trustees, stakeholders, and each other. At the beginning of the year, we had a full-time staff team of 13, and a part-time team of 12. We ended the year with a full-time team of 12 and a part-time team of 10. There was an average headcount of 24, further amplified by over 250 regular volunteers.

The staff team in 2024 has therefore consisted of:

- Director: Emma Colyer
- Assistant Director: Jed Marsh
- Co-Director: Head of Strategic Support: Kudzai Sitima
- Head of Casework and Advocacy: Sarah Jones (*finished Oct 24*)
- Co-Director: Head of YANA: Katie Brown
- DBT Lead: Kelsey Hylland *(finished May 24)*
- Programme Manager You Are Not Alone: Amanda Larsen
- Head of Children's Programmes: Jane King
- Co-Director: Head of Engagement: Rachel Bothamley
- Co-Director: Head of Children & Young People: Aarati Bista
- Children & Family Therapeutic Support: Hilary Marling
- Head of Learning and Development: Zoe Reynolds *(MAT leave from July 24)*
- Clinical DBT Lead: Marie Wassberg
- Head of Volunteering: Beth Deans
- Lead Designer for Bloom: Virginia Ma
- Head of Fundraising & Partnerships: Andrea Esposito Diaz
- Head of Adult HIV Programmes: Miren Aranas *(started January 24)*
- Chef: Selina Rovai
- Building Operations and Mindset Digital Delivery: Kai Rutlin
- Front of House/Building Support: Elizabeth Wernham
- Building Centre Lead: Masimba Sitima
- Assistant Psychologist Children and Young People: Daniela Davis
- Referrals and Outreach lead: Nina Dyne *(started August 24)*
- Teen Spirit Lead: Davide Mason *(finished Sept 24)*
- Head of Beyond Boundaries: Maya Soto-Jones (*finished June 24)*
- Fundraising and Partnerships: Macy Khan *(started January 24)*
- Head of Operations: David Bell *(finished January 2024)*

The staff team represent a broad range of specialist knowledge and lived experience. All staff have a passionate commitment to human rights, to the principles of equity, belonging and inclusion; to the provision of excellence and to the involvement of members of all ages. Outside of key frontline posts, where we believe we have assembled a highly qualified and skilled team, we have also brought in skilled professionals and organisations to further enhance our work.

Statement of responsibilities of the trustees

The trustees (who are also directors of Body & Soul for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of 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 SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice 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 charity will continue in operation.

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. 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.
- 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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31

December 2024 was 11 (2023:11). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 6 August 2025 and signed on their behalf by

Deborah Bee
Chair

Independent auditor's report

To the members of

Body & Soul

Opinion

We have audited the financial statements of Body & Soul (the 'charitable company') for the year ended 31 December 2024 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. 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 2024 and of its 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
- Have been prepared in accordance with the requirements of the Companies Act 2006

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 Body & Soul'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 trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for

the other information contained within the annual report. 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. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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, has 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 trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, 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

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 the 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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
  - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
  - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.

- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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. Our audit work has been undertaken so that we might state to the charitable company's members 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 anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Fleur Holden (Senior statutory auditor)
7 August 2025
for and on behalf of Sayer Vincent LLP, Statutory Auditor
110 Golden Lane, LONDON, EC1Y 0TG

Body & Soul

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 December 2024

	Note	Restricted £	Unrestricted Designated £	Unrestricted General £	2024 Total £	Restricted £	Unrestricted Designated £	Unrestricted General £	2023 Total £
Income from:									
Donations	2	–	–	616,304	**616,304**	–	–	574,323	574,323
Charitable activities									
Youth Services	3	66,806	–	–	**66,806**	72,276	–	–	72,276
Children's Services	3	56,008	–	22,333	**78,341**	60,617	–	–	60,617
Adult Services	3	292,235	–	–	**292,235**	353,556	–	–	353,556
Other programmes	3	10,303	–	179,762	**190,065**	63,813	–	158,012	221,825
Hardship Grants	3	3,686	–	–	**3,686**	7,467	–	–	7,467
Rental and other income	4	–	–	118,391	**118,391**	–	–	97,410	97,410
Investments		–	–	5,028	**5,028**	–	–	8,533	8,533
Total income		429,038	–	941,817	**1,370,855**	557,729	–	838,278	1,396,007
Expenditure on:									
Raising funds	5	–	2,670	173,783	**176,453**	–	2,983	124,619	127,602
Charitable activities									
Youth Services	5	51,514	5,339	153,829	**210,682**	72,190	5,966	186,364	264,520
Children's Services	5	52,179	5,339	208,669	**266,187**	67,636	5,966	267,956	341,558
Adult Services	5	311,825	9,344	265,212	**586,381**	337,015	10,441	307,870	655,326
Other programmes	5	10,318	4,004	145,048	**159,370**	73,596	4,474	82,255	160,325
Hardship Grants	5	4,806	–	–	**4,806**	7,366	–	–	7,366
Total expenditure		430,642	26,696	946,541	**1,403,879**	557,803	29,830	969,064	1,556,697
Net income / (expenditure) for the year	6	(1,604)	(26,696)	(4,723)	**(33,023)**	(74)	(29,830)	(130,786)	(160,690)
Transfers between funds	15	–	–	–	**–**	–	191,692	(191,692)	–
Net movement in funds		(1,604)	(26,696)	(4,723)	**(33,023)**	(74)	161,862	(322,478)	(160,690)
Reconciliation of funds:									
Total funds brought forward	18	88,856	231,434	262,083	**582,373**	88,930	69,572	584,561	743,063
Total funds carried forward		87,252	204,738	257,360	**549,350**	88,856	231,434	262,083	582,373

All of the above results are derived from continuing activities. There were no other recognised gains or losses in addition to those stated above. Movements in funds are disclosed in Note 15 to the financial statements.

Body & Soul

Balance sheet

Company no. 3245543

As at 31 December 2024

	Note	£	2024 £	£	2023 £
Fixed assets:					
Tangible assets	11		**204,738**		231,434
			204,738		231,434
Current assets:					
Debtors	12	**55,672**		204,590	
Cash at bank and in hand		**372,011**		272,153	
		427,683		476,743	
Liabilities:					
Creditors: amounts falling due within one year	13	**83,071**		125,804	
Net current assets			**344,612**		350,939
Total net assets	14		**549,350**		582,373
The funds of the charity:	15				
Restricted income funds			**87,252**		88,856
Unrestricted income funds:					
Designated funds		**204,738**		231,434	
General funds		**257,361**		262,083	
Total unrestricted funds			**462,099**		493,517
Total charity funds			**549,350**		582,373

Approved by the trustees on 6 August 2025 and signed on their behalf by

Deborah Bee
Chair

Body & Soul

Statement of cash flows

For the year ended 31 December 2024

	2024		2023	
	£	£	£	£
Cash flows from operating activities				
Net income for the reporting period (as per the statement of financial activities)	**(33,023)**		(160,690)	
Depreciation charges	**26,696**		29,830	
Decrease in debtors	**148,918**		26,717	
(Decrease)/ Increase in creditors	**(42,733)**		38,333	
Net cash provided by /(used in) operating activities		**99,858**		(65,810)
Cash flows from investing activities:				
Purchase of fixed assets	-		(191,692)	
Net cash used in investing activities		-		(191,692)
Change in cash and cash equivalents in the year		**99,858**		(257,502)
Cash and cash equivalents at the beginning of the year		**272,153**		529,655
Cash and cash equivalents at the end of the year		**372,011**		272,153

1 Accounting policies

a) Statutory information

Body and Soul is a charitable company limited by guarantee and is incorporated in England.

The registered office address is 99-119 Rosebery Avenue, London, EC1R 4RE.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

1 Accounting policies (continued)

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, indirect costs are allocated on different bases suitable to the cost. The main allocations are:

Catering costs	based on beneficiary numbers
Premises costs	based on floor space
Volunteer expenses	based on volunteer numbers
Staff costs	based on staff time

j) Allocation of support and governance costs

Support and governance costs are reallocated on the basis of floor space using the following percentages:

Cost of raising funds	10% (2023: 10%)
Adult services	35% (2023: 35%)
Youth services	20% (2023: 20%)
Children's services	20% (2023: 20%)
Other programmes	15% (2023: 15%)

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer and music equipment	25% per annum
Fixtures and fittings	20% per annum
Refurbishment	7.7% per annum

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

p) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations

	Restricted £	Unrestricted £	2024 Total £	Restricted £	Unrestricted £	2023 Total £
Donations and grants	–	616,304	**616,304**	–	574,323	574,323
	–	616,304	**616,304**	–	574,323	574,323

3 Income from charitable activities

	Restricted £	Unrestricted £	2024 Total £	Restricted £	Unrestricted £	2023 Total £
Charitable Trusts/Foundations	47,435	–	**47,435**	42,870	–	42,870
Corporate donors	3,248	–	**3,248**	20,033	–	20,033
Big Lottery Fund	8,341	–	**8,341**	9,373	–	9,373
Comic relief	7,782	–	**7,782**	–	–	–
Sub-total for Youth Services	66,806	–	**66,806**	72,276	–	72,276
Charitable Trusts/Foundations	34,056	22,333	**56,389**	18,716	–	18,716
Corporate donors	14,170	–	**14,170**	31,909	–	31,909
Comic relief	7,782	–	**7,782**	9,992	–	9,992
Sub-total for Children's Services	56,008	22,333	**78,341**	60,617	–	60,617
Charitable Trusts/Foundations	170,774	–	**170,774**	190,254	–	190,254
Corporate donors	32,782	–	**32,782**	72,558	–	72,558
Big Lottery Fund	80,897	–	**80,897**	80,751	–	191,037
Comic Relief	7,782	–	**7,782**	9,993	–	9,993
Sub-total for Adults Services	292,235	–	**292,235**	353,556	–	353,556
Charitable Trusts/Foundations	457	179,762	**180,219**	46,301	158,012	204,313
Big Lottery Fund	9,846	–	**9,846**	17,512	–	17,512
Sub-total for Other programmes	10,303	179,762	**190,065**	63,813	158,012	221,825
Body & Soul acts as an agent for Hardship grants	3,686	–	**3,686**	7,467	–	7,467
Sub-total for Hardship Grants	3,686	–	**3,686**	7,467	–	7,467
Total income from charitable activities	429,038	202,095	**631,133**	557,729	158,012	715,741

4 Rental and other income

	Restricted £	Unrestricted £	2024 Total £	Restricted £	Unrestricted £	2023 Total £
Room hire	–	56,653	**56,653**	–	74,198	74,198
Kings Fund	–	6,200	**6,200**	–	3,365	3,365
Other income	–	55,538	**55,538**	–	19,847	19,847
	–	118,391	**118,391**	–	97,410	97,410

5a Analysis of expenditure (current year)

		Charitable activities								
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2024 Total £**	2023 Total £
Staff costs (note 7)	107,945	80,959	74,212	229,384	80,959	–	–	101,199	**674,658**	729,238
Other staff costs	1,113	835	765	2,365	835	–	–	1,044	**6,957**	8,360
Quality and Excellence	–	4,870	4,549	11,966	4,870	–	–	5,830	**32,085**	158,012
Nutrition programme	–	5,064	10,128	35,450	891	–	–	–	**158,012**	61,474
Health & Well being programme	–	2,088	11,812	19,750	5,383	–	–	–	**39,033**	112,251
Facilitators and Trainers	–	6,281	9,804	1,777	–	–	–	–	**17,862**	47,110
Workshops/courses/activities	–	177	584	4,751	–	–	–	–	**5,512**	11,200
Therapeutic Programmes	–	13,191	1,158	84,566	6,887	–	–	–	**105,802**	122,888
Volunteer programme	3,164	3,164	11,073	11,073	3,163	–	–	–	**31,637**	21,795
Outreach and Communication	4,381	859	859	859	859	–	–	–	**7,817**	3,938
Hardship Grants	–	–	–	–	–	4,806	–	–	**4,806**	7,366
Miscellaneous	308	2,342	2,350	2,342	–	–	–	2,342	**9,684**	10,486
Establishment costs	23,717	47,435	94,870	101,647	23,717	–	–	47,435	**338,821**	322,053
Non-capitalised equipment/Resources	–	1,009	1,615	6,236	–	–	–	5,384	**14,244**	13,263
Audit & accountancy	–	–	–	–	–	–	16,800	1,647	**18,447**	18,985
Other costs	14,620	–	–	–	–	–	–	3,615	**18,235**	11,565
Trustee expenses	–	–	–	–	–	–	50	–	**50**	100
Depreciation	2,670	5,339	5,339	9,344	4,004	–	–	–	**26,696**	29,830
	157,918	173,613	229,118	521,510	131,568	4,806	16,850	168,496	**1,510,358**	1,689,914
Support costs	16,850	33,699	33,699	58,973	25,274	–	–	(168,496)	**–**	–
Governance costs	1,685	3,370	3,370	5,898	2,528	–	(16,850)	–	**–**	–
Total expenditure 2024	**176,453**	**210,682**	**266,187**	**586,381**	**159,370**	**4,806**	**–**	**–**	**1,510,358**	**1,689,914**
Total expenditure 2023	127,602	264,520	341,558	655,326	160,325	7,366	–	–	1,556,697	

Staff costs of £5,538 (2023: £24,160) are included in other lines of expenditure to reflect activity costs more accurately.

5b Analysis of expenditure (prior year)

		Charitable activities							
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2023 Total £**
Staff costs (note 7)	65,631	116,678	94,801	269,818	72,924	–	–	109,386	**729,238**
Other staff costs	752	1,338	1,087	3,093	836	–	–	1,254	**8,360**
Consultancy	–	–	–	–	–	–	–	–	**–**
Quality and Excellence	2,232	3,967	3,223	9,174	2,480	–	–	3,719	**158,012**
Nutrition programme	–	7,895	10,527	42,932	120	–	–	–	**61,474**
Health & Well being programme	–	15,959	45,762	50,530	–	–	–	–	**112,251**
Facilitators and Trainers	–	11,237	33,349	2,524	–	–	–	–	**47,110**
Workshops/courses/activities	–	3,164	2,435	5,601	–	–	–	–	**11,200**
Therapeutic Programmes	–	7,906	6,339	83,971	24,672	–	–	–	**122,888**
Volunteer programme	1,090	3,269	4,359	8,718	3,269	–	–	1,090	**21,795**
Outreach and Communication	1,854	521	521	521	521	–	–	–	**3,938**
Hardship Grants	–	–	–	–	–	7,366	–	–	**7,366**
Miscellaneous	205	2,530	2,578	2,664	–	–	–	2,509	**10,486**
Establishment costs	22,544	45,087	90,175	96,616	22,544	–	–	45,087	**322,053**
Non-capitalised equipment/Resources	–	1,513	2,946	3,114	367	–	–	5,323	**13,263**
Audit & accountancy	–	–	–	–	–	–	17,316	1,669	**18,985**
Other costs	11,565	–	–	–	–	–	–	–	**11,565**
Trustee expenses	–	–	–	–	–	–	100	–	**100**
Depreciation	2,983	5,966	5,966	10,441	4,474	–	–	–	**29,830**
	108,856	227,030	304,068	589,717	132,207	7,366	17,416	170,037	**1,556,697**
Support costs	17,004	34,007	34,007	59,513	25,506	–	–	(170,037)	**–**
Governance costs	1,742	3,483	3,483	6,096	2,612	–	(17,416)	–	**–**
Total expenditure 2023	**127,602**	**264,520**	**341,558**	**655,326**	**160,325**	**7,366**	**–**	**–**	**1,556,697**

6 Net incoming / (outgoing) resources for the year

This is stated after charging:

	2024	2023
	£	£
Depreciation	**26,696**	29,830
Auditor's remuneration (excluding VAT):		
Audit	**11,000**	10,300
Accounts preparation	**3,000**	2,800
Operating lease rentals		
Property	**100,000**	100,000

7 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2024	2023
	£	£
Salaries and wages	**593,963**	662,003
Social security costs	**58,531**	60,245
Pension contributions	**27,702**	31,150
	680,196	753,398

No employee earned more than £60,000 during the year (2023: nil).

The total employee benefits of the key management personnel including employer's National Insurance and Pension were £272,702 (2023: £272,993).

Trustees' expenses represent the payment or reimbursement and subsistence totalling £nil (2023: £100) incurred by no trustees (2023: 1) relating to subsistence at meetings of the trustees.

8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2024	2023
	No.	No.
Raising funds	**3.8**	2.4
Youth Services	**2.9**	4.0
Children's Services	**2.6**	3.3
Adult Services	**8.1**	9.4
Other programmes	**2.9**	2.6
Support and governance	**3.6**	3.7
	23.9	25.4

9 Related party transactions

Aggregate donations from related parties were £25,000 (2023: £nil), and no trustees (2023: none) received any remuneration or received any other benefits from an employment with the charity or a related entity.

Within the year Body and Soul received £900 (2023:£6,098) worth of services from SHM Foundation. Trustee Maurice Biriotti is the Chair of SHM Foundation, these services were given at arms length.

10 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11 Tangible fixed assets

	Refurbishment £	Fixtures and Fittings £	Computer and music equipment £	**Total £**
Cost or valuation				
At the start of the year	1,574,067	142,612	85,843	**1,802,522**
Additions in year	–	–	–	**–**
At the end of the year	1,574,067	142,612	85,843	**1,802,522**
Depreciation				
At the start of the year	1,364,764	130,145	76,179	**1,571,088**
Charge for the year	18,465	4,560	3,671	**26,696**
At the end of the year	1,383,229	134,705	79,850	**1,597,784**
Net book value				
At the end of the year	190,838	7,907	5,993	**204,738**
At the start of the year	209,303	12,467	9,663	231,434

All of the above assets are used for charitable purposes.

12 Debtors

	2024 £	2023 £
Other debtors	**5,296**	10,896
Prepayments	**2,956**	2,657
Grants receivable	**47,420**	191,037
	55,672	204,590

13 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	**3,123**	46,858
Taxation and social security	**63,148**	63,226
Accruals	**16,800**	15,720
	83,071	125,804

14a Analysis of net assets between funds (current year)

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	204,738	–	**204,738**
Net current assets	87,252	–	257,361	**344,612**
Net assets at the end of the year	**87,252**	**204,738**	**257,361**	**549,350**

14b Analysis of net assets between funds (prior year)

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	231,434	–	231,434
Net current assets	88,856	–	262,083	350,939
Net assets at the end of the year	88,856	231,434	262,083	582,373

15a Movements in funds (current year)

	At 1 January 2024 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 December 2024 £
Restricted funds:					
Youth Services	3,342	66,806	(51,514)	–	**18,634**
Children's Services	5,398	56,008	(52,179)	–	**9,227**
Adult Services	78,079	292,235	(311,825)	–	**58,489**
Hardship grants	1,870	3,686	(4,806)	–	**750**
Other programmes	167	10,303	(10,318)	–	**152**
Total restricted funds	88,856	429,038	(430,642)	–	**87,252**
Unrestricted funds:					
Designated funds:					
Fixed assets fund	231,434	–	(26,696)	–	**204,738**
Total designated funds	231,434	–	(26,696)	–	**204,738**
General funds	262,083	941,817	(946,541)	–	**257,361**
Total unrestricted funds	493,517	941,817	(973,237)	–	**462,099**
Total funds	582,373	1,370,855	(1,403,879)	–	**549,350**

15b Movements in funds (prior year)

	At 1 January 2023	Income & gains	Expenditure & losses	Transfers	At 31 December 2023
		£	£	£	£
Restricted funds:					
Youth Services	3,256	72,276	(72,190)	-	**3,342**
Children's Services	12,417	60,617	(67,636)	-	**5,398**
Adult Services	61,538	353,556	(337,015)	-	**78,079**
Hardship grants	1,769	7,467	(7,366)	-	**1,870**
Other programmes	9,950	63,813	(73,596)	-	**167**
Total restricted funds	88,930	557,729	(557,803)	-	**88,856**
Unrestricted funds:					
Designated funds:					
Fixed assets fund	69,572	-	(29,830)	191,692	**231,434**
Total designated funds	69,572	-	(29,830)	191,692	**231,434**
General funds	584,561	838,278	(969,064)	(191,692)	**262,083**
Total unrestricted funds	654,133	838,278	(998,894)	-	**493,517**
Total funds	743,063	1,396,007	(1,556,697)	-	**582,373**

Transfers into the fixed assets fund represent capital purchases made during the year.

15c Purposes of restricted funds

Youth Services

A dedicated programme for young people aged 13 to 19 years. This includes a variety of dynamic and challenging experiences – from creative workshops to martial arts classes, jam sessions to group discussions about the issues that matter to young people. Designed by a multidisciplinary team, with rich clinical and therapeutic expertise, in partnership with peer mentors with lived experience of trauma and adversity, who have been through the programme themselves.

Children's Services

We work with children from across London and the UK who live in challenging circumstances or have experienced trauma in their early lives. Our approach brings us closely together with families to ensure our youngest members achieve personal and social growth and positive change through access to a uniquely nurturing and validating environment.

All of our programmes are directed at early intervention. The effects of trauma and adversity can often remain unnoticed in many children. Programmes include structured play/educational activities that are skill based and foster a positive self-identity.

Adult services

The programme of activities for adults includes weekly structured workshops focusing on topics such as sexual health, drug and alcohol use, disclosure, parenting, treatment issues and developing education and careers. Additionally adults are able to access the full range of activities from counselling to well being therapies, to the newly-resourced library providing written and web-based information on all aspects of health, nutrition, self-help, skills-building, treatment and International HIV issues.

15c Movements in funds (continued)

Hardship Grants
Body and Soul submits applications on behalf of members for financial assistance. Organisations include THT, Frank Buttle, The London Society of Ragamuffins, Glasspool, The Heinz Anna and Carol Kroch Foundation and Islington Giving.

Other programmes
Other programmes include funding from grants and charitable trusts towards activities including: awareness and education outreach, remote support, volunteering and mentoring initiatives.

Purposes of designated funds

Fixed Assets Fund
This represents the value of general funds invested in the refurbishment and other fixtures, fittings and equipment and is not readily available for other purposes. Depreciation is charged against this fund.

16 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Property	
	2024	2023
	£	£
Less than one year	**100,000**	100,000
One to five years	**400,000**	400,000
Over five years	**50,000**	150,000
	550,000	650,000

17 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

BODY AND SOUL

England & Wales - Charity number 1060062

Accounts

Company number: 03245543
Charity Number: 1060062

Body & Soul

Report and financial statements

For the year ended 31 December 2023

Body & Soul

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Reference and administrative information

For the year ended 31 December 2023

Company number	03245543 Incorporated – United Kingdon
Charity number	1060062 Registered – England and Wales
Registered office and operational address	St Ives House 99-119 Rosebery Avenue London EC1R 4RE
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Marjorie Agwang Deborah Bee Maurice Biriotti Sara Carter (resigned 31 March 2024) Munya Chidakwa Jeff Currie Jane Dutton Alex Lifschutz Chris Naylor Peter Souter Rachel Stevenson Jagdeep Parbha (appointed 1 May 2024)

Key management personnel		
	Emma Colyer	Director
	Jed Marsh	Assistant Director
	David Bell	Head of Operations (resigned 1 January 2024)
	Katie Brown	Head of Young Adult Therapeutic Pathways
	Rachel Bothamley	Head of Referrals, Therapies & External Engagement
	Zoe Reynolds	Head of Pathways & Programmes
	Kudzai Sitima	Strategic Support

Bankers		
	The Co-operative Bank 62-64 Southampton Row London WC1B 4AR	Lloyds Bank plc 21-23 Hill Street London W1J 5JW

Reference and administrative information

For the year ended 31 December 2023

Solicitors	Hogan Lovells 65 Holborn Viaduct London, EC1A 2DV
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor 110 Golden Lane LONDON, EC1Y 0TG

The Trustees present their report and the audited financial statements for the year ended 31 December 2023

Reference and administrative information set out on pages 3 & 4 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Body & Soul is an innovative frontline charity that brings a community-based and richly trauma-engaged approach to addressing the life-threatening impact of traumatic experiences in people of all ages. The charity was established in 1996 to provide targeted support for children and families, primarily refugees, who were living with HIV alongside complex trauma and multiple other adversities. In response, Body & Soul quickly developed a creative 'whole-person' model of healing, which transcends any specific source of trauma by focusing instead on nurturing individual strengths and the capacity for connection to maximise opportunities for growth and for mutual support, meanwhile offering a full suite of specialist practical and therapeutic support to address the more specific social, economic and psychological effects of acute or repetitive trauma.

This approach is inherently collaborative, shaped by a constant dynamic dialogue with members, who are actively involved in the organisation at every level. It is also systemic and solutions-orientated: through building long-term trusting relationships with each of our members, we have a clear understanding of all the challenges and joys in their lives, and we can therefore intervene in a highly-targeted way to reduce any risks and enhance specific protective factors.

In addition, Body & Soul is an inquiring organisation. There is a substantial body of research showing that the stress associated with adverse childhood experiences can have extremely serious consequences for individuals but also at the social and macroeconomic levels. For example, according to the WHO, "such stress can lead to serious problems such as alcoholism, depression, eating disorders, unsafe sex, HIV, heart disease, cancer and other chronic diseases." From the outset, Body & Soul has had to squeeze every ounce of impact from every pound we are given, which is why we always make sure we have a clear empirical rationale for every one of our interventions, and then monitor them rigorously ourselves to make sure we generate clear evidence of impact.

Principles

Body & Soul is committed to:

- Promoting equity and respect and to combating stigma, prejudice and discrimination in all settings and services.
- Adopting and promoting a human rights-based approach.
- Participation of members of all ages in planning, shaping, and delivering programmes.
- Ensuring there are structures, policies, and procedures which enable us to achieve our mission and fulfil our objectives.
- Working together with others in the spirit of collaboration and partnership to provide services that are evidenced based and of a high standard.
- Having an unshakable commitment to people of all ages impacted through childhood adversity and ongoing trauma.
- Having an entrepreneurial, innovative, and flexible approach.

Achievements in 2023

Spend: 92% of charitable expenditure is on programmes for children, teenagers, and adults

Introduction: Setting the scene

Community Defined, Charity Re-defined





Written by Emma Colyer MBE

It is now 27 years that Body & Soul has been liberating people from the devastating, limiting and life-shortening effects of trauma. Our continued evolution and development brings together the collective wisdom of this revolutionary organisation and ever-emerging research on trauma therapy. What we put into practice is a synthesis of this, within an intentional vibrant community of members whose lives have been shaped by trauma and adversity. This year's report is a 'snapshot' of our evolving model and a chance to understand why we don't look or behave like most other charities.

At Body & Soul we talk a lot about our early history and the emergence of a community of HIV+ women and their families who were, at best, unserved by the HIV charity sector and at worst,

ostracised. As a community of largely black African women and families, there was no safe place in a world that oppressed them not only because of their HIV status but also because of their race. It makes sense that the mainstream responses to HIV also failed to understand their collective experience, one where life did not suddenly become hard because of HIV – one that had already been shaped by war, genocide, murder, racism and profound trauma.

The founding members of the community were people who primarily connected to the human experience of this multitude of traumas and a desire to gather the wisdom to restore hope. Over 2 and a half decades later, Body & Soul operates as a therapeutic community that connects to wider populations that are also defined by trauma, whether it be suicidal young people or care-experienced children removed from their birth families.

As with our original mission, we meet trauma when nobody else is prepared to. When trauma separates you from your body and removes any sense of self and soul, the naming of Body & Soul was itself an act of defiance, instilling belief to reclaim a place in the world.

Our intention to create a human, communal experience is the essential element that creates hope and change. The communal has always been at the centre of the Body & Soul model. In Bessel Van der Kolk's words:

" The brain buries feelings only if they can't be spoken about, because of the risk of alienation, from a family (this is particularly relevant to abused children) or from society (this is what silences veterans). Large, shared events – 9/11, for instance – which are not suppressed, which in fact bring those affected together, do not leave the same scars.".

Williams, Z. (2021) Trauma, trust and triumph: psychiatrist Bessel van der Kolk on how to recover from our deepest pain. Available at: https://www.theguardian.com/society/2021/sep/20/trauma-trust-and-triumph-psychiatrist-bessel-van-der-kolk-on-how-to-recover-from-our-deepest-pain.

Our community has equally driven our search for what actually works. In this report, you will read of a rich mix of creative arts, expression, movement and nutrition. Our community members have brought together their cultures coupled with a communal healing wisdom. The result is a vibrant environment that stands in stark contrast to mainstream health that further divides fragmented lives into the constructs of physical and mental health, supported by an outdated medical model where trauma remains unseen and unresolved.

Van der Kolk puts it,

"If the body is storing trauma in its musculature, in its hormonal pathways, then it is the body that needs experiences that deeply and viscerally contradict the helplessness, rage or collapse that result from trauma."

This is why we cannot fully capture everything in this report. It's not purely what we do that matters, but the human experience of it that re-humanises. Put simply, given that the wider everyday world was the source of the trauma, it makes sense that Body & Soul looks and behaves very differently.

Welcome to our world...

Understanding 'Intentional Community'

This Annual Report captures the life of Body & Soul through 2023 and also aims to describe the unique context in which we run as a community and organisation. Our shared culture is what members who have been away refer to when they commonly say, "It looks a little different but it feels just like it always did."

Throughout the 2023 report, we will reference the features of our trauma-engaged environment that all play their part in building a sense of communal belonging and acceptance.



Ritual

It is held that all true human communities are evidenced by their adoption of ritual and B&S is no different. Throughout the week, members gather over food in every session. Gatherings of every kind begin with a mindful grounding, helping everyone be present and be the best version of themselves.

Strengths

In a wider world that is focused on defining problems and fixes, here we focus on talents, strengths and abilities. The way forward, we believe, is generally through building on strengths even if the person themselves is unable to recognize these. The community is here to support the nurture of every individual member.

Non-hierarchical

Trauma cannot exist without an imbalance of power. There are no uniforms or badges visible anywhere at Body & Soul. Our efforts cannot reinforce patterns of power that members have experienced adversely. However, Elders within the community earn status through the sharing of wisdom and service to the community.

Introduction: Setting the scene

Intergenerational

Our way of being is to value and bring together all generations to address cycles of trauma. Trauma is intergenerational and interrupting this pattern ensures that younger generations do not have to suffer from the trauma experienced from the past.

Collective v. Individual

Like all parts of B&S, the expectation is one of finding balance. The community is protective and considerate of every individual and vice-versa. The relationship is always reciprocal and therefore transformational not transactional.

Wisdom

Our collective wisdom comes from many sources: from lived experience, research, academia, reflective practice, openness to all cultures and valuing diversity of thinking.

Community Code

Being in communion with others requires us to understand a shared set of behaviours that work for everyone. These are ritually shared every session to provide consistency.

Creativity

Art and creative expression offer a unique language through which we can process and heal from traumatic experiences. Engaging in these activities provides a means of self-expression, self-discovery, and empowerment. It allows us to connect with our emotions, release pent-up feelings, and find new perspectives on our trauma.

"Rarely, if ever, are any of us healed in isolation. Healing is an act of communion"

- bell hooks

Life Membership

Joining Body & Soul does not come with an expiry date or someone else's view of when you are 'done'. The invitation is to stay as long as it is useful and as long as you can contribute. We find that life often becomes so busy, we naturally see people less and less, but there is always a place here.

Rites of passage

Marking key steps on our journey of life is something we take seriously. From greeting new members to celebrating achievement, this has become engrained into life here, like our annual YANA Graduation is a community-wide marking of everyone completing 6-months of DBT therapy.

Language

Our language has developed to reflect an environment that is the antithesis of those that have contributed to our members' trauma. It rebalances power and offers possibilities rather than limitations. Here's a part of our community glossary.

Introduction: Setting the scene

1

Trauma-engaged

To actively apply a range of behaviours that create an accessible environment for people who have experience of trauma.

These behaviours work on the presumption that everyone has been impacted by trauma of some kind. If you are the exception, you'll still benefit from the environment.

Please Note: We welcome being 'trauma informed' and 'aware' and know that this has to be translated into behaviour before it benefits others.

2

Trauma (noun)

Anything that is "too much, too fast, too soon", or "not enough for too long". Traumatic events can exceed our capacity to cope and cause a disruption in emotional functioning. Whilst not inherently life threatening, they leave an individual feeling a sense of helplessness. They can include interpersonal conflict, micro-aggressions, financial worries, abrupt relocation, exposure to racial bias and racist micro aggressions.

**Resmaa Menakem*

3

Intentional Community

B&S is above all else an intentional community. Community in the wider world has often been the source of trauma.

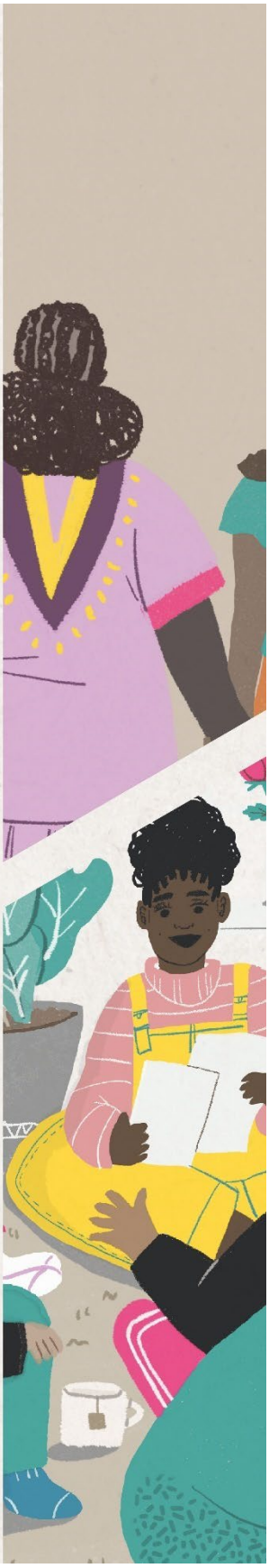
It is not by chance that here people transcend the trauma they have experienced, it is through:
Being asked 'what happened?' Not 'what's wrong with you?'

Staying as long as you need.
Finding a sense of value and purpose.
Experiencing a sense of belonging
Discovering a sense of trust.

4

Trauma therapy

Trauma therapy is a form of therapy that can help you understand and heal the lasting impact of trauma. Body & Soul practices a non-hierarchical therapeutic approach. Whilst we embrace traditional psychotherapeutic modalities that play a part in a member's journey, we know their limitation. Our wisdom is that healing occurs equally in relationship, community, creativity and connection. Rich therapeutic spaces exist throughout Body & Soul beyond the therapy room that are often key to a member's health & well-being.







The Body & Soul Glossary

5

Wholeness

At Body & Soul our focus is beyond symptoms to healing holistically and equipping people to heal themselves. We approach the person as a whole organism and a whole being, helping to balance that person's whole system. We aim for members to not only deal with the trauma–physical, psychological or social–but help them to develop a connection with who they're meant to be.

6

Regulation

Given we are a community with a shared experience of trauma, we need to be able to regulate our own emotions and stay grounded. Being able to do this requires an awareness of self and our own nervous system, and what is required to regulate it. Between us we have a wealth of skills and approaches that can be taught and learnt, starting with mindfulness as a foundation. Our regulated nervous system has the potential to regulate the nervous systems of others.

7

Rituals

At Body & Soul we love our way of doing things: always eating together, grounding our bodies and minds, joining together as a group, welcoming new members, celebrating success and the continuation of life. These were not designed, they became. They help us remember where we came from and why this community is different. Our rituals communicate 'togetherness', 'belonging' and 'acceptance'.

8

Love

"The capacity to be present with and understand and see the other human being for exactly who they are and to accept them for who they are and to invite them unconditionally to be in your presence exactly the way they are.. that is what love actually is."
– Gabor Maté

At Body & Soul, love is concrete and real. It is everything we do that brings 4 vital elements to the community:

- Belonging
- Wholeness
- Learning
- Justice

Communities on the frontline

Living with HIV: The Adult Community





Written by Miren

Our longest running community is focused on the healing and transformation following experiences of trauma and adversity. We aim to transform the experience of people's trauma and de-stigmatise living with HIV.

Our holistic model of health validates each person's life experiences and includes a whole person approach. We consider multiple areas of need: physical well-being, emotional and mental health, practical support needs and personal goals. This is an integrative perspective of well-being that focuses on 'what happened to you?' rather than 'what's wrong with you?'

Importantly the service is delivered in a community-based context whereby members build social connections, share from their lived experience, de-stigmatise living with HIV and build resilience.

The service operates from 9-5pm, Monday to Friday to provide assessment and one-to-one emotional support, as well as the individual pathway planning that ensures every family's needs are met. The weekly Tuesday evening communities see an average of 80-100 adults with parallel programmes for children and young people. Our quarterly programme plans deliver a range of opportunities for members to build resilience and agency in optimising their health and well-being.

The Need

Over **90%** of our members come from BIPOC communities

81% of our members live in poverty

70% are feeling socially isolated

90% report experiencing discrimination as a result of their HIV diagnosis, which makes the support our community at Body & Soul, offer, even more vital and important



Community Numbers:

15
- Men's & Women's Only workshops
- Creative & Arts Courses
- Nutrition & Well-being groups

9
- Parents' Support Group
- Bodywork & Movement sessions

4 Whole community celebrations

12 Immigration & General legal clinics

Programme Highlights

The Tapestry of Imperfections with The War Inside

Together, over several weeks, 60 members of our HIV programme weaved the narratives of their lived experiences into a large-scale tapestry. This community artwork was the medium to communicate our hardest experiences, building a culture where members can feel brave and vulnerable and more supported and less alone in their moments of adversity. To contribute, members were invited to think of a symbol, image or word(s) which might represent an experience they'd like to share, working towards weaving it onto 'The Tapestry of Imperfections'. By using discarded fabric, we were reflecting how things deemed imperfect can, with a different lens and through collective care, be beautiful.

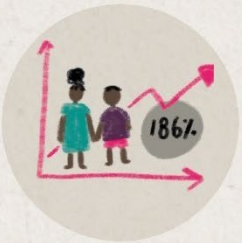
'We didn't talk about things like this in my community, my feelings and experiences, so it is hard but good to have a place where I can talk and 'I can't wait to see my work on show in a big place, it is so beautiful what we made'.



Communities on the frontline

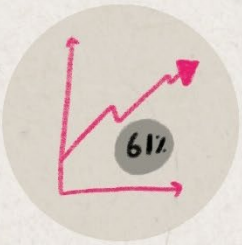
The Economic Impacts on the Adult HIV+ Community

The 'Destitution in the UK 2023' Report by the Joseph Rowntree Foundation evidenced *a range of factors* that describe the community here and the increased risk of destitution. The Body & Soul community has been a safe harbour for those most at risk from the cost of living crisis.



JRF:
The number of children experiencing destitution since 2017 has *almost tripled* with an increase of 186%.

Body & Soul:
82% of members do not always have enough money for food for themselves and their families



JRF:
The number of people experiencing destitution has increased by 61% since 2019.

Body & Soul:
48% of members are unable to work for immigration status reasons, *23%* because of health reasons



JRF:
The rate of destitution among black-led households was *three times* their population share.

Body & Soul:
91% of the community are black or of colour.



JRF:
People who have migrated to the UK were over-represented among those experiencing destitution. That's 28% of the total.

Body & Soul:
75% of B&S members are migrants or refugees



JRF:
Almost two-thirds (62%) of destitute survey respondents reported having *a chronic health problem or disability*.

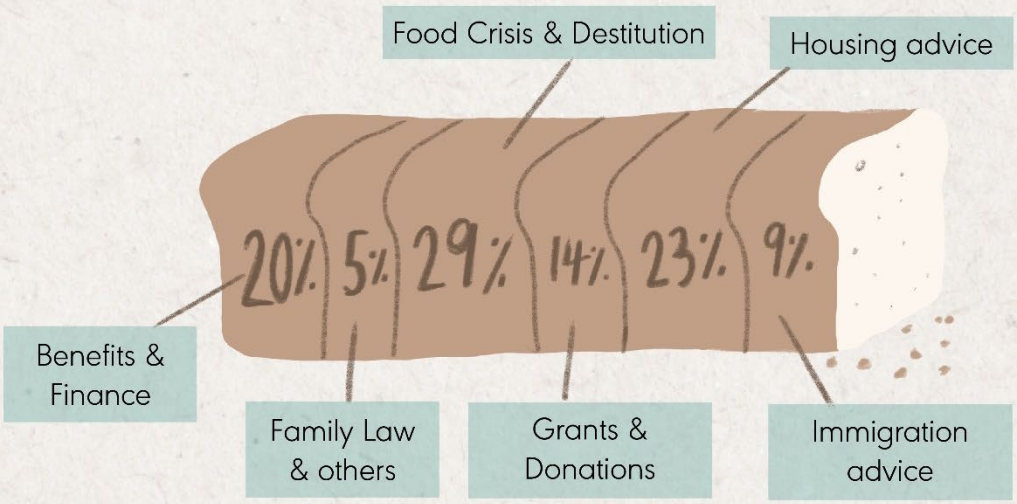
Body & Soul:
2000+ members living with HIV in 2024 live with multiple co-morbidities such as diabetes and cancer



JRF:
Whilst single people remain most at risk of destitution (comprising almost three-fifths of the destitute population), destitution is experienced by a growing number of families with children, particularly *Lone-parent households*.

Body & Soul:
90% of parents at Body & Soul are lone parents

Body & Soul Casework needs:





138
Food bank referrals



120
Hardship grant applications



260
Families receiving casework support

Communities on the frontline

Members' Voices



Nicole



"I was first diagnosed HIV positive when pregnant with my daughter. Back then I was depressed, stressed and struggling to eat. With English as a second language it's not easy to find help you need, but Body & Soul has been good when I've needed help with housing. My private landlord tried to evict me without warning, even though he was getting my housing benefit."

Jumoke



"B&S has been an important place for me from when I needed immigration support. I am HIV+ and had a stroke and no memory of arriving in the country. It took years, but finally received refugee status and supported living. This year has been all about gaining settled status. This is impossible without Body & Soul with English as a second language and so much to manage. When I was told to reapply for my disability benefits, there is so much fear. It is hard enough to make ends meet so B&S is the one place I could go."

Olive

"I have been a member for many years and like to come to the Tuesday evening sessions. Together with therapies, it has helped me to manage my health, especially HIV as well as living with the effects of having a stroke. This year has been hard. I have 2 teenagers and was living in a tiny flat, especially as the boys get bigger and because I need adaptations to get around the house. My son also has needs that I care for too. It became so stressful and began to really get me down so I couldn't cope. Trying to manage on your own is too much when there's so many different services."

Aaliyah



"I was referred to Body & Soul after not wanting to live any more. All my family had been lost in war. I made it to the UK but I have been homeless and my application for Asylum has been lost several times. I thought hope was lost too. I have been coming to Body & Soul and have found somewhere where I have been able to talk and get help. I could not have carried on any longer, when you have already been through so much. Now the Home Office have listened and I have my first place to call home. Living can be hard still, but I am thinking of tomorrow for the first time in a long time."

Ade

"I became a member in August this year. I have been very isolated trying manage many debts and be a parent to my son, while still recovering from a stroke. Being HIV+ makes it hard to know who you can speak to. My debts were getting worse, so finding a place to get real help and where I can also relax has been a release. I needed someone to help me reduce the repayments, just to give me a chance. The hardship grants helped me get through, but maybe not as much as knowing someone is looking out for you."



Living with HIV - The Adult community

Member In Focus



Manzi

I met Body & Soul when I was 7 months pregnant with my daughter. Ella first went when she was 3 months old, and I've been in visiting ever since. It's been tough this year. I was asked to leave where I was staying when my friend discovered I was HIV+. With uncertain immigration status and living with chronic arthritis, I was overwhelmed. My only help was a solicitor who stopped answering my calls. It's hard to protect my daughter. I can see she worries too and she's very quiet, especially around other children.

I met the team at the Legal Clinic who told me what I needed to do with my immigration papers, even offering to do this for me. Sarah helped me to approach the housing department in my borough to receiving advice from our legal clinic around her immigration and housing circumstances. When things were really difficult, I could ask the volunteer in the Casework Team to give me a voucher for the food bank.

Adult HIV+ figures in 2023

2213
Total number of active members

307
Total number of workshops

979
Total number of therapy appointments

In 2023, our programme monitoring showed:

90%
of members feeling more knowledgeable and confident about making healthier choices

95%
were better able to manage challenging relationships

92%
found they gained tools they could use in their daily lives to manage their wellbeing

90%
demonstrated a greater capability to build and sustain positive relationships



Ella

Ella likes visiting Jane and Daniela in the Children's Service. She did the 'Superstars' project to learn skills to help her when feelings become overwhelming, and the drumming and summer programmes. It meant I could focus on myself for a few hours, attending the adult workshop spaces, joining the women's group, chair yoga, sleep hygiene and body percussion. Between sessions, I get a regular call to let me know what's on and to talk about anything that's on my mind.

All of this has helped life feel a bit more stable and manageable. Ella is doing better too. She looks forward to going now and I'm hearing about other children for the first time. Even when it's stressful, it makes me happy to know my daughter is doing okay.

Communities on the frontline

Positive Parents' Place





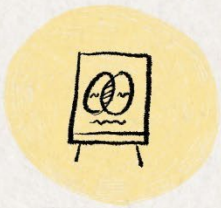
Written by Hilary

PPP is a unique programme for pregnant mums and mums with children 0-3 who are HIV+. A diagnosis of HIV during pregnancy is both frightening and traumatic and increases maternal isolation and self-stigmatisation. Immigration and housing instability also impact a majority of our parents, and this presents with an array of complexities: poverty, separation from family back home, medical needs and the isolating effect of HIV stigma.

The Need

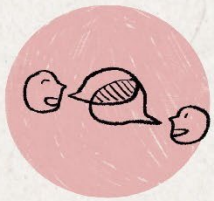
As with all our programmes, we do not focus on the problems but remain focused on the person, the human and what has happened to someone, not what is 'wrong' with them. This responds to a high need to connect, meet other positive mums, make friends and feel part of a community, lessening social isolation and post-partum depression, so prevalent amongst isolated mothers. Our HIV clinic partners have been key to referring new members from across London and the South-East of England, from Greats Western Hospital NHS Trust, Swindon to Guys & St Thomas's.

PPP figures in 2023



28

Total number of PPP sessions over the year (Online & In-person)



96

Unique members in PPP in 2023



44

Mums received regular support calls to manage ongoing needs



20

Families have received intensive casework support during this time

Programme Highlights

7-week PPP programme on Zoom



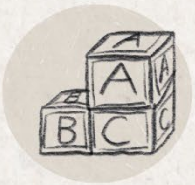
Understanding my HIV Diagnosis and Medication Adherence: increasing knowledge about HIV and medication and allowing the opportunity to share thoughts/anxieties around HIV and its impact on parenting.



Nutritional Therapy: Foods that support the immune system, well-being and healthy eating in families on a budget.



Feeding My Baby: Increasing confidence around feeding & understanding the other options available.



What Children Need - 1: Understanding of emotional and practical needs of 0-3's, to feel more confident around how to support a baby's healthy development.



What Children Need – 2: Understanding of what children need at each developmental stage and the influence our own experience of being parented can have on our parenting.



Relationships and Naming: Increasing confidence around having difficult conversations, increasing sense of empowerment for making choices about naming.

Positive Parents' Place

Member In Focus

Tina

As a mum of an older child and a baby, I started to go to PPP sessions to get more support being a mum. I was diagnosed with HIV after my 2nd child. With the support of my clinic, I chose to breast feed my baby. This was a new experience as I needed to get my baby tested monthly during this process and pay close attention to not mixing feeds.

I received regular support calls from the team, one of whom is a member who has been through the same experience herself. Casework help has helped me get out of temporary accommodation and have some stability for me and my kids.

I have been asked to help be a supporter to other mums in the group, especially those coming for the first time. I like to know that I can just make it easier for people so they can keep coming.





In 2023, our programme monitoring showed:

95%

reported improved emotional wellbeing as a result of being part of this group

85%

feel more confident as a parent after being part of this group

90%

reported feeling less isolated as a result of being in the PPP group

'I want to express my heartfelt gratitude for the invaluable support and guidance this group has provided me during a challenging time. Without the unwavering support of this group, I honestly don't know how I would have coped. The compassion, understanding and sense of community have been a lifeline for me and my children. This group has been my safe haven, a place where I can share my struggles, seek advice, learn and find comfort in knowing that I'm not alone in this journey of mine. The collective wisdom and encouragement have lifted me up when I felt overwhelmed and helped me navigate through very difficult moments with strength and resilience'.

-Single mother of two



Communities on the frontline

Children, Young People & HIV





Written by Jane & Daniela

We provide a unique service for children who are not only living with or affected by HIV but who were also affected by multiple other adversities including poverty, discrimination and intergenerational trauma.

Many of the children's needs will fall below the threshold for support from other agencies, despite the impact on them being complex and affecting their ability to reach both educational and personal potential. And the secrecy surrounding the nature of health problems within the family, alongside carrying responsibilities children hold, create stressful tense environments that impact children's ability to function to chronological age expectations.

The Need

Our therapeutic family model is designed to equip children with the tools to navigate life successfully while concurrently helping parents to understand and support their children's needs. We welcome children on a weekly basis, aged between zero and 10, before they transition in the BaSe and then Teen Spirit.

For all our spaces, our aim is to use trauma informed practice, supported by therapeutically informed activities to create a safe space in which children can build meaningful connections. We aim to help enhance children's understanding of their own well-being and build their confidence, resilience and emotional literacy through fun, creative activities support them to discover their talents and set them on the path to becoming the best version of themselves.



47 Weekly Children's Meetings

47 Weekly BaSe sessions

37 Teen Spirit Nights

115 Families have received intensive casework support

Programme Highlights

'M@estro'

Drumming, sound scaping and music are deeply rooted in the cultural traditions of our community members.

The aim was to foster group cohesion, reduce anxiety and boost confidence and self-esteem.

A wealth of evidence highlights the impact of increased dopamine on pro-social behaviour. Additionally, the design of sessions provided positive collective experiences, helping children to acquire new skills and enhanced self-esteem.

Session 1 used everyday objects to create musical rhythms accompanied by physical movement. This was followed by an instrument making workshop using 'found materials'. The final session brought children together in 'bands' to create musical pieces that were performed to the Adult members at the end of the evening. Their confidence grew as they first performed for the adults and then for the entire group. By the end of the session, they mastered a three-part rhythmic pattern.

Notably, five children who don't always consider each other friends spent the remainder of the evening playing together in the chill-out space, culminating in moments of pure joy and laughter.

Children, Young people & HIV

Member In Focus

"I feel safe and free because it is like a second home with more friends and deeper life skills than school and we have loud times, but we come together."

Jessie

Living as an HIV+ mum with three children has many pressures. Managing your health, when your children rely on you, while also wrestling with when or if they need to know, especially as they get older and start to question. For a few years I chose to be away from people, but I knew it wasn't helping any of us. Coming to Body & Soul has helped me to face things and I can see how much my kids look forward to Tuesdays.

I regularly attend the weekly Tuesday evening services and have joined sessions like 'Somatic Experiencing' to manage my stress. I really enjoy the Parents' Place sessions where we can all be open and just share the everyday things that we can't elsewhere.

My two youngest children have really benefitted from seeing Jane & Daniela in the Children's Centre. They run off now and go and find their friends, when they used to want to stay with me.



In 2023, our programme monitoring showed:

Adventurers' Outcomes

83%

Children who attended the 'Healthy Mind, Healthy Body' workshops could name at least 1 skill to manage their emotions

92%

Parents stated they had seen an improvement in their children's ability to regulate their emotions

My eldest daughter has now started to come with us. She's finding it hard being a teenager, but she understands why we come here now and has had help from one of the therapists to talk about what's on her mind rather than hold onto it like she used to.

My other daughter loves going to BaSe, for pre-teens. I hear about her friends and how she really gets on with the staff. She's come out of her shell much more and I know that helps her when she's at school too.





"My children just love coming to the group. We have nowhere else to go as a family, so this is our only time to relax with friends. I can feel the change in us all, life is so much better."

Teen Spirit Outcomes

80%
Of the teens felt more comfortable talking about HIV

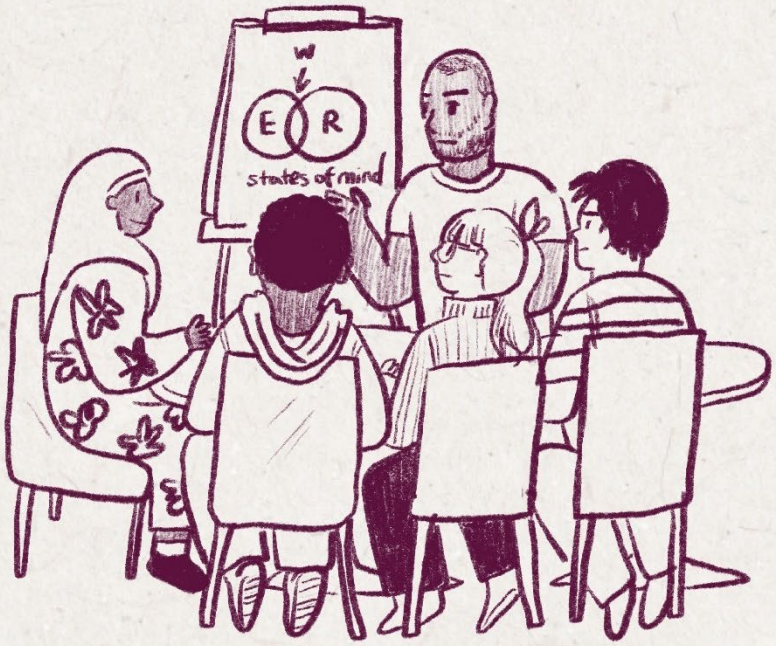
95%
of the teens have grown in confidence to try new things

80%
Of them have become more confident with talking about their needs

90%
of group members identified at least one positive friendship they have made whilst coming to the group

Communities on the frontline

You Are Not Alone Suicide Prevention Programme







Written by Katie & Amanda

The 'You Are Not Alone' Service aims to reduce the risk of suicide in young people, supporting members to build a life worth living and a sense of belonging through a combination of therapeutic and community-based support. YANA is for young people ages 16-35 who have made an attempt of suicide within the last 12 months. We believe that young people who are suffering and at a point of despair can learn to thrive, not just survive. Our mantra is: "Body & Soul is here to help you get through your life, not just make it through the night."

The Need

You Are Not Alone stands apart from mainstream mental health services in a number of fundamental ways. The programme provides highly evidenced therapeutic interventions for young people at risk, but it also provides a continuum of psychological support to begin to reconnect people to their life goals.

We offer support in two stages:
Stage 1: Begins with a 24- week course of group DBT (Dialectal Behaviour Therapy) Designed to learn skills to manage distress, to identify emotions and reduce suicidal and self-harming behaviours.

Part 2 Graduate pathway: Members have access to a wide range of activities including 1:1 therapy, community evenings, courses, creative workshops, and volunteering, all of which are designed to help to build a life worth living.

YANA Figures in 2023

1,310
1:1 Support sessions

574
Young people supported as part of YANA Commnunity

173
DBT group sessions

17
Rooted Course sessions

3
Gatherings of 'the Collective' for graduates who are black or of colour

5
Community Evenings

2
Whole community celebration events

4
DBT skills mastery sessions

The Rooted Course

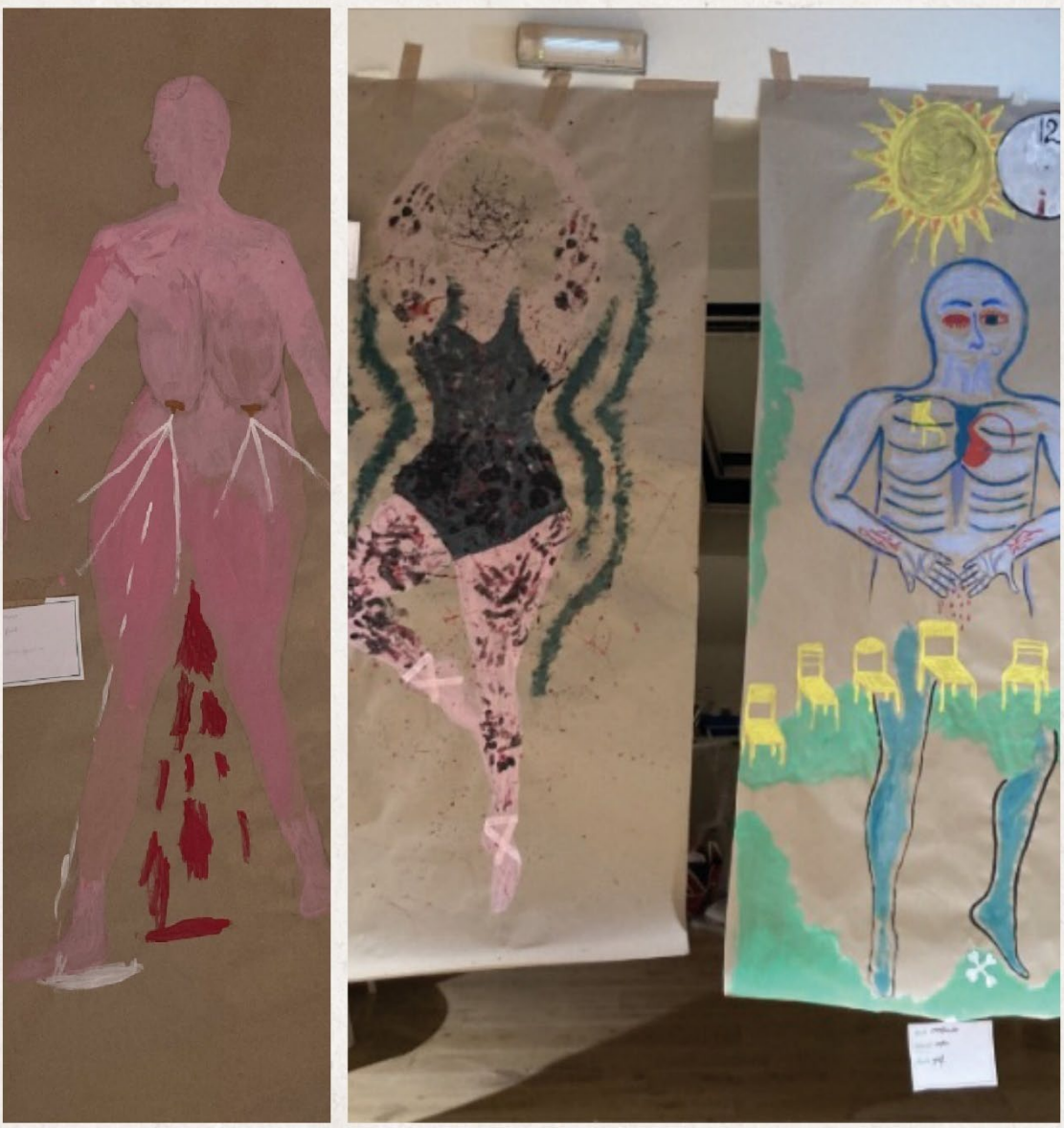
Rooted is a series of creative, trauma-engaged workshops that encourage members to apply their DBT skills in new contexts, develop their life-worth living goals, whilst supporting each other within their shared community.

Through our latest 2023 Rooted course, members experienced a statistically significant positive shift in self-connection scores (using the validated Self-Connection Scale). The component of self-connection which predominantly drove this change was self-acceptance, with a large significant change in score for the question 'When I find out things about myself that I don't necessarily like, I try to accept those things.' This movement towards members becoming more accepting of themselves speaks to our core impact areas around personal identity and self-esteem, creating a solid ground from which to build relationships with others and to have the confidence to pursue life worth living goals. Its significance can also be understood within Gabor Mate's framework of trauma being the disconnection from the authentic self, and healing being the re-connection to the authentic self.

You Are Not Alone Suicide Prevention Programme

The Rooted Course: In pictures

Here's a few Somatic Body Maps created by members during this Rooted course. On the left is a stark representation of new motherhood; the middle one speaks to the member's shifting relationship with dance; and the final one is a poignant portrayal of grief with the yellow chairs symbolising both the heaviness and joy of continuing to carry people after they have gone.



Member In Focus



Lara

"The will to live; courage over my fears and anxiety; feelings of connections to other humans and the universe; trust; a sense of purpose; the ability to move on and be present; peace in my heart".

I was referred by my local IAPT to YANA at the end of 2022, not long after my life nearly ended. I'd managed to stay sober for a few weeks, although I'd self-harmed daily for nearly 10 years. I had reached the point where what had happened to me growing up had caught up with me and I was desperate for something that could break the cycle of self harm and abusive relationships.

Skills Group

I joined the DBT group in February and it felt right from the start. The structure and skills really worked for me. I could apply mindfulness to my every day and use the skills to regulate my emotions for the first time my DERS (Difficulty in Emotional Regulation Scale) score had dropped from 170 to 70 – a drop of nearly 60%.

After 6 months in group I began my graduate pathway – including a second round of DBT, an option that is open to YANA members as repetition can be of great benefit for consolidating and maintaining skills.

I also began volunteering, using skills I didn't realise I had to help other young people see there are ways forward, even in the darkest of places.

In 2023, our programme monitoring showed:

100%
Of members are better at regulating their emotions with a 50% average increase in ability to regulate emotions.

100%
Members have improved their wellbeing since starting programme.

69%
Members have not self-harmed during programme

54%
Increase in wellbeing on overall WEMBS score

Communities on the frontline

Evolution of the YANA Community in 2023



Autumn 2023 saw the launch of the fifth DBT group for those aged 16-20 years of age. This is a new initiative following the same structure as our other DBT groups with distinct adaptations. The 'Why' is simple: young people approaching the age of 18 who are feeling upset, anxious, or suicidal are often faced with a cliff edge when it comes to available support. A systematic review found only 25% of young people were transitioned to AMHS (ACAMH, 2019). No longer qualifying for CAMHS the Adult Mental Health Services (AMHS) can feel difficult to navigate and often come with long waiting lists for therapy often not designed to address suicidal ideation. In some cases, with A&E often the only immediate place for support, this can lead to young people facing an enforced and re-traumatising stay on a secure ward.

Our specialised YANA pathway for young people aged 16-19 years provides the longer term, wraparound and age relevant support that is needed. To maximise accessibility for this underserved group, our referral criteria allow for those who are experiencing suicidality and as such they need not have made a suicide attempt in order to be referred and assessment processes have been adjusted to increase age appropriateness, multi-disciplinary working and incorporate simultaneous support for primary sources of support through Braver Together. We have carefully designed a bespoke workbook for members of this group to work with so that all their learning and homework can be kept all together in a format that includes graphics and wording that are appealing and relatable.

Braver Together



Written by Rachel

Starting last year, Braver Together has continued its 12-week programme for friends, family members, partners, siblings, housemates or chosen family of someone who is suicidal or self-harming. The course draws on the teachings of Dialectal Behaviour Therapy (DBT) to increase knowledge of symptoms and behaviours linked to suicidality, understand their own responses to their loved ones and to be able to support them more effectively.

Braver Together provides a systemic approach to suicidality, recognising that support networks can be strengthened to become protective factors for young people by:

- Providing a non-judgemental space for caregivers of suicidal individuals.
- Building a caregiver's support network and reduce isolation and improve resilience.
- Helping caregivers set effective boundaries.
- Improving communication using a shared, emotional literacy.

60%

Members have identified improvement in their Mental Health

90%

Felt that their relationships improved

75%

Identified improvement in the home environment

The Collective



Written by Kudzai

2023 also saw the foundation of 'The Collective' for Graduates who are Black or of Colour, a space for nurturing, affirming, and celebrating YANA graduates who are Black or of Colour. The Collective has already had an impact across all levels of YANA programming. Members of the Collective play a core role in welcoming new DBT intakes, sharing feedback with DBT facilitators around how to decolonise their teaching of the DBT skills, as well as developing a new Rooted course based on Intergenerational Trauma. We're excited to continue this development and see its impact across YANA referrals, engagement and drop-out rates, and member-leadership roles for young adults who are Black or of Colour in 2024.



Read the mission statement here:



- To create a nourishing, affirming and brave space where we meet each other's whole selves and feel connected in community
- To decolonise the DBT Curriculum by conducting a critical review of the skills and how they are taught, through the lens of race and culture
- To stand for past, present and future members of the YANA community who are Black or of Colour

Communities on the frontline

Evolution of the YANA community





Written by Virginia

Mindset continues to have a positive impact on members' depression and anxiety. After a user-wide survey, 97% respondents reported Mindset improved their mental health.

Mindset

Our digital mental health resource, Mindset, is our member-led response to the deepening mental health crisis. In 2023, 1 in 8 YP now have a mental health disorder, all exacerbated by a healthcare crisis where mental health services are overwhelmed by demand.

Positive Social Media

At a time when social media is being criticised for its part in young people's deteriorating mental health, Mindset has grown in influence amongst young people looking for accessible ways to cope. Active on Instagram and TikTok, this year we:

5.4k
Active users doubled from 2.7K to 5.4K

74k
Increased reach from 3.7K to 74K

7.4k
Most viewed video increased from 1.4K to 7.4K



Mindset content gallery











People that use Mindset have said...

"Mindset helps me remember little ways to make it easier to cope and manage my Mental Health."

"It helps me feel less alone in my struggles!"

Communities on the frontline

Adoption & Special Guardianship Support





Written by Aarati

Explorers & Teen Spirit are programmes for children & young people aged 7-12 and 13+ respectively, who are adopted or under special guardianship. Now running for over 7 years, Explorers & Teen Spirit remains the only group based therapeutic provision for adoptive families and special guardians. What also sets this service aside is the offer for ongoing engagement for all family members, which we believe is critical for young lives that have been impacted by family disruption. The model provides a safe, consistent community context in which children and young people can develop attachments and the skills to navigate their everyday world, one that is often not attuned to their needs or how they see the world. The service is designed so that whole families have access to an integrated programme that helps build resilience within adults and children equally.

The Need

Programmes throughout the year at Body & Soul are designed around a range of needs. The therapeutic community approach supports the development of peer relationships whilst providing consistent work to address emotional regulation, self-esteem and positive identity formation. For children often struggling to cope with peer relationships, this is commonly multiplied by exclusion from school and often from other social settings. Parents too experience a strong sense of being 'left alone' to manage, without access to ongoing support.

ASG Support Figures

*ASG: Adoption & Special Guardianship

57

ASG support days (caregivers, teens, and young children)

92

Family members supported



Programme Highlights

Gratitude & Giving

In the December sessions, we centred our activities around Gratitude & Giving. The end of year can pose specific challenges for our members and their families. Seasonal moods, fatigue, shifting routines, the anticipation of Christmas and holidays—all contribute to vulnerabilities and heightened emotions around associations with birth family and the dynamics of family in general.

Our Programme teaches behavioural skills from DBT to address these challenges, working with all the family to share ways to notice and regulate emotionally. The activities, ranging from jewellery workshop, music projects and cooking, were all strategically designed to rehearse skills like Opposite Action, intertwined with the concept of creating and giving gifts. This served as a meaningful way for individuals to express gratitude both to themselves and their family members.

At the end of project, children offered handmade food, jewellery and presents to their families. Furthermore, all the family members also created advent calendars outlining different acts of service that allowed them to support each other.



Communities on the frontline

Member In Focus

Ron

When I joined Teen Spirit in February, life was feeling difficult. The last couple of years have felt a confusing time.

Coming every week has changed things. I get a DBT skills coaching time every week so I can approach situations differently and life's a bit calmer.

I also get some time with one of the therapy team when I'm here on a Saturday. It's the first time I've been able to be open knowing that even therapists can have experience of the same things that you're dealing with.

Life's still been hard, but the downs are not quite as often or so long. Maybe that has allowed me to have the space to start to imagine the things I want to be doing in the future. I'm getting there!



In 2023, our programme monitoring showed:



"Unlike school and elsewhere, Ron's issues are not met with punishment, aggression, rudeness and unkindness. Rather, the staff at Body and Soul understand that adopted children, and those with ADHD and ASD, present with complicated needs and that the behaviour this leads to is not easily dealt with... I believe that Ron's being able to attend Body and Soul has assisted him greatly as he was able to "let his guard down" in a trusting environment and also speak to staff members about incidents which had happened if he wished to do so knowing that he would not be judged."

Adoptive Parent, 2023

Communities on the frontline

Disrupting Isolation: Telephone & remote support





Written by Zoe

Beyond Boundaries, our phone support service that calls members, remains a vital lifeline. It is a 'portal' to all of our resources, through checking regularly about housing and immigration, to supporting mental health and helping members to navigate difficult moments. It shows that we care but also helps us back at Body & Soul to adapt our programmes to emerging needs. If it's beyond our specialisms, we can provide advocacy or signposting to our partner organisations. Throughout, empathy and non-judgemental support are paramount.

The Need

91% of members are black or people of colour facing a range of additional barriers to sustained security and wellbeing.



Our members are recognised as being at a disproportionately higher risk of death, living in poorer quality of housing and largely surviving on benefits or minimal vouchers when they are within the asylum system.

Telephone & remote support figures

The service is able to recognise these additional risk-factors and support wherever needed. Calls reach out to our members for an average of 20mins at a time, working in partnership with members so they can decide what works for them. This consistent relationship building, allows members to set an intention that is developed and addressed over a timeframe agreed with each member. Our aim is to always reach the highest number of people at any time, whilst always ensuring that everyone's experience is tailored to what is needed in the short and long term.

14,758

Total number of calls in 2023

1140

Number of members served

1238

Casework specific calls

Talking Therapies

Our team and therapeutic provision continue to develop and at the end of 2023, the team was comprised of 22 therapists offering sessions in Integrative Counselling, Nutritional Therapy, Art Psychotherapy, Child & Adolescent Psychotherapy, CBT, Behaviour Therapy and EMDR.

2165

Total therapy appointments

174

Total unique members accessing 1:1 therapy



Therapy Feedback

85%

of referrals responded to within 48 hours

75%

of those members said that the therapy met their needs 'a lot' or 'completely'

87.5%

would recommend their therapy to a friend or family member based on their experience with the remaining 12.5 % saying they would be 'Likely' to recommend therapy based on their experience

Community Infrastructure

Connecting our community

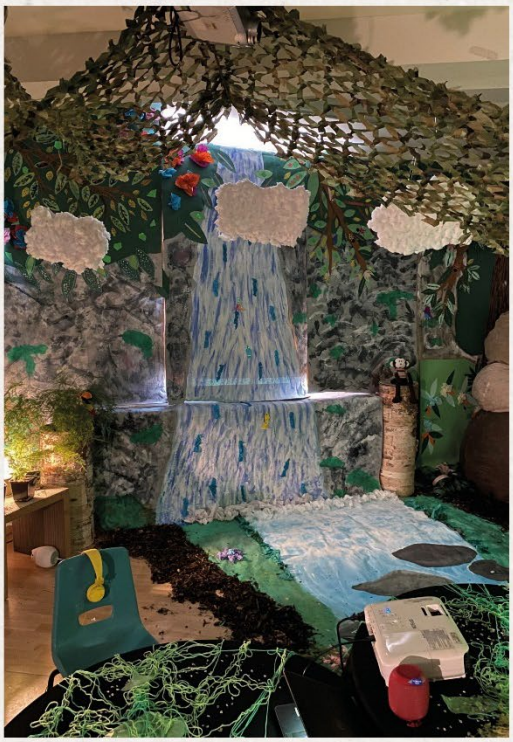
Community Events



Written by Jed

At Body & Soul we consciously create moments that bring the community together in the same space. This has become a phenomenon that fuels the sense of belonging and connection. Gatherings are also key 'Rights of Passage', marking significant steps on our respective journey of life. From greeting new members to celebrating achievement, this has become engrained into life here. Our annual YANA Graduation is a community-wide marking of everyone completing 6-months of DBT therapy.

"In awe we understand we are part of many things that are much larger than the self."
- Dacher Keltner





The emotion of awe was the inspiration behind our Annual Graduation Celebration (where we mark the moment of 'graduating' from DBT Group). Drawing from Keltner's recent publication, 'Awe - the transformative power of everyday wonder', the YANA community created an immersive experience through the 8 wonders of life; moral beauty, collective effervescence, nature, music, visual art, spirituality, mortality and epiphanies. The emotion of awe is apt for YANA. It represents how we feel as a community when we see a young adult 'graduate' from their DBT Group knowing the hard work they have put in every single day to get to that point; as well as speaking to the renewed energy for life so many YANA members feel after learning the skills and beginning to truly believe in their life worth living. The event was a celebration of choosing life, embracing wonder and the power of community.






A
WANDER
THROUGH
WONDER

Community Infrastructure

Creative Communities



Public Acts at the National Theatre

This has been an ongoing project throughout the year. Members of all ages have been engaged with the project, leading to an intensive period of rehearsals in July and August, before bringing a series of performances of The Odyssey to the stage. Nearly 30 members performed in a full-scale musical production on the Olivier Stage at the National Theatre!

More can be viewed here:
The Odyssey | National Theatre.





Velocities

A dance project run in partnership with dance artist Shivaangee Agrawal and the London Contemporary Dance School for adults on the HIV programme. We explored ideas around water and self expression. Regular goals included decompressing from the day, moving like water / in water, giving your own body what it needs today, moving our bodies and allowing sounds / voicing to happen. We used techniques including drawing, choreography, mirroring, partner work, small group and whole group work, interpretive drawing, interacting with others' drawing through dance. The sessions were centered around interaction and connection, as members worked together to develop their dances, drawings and performances. Feedback included feeling love, friendship and joy.

The Kickabout Project with Arsenal

A two-day project in partnership with the Arsenal Hub for BaSe, ASG and Teen Spirit. They provided coaching staff to run the football sessions, and Body & Soul staff laid on drama workshops exploring identity, self-esteem and emotions. We played football, made ourselves self-support placards and flags, and even had a stadium tour!



43



Hit It! With Kinetika Bloco

We hosted workshops looking at samba rhythms, group drumming and learning about Brazilian traditional music. We are focusing on our Connected impact area, aiming to see improved interpersonal skills and feelings of social connection. The children demonstrated great skills with patience, listening and turn taking and were able to pick up rhythms quickly once introduced, working together and trying again when something didn't work. There were also a lot of new connections in the group, with 5 children who wouldn't usually play together doing so afterwards.

Pressure Drop with Immediate Theatre

A day of workshops and a play performance at The Yard Theatre for 20 teenagers across the Adoption and Special Guardianship and Living with HIV programmes. The play, Pressure Drop, was devised in collaboration with teens from schools around Hackney, looking at issues relevant to them. There was a panel discussion with the cast and crew afterwards, during which Body & Soul members asked a lot of really interesting questions.

The group also attended two workshops: Seeing Red/Feeling Blue which explored emotional regulation and handiling difficult or big feelings such as anger and sadness, and Boundaries, Please! Which looked at consent, physical touch and intimacy, and healthy relationship building. We had a lot of fun, witnessing each other perform, laughing, crying and sharing.



Community Infrastructure

Connecting our community

End of Year Celebrations

The theme of this year's holiday parties was 'Winter Towns'; Body & Soul's re-visioning of the traditional Christmas tree, created by members and community partners, to symbolise the coming together of community, belonging, light and hope. Each Winter Town had its own unique features - interactive games, sensory surprises, gifts, etc., and was illuminated and decorated with architectural details and lighting. Within the YANA community, we themed our 'Winter Town' around 'How to accumulate positive emotions in winter' - to bring to life all the different ways we can find joy, connection and community even in the darker, colder months where members may be spending more time alone.

See on the right some of the gorgeous homes, shops and street corners created by members. The Winter Towns project provided an ongoing creative drop-in space for members over November and December - keeping members connected, feeling part of something and providing a sense of giving back.





Community Infrastructure

Volunteering



Written by Beth

In 2023, our Volunteering roles include:



DBT group co-facilitator



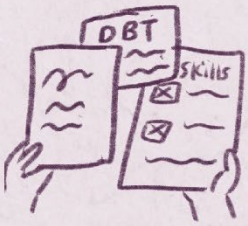
Social media content creation



Event & Party planning



Creative communities project



De-colonizing DBT curriculum



Children's centre volunteering



Casework with other members



Outreach: Getting the word out about YANA



Dinner hosts for community nights



DBT skills teaching to the kids

And others, including Front of house, Casework advocate,
Workshop support, Phone Support Volunteers,
Art workshop facilitator, therapists...


YANA
1743
Suicide Prevention
268 regular volunteers
370 corporate volunteers
638
Volunteers
1750
Phone Support & Casework
2121
Supporting Children & Young people
10,241
Total hours
863
Operational Support
663
Adults HIV Support
881
Therapeutic Support

Generating Income to Transform Lives: 8% of expenditure was on generating funds

Structure, Governance and Management section

Reserves

The reserves at Body & Soul are made up of restricted, designated and general funds. Body & Soul's approach to reserves is focussed on what is held in general free reserves. These are funds that are not restricted or designated for a defined purpose. Unrestricted funds are used for the overall delivery of the organisations aims and objectives.

The Trustees aim to maintain unrestricted reserves equivalent to three months' running costs, this equates to approximately £380,000. Reserves at the end of this year represent under 3 months running costs, however this was anticipated and is part of the 2024 income generation strategy. General funds equate to £262,083. The Trustees continue to take steps to develop the reserves of the organisation with a focus on social entrepreneurial activities and the development of individual donors.

Risk

As part of their ongoing responsibility for ensuring the identification and management of risk, the Trustee Board review the risks faced by the charity using the Risk Register framework and put in place procedures to manage risks identified.

Key risks were felt to be:

- Difficulty in maintaining and further increasing charitable income due to the impact of austerity and the impending General Election.
- Difficulty in securing funds from Trusts and Foundations due to increased demand, competition and changes in criteria.
- Impact of the decreased income stream of venue hire through changing work patterns of external organisations.
- Difficulty in influencing the wider system due to the uncertain political and social environment we are operating within.
- Difficulty in managing increasing demands and complexities on programmes.
- Difficulty in recruiting/maintaining key staff with salaries offered and in the context of remote working and changing patterns of working.
- Difficulty in maintaining staff with the impact of the collective trauma on everyone.
- Increase in competitive tendering.
- Potential reduction anticipated of external providers acting on a pro bono/discounted basis.

- Difficulty in lack of financial networks to generate income.
- Failure to maximise opportunities when they arise due to capacity of staffing.
- Inadequacy of data systems to capture all data required.
- Continuing to establish the organisation as a leader in trauma.

Key mitigations:

- On finances, we have a variety of robust structures in place designed to routinely enhance transparency and reduce the likelihood of fraud – e.g. the Director produces detailed management accounts against budget for every bi-monthly trustee meeting and tallies all restricted/unrestricted income and expenditure once a month. We also review our systems for financial supervision and control on a regular basis and take advice from trustees and other relevant third parties around specific issues, as and when necessary – e.g. Hogan Lovells have provided advice around a new partnership arrangement for the delivery of DBT services. Over the past year, we have paid special attention to three areas of work in order to mitigate financial risk:
    - Our adoption programme is substantially funded by the Adoption Support Fund, central government money that is allocated to individual children via social workers. Since there are so many moving parts to this particular income stream (gaining agreements with families, communicating with social workers about applications, invoicing borough councils etc), we have implemented a monthly meeting between the Adoption Programme Manager, and the Director, to make sure we have shared oversight over which money is in discussion versus invoiced, versus paid. This has improved dramatically over the last year.
    - We continue to monetise our expertise, providing training, clinical supervision and reflective practice for a range of external organisations, including NHS teams, universities and large corporates.
    - To make sure we maximise our opportunities for raising funds, and we have a regular monthly review of all potential grants between fundraisers and the SLT, and we have freed up time within the SLT to support funding applications to address bottlenecks in terms of deadlines or where there is some specialist expertise required. We have also been selected by CAF to aid further development in our Fundraising Strategy. Alongside this Trustees have taken responsibility for a proportion of the income targets.

- On frontline delivery, the formalising of a partnership arrangement with a long-time collaborator and clinical supervisor on our DBT programme, has allowed flex on scaling YANA DBT groups. We continue to implement rigorous attention to racial

trauma across all our programmes, including an obligatory programme of training in somatic abolitionism and allyship for all white staff and volunteers; a special programme supervision/reflective practice run by Eugene Ellis for all our adoption workers; and dedicated spaces for bodies of culture – members and staff – to reflect on their experiences inside and outside Body & Soul. While celebrating the agility and creativity in our programmes that are so important for enthusing our members and remaining responsive to their needs, we are also working to enhance replicability where possible – so valuable for honing and demonstrating impact. To that end, we continue to develop our 'Rooted' programme, a six-week course of vibrant therapeutic activities designed to engage all of our systems for soothing and self-efficacy – narrative and visual art, bodywork and movement, community and connection, psychoeducation around neurobiology – which we intend to roll out across age groups and programmes in time.

- On staffing, we have significantly enriched the expertise and capacity within the whole team and within the senior leadership team over the last 12 months. Developing and sharing organisational wisdom and knowledge is essential in sustaining and in any succession planning. These changes enhance our collective approach and bring positive morale throughout the team. Finally, our structured programme of volunteering for members continues to develop apace, with many of our young people now bringing rich seams of lived experience to all aspects of our organisation – e.g. support work and group facilitation, designing and producing therapeutic resources, presenting podcasts, writing fundraising applications, participating in research etc.
- On strategy, beyond the ways we routinely monitor and evaluate our services (for which we have won awards from RSPH and The King's Fund), we continue to collaborate with a number of high-profile clinical and academic institutions, alongside our partnerships with Corporates and other NGO's. For instance:
    - Royal Statistical Society – a fellow of the RSS is helping us develop a plausible methodology for substantiating the long-term economic value of our preventative work – i.e. the average direct contribution to the public purse of someone who joins our HIV programme, for instance, in terms of both reduced use of statutory services and enhanced productivity.
    - St Marys University: We are exploring research to be able to demonstrate the effectiveness of our approach to share this across the health and social care sector so as to establish a blueprint for suicide prevention services to prevent the needless deaths of young adults across the country.

Going concern

The last few years of the pandemic and uncertain external environment continues to impact the charity sector, from increasing presenting needs for some of societies most marginalised communities to pressures on staffing, volunteering and income generation. The collective trauma experienced from an individual to an organisational level is still playing out and organisations need to be able to respond with agility, robustness and creativity.

The Trustees are proud of the continued innovation and tenacity that Body & Soul maintained across 2023. Programmes have continued to be reflected on and developed with a sense of ease and fluidity. Led by a value driven commitment to bringing 27 years of experience in trauma focussed support to an ever increasing population, Body & Soul not only maintained, but extended its reach and innovative approach.

With the ever-changing external environment in mind, the increased competitiveness in securing funding, the cuts in the statutory sector and the economic crisis in cost of living. The organisation has adapted to meet these challenges to look to secure the necessary funds to deliver the programmes agreed in 2024 This is made possible through a revised fundraising strategy that works across the system to secure, maintain and develop new relationships in meeting increased needs.

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

Remuneration

We are committed to paying our staff a fair and appropriate salary whilst always ensuring we have the financial ability to do so. As an organisation with important responsibilities towards our beneficiaries, donors, supporters, staff, and the public we recognise that accountability and transparency are in all aspects of our work. We balance the need of ensuring that value for money is present in all we do alongside the need to attract and retain staff with the leadership, experience, knowledge, and skills required to lead the transformation and complex work we are engaged with. We benchmark salaries against other similar front line service providers of a similar size. We aim to increase salaries regularly in the context of income confirmed and external economic factors. We pay a London Living wage to all employees. We believe those who consistently contribute at a level above expectation should have the opportunity to be further rewarded for doing so.
The team is supported by a range of voluntary professionals including the law firms Hogan Lovells, ITV, Wilsons, Bates Wells Braithwaite and Miles & Partners who assist in legal,

strategic and infrastructure issues; DMFK provides assistance on building/design related matters.

A range of other external specialists also support the organisation every year.

In addition to the staff team and partner organisations, the organisation has benefitted hugely from volunteers during 2023. Without volunteers, Body & Soul would not be able to deliver our innovative, high quality, and responsive programmes of support. The Volunteer contribution in 2023 continues to multiply the size of the staff team.

Fundraising Practices Review

All fundraising practices are framed within the values and principles of the organisation. Where expenditure is required to generate income, there is an analysis of the return on investment to ensure the organisation is able to make informed decisions regarding activities.

The fundraising and partnership team are internal – the organisation does not use external, professional fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a telephone or door to door fundraising campaign. Our relationship with our supporters is very important to us and we do not wish for our supporters to feel under any pressure to donate to the charity. Where we partner with corporates, due diligence is conducted on the organisations and the amount of time and effort we as a charity need to invest, versus the income we would likely receive. Clear parameters and responsibilities are then agreed between partners.

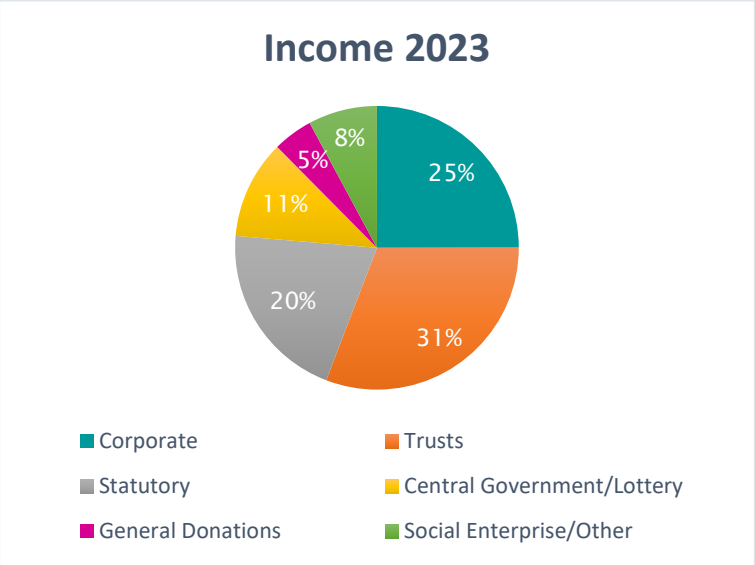
We have ensured we are in line with the GDPR data protection regulations and all other relevant codes of conduct. We received no complaints about our fundraising practices in 2023.

Financial Review

The external environment continues to be a challenge, with the lack of certainty in the economy, the unknown in how the pandemic will continues to impact society and the ever-growing need for scarce resources. This runs in parallel to a statutory sector that is under pressure financially and continues to make cutbacks. A resulting impact is experienced by our members. We have worked hard to respond to these challenges through the development of social entrepreneurial activities, however this has been challenging during the pandemic. New activities are being further piloted to grow general funds.

Key programmes in 2023 were focussed around Adoption/Special Guardianship, HIV, Young people and mental health, Support for NHS and frontline workers and Self Harm /Suicidality.

Body & Soul receives funding from a variety of sources. Income came from the following sources each of which are explained in the graph:



In 2023, activities resulted in a deficit of £160,690. After 2022, we began the year in a challenging position to raise the necessary funds to be in surplus. However, we brought new funding partners to Body & Soul and grew income in a numbers of categories.

At midpoint of the financial year, it was indicated the organisation may end with a deficit. With key strategic decisions implemented, we began 2024 with additional fundraising capacity, alongside external support to aide our strategy for the forthcoming year. Expenditure was also reviewed to ensure any further savings and efficiencies could be actioned.

Body & Soul ended 2023 with unrestricted funds of £493,517 of which £262,083 was general funds.

Public Benefit

The trustees have taken great care in considering the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The aims not only provide a direct benefit to our members but also the wider public as they strengthen relationships, build community, reduce the financial pressure on health and social care systems, and create responsible citizens capable of participating in their communities and building an inclusive society.

The Year Ahead

Body & Soul looks forward to 2024 with passion, dedication and hope. We will continue to reach new people, reaching out to communities marginalised in society and often most impacted by the collective trauma of the world we exist within. We will be tenacious in our aspiration to amplify our trauma engaged approach among fellow professionals, experts, and opinion formers with an interest in interrupting the lifelong consequences of childhood adversity and ongoing trauma.

We are ambitious, always striving, and unwaveringly passionate about changing the world we live in. We will not rest with the knowledge that millions of people live in a cycle of despair, not knowing how to break it. We know through community and the right interventions at the right time, everyone can feel a sense of peace, a sense of self, and a sense of resilience. To this end, we enter our 27th year committed to delivering our proven transformational programmes for people of all ages who have experienced childhood trauma, solving what is perceived to be one of the intractable problems of our time with a cost effective and impactful approach.

Our continued success would not be possible without community. The list of who is part of this community is extensive: members of all ages from every part of the UK and many others living internationally; volunteers, from those who answered our call and member volunteers who are channelling their new found wellbeing to help others; staff, full time and part time making up to 50+dedicated people; trustees, patrons and ambassadors, funders who believe in and back our model of care and corporate partners who provide expertise, funding and 100's of volunteers.

We are forever indebted to all the amazing people, trusts, companies and organisations that have, through contributions big and small, put life, energy, and love into the organisation.

Our Key Hopes for 2024 are:

- Launch a new digital identity through re-visioning our brand presence.
- Continue the expansion, reach and development of the 'You are not Alone' Programme, increasing the age range, number of groups, and support for caregivers.
- Expansion of wellbeing, trauma engaged offerings to the UK and internationally.
- Research and publication of the unique findings in the development of a therapeutic community in the 21st Century.

- Review and development of all programmes in relation to the changing external environment.

Structure, governance and management

Body & Soul is made possible through the dedication of staff, volunteers and the community, of which the Trustee Board delegate the day-to-day running of Body & Soul to a full-time staff team with over 27 years' combined experience of delivering services which support children, teenagers, and families impacted by childhood adversity and ongoing trauma.

The Trustee Board provides strategic oversight and governance to the organisation. It is committed to members of the Board having lived experience of trauma and is proud that throughout its history the Board has always had this representation. New Trustees to Body & Soul are recruited both internally and externally, with all appointments being approved by the Board of Trustees. A bespoke induction follows, ensuring each new Trustee understands the governance structure and decision-making processes, legal obligations under charity law, values and principles, financial reporting and overall programme delivery. Trustee meetings are held a minimum of every quarter.
The staff team are accountable to members, the Board of Trustees, stakeholders, and each other. At the beginning of the year we had a full-time staff team of 15, and a part-time team of 10. We ended the year with a full-time team of 13 and a part-time team of 12. There was an average headcount of 25, further amplified by over 250 volunteers.

The staff team in 2023 has therefore consisted of:

- Director: Emma Colyer
- Assistant Director: Jed Marsh
- Head of Adult HIV Programmes: Georgia Gideon (*finished November 2023)*
- Strategic Support: Kudzai Sitima
- Creative Communities Curator: Florence Kettle (*finished December 2023*)
- Head of Operations: David Bell
- Head of Casework and Advocacy: Sarah Jones (*returned from MAT leave as of July 2023*)
- Head of Casework and Advocacy: Gina Simpson (*finished October 2023*)
- DBT Lead: Kelsey Hylland
- Programme Manager You Are Not Alone: Amanda Larsen (started August 2023)
- Head of Children's Programmes: Jane King
- Children & Family Therapeutic Support: Hilary Marling
- Head of Learning and Development: Zoe Reynolds

- Clinical DBT Lead: Marie Wassberg
- Head of Referrals, Outreach and Engagement: Rachel Bothamley
- Head of Fundraising & Partnerships: Andrea Esposito Diaz
- Childhood Adversity Programmes & Partnership Manager: Aarati Bista
- Head of Young Adult therapeutic Pathways – YANA: Katie Brown
- Chef: Selina Rovai
- Mindset and Digital Delivery : Kai Rutlin
- Front of House/Building Support: Elizabeth Wernham (started September 2023)
- Teen Spirit Lead HIV: Davide Mason (started January 2023)
- Building Centre Manager: Masimba Sitima (started May 2023)
- Assistant Psychologist Children and Young People: Daniela Davis (started November 2023)
- Head of Volunteering: Beth Deans
- Front of House/Venue Hire: Charlie Coaker (*finished June 2023)*
- Lead Designer for Bloom: Virginia Ma
- Teen Spirt Lead Adoption & Special Guardianship: Olivia Bowman (*finished August 2023*)
- Head of Beyond Boundaries: Maya Soto-Jones
- Young Adult HIV Programmes: Malunga Yese (*finished January 2023*)

The staff team represent a broad range of specialist knowledge and lived experience. All staff have a passionate commitment to human rights, to the principles of equity, belonging and inclusion; to the provision of excellence and to the involvement of members of all ages. Outside of key frontline posts, where we believe we have assembled a highly qualified and skilled team, we have also brought in skilled professionals and organisations to further enhance our work.

Statement of responsibilities of the trustees

The trustees (who are also directors of Body & Soul for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of 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 SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice 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 charity will continue in operation.

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. 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.
- 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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at

31 December 2023 was 11 (2022:11). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 23 September 2024 and signed on their behalf by

Deborah Bee
Chair

Independent auditor's report

To the members of

Body & Soul

Opinion

We have audited the financial statements of Body & Soul (the 'charitable company') for the year ended 31 December 2023 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. 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 its 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
- Have been prepared in accordance with the requirements of the Companies Act 2006

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 Body & Soul'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 trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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, has 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 trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions

in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, 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

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 the 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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:

- Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.

- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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. Our audit work has been undertaken so that we might state to the charitable company's members 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 anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Fleur Holden (Senior statutory auditor)
Date: 27 September 2024
for and on behalf of Sayer Vincent LLP, Statutory Auditor
110 Golden Lane, LONDON, EC1Y 0TG

Body & Soul

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 December 2023

	Note	Restricted £	Unrestricted Designated £	Unrestricted General £	2023 Total £	Restricted £	Unrestricted Designated £	Unrestricted General £	2022 Total £
Income from:									
Donations	2	–	–	574,323	**574,323**	–	–	595,842	595,842
Charitable activities									
Youth Services	3	72,276	–	–	**72,276**	82,887	–	–	82,887
Children's Services	3	60,617	–	–	**60,617**	82,840	–	–	82,840
Adult Services	3	353,556	–	–	**353,556**	284,393	–	–	284,393
Other programmes	3	63,813	–	158,012	**221,825**	110,830	–	238,705	349,535
Hardship Grants	3	7,467	–	–	**7,467**	5,123	–	–	5,123
Rental and other income		–	–	97,410	**97,410**	–	–	67,637	67,637
Investments		–	–	8,533	**8,533**	–	–	2,671	2,671
Total income		557,729	–	838,278	1,396,007	566,073	–	904,855	1,470,928
Expenditure on:									
Raising funds	4	–	2,983	124,619	**127,602**	–	1,595	128,854	130,449
Charitable activities									
Youth Services	4	72,190	5,966	186,364	**264,520**	79,631	3,190	131,575	214,396
Children's Services	4	67,636	5,966	267,956	**341,558**	70,423	3,190	261,505	335,118
Adult Services	4	337,015	10,441	307,870	**655,326**	375,636	5,583	219,639	600,858
Other programmes	4	73,596	4,474	82,255	**160,325**	138,380	4,386	28,203	170,969
Hardship Grants	4	7,366	–	–	**7,366**	6,354	–	–	6,354
Total expenditure		557,803	29,830	969,064	1,556,697	670,424	17,944	769,776	1,458,144
Net income / (expenditure) for the year	5	(74)	(29,830)	(130,786)	(160,690)	(104,351)	(17,944)	135,079	12,784
Transfers between funds	14	–	191,692	(191,692)	–	–	21,444	(21,444)	–
Net movement in funds		(74)	161,862	(322,478)	(160,690)	(104,351)	3,500	113,635	12,784
Reconciliation of funds:									
Total funds brought forward		88,930	69,572	584,561	743,063	193,281	66,072	470,926	730,279
Total funds carried forward		88,856	231,434	262,083	582,373	88,930	69,572	584,561	743,063

All of the above results are derived from continuing activities. There were no other recognised gains or losses in addition to those stated above. Movements in funds are disclosed in Note 14 to the financial statements.

Body & Soul

Balance sheet

Company no. 3245543

As at 31 December 2023

	Note	£	2023 £	£	2022 £
Fixed assets:					
Tangible assets	10		**231,434**		69,572
			231,434		69,572
Current assets:					
Debtors	11	**204,590**		231,307	
Cash at bank and in hand		**272,153**		529,655	
		476,743		760,962	
Liabilities:					
Creditors: amounts falling due within one year	12	**125,804**		87,471	
Net current assets			**350,939**		673,491
Total net assets	13		**582,373**		743,063
The funds of the charity:	14				
Restricted income funds			**88,856**		88,930
Unrestricted income funds:					
Designated funds		**231,434**		69,572	
General funds		**262,083**		584,561	
Total unrestricted funds			**493,517**		654,133
Total charity funds			**582,373**		743,063

Approved by the trustees on 23 September 2024 and signed on their behalf by

Deborah Bee
Chair

Body & Soul

Statement of cash flows

For the year ended 31 December 2023

	2023		2022	
	£	£	£	£
Cash flows from operating activities				
Net income for the reporting period (as per the statement of financial activities)	**(160,690)**		12,784	
Depreciation charges	**29,830**		17,944	
Decrease in debtors	**26,717**		218,459	
Increase in creditors	**38,333**		(11,397)	
Net cash (used in) /provide by operating activities		**(65,810)**		237,790
Cash flows from investing activities:				
Purchase of fixed assets	**(191,692)**		(21,444)	
Net cash used in investing activities		**(191,692)**		(21,444)
Change in cash and cash equivalents in the year		**(257,502)**		216,346
Cash and cash equivalents at the beginning of the year		**529,655**		313,309
Cash and cash equivalents at the end of the year		**272,153**		529,655

1 Accounting policies

a) Statutory information

Body & Soul is a charitable company limited by guarantee and is incorporated in England.

The registered office address is 99-119 Rosebery Avenue, London, EC1R 4RE.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees’ annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1 Accounting policies (continued)

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, indirect costs are allocated on different bases suitable to the cost. The main allocations are:

Catering costs	based on beneficiary numbers
Premises costs	based on floor space
Volunteer expenses	based on volunteer numbers
Staff costs	based on staff time

j) Allocation of support and governance costs

Support and governance costs are reallocated on the basis of floor space using the following percentages:

Cost of raising funds	10% (2022: 10%)
Adult services	35% (2022: 35%)
Youth services	20% (2022: 20%)
Children's services	20% (2022: 20%)
Other programmes	15% (2022: 15%)

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer and music equipment	25% per annum
Fixtures and fittings	20% per annum
Refurbishment	7.7% per annum

1 Accounting policies (continued)

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

p) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations

	Restricted £	Unrestricted £	**2023 Total £**	Restricted £	Unrestricted £	2022 Total £
Donations and grants	–	574,323	**574,323**	–	595,842	595,842
	–	574,323	**574,323**	–	595,842	595,842

3 Income from charitable activities

	Restricted £	Unrestricted £	2023 Total £	Restricted £	Unrestricted £	2022 Total £
Charitable Trusts/Foundations	42,870	–	**42,870**	23,480	–	23,480
Corporate donors	20,033	–	**20,033**	16,267	–	16,267
Big Lottery Fund	9,373	–	**9,373**	18,758	–	18,758
Young Londoners Foundation	–	–	**–**	24,382	–	24,382
Sub-total for Youth Services	72,276	–	**72,276**	82,887	–	82,887
Charitable Trusts/Foundations	18,716	–	**18,716**	8,000	–	8,000
Corporate donors	31,909	–	**31,909**	22,917	–	22,917
Comic relief	9,992	–	**9,992**	22,842	–	22,842
Young Londoners Foundation	–	–	**–**	29,081	–	29,081
Sub-total for Children's Services	60,617	–	**60,617**	82,840	–	82,840
Charitable Trusts/Foundations	190,254		**190,254**	141,066	–	141,066
Corporate donors	72,558	–	**72,558**	40,817	–	40,817
Big Lottery Fund	80,751	–	**80,751**	72,032	–	72,032
Comic Relief	9,993	–	**9,993**	22,842	–	22,842
Department of Health and Social Care	–	–	**–**	7,636	–	7,636
Sub-total for Adults Services	353,556	–	**353,556**	284,393	–	284,393
Charitable Trusts/Foundations	46,301	158,012	**204,313**	93,000	238,705	331,705
Big Lottery Fund	17,512	–	**17,512**	17,830	–	17,830
Sub-total for Other programmes	63,813	158,012	**221,825**	110,830	238,705	349,535
Body & Soul acts as an agent for Hardship grants	7,467	–	**7,467**	5,123	–	5,123
Sub-total for Hardship Grants	7,467	–	**7,467**	5,123	–	5,123
Total income from charitable activities	557,729	158,012	**715,741**	566,073	238,705	804,778

4a Analysis of expenditure (current year)

		Charitable activities								
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2023 Total £**	2022 Total £
Staff costs	65,631	116,678	94,801	269,818	72,924	–	–	109,386	**729,238**	639,334
Other staff costs	752	1,338	1,087	3,093	836	–	–	1,254	**8,360**	11,176
Consultancy	–	–	–	–	–	–	–	–	**–**	2,142
Quality and Excellence	2,232	3,967	3,223	9,174	2,480	–	–	3,719	**24,795**	12,637
Nutrition programme	–	7,895	10,527	42,932	120	–	–	–	**61,474**	57,850
Health & Well being programme	–	15,959	45,762	50,530	–	–	–	–	**112,251**	109,710
Facilitators and Trainers	–	11,237	33,349	2,524	–	–	–	–	**47,110**	28,865
Workshops/courses/activities	–	3,164	2,435	5,601	–	–	–	–	**11,200**	12,972
Therapeutic Programmes	–	7,906	6,339	83,971	24,672	–	–	–	**122,888**	129,507
Volunteer programme	1,090	3,269	4,359	8,718	3,269	–	–	1,090	**21,795**	21,236
Outreach and Communication	1,854	521	521	521	521	–	–	–	**3,938**	13,754
Hardship Grants	–	–	–	–	–	7,366	–	–	**7,366**	6,354
Miscellaneous	205	2,530	2,578	2,664	–	–	–	2,509	**10,486**	8,196
Establishment costs	22,544	45,087	90,175	96,616	22,544	–	–	45,087	**322,053**	351,924
Non-capitalised equipment/Resources	–	1,513	2,946	3,114	367	–	–	5,323	**13,263**	9,879
Audit & accountancy	–	–	–	–	–	–	17,316	1,669	**18,985**	15,084
Other costs	11,565	–	–	–	–	–	–	–	**11,565**	9,537
Trustee expenses	–	–	–	–	–	–	100	–	**100**	43
Depreciation	2,983	5,966	5,966	10,441	4,474	–	–	–	**29,830**	17,944
	108,856	227,030	304,068	589,717	132,207	7,366	17,416	170,037	**1,556,697**	1,458,144
Support costs	17,004	34,007	34,007	59,513	25,506	–	–	(170,037)	**–**	–
Governance costs	1,742	3,483	3,483	6,096	2,612	–	(17,416)	–	**–**	–
Total expenditure 2023	**127,602**	**264,520**	**341,558**	**655,326**	**160,325**	**7,366**	**–**	**–**	**1,556,697**	**1,458,144**
Total expenditure 2022	130,449	214,396	335,118	600,858	170,969	6,354	–	–	1,458,144	

Staff costs of £24,160 (2022: £19,049) are included in other lines of expenditure to reflect activity costs more accurately.

4b Analysis of expenditure (prior year)

		Charitable activities							
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2022 Total £**
Staff costs	70,327	76,720	95,900	242,947	63,933	–	–	89,507	**639,334**
Other staff costs	1,229	1,341	1,676	4,247	1,118	–	–	1,565	**11,176**
Consultancy	–	229	458	650	–	–	–	805	**2,142**
Quality and Excellence	1,390	1,516	1,896	4,802	1,264	–	–	1,769	**12,637**
Nutrition programme	–	8,099	15,041	34,710	–	–	–	–	**57,850**
Health & Well being programme	–	10,930	43,285	50,091	5,404	–	–	–	**109,710**
Facilitators and Trainers	–	9,539	18,416	868	42	–	–	–	**28,865**
Workshops/courses/activities	415	4,443	2,672	5,442	–	–	–	–	**12,972**
Therapeutic Programmes	–	8,887	10,710	72,082	37,828	–	–	–	**129,507**
Volunteer programme	–	2,124	4,247	10,618	3,185	–	–	1,062	**21,236**
Outreach and Communication	4,950	2,201	2,201	2,201	2,201	–	–	–	**13,754**
Hardship Grants	–	–	–	–	–	6,354	–	–	**6,354**
Miscellaneous	88	2,294	1,938	1,938	1,938	–	–	–	**8,196**
Establishment costs	24,867	49,734	99,468	106,573	24,867	–	–	46,415	**351,924**
Non-capitalised equipment/Resources	–	1,047	1,918	1,929	727	–	–	4,258	**9,879**
Audit & accountancy	–	–	–	–	–	–	13,236	1,848	**15,084**
Other costs	9,537	–	–	–	–	–	–	–	**9,537**
Trustee expenses	–	–	–	–	–	–	43	–	**43**
Depreciation	1,595	3,190	3,190	5,583	4,386	–	–	–	**17,944**
	114,398	182,294	303,016	544,681	146,893	6,354	13,279	147,229	**1,458,144**
Support costs	14,723	29,446	29,446	51,530	22,084	–	–	(147,229)	**–**
Governance costs	1,328	2,656	2,656	4,647	1,992	–	(13,279)	–	**–**
Total expenditure 2022	**130,449**	**214,396**	**335,118**	**600,858**	**170,969**	**6,354**	**–**	**–**	**1,458,144**

5 Net incoming / (outgoing) resources for the year

This is stated after charging:

	2023 £	2022 £
Depreciation	**29,830**	17,944
Auditor's remuneration (excluding VAT):		
Audit	**10,300**	9,600
Accounts preparation	**2,800**	2,600
Operating lease rentals		
Property	**100,000**	100,000

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2023 £	2022 £
Salaries and wages	**662,003**	579,819
Social security costs	**60,245**	47,081
Pension contributions	**31,150**	31,483
	753,398	658,383

No employee earned more than £60,000 during the year (2022: nil).

The total employee benefits of the key management personnel including employer's National Insurance and Pension were £272,993 (2022: £201,296). In 2022, Key Personnel was 6 people, one left in June 22, and the Head of Pathways & Programmes was on Maternity leave for the year. In 2023, Key Personnel was 7 people, with the Head of Pathways & Prorgammes returned from maternity leave in January 23.

Trustees' expenses represent the payment or reimbursement and subsistence totalling £100 (2022: £43) incurred by 1 trustee (2022: 10 trustees) relating to subsistence at meetings of the trustees.

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2023 No.	2022 No.
Raising funds	**2.4**	2.8
Youth Services	**4.0**	3.2
Children's Services	**3.3**	3.9
Adult Services	**9.4**	10.0
Other programmes	**2.6**	2.5
Support and governance	**3.7**	3.7
	25.4	26.0

8 Related party transactions

Aggregate donations from related parties were £nil (2022: £nil), and no trustees (2022: none) received any remuneration or received any other benefits from an employment with the charity or a related entity.
Within the year Body and Soul received £6,098 (2022:£2,260) worth of services from SHM Foundation.Trustee Maurice Biriotti is the Chair of SHM Foundation, these services were given at arms length.

9 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Refurbishment £	Fixtures and Fittings £	Computer and music equipment £	**Total £**
Cost				
At the start of the year	1,394,673	135,309	80,848	**1,610,830**
Additions in year	179,394	7,303	4,994	**191,692**
At the end of the year	1,574,067	142,612	85,842	**1,802,522**
Depreciation				
At the start of the year	1,345,075	124,570	71,613	**1,541,258**
Charge for the year	19,689	5,575	4,566	**29,830**
At the end of the year	1,364,764	130,145	76,179	**1,571,088**
Net book value				
At the end of the year	209,303	12,467	9,663	**231,434**
At the start of the year	49,598	10,739	9,235	69,572

All of the above assets are used for charitable purposes.

11 Debtors

	2023 £	2022 £
Other debtors	**10,896**	19,200
Prepayments	**2,657**	17,454
Grants receivable	**191,037**	194,653
	204,590	231,307

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	**46,858**	31,424
Taxation and social security	**63,226**	41,407
Accruals	**15,720**	14,640
	125,804	87,471

13a Analysis of net assets between funds (current year)

	Restricted funds £	Designated funds £	General funds £	**Total funds £**
Tangible fixed assets	–	231,434	–	**231,434**
Net current assets	88,856	–	262,083	**350,939**
Net assets at the end of the year	**88,856**	**231,434**	**262,083**	**582,373**

13b Analysis of net assets between funds (prior year)

	Restricted funds £	Designated funds £	General funds £	**Total funds £**
Tangible fixed assets	–	69,572	–	69,572
Net current assets	88,930	–	584,561	673,491
Net assets at the end of the year	88,930	69,572	584,561	743,063

14a Movements in funds (current year)

	At 1 January 2023 £	Income & gains £	Expenditure & losses £	Transfers £	**At 31 December 2023 £**
Restricted funds:					
Youth Services	3,256	72,276	(72,190)	–	3,342
Children's Services	12,417	60,617	(67,636)	–	5,398
Adult Services	61,538	353,556	(337,015)	–	78,079
Hardship grants	1,769	7,467	(7,366)	–	1,870
Other programmes	9,950	63,813	(73,596)	–	167
Total restricted funds	88,930	557,729	(557,803)	–	**88,856**
Unrestricted funds:					
Designated funds:					
Fixed assets fund	69,572	–	(29,830)	191,692	**231,434**
Total designated funds	69,572	–	(29,830)	191,692	**231,434**
General funds	584,561	838,278	(969,064)	(191,692)	**262,083**
Total unrestricted funds	654,133	838,278	(998,894)	–	**493,517**
Total funds	743,063	1,396,007	(1,556,697)	–	**582,373**

Transfers into the fixed assets fund represent capital purchases made during the year.

14b Movements in funds (prior year)

	At 1 January 2022	Income & gains	Expenditure & losses	Transfers	At 31 December 2022
		£	£	£	£
Restricted funds:					
Youth Services	-	82,887	(79,631)	-	**3,256**
Children's Services	-	82,840	(70,423)	-	**12,417**
Adult Services	152,781	284,393	(375,636)	-	**61,538**
Hardship grants	3,000	5,123	(6,354)	-	**1,769**
Other programmes	37,500	110,830	(138,380)	-	**9,950**
Total restricted funds	193,281	566,073	(670,424)	-	88,930
Unrestricted funds:					
Designated funds:					
Fixed assets fund	66,072	-	(17,944)	21,444	**69,572**
Total designated funds	66,072	-	(17,944)	21,444	**69,572**
General funds	470,926	904,855	(769,776)	(21,444)	**584,561**
Total unrestricted funds	536,998	904,855	(787,720)	-	**654,133**
Total funds	730,279	1,470,928	(1,458,144)	-	**743,063**

Purposes of restricted funds

Youth Services
A dedicated programme for young people aged 13 to 19 years. This includes a variety of dynamic and challenging experiences – from creative workshops to martial arts classes, jam sessions to group discussions about the issues that matter to young people. Designed by a multidisciplinary team, with rich clinical and therapeutic expertise, in partnership with peer mentors with lived experience of trauma and adversity, who have been through the programme themselves.

Children's Services
We work with children from across London and the UK who live in challenging circumstances or have experienced trauma in their early lives. Our approach brings us closely together with families to ensure our youngest members achieve personal and social growth and positive change through access to a uniquely nurturing and validating environment.

All of our programmes are directed at early intervention. The effects of trauma and adversity can often remain unnoticed in many children. Programmes include structured play/educational activities that are skill based and foster a positive self-identity.

Adult services
The programme of activities for adults includes weekly structured workshops focusing on topics such as sexual health, drug and alcohol use, disclosure, parenting, treatment issues and developing education and careers. Additionally adults are able to access the full range of activities from counselling to well being therapies, to the newly-resourced library providing written and web-based information on all aspects of health, nutrition, self-help, skills-building, treatment and International HIV issues.

14 Movements in funds (continued)

Hardship Grants
Body and Soul submits applications on behalf of members for financial assistance. Organisations include THT, Frank Buttle, The London Society of Ragamuffins, Glasspool, The Heinz Anna and Carol Kroch Foundation and Islington Giving.

Other programmes
Other programmes include funding from grants and charitable trusts towards activities including: awareness and education outreach, remote support, volunteering and mentoring initiatives.

Purposes of designated funds

Fixed Assets Fund
This represents the value of general funds invested in the refurbishment and other fixtures, fittings and equipment and is not readily available for other purposes. Depreciation is charged against this fund.

15 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases are as follows for each of the following periods

	Property	
	2023	2022
	£	£
Less than one year	**100,000**	100,000
One to five years	**400,000**	400,000
Over five years	**150,000**	250,000
	650,000	750,000

16 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

BODY AND SOUL

England & Wales - Charity number 1060062

Accounts

Company number: 03245543
Charity Number: 1060062

Body & Soul

Report and financial statements

For the year ended 31 December 2022

Body & Soul

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Reference and administrative information

For the year ended 31 December 2022

Company number	03245543 Incorporated – United Kingdon
Charity number	1060062 Registered – England and Wales
Registered office and operational address	St Ives House 99–119 Rosebery Avenue London EC1R 4RE
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Marjorie Agwang Deborah Bee Maurice Biriotti Sara Carter Munya Chidakwa Jeff Currie Jane Dutton Alex Lifschutz Chris Naylor Peter Souter Rachel Stevenson

Key management personnel	Emma Colyer	Director
	Jed Marsh	Assistant Director
	David Bell	Head of Operations
	Hollie Smith	Head of Creative Partnerships
	Zoe Reynolds	Head of Pathways & Programmes
	Rachel Bothamley	Head of Referrals, Therapies & External Engagement

Reference and administrative information

For the year ended 31 December 2022

Bankers	The Co-operative Bank 62-64 Southampton Row London WC1B 4AR	Lloyds Bank plc 21-23 Hill Street London W1J 5JW
Solicitors	Hogan Lovells 65 Holborn Viaduct London, EC1A 2DV	
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor Invicta House, 108-114 Golden Lane LONDON, EC1Y 0TL	

The Trustees present their report and the audited financial statements for the year ended 31 December 2022

Reference and administrative information set out on page 3 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Body & Soul is an innovative frontline charity that brings a community-based and richly trauma-engaged approach to addressing the life-threatening impact of traumatic experiences in people of all ages. The charity was established in 1996 to provide targeted support for children and families, primarily refugees, who were living with HIV alongside complex trauma and multiple other adversities. In response, Body & Soul quickly developed a creative 'whole-person' model of healing, which transcends any specific source of trauma by focusing instead on nurturing individual strengths and the capacity for connection to maximise opportunities for growth and for mutual support, meanwhile offering a full suite of specialist practical and therapeutic support to address the more specific social, economic and psychological effects of acute or repetitive trauma.

This approach is inherently collaborative, shaped by a constant dynamic dialogue with members, who are actively involved in the organisation at every level. It is also systemic and solutions-orientated: through building long-term trusting relationships with each of our members, we have a clear understanding of all the challenges and joys in their lives, and we can therefore intervene in a highly-targeted way to reduce any risks and enhance specific protective factors.

In addition, Body & Soul is an inquiring organisation. There is a substantial body of research showing that the stress associated with adverse childhood experiences can have extremely serious consequences for individuals but also at the social and macroeconomic levels. For example, according to the WHO, "such stress can lead to serious problems such as alcoholism, depression, eating disorders, unsafe sex, HIV, heart disease, cancer and other chronic diseases." From the outset, Body & Soul has had to squeeze every ounce of impact from every pound we are given, which is why we always make sure we have a clear empirical rationale for every one of our interventions, and then monitor them rigorously ourselves to make sure we generate clear evidence of impact.

Chair and Directors Reflections

How is Body & Soul doing as it enters its 26th year?

Every frontline organisation and community has been impacted by the last 2 years of the pandemic. Whilst it has been relentless work, without any respite, Body & Soul's DNA has evolved to be with the daily realities of trauma. From the first moments of lockdown, as a community we knew instinctively how to respond, in many ways focusing on what was possible rather than what was not.

This understanding originated during our first years of working with communities living with HIV, which led us to the deeper understanding of human experience – that it's acknowledging 'what's happened to you' rather than 'what's wrong with you' that is the key determinant of the future. That's what's different about us, and always made us feel different in the world of non-profits, but it's the key for us in our model of working. If anything, the last year has validated that learning more than ever.

Has B&S changed in that time?

Body & Soul continues to evolve, to continue learning, developing programmes and we have grown into our identity as an intentional therapeutic community that addresses the impact of complex trauma. To the outside world, it might seem that our identity has changed over time, but we have always had the ability to see beyond a diagnostic, medical lens whether long term physical health or psychological conditions. understand the human experience, where this has been shaped by trauma.

As members returned more and more into the building in 2022, the familiar message has become, 'It's good to be back and it's good that Body & Soul still feels the same.'

What's sustained you, especially over the last 2 years?

I think one word comes to mind….culture. Often organisations become fixated on operations, the physical. Almost naturally when working with populations who by definition have been marginalised, the environment needed to be shaped by very different rules – redressing conventional power dynamics, breaking down the structures that hold people in positions of inferiority and powerlessness. Our distinct language of how we talk about our work, often disruptive and question provoking, is one immediate sign. It is the culture, the 'feel' of the place which prompts members to express how they feel they've returned home, even when they have been away in life for many years.

It's this same culture that makes this a special place to work and one where everyone feels looked after.

What's been the Impact of the Pandemic?

Our population is 85% black members and members of colour. The community had a different experience of COVID, one that continued to reinforce exclusion. Our understanding of intergenerational and racialised trauma was further deepened by the real experience of families during this time. It now sits even more at the centre of how we operate and function. Our work to develop therapeutic approaches is devoted to challenging the traditional wisdom of western psychology, reaching out to decolonised methods of healing.

One of the greatest impacts of trauma is how people's lives become fragmented. The isolation of COVID hit our community particularly hard, yet within this it also showed the resilience and togetherness. It has, if anything, created a staff and volunteer team that are at one with members, willing to engage with the same self-work emotionally, inter-personally.

And how has it informed your approach?

It's strengthened us, our identity and our belief that Love sits behind every story. **Love** is central everything we do. It's in the way we see our members as a whole person and not just a clinical diagnosis, it's the sense of belonging you feel being part of our healing community, love drives us each day to be the best we can be, to develop pioneering therapies that transforms fragile lives, and faced with the devastating effects of trauma love holds tenacious energy we required when to heal what has become a devastating problem on an epidemic scale.

How would you explain to someone how you do that?

In some ways, it's complex and interwoven in what we do and how we do it. If you boil it down, then you can really talk about 4 elements:

Wholeness: rather than fragmenting a person further by jumping to a diagnosis that tackles one aspect of a person's trauma, we look at the whole person and build a comprehensive plan of therapies that works holistically for their whole being.

Belonging: trauma severs connection to the world around us and the existing systems of care exacerbate that by treating a person often in isolation in a clinical environment. We've established an intentional community that provides 'brave spaces' in which to reconnect and heal naturally.

Learning We are a centre of excellence for trauma therefore it is imperative that we seek to learn, and this must be done in collaboration with those affected. 25 years on the front lines of trauma, working with those directly affected, means our programmes have been shaped by lived experiences and refined by real research and data.

Justice: We are committed to social justice, to practicing in all aspects of our work an anti-racist and anti-oppressive approach. We work to ensure structures and systems within the organisation do not replicate the outside world of injustice.

What's your enduring memory of 2022

This year has been one of consciously 're-humanising' our community. While we can incorporate new technologies into the improvement of members' experience, this year had to be about real human connection where nervous systems could co-regulate, where we could reacclimatise our bodies to their natural state of human connection. If there was one moment that encapsulated this it would be the inaugural 'You Are Not Alone Graduation Event' - UNBROKEN.



The event was curated and produced by young people who had themselves been living at risk of suicide 12 months previously. The event brought together in person, 100 young people who had accessed the programme in Zoom therapy groups. If there was ever a moment to appreciate the triumph over adversity, this is it!

Principles

Body & Soul is committed to:

- Promoting equity and respect and to combating stigma, prejudice and discrimination in all settings and services.
- Adopting and promoting a human rights-based approach.
- Participation of members of all ages in planning, shaping, and delivering programmes.
- Ensuring there are structures, policies, and procedures which enable us to achieve our mission and fulfil our objectives.
- Working together with others in the spirit of collaboration and partnership to provide services that are evidenced based and of a high standard.

- ♥ Having an unshakable commitment to people of all ages impacted through childhood adversity and ongoing trauma.
- ♥ Having an entrepreneurial, innovative, and flexible approach.

Achievements in 2022

Spend: 90% of charitable expenditure is on programmes for children, teenagers, and adults



As a centre of excellence for complex trauma our mission each day is to liberate children, young people, families, and those who support them, from the devastating effects of trauma.

Over the following pages we will take you on a journey through 2022, a year that saw the public focus shift away from the COVID pandemic whilst for our community, and for many others, the environment became even harsher.

Dramatic rises in the cost of basic necessities like food and heating have added to the stress faced by young people and families already living with adversities like poverty, racism, structural discrimination and life-threatening illness, alongside acute trauma in their past.

Against that backdrop, our community's focus has been increasingly to see a defiant return to the joy and warmth inherent in face-to-face services, while maintaining the reach and creativity made possible by online services. With this hybrid approach, our additional mission became one of 'rehumanisation', restoring the core human connections that had been severed and yet are the fundamental building blocks of post-traumatic growth and healing.

What We Do



Adoption and Special Guardianship

For adopted or special guardianship families, offering creative and therapeutic projects throughout the year.



Beyond Boundaries

A vital "life-line" telephone support service designed to connect members to groups, casework support and therapy offerings. The hope is members feel less alone and know they are cared for.



BRAVE

A call-back service for frontline NHS or careworkers with options for longer term support.



Braver Together

Practical and therapeutic support for parents, partners, siblings and chosen family living alongside individuals with suicidality.



Casework and Advocacy

Housing, bills, immigration status are all issues that get discussed and supported at the Casework team at Body & Soul.



HIV Support

For women, men, families of all ages who are living with or closely affected by HIV.



Mindset

A free online resource for any young person wanting to learn practical skills to restore balance and wellbeing.



Therapies

From complementary therapies to 1:1 therapy sessions, Body & Soul offers an array of options to provide members a brave space for healing.



You Are Not Alone

A 25-week Dialectical Behavioural Therapy programme for 16-34yrs who have attempted suicide within the last 12 months.

Our Community in Numbers

Suicide Prevention

428 Young People registered with YANA and in continued contact.

238 new registrations for YANA

167 Dialectical Behaviour Therapy (DBT) Groups delivered.: Young people attend a 24-week course of DBT learning skills in mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness. Led by therapists, young people are taught practical techniques which they can use whenever life feels difficult or when they are in distress.

112 YANA graduates involved either as interns or volunteers in all aspects of service delivery, including participating in working groups, presenting and producing livestreams and designing therapeutic resources, alongside more operational activities like helping with fundraising and finance.

Casework & Advocacy

524 individual members received support with immigration, financial hardship, housing, employment, benefits and other related issues.

55% of members reported that Body & Soul was the only place they were able to receive support from with casework and advocacy.

HIV Family Support

1814 registered adult members supported through 2022

This past year, we have provided support to **266** HIV+ mothers and pregnant women, and **123** children aged 0-3 by delivering 6 Parenting Courses, strengthening mother/child bonds by improving understanding of children's needs and combating isolation by facilitating development of trusting relationships with other mothers.

Beyond Boundaries

Over **10,000+** 1:1 Support Calls made in 2022, Building trusting relationships where issues are more likely to be anticipated before they reach a crisis point and as such offers opportunities for increasing agency and/or additional support through our wider services or externally.

Adoption & Special Guardianship

45 families were supported by the service.

22 weekend therapeutic family programmes

BRAVE

1,202 frontline workers throughout the health and social care system who are feeling distressed, anxious and burnt-out. We have worked with people throughout the UK and actively sought out individuals who might not reach out for support otherwise, often owing to their experience of discrimination.

Therapeutic Talking Therapies

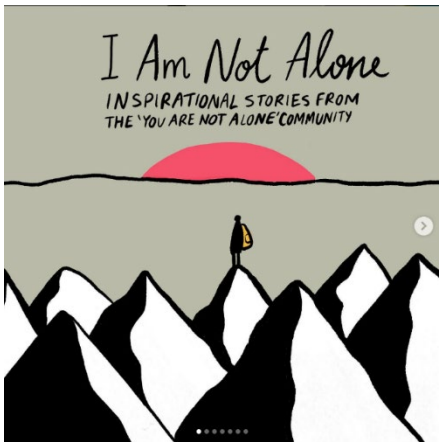
323 Unique members accessed 1-1 therapy.

2140 1-1 appointments provided.

Member Journeys

Throughout the year we track outcomes and impact using an array of mixed methods to measure outcomes and impact. This year the power of words takes precedence. Our team and our members have taken time to capture stories from across the year that epitomise the power of community.

Suicide Prevention – 'YOU ARE NOT ALONE'



E was referred to YANA after confiding in their GP that they had taken an overdose a few days prior. E has experienced many difficulties in life, including physical and emotional abuse. When E first came to Body & Soul they felt very strongly that they 'didn't want to die', but could see no other outlet. Their mother had suffered from undiagnosed mental health and alcohol issues her entire life, and their father hadn't been involved in E's life since they were a child.

E recently completed their second round of the DBT group, and the changes are seen everywhere. They haven't self-harmed or attempted suicide in over a year, their attendance and concentration at work has improved and their finances and housing have become more stable.

'Life changing is not an understatement. I feel so much more stable, comfortable and confident. I am motivated and proactive. I experience far more genuine happiness and am more accepting of the (much more infrequent) low moods.'

YANA is a therapeutic programme for young people at risk of suicide. It is comprised of an initial intensive 6 month group DBT programme and further access to non-time limited therapeutic projects, including volunteering, trauma-focused courses and community events.

- ♥ 98% report a reduction in their levels of self-harm and impulsivity.
- ♥ 100% have not attempted suicide since completing their DBT skills group.
- ♥ 87% report feeling less stressed.
- ♥ 84% feel better able to connect with others.

YOU ARE NOT ALONE Graduate Programme



Somatic body mapping is a creative process of exploring and communicating the stories that live in our bodies through a life-size piece of work. At Body & Soul, this is offered as one of a number of therapeutic courses that follows the 6-month DBT programme, and is designed to encourage members to keep working towards their life worth living goals and further develop an understanding of the connections between our minds and bodies.

This member explains that her eyes were such a prominent part of her map because she "*had wanted laser eye surgery to stop wearing glasses. But once I really began to struggle, I stopped caring about this – what was the point when I wasn't planning to be around for much longer? I've been doing much better and recently, I had the surgery. Now I'm glasses-free, and more importantly, it reminds me I'm committed to having a life worth living for the long term, which means the world to me.*"

She then explained that diamonds are included *"not only because I like shiny things! But because to me they represent what it is to overcome trauma and challenges. Diamonds are formed under intense pressure over a long time, and the result is something that is incredibly strong, beautiful and resilient – just like all of us at Body & Soul."*

The Graduate Programme continues to develop an ongoing offering of trauma-focused courses, spaces for Black Members and Bodies of Culture, individual therapy, tailored volunteering roles and regular community events.

- 92% report feeling less isolated.
- 82% report that their practical circumstances have remained stable or improved.
- 90% report that their mental health has improved (or remained consistently stable).

Support for Those Living with Suicidality: 'Braver Together'

Sally joined Braver Together to support her 15-year-old daughter who has diagnosis of Complex PTSD. She had written a suicide note and was self-harming to the point of needing A&E care. Previous support from CAMHS hadn't helped.

The Braver Together Programme is a 12-week online programme that draws on Dialectical Behavioural Therapy (DBT). The aim of the programme is to increase knowledge of symptoms and behaviour for friends, family members, partners, siblings, housemates or chosen family of someone who is suicidal to understand their own responses to their loved ones.



Sally found the course was tough and uncomfortable at times but helped her to be able to separate herself from her daughter's problems. She was thankful for being 'pushed' and for us 'not going to the bottom of the pit' with her. Halfway through the course Sally's father sadly passed away, she felt she was able to use the skills learned to also support herself during this difficult time as well as to support her daughter with the death of her grandfather.

'I used to sleep beside her in case she did something I was frightened that in the half hour I was away something bad would happen . My daughter is more stable now thankfully and our priorities are in working on resolving her trauma'

- ♥ 100% of Braver Together members said they had increased knowledge of practical skills for spotting when someone is in an alarming level of distress and for intervening to help them
- ♥ 100% said they were much more confident now around suicidality.

Supporting Adopters, Special Guardians & their Family: Body & Soul Saturdays

The family originally started attending our Saturday programmes in 2021. Whilst the parents engaged fully with the Parents Place provision, the teenage daughter Liz needed time to build a sense of connection and trust with the team and her peers. Liz would come to sessions but initially found it challenging to participate. The team and other teen members found her hard to engage and distant, although she continued to come to the group.

In Feb 2022 the family decided to seek further input through family therapy sessions. When therapy began tensions were high within the family and they were looking for ways to manage Liz's anger and mood swings and create a 'more neutral and agreeable environment'

Sessions continued on a weekly basis, even though the family were dealing with illness and two family bereavements. The family were able to utilise this space to work through grief, and mapping of what respect meant within the family. The family attended sessions altogether and also apart, allowing for Mum and Dad to have couples' sessions and for Liz to have some time 1:1 too.

Mum and Dad have utilised the space to explore their story as a couple, how they came to adopt, family of origin relationships, and Liz's history, discussing how they might prepare Liz for talking about birth family in an individual session. This has been a valuable space for Liz to express a range of emotions she found difficult to understand. Body mapping and embodiment techniques have helped Liz to identify what happens in her body when she feels angry or upset, they have also as a family discussed respectful talking and respectful listening and what that means to both, how it impacts the relationship when that doesn't happen.

While at the same time, Liz's parents' have been able to be more positive as a couple, introducing lots more thank you Appreciation and value to their relationship to be able to support Liz. This has allowed for the whole family to feel they are all equal in their own needs and ability to create the home environment they wished to. Liz continues to access Teen Spirit and has gradually been able to form a more settled relationship with adults and peers. Over the last few projects, Liz has started to share and express her interests and talents in the performing arts and establish herself as a core member of the community.



- ♥ 90% of members reported they had an increased sense of connection.
- ♥ 95% reported that they had formed and maintained new relationships.
- ♥ 87% report they were now able to recognise core emotions and understand what they do.

Supporting HIV+ Mothers and their children

Maria, a 43-year-old single mum with HIV, born in Zambia, opened up about her traumatic birth experience.
At 37 weeks, Maria noticed something wasn't quite right. She requested a scan at the hospital and was dismissed by the midwife and nurse, saying she'd be fine and that scans were too expensive just to do one when something doesn't feel right.

3 weeks later, after insisting, they listened to the baby's heartbeat and agreed something wasn't right. Soon after this discovery, she went into labour. She requested a caesarean due to the baby's increased heartrate but the consultant said it was too late and too costly to the NHS, refusing to listen. Very quickly, it became clear the baby was in distress; the contractions and birth process had put him at risk and the heartbeat had stopped.

Finally, an emergency caesarean was carried out. During this process, the baby's head was severely cut. He was placed on a trolley away from mum and a nurse went to cover it with a cloth, as he was lifeless and blue. Maria was extremely distressed and frightened. Then, to the team's surprise, the baby coughed. After attending to his wound, they passed him briefly to Maria, before rushing him away to intensive care where he remained for several weeks. Meanwhile, Maria was left not knowing if her baby would survive, having been told at the very least they suspected brain damage and the outcome didn't look good.



The nurses had left her HIV medication on display in her room, and Maria, unable to move due the emergency surgery, couldn't hide them. Her mother walked in and being a nurse herself, knew what the medication was for. Maria had never shared her status with her family for fear of rejection and shame, particularly as the stigma of HIV back in Zambia is still so prevalent. Maria has also shared about the nurses and surgeons double and triple plastic gloving when attending to her, and the shame and anger this evokes in her.

Maria has suffered severe PTSD from this traumatic birth experience, the violence, and negligence she experienced towards her and her son's body. He was misdiagnosed and for the first 8-9 months of her sons' life, Maria lived in fear. She discovered that when she had first complained of something being wrong at 37 weeks, the placenta had started to detach from baby. This resulted in his heartbeat initially accelerating in distress, then slowing

down and stopping. At 40-41 weeks, he was born, supposedly dead, weighing 1kg. He had been consuming his own bodyweight to survive. Maria has still not received a formal apology from the hospital. She has been able to share her story and receive support from the group, other positive mothers and 1:1 therapy. We have since seen some significant changes in the way she engages and actively encourages others to bring themselves in. She has found the women-only spaces empowering as she shared her struggles.

- 82% members felt these calls helped them to understand what they wanted for themselves and the next steps to take.
- 80% reported feeling more confident as a parent.
- 90% reported they learnt parenting skills they could take home with them.

Teen Spirit: Support for HIV-Affected Young People

Grace is 17 years old and has been a member of Body & Soul since she was 10 years old. Grace lives with her family, Mum, 2 sisters and 2 brothers. Grace's Mum and Younger Sister are HIV+ and this affects the whole family.

In early 2021 Grace expressed to a member of the team that she would like to have some 1:1 therapy with us. At the time she was having problems at home and conflict with her Mum, she was also experiencing panic attacks at school. These sessions continued throughout 2021 and into 2022 – finishing in July 2022 – Grace and the therapist took a break over the summer and have recently restarted therapy.

Grace has found therapy helpful in that it "grounds her", "pulls her down" when things are difficult. It has made her "make better decisions". With the therapist Grace has also worked through coping techniques, DBT skills of how to manage her emotions and how to work through the panic attacks she was experiencing. She noted that she felt exhausted by life. By the end of her therapy, she was not experiencing panic attacks at all and had recently entered into a new relationship, new job and was looking at changing schools. Grace has also entered into volunteering with Body & Soul, before and after her therapy sessions within our Children's Centre.

Since returning to Body & Soul and restarting therapy with Body & Soul Grace has noted she's much happier and looking forward to continuing the therapeutic process. She's changed schools and feels relaxed and pleased with her new course and now feels proud of herself for making this change.

She would like to focus now on her interpersonal relationships and specifically an issue she would like to discuss with her Mum. We're looking forward to seeing how these sessions will continue to support Grace and boost her confidence going forward.

"I love the creativity, it lets me express myself. Coming here and seeing friends makes it easier to get through the week knowing Thursday will be here soon."

Young People's Psychological Support: Mindset

Clara* struggled to find a job after graduating and moving to London. She has found communicating with her mother challenging as they share different points of view, so they would end up shouting at each other on the phone. She learnt about Mindset through a friend and started joining IG Lives. The Mindfulness exercises at the start of the IG lives felt helpful to her as she could take a break from job hunting, and she took those Mindfulness skills further by starting her calligraphy practice. Whenever she had a difficult conversation with her mother or felt stressed from job hunting, she would use calligraphy to soothe herself.

The distress tolerance skill 'Radical Acceptance' was the most transformational to her. Although it took a long time for her to find an architecture assistant job, she continued to radically accept that job hunting required time and eventually got her 6-month contract.

"Mindset is such a useful resource for people that are undergoing life transitions and I am grateful to have learnt tools that I know will help me for a lifetime!"

- ♥ 100k+ Mindset video plays

Building Resilience: Supporting Front Line Workers (NHS or NGO)

Earlier this year a care assistant got in touch with us pretty much at her wit's end. She works in a nursing home but, like many of the clients we see, her work and her colleagues are actually a great source of purpose and self-esteem in her life. Meanwhile, though, under covid her husband had started an affair with her next-door neighbour – hitherto, a very close friend of hers. She had heard them together but they had consistently lied about the situation for the best part of a year, before her husband finally moved out. He is refusing to let her sell the house, where she lives with their child, while continuing the relationship with the person next door, who had been a close good friend of the family. When the member presented, she was extremely anxious and upset, and it felt like this situation was also triggering past trauma. Our therapist has been working with her to

gradually bolster her confidence and her support network (she has taken up dancing and made several new friends), meanwhile providing her with lots of techniques for grounding and for tolerating distress in the moment. We have also been able to plug her into free legal support for help with selling the family home and with arranging formal visits for her husband rather than him simply turning up whenever he pleases. When we spoke to her recently, she told me *'there are only two reasons why I am still here – my child and Body & Soul; thank you so much'.*

Casework



Jane, who joined Body & Soul in 2015, is a member of our HIV Adults Programme. She has been struggling through a period of destitution for a while and recently informed us that she had been sleeping rough. Jane had been staying with her friend but due to HIV-related stigma, her friend kicked her out after discovering her status. To support her, Body & Soul created a referral on her behalf to Positive Action in Housing to assist her in finding host accommodation and went on to stay with two different families since our referral. The destitution was already impacting her ability to take her meds in the way the need to be taken as she had poor access to food which is required. On top of this, being homeless added even more challenge in taking meds at specific times and with food.

Financially, Jane does not have any recourse to public funds and is not permitted to work. We have supported her with food vouchers to access food banks on a continual basis, and are assisting with finding temporary accommodation. Therefore Body & Soul has been supporting Jane to ensure she has enough to eat and money for daily essentials such as toiletries and travel to medical appointments. We successfully applied for two one-off grants of £150 each from the Terrence Higgins Trust and the Heinz, Anna & Carol Kroch Foundation. This support has been essential in getting her back into a healthy routine, particularly around medication adherence.

After the challenges she experienced with her previous host family, we have further supported her in organising the transportation of her belongings to her friend's house, whom she is staying with temporarily. Additionally, we have continued to liaise with Positive

Action who have been helpful in providing information around funding – she will be referred to the Crisis Grant who supports refugees, in times of need.

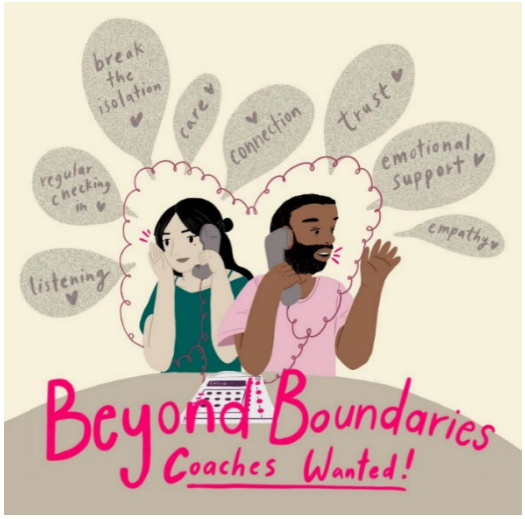
Her engagement with the wider services at Body & Soul has been regular and consistent; she has found the workshops and interventions to be particularly helpful around practical admin tasks, such as opening letters, arranging appointments, nutrition and looking after her health and wellbeing. As a result, we have been able to prevent her mood from worsening by holding space, keeping her informed and being responsive.

Moving forward, there may be challenges around Jane awaiting her residency status. The casework team continues to advocate on her behalf, providing support documentation and letters to her solicitor currently supporting the case. We will be on hand to ensure Jane feels held, with any further outcomes, throughout the lengthy process. Support has seen a steady, gradual flow incorporating all types of support working simultaneously; practical, emotional and overcoming any barriers which may impact on her health, as part of a wider network.

- 82% members expressed the Casework Team had a positive impact on their wellbeing and felt more empowered to challenge adversities.
- 82% feel that my practical needs have been heard by Body & Soul.
- 83% had a clearer understanding of their rights and the next steps to take.

Beyond Boundaries

This account was shared by a member of the Beyond Boundaries Team, volunteers who are assigned a consistent group of members with whom they maintain regular contact. The consistent relationships that develop between caller and member have helped the community manage their wellbeing by having someone listen, believe in them and help them when they couldn't and help set goals and aspirations for their future.



"Most of the members I have been calling since 2020 were on 'the end of the ledge'. The first time I made phone calls I found one on the carpet having a panic attack but luckily answered the phone. One member later admitted a year later that on that day I rang she had already prepared her mixed medications to end her life and leave her young family behind. Another member was distressed every time I

called and talked about suicide. I remember a member who was so depressed and had given up on her future self.

From here we grew together, and now we talk about present challenges and goals, talk about how to move forward step by step. Learning new techniques to learn to accept and love the natural self. One of them is a superstar, who is recognized for her talent and keeps on winning. One dares to imagine a better lifestyle for her family and takes action. One has a fish tank now and often shares funny stories about the fishes and cats. Where they were and where they are now cannot be compared. They now feel more empowered and take action. Every time we talk they want to tell me what they have been up to what good happened to them and the challenges they got stuck with. They feel more empowered and thankful at the end of our talks. We have been developing an invaluable and priceless connection since June 2020."

The members mentioned above put this in their own words:

'This is such a hard time for anyone with mental health issues. Knowing someone from Body & Soul has me in mind and will reach out even on the days I shut myself away. Thank you, I don't know what I would have done without you these last months.'

'To be able to speak to someone and feel free to be yourself. Having someone listen without asking too many intrusive questions, know you're not alone, feel humane, wanted, worthy.'

'Beyond Boundaries always know when the right time is to call. You don't know the difference to someone's life a phone call makes. Thank you, Bless you Sister.'

'We are so grateful for your generous support. By accessing Beyond Boundaries members have been given the time, space, and care that they need to take steps on their journey of healing from the trauma of their past. Thank you for making our work possible.'

- 80% of members felt that the calls helped them understand what they want to address and the steps to take.
- 76% felt like the calls have made them feel less lonely.

Member Volunteering

As with all YANA members, Bella's journey into Body & Soul began with a 20-week DBT group therapy course. Member volunteering is a formulised pathway for YANA graduates

that aims to strengthen their connection to the community, practice using their DBT skills and work towards their "life worth living goals".

Bella's volunteering pathway began with contributing ideas to the visual design for the Annual YANA Graduation Event in summer 2022. This naturally progressed into Bella taking on a leadership role within the team, determined to create something that felt spectacular for their fellow YANA peers. Bella was a key part of the corporate volunteering days that preceded the Graduation event, helping to lead the groups in bringing the creative design to life. Bella spoke candidly and openly about their experience of YANA and the impact it made to the corporate volunteers and was warmed to instantly with admiration.

Bella now works in our Fundraising & Partnerships team as an Intern. Over the last year, we have watched them blossom into a confident volunteer who is skilled and reliable, a great example to other YANA members who might be looking to continue their pathway in Body & Soul after completing the DBT group.

"The end of the DBT group is actually the start of a new journey where I can use my skills and build my confidence…whilst also giving back to Body & Soul…my community"

Creativity – The Glue That Binds Our Community

Creativity is central to our therapeutic model, and we strive to ensure that all members have access to the healing power of the arts through the Creative Communities programme. We want to design engaging spaces for members to lead in creating work that is meaningful and artistically excellent.



We have been concerned by the complex landscape of impacts that are affecting those for whom our space is designed at this time, and this year has seen a focus on creating connection, building confidence and developing skills. We want to create a model for closing the connection deficit, which was exacerbated by the exponential increase in experience of loneliness and isolation during the pandemic, through engaging community members in collaborative, exciting, innovative arts projects.

Aims of Creative Communities:

- Widen access to high-quality arts provision.
- Improve levels of mental/emotional/physical wellbeing.
- Increase confidence, self-esteem, and communication skills.
- Improve connection with self and peers of similar life circumstances.
- Inspire curiosity and imagination, beginning a life-long relationship with creativity.

Getting Dressed – Jan/Feb 2022



Getting Dressed was a workshop series designed in partnership with the Unicorn Theatre for members aged 3 – 8 years old and their parents. The project marked the next stage of our work with the Unicorn Theatre as a core partner for their new engagement strategy that connects young people with artists to co-create work for the Unicorn's stages. Over the course of 5 weeks members explored their experiences of getting dressed in our earliest years through sensory work, music, crafting and play. These explorations looked at how the act of getting dressed at a young age can present challenges, can be a fun filled and creative experience and be formative in starting to develop individuality and decision making. The group's experiments contributed to the development of the production of 'Get Dressed', performed at the Unicorn Theatre in May 2022, the group are all invited to watch and receive VIP treatment!

It was a joyful start to the new year that was designed to provide an opportunity for children and their parents to have quality time together, connect to themselves and each other and provide space to just be. Movement artist Charlene Low led the group through a range of immersive and connective experiences. We had a glorious sock hunt, travelled to imaginary worlds in search of a lost jacket, created an exhibition of our favourite clothes and danced through lots of fun filled fashions shows. We were also joined by the writer of the play Jade Lewis and got a preview performance of a few scenes from the actors which saw lots of laughter for the children and parents alike. The project concluded with a joyful final red carpet fashion show.

Rainbow Rangers – May/June 2022

A team of 4 students from Central School of Speech & Drama joined us to lead our Adventurers (4 – 9yrs) through a six-week creative workshop series that was designed to explore our connection with ourselves and others through using our imagination, play and lots of fun!



The students became 'Rainbow Rangers' who had lost all the colours from the rainbow and enlisted the help of the 'Adventurers' to get them back and find the treasure at the end of the rainbow! Each week the group went on an exploration to find a colour of the rainbow, these colours embodied different emotions and the group were tasked with completing challenges to get them to return to the rainbow. We had to help red and orange work through anger after an argument, we had to help blue understand her sadness and purple to celebrate all the things she loved!

The project was designed in response to the recognition that 'Adventurers' are currently presenting behaviours that suggest increased anxiety levels. Children are struggling to sleep, finding it hard to keep to routines, and not being able to regulate their emotions. Creativity is also something they currently have little access to as school it is so focused on 'catching up' academically after the pandemic. We wanted to give space for the 'Adventurers' to explore and counteract the day-to-day stresses they are managing through this joyful project. The workshops were filled with music, drama, movement, and crafts that the group looked forward to engaging with each week.

Velocities with Shivaangee Agrawal

Velocities is an ongoing dance project run in partnership with Shivaangee Agrawal and her team, a dance artist with a practice that concerns choreography, writing and advocacy. It first came to Body & Soul for the adults on the HIV programme, running for 6 weeks between 4th October – 8th November 2022. We loved it so much that it is returning in May 2023!

Velocities is a research work that operates across the modes of dance and discourse. It investigates the tensions between collectivity and conformity and seeks to build responsive movement frameworks that enable us to be both in community and in asynchrony, exploring creativity in groups and as individuals.

This research is grounded in the embodied knowledge carried by the dance artist team, which includes a breadth of classical and folk-dance traditions from India, China, and Japan. The team's embodied knowledge also includes ongoing experiences of socio-cultural marginalisation and exclusion.

Each week we built on what we had explored previously, challenging and surprising ourselves as we were invited to create, experiment, lead, follow and share. The team introduced elements of breath work, stretching and yoga, as well as contemporary and folk dance, which built confidence and physical range of motion as the group progressed through the workshops.

During the Velocities series, we had check ins and check outs to ask members to bring a sound and/or motion to express how they were feeling. We also had spoken reflections during some of the sessions, and here are some of the things our members had to say:

"It was very rhythmic, creative and there was balance - one leg up, one leg down, it comes together"

"I found it was freedom. Expression of liberation without any restrictions. The expression is real, and it is collective."

"I found it hard at the start but then there was a lot of joy and liberation by the end"

"Dancing was a way of expressing, but when they were dancing and we were watching it was a very nice way to perhaps interpret different things and think of different ideas."

"It was nice to be creative when I was sitting watching. As I watched others do it, I was fitting it into my ideas. It makes my mind active to share ideas and be empowered to be creative. Next time I will try not sitting and I will be able to show it too"

"The very cool background music impacts the mental and the physical, relaxes tension for a good flow of the body system. You see calmness in the musicality. Music and dance is freedom, love and peace. I just lost my niece on 1st October and it takes my mind away to

dance. That connection there, the music, the movement, the dance, the love. It's very good food for the soul."

External Reach



2022 has brought a collective joy to members as they returned in numbers to the Body & Soul building once more. The last two years of lockdowns have demonstrated the efficacy of virtual delivery in therapeutic services. Body & Soul have been able to do some incredibly creative group and one-to-one work over zoom, really leaning into all the possibilities that the online environment offers for reaching out to a whole new group of people altogether – people who suffer from various forms of social anxiety – let alone for enabling innovative ways of splitting up discussions and for hosting activities, quizzes and games that forge social connection and enhance epistemic trust (felt-safety), the two foundational prerequisites for healing.

In addition, this delivery model obviously means that we have massively extended the geographic reach of our services, bringing our model to young people and families who are suffering all over the UK and even overseas. Indeed, we are just commencing a new project to provide wellbeing support for seven small community-based organisations working in quite fraught environments all over the world – e.g., advocacy for LGBTQ youth in Uganda or for schizophrenia sufferers in Indonesia, or psychological support for indigenous populations in Argentina. While all recent research suggests that remote working can be equally effective, especially once you take into the account the new constituencies you can reach anyway, we are also working closely with the Centre for Outcomes Research to identify the best methodology for evaluating remote work going forwards, hopefully leading to a published contribution in clinical journals in this important new arena.

Infrastructure Development: staff team, sessional team, volunteers, member volunteers, trustees.

Expanding the Body & Soul Team: On organisational capacity, we have refreshed and bolstered the staff team in a number of ways this year. We have recruited the Volunteer Programme lead after this post was on hold during Covid, allowing for renewed partnerships with local universities to recruit students to volunteer, meanwhile refreshing

our programme of induction and ongoing training for our volunteers. The result is that we have seen a consistent stream of new enthusiastic volunteers, many of whom bring lived experience of trauma and highly specialist expertise to our services, including large numbers of our members.

The return of a full-time Casework and Advocacy role, following the existing staff member going on MAT leave. The return of this post to full time is in recognition of an increasingly difficult external environment for many of our members. Other posts re-recruited for have been a building and venue-hire manager to actively grow that business now that clients are beginning to approach us again. In addition to external recruitment, we have brought several long-term member-volunteers on to the staff team, bringing extraordinary depth-of-insight to a number of key roles, including new programme leads for our work with children and teens, and technical support for our MindSET digital mental health programme.

A refreshed and diverse staff team: we have always looked beyond paper qualifications and length-of-experience when we recruit, proactively seeking to understand and tap into the unique potential specific individuals can bring to roles. Essentially, the model is to act as an incubator for talent, providing highly motivated individuals with a range of opportunities to develop and lead earlier in their careers than they might otherwise expect, carefully scaffolded by more senior staff. This model means we can maintain relatively low staff costs as well as a high degree of agility to flex up and down in terms of recruitment to match external demand/circumstances. As we accelerate out of covid, this has never been a more valuable asset and we will start 2023 with an enriched staff team, bringing a range of extremely valuable expertise from a variety of diverse backgrounds.

In addition to the new staff members mentioned in the summary above, we would also draw attention to the cultural and wellbeing work that holds the staff together, builds sustainability and nurtures. It has been greatly received when sharing with other sector providers the approach and systems in place that bring a collective and wellbeing approach together.

Continuous improvement in our management structures to scaffold development and learn from one another: we regularly review and tweak our processes for senior-leadership supervision – e.g. implementing a new more collaborative approach to reflective practice for all our frontline practitioners in which people take it in turns to facilitate; intensive courses of training and reflection around racial trauma and white supremacy for white members of staff; a dedicated space for BIPOC staff to support one another around issues of racism and the embodied quality of racial trauma; a new 'consult' structure for every

programme, building consistency and mindfulness into our how we reflect on service design and delivery; and a tweaked approach to the way we manage complex safeguarding, integrating valuable emerging practices from recent work internationally on transformational justice.

Our senior leadership team has remained stable throughout covid, allowing engagement in more outreach, actively engaging in professional networks, training, and presenting to a range of potential referrers and collaborators, including CCGs and NHS trusts, social workers and housing officers, high-profile research organisations like Wellcome. LSE and the Anna Freud Centre, and spaces where it might be possible to affect systems-change more directly like parliamentary committees.

2023 and Beyond

Body & Soul looks forward to 2023 with a renewed energy. The restoration of face-to-face programmes and the vitality of our centre restored, we have clear aspirations for the next chapter of the Body & Soul story to begin.



This vision has been enhanced through collaboration with Studio AM Interiors. Their design for the refurbishment of our lower ground floor was developed during lockdown of 2021 and will now come to realisation creating a fresh environment for key projects and programmes. Using every aspect of a trauma engaged approach to design, this space symbolises the aspirations of Body & Soul to be at the cutting edge of understanding healing.

As a centre of excellence for complex trauma and a charity with a revolutionary vision in its approach to transforming the cycle of trauma, 2023 is our time to share our work, further and wider than ever.

Our Key Hopes for 2023 are:

- Launch a new digital identity through re-visioning our brand presence.
- Continue the expansion, reach and development of the 'You are not Alone' Programme, increasing the age range, number of groups, and support for caregivers.
- Expansion of wellbeing, trauma engaged offerings to the UK and internationally.

- Research and publication of the unique findings in the development of a therapeutic community in the 21st Century.
- Review and development of all programmes in relation to the changing external environment.

Our continued success would not be possible without community. The list of who is part of this community is extensive: members of all ages from every part of the UK and many others living internationally; volunteers, from those who answered our call and member volunteers who are channelling their new found wellbeing to help others; staff, full time and part time making up to 50+dedicated people; trustees, patrons and ambassadors, funders who believe in and back our model of care and corporate partners who provide expertise, funding and 100's of volunteers.

Our optimism for the future comes from our unity and togetherness. Our 27th year is one we intend to extend the influence of Body & Soul.

Generating Income to Transform Lives: 10% of expenditure was on generating funds

Structure, Governance and Management section

Reserves

The reserves at Body & Soul are made up of restricted, designated and general funds. Body & Soul's approach to reserves is focussed on what is held in general free reserves. These are funds that are not restricted or designated for a defined purpose. Unrestricted funds are used for the overall delivery of the organisations aims and objectives.

The Trustees aim to maintain unrestricted reserves equivalent to three months' running costs, this equates to approximately £364,536. Reserves at the end of this year represent just over three months running costs. General funds equate to £584,561. The Trustees continue to take steps to develop the reserves of the organisation with a focus on social entrepreneurial activities.

Risk

As part of their ongoing responsibility for ensuring the identification and management of risk, the Trustee Board review the risks faced by the charity using the Risk Register framework and put in place procedures to manage risks identified.

Key risks were felt to be:

- Difficulty in maintaining and further increasing charitable income due to the impact of austerity and the pandemic.
- Difficulty in securing funds from Trusts and Foundations due to increased demand and competition.
- Impact of the decreased income stream of venue hire through changing work patterns of external organisations.
- Difficulty in influencing the wider system due to the uncertain political and social environment we are operating within as the pandemic continues.
- Difficulty in managing increasing demands on programmes.
- Difficulty in recruiting/maintaining key staff with salaries offered and in the context of remote working and changing patterns of working.
- Difficulty in maintaining staff with the impact of the collective trauma on everyone.
- Increase in competitive tendering.
- Potential reduction anticipated of external providers acting on a pro bono/discounted basis.
- Difficulty in lack of financial networks to generate income.

- Failure to maximise opportunities when they arise due to capacity of staffing.
- Inadequacy of data systems to capture all data required.
- Continuing to establish the organisation as a leader in Childhood Adversity.

Key mitigations:

- On finances, we have a variety of robust structures in place designed to routinely enhance transparency and reduce the likelihood of fraud – e.g. the Director produces detailed management accounts against budget for every bi-monthly trustee meeting, and tallies all restricted/unrestricted income and expenditure once a month with the Head of Operations. We also review our systems for financial supervision and control on a regular basis, and take advice from trustees and other relevant third parties around specific issues, as and when necessary – e.g. Hogan Lovells are providing advice around a new partnership arrangement for the delivery of DBT services (see below), with potential for significant reduction in our indirect costs. Over the past year, we have paid special attention to three areas of work in order to mitigate financial risk:
    - Our adoption programme is substantially funded by the Adoption Support Fund, central government money that is allocated to individual children via social workers. Since there are so many moving parts to this particular income stream (gaining agreements with families, communicating with social workers about applications, invoicing borough councils etc), we have implemented a monthly meeting between the Adoption Programme Manager, and the Director and Head of Operations, to make sure we have shared oversight over which money is in discussion versus invoiced, versus paid.
    - We continue to monetise our expertise, providing training, clinical supervision and reflective practice for a range of external organisations, including NHS teams, universities and large corporates.
    - To make sure we maximise our opportunities for raising funds, and we have a regular monthly review of all potential grants between fundraisers and the SLT, and we have freed up time within the SLT to write funding applications to address bottlenecks in terms of deadlines or where there is some specialist expertise required.

- On frontline delivery, we are in the process of formalising a partnership arrangement with a long-time collaborator and clinical supervisor on our DBT programme, who has access to his own dedicated team of DBT therapists. This new agreement should enhance scalability by guaranteeing high-quality facilitation for a significantly larger number of groups than we are running currently, while also reducing the burden of

administration on managers within the YANA programme so they can concentrate on outreach and on enriching other areas of support. We have also implemented rigorous attention to racial trauma across our programmes, including an obligatory programme of training in somatic abolitionism and allyship for all white staff and volunteers; a special programme supervision/reflective practice run by Eugene Ellis for all our adoption workers; and dedicated spaces for bodies of culture – members and staff – to reflect on their experiences inside and outside Body & Soul. While celebrating the agility and creativity in our programmes that are so important for enthusing our members and remaining responsive to their needs, we are also working to enhance replicability where possible – so valuable for honing and demonstrating impact. To that end, we continue to develop our 'Rooted' programme, a six-week course of vibrant therapeutic activities designed to engage all of our systems for soothing and self-efficacy – narrative and visual art, bodywork and movement, community and connection, psychoeducation around neurobiology – which we intend to roll out across age groups and programmes in time.

- On staffing, we have significantly enriched the expertise and capacity within the senior leadership team over the last 12 months, with one person returning from maternity leave and another joining from within the existing staff team, bringing a background in frontline work and in designing therapeutic technology (a topic of particularly interest to many funders). These changes have an immediate practical outcome, freeing up time within the SLT for greater strategic oversight and programme-development activities, but these individuals also bring unique insights and capacities for working collaboratively, which are beginning to raise our share-of-voice externally too – e.g. running a research project with LSE; contributing to policy discussions at DOH. Finally, our structured programme of volunteering for members continues to develop apace, with many of our young people now bringing rich seams of lived experience to all aspects of our organisation – e.g. support work and group facilitation, designing and producing therapeutic resources, presenting podcasts, writing fundraising applications, participating in research etc.
- On strategy, beyond the ways we routinely monitor and evaluate our services (for which we have won awards from RSPH and The King's Fund), we continue to collaborate with a number of high-profile clinical and academic institutions to ensure that we have a voice in policy-level conversations directed towards systems-change. For instance:
    - Child Outcomes Research Consortium – based out of UCL, we are working with CORC to identify the best methodology for aggregating therapeutic outcomes between members who may join us at different times, stay with us for different lengths of time and experience a very different range of interventions during the time they spend with us.

- London School of Economics – a small group of students are producing their dissertation on how we can best understand the impact of a validating environment for all the children we work with, and the degree to which this impacts on their long-term outcomes.
- Royal Statistical Society – a fellow of the RSS is helping us develop a plausible methodology for substantiating the long-term economic value of our preventative work – i.e. the average direct contribution to the public purse of someone who joins our HIV programme, for instance, in terms of both reduced use of statutory services and enhanced productivity.
- Anna Freud National Centre for Children and Families – we have been engaged as consultants by AFC to develop training for the youthwork sector, to validate existing trusting relationships between children and adults, and to upskill those workers so they feel confident to handle disclosures.

Going concern

The last few years of the pandemic continue to impact the charity sector, from increasing presenting needs for some of societies most marginalised communities to pressures on staffing, volunteering and income generation. The collective trauma experienced from an individual to an organisational level is still playing out and organisations need to be able to respond with agility, robustness and creativity.

The Trustees are proud of the continued innovation and tenacity that Body & Soul maintained across 2022. Programmes adapted with the changing external environment with a sense of ease and fluidity. Led by a value driven commitment to bringing 26 years of experience in trauma focussed support to an ever increasing population, Body & Soul not only maintained, but extended its reach and innovative approach.

With the ever-changing external environment in mind, the increased competitiveness in securing funding, the cuts in the statutory sector and the economic crisis in cost of living. The organisation has a track record in securing the necessary funds to deliver the programmes agreed. This is made possible through a clear fundraising strategy that works across the system to secure, maintain and develop new relationships in meeting increased need post pandemic.

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

Remuneration

We are committed to paying our staff a fair and appropriate salary whilst always ensuring we have the financial ability to do so. As an organisation with important responsibilities towards our beneficiaries, donors, supporters, staff, and the public we recognise that accountability and transparency are in all aspects of our work. We balance the need of ensuring that value for money is present in all we do alongside the need to attract and retain staff with the leadership, experience, knowledge, and skills required to lead the transformation and complex work we are engaged with. We benchmark salaries against other similar front line service providers of a similar size. We aim to increase salaries regularly in the context of income confirmed and external economic factors. We pay a London Living wage to all employees. We believe those who consistently contribute at a level above expectation should have the opportunity to be further rewarded for doing so.
The team is supported by a range of voluntary professionals including the law firms Hogan Lovells, ITV, Wilsons, Bates Wells Braithwaite and Miles & Partners who assist in legal, strategic and infrastructure issues; DMFK provides assistance on building/design related matters.

A range of other external specialists also support the organisation every year.

In addition to the staff team and partner organisations, the organisation has benefitted hugely from volunteers during 2022. Without volunteers, Body & Soul would not be able to deliver our innovative, high quality, and responsive programmes of support. The Volunteer contribution in 2022 continues to multiply the size of the staff team.

Fundraising Practices Review

All fundraising practices are framed within the values and principles of the organisation. Where expenditure is required to generate income, there is an analysis of the return on investment to ensure the organisation is able to make informed decisions regarding activities.

The fundraising and partnership team are internal – the organisation does not use external, professional fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a telephone or door to door fundraising campaign. Our relationship with our supporters is very important to us and we do not wish for our supporters to feel under any pressure to donate to the charity. Where we partner with corporates, due diligence is conducted on the organisations and the amount of time and

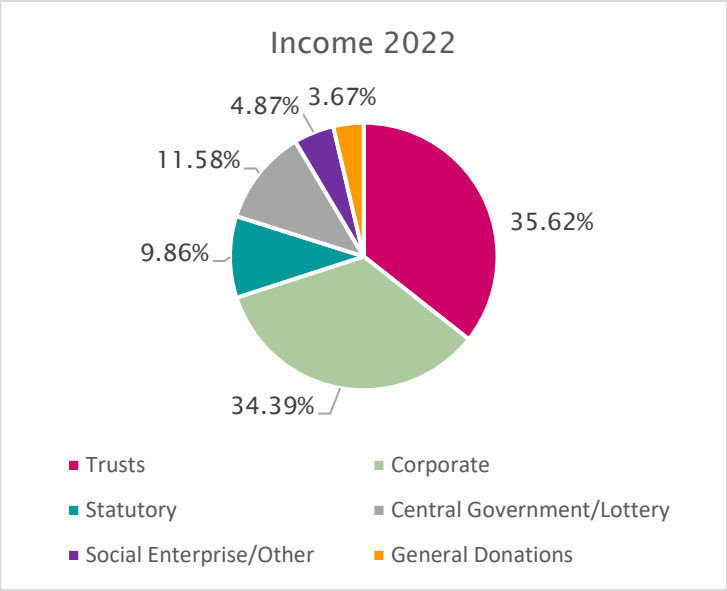
effort we as a charity need to invest, versus the income we would likely receive. Clear parameters and responsibilities are then agreed between partners.
We have ensured we are in line with the GDPR data protection regulations and all other relevant codes of conduct. We received no complaints about our fundraising practices in 2022.

Financial Review

The external environment continues to be a challenge, with the lack of certainty in the economy, the unknown in how the pandemic will continue to impact society and the ever-growing need for scarce resources. This runs in parallel to a statutory sector that is under pressure financially and continues to make cutbacks. A resulting impact is experienced by our members. We have worked hard to respond to these challenges through the development of social entrepreneurial activities, however this has been challenging during the pandemic. New activities are being further piloted to grow general funds.

Key programmes in 2022 were focussed around Adoption/Special Guardianship, HIV, Young people and mental health, Support for NHS and frontline workers and Self Harm /Suicidality.

Body & Soul receives funding from a variety of sources, this is known as 'incoming resources. Income came from the following sources each of which are explained in the graph:



In 2022, activities resulted in a surplus of £12,784. This was a great achievement in the context of a global pandemic, austerity and the previous year reversal for the DHSC.

At midpoint of the financial year, it was indicated the organisation may end with a medium deficit. This was connected to the loss of income through venue hire and the level of reversals for 2021. With key strategic decesions implemented, from further involvement from senior leaders, we managed to end the year with a small surplus.

Expenditure was also reviewed to ensure any further savings and efficiencies could be actioned.

Body & Soul ended 2022 in a good financial position with unrestricted funds of £654,133 of which £584,561 was general funds. This was increase from £113,635 in 2021 and £252,193 in 2020.

Public Benefit

The trustees have taken great care in considering the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The aims not only provide a direct benefit to our members but also the wider public as they strengthen relationships, build community, reduce the financial pressure on health and social care systems, and create responsible citizens capable of participating in their communities and building an inclusive society.

The Year Ahead

In 2023 we will continue to reach new people, reaching out to communities marginalised in society and often most impacted by the collective trauma of the world we exist within. We will be tenacious in our aspiration to amplify our trauma engaged approach among fellow professionals, experts, and opinion formers with an interest in interrupting the lifelong consequences of childhood adversity and ongoing trauma.

We are ambitious, always striving, and unwaveringly passionate about changing the world we live in. We will not rest with the knowledge that millions of people live in a cycle of despair, not knowing how to break it. We know through community and the right interventions at the right time, everyone can feel a sense of peace, a sense of self, and a sense of resilience. To this end, we enter our 26th year committed to delivering our proven transformational programmes for people of all ages who have experienced childhood trauma, solving what is perceived to be one of the intractable problems of our time with a cost effective and impactful approach.

We would like to highlight our thanks to all those who have supported us with their time, money, and voices. We hope in 2023 we will continue to provide high quality programmes to meet the ever-increasing demand from members across the UK and beyond. We are forever indebted to all the amazing people, trusts, companies and organisations that have, through contributions big and small, put life, energy, and love into the organisation.

Thank you. We continue to learn, love, and most of all value life.

Structure, governance and management

Body & Soul is made possible through the dedication of staff, volunteers and the community, of which the Trustee Board delegate the day-to-day running of Body & Soul to a full-time staff team with over 26 years' combined experience of delivering services which support children, teenagers, and families impacted by childhood adversity and ongoing trauma.

The Trustee Board provides strategic oversight and governance to the organisation. It is committed to members of the Board having lived experience of trauma and is proud that throughout its history the Board has always had this representation. New Trustees to Body & Soul are recruited both internally and externally, with all appointments being approved by the Board of Trustees. A bespoke induction follows, ensuring each new Trustee understands the governance structure and decision-making processes, legal obligations under charity law, values and principles, financial reporting and overall programme delivery. Trustee meetings are held a minimum of every quarter.

The staff team are accountable to members, the Board of Trustees, stakeholders, and each other. At the beginning of the year we had a full-time staff team of 12, and a part-time team of 11. We ended the year with a full-time team of 15 and a part-time team of 10. There was an average headcount of 26, further amplified by over 250 volunteers.

The staff team in 2022 has therefore consisted of:

- Director: Emma Colyer
- Assistant Director: Jed Marsh
- Head of Creative Partnerships: Hollie Smith (*finished June 2022*)
- Head of Adult HIV Programmes: Georgia Gideon (*started January 2022)*
- Strategic Support: Kudzai Sitima (*started January 2022*)
- Creative Communities Curator: Florence Kettle (*started August 2022*)
- Head of Operations: David Bell
- Head of Casework and Advocacy: Sarah Jones (*MAT leave as of August 2022*)
- Head of Casework and Advocacy: Gina Simpson (*started October 2022*)
- Head of Suicide Support Services: Kelsey Hylland
- Head of Children's Programmes: Jane King
- Children & Family Therapeutic Support: Hilary Marling
- Head of Pathways and Programmes: Zoe Reynolds (*MAT leave 2022)*
- Therapeutic Team: Marie Wassberg
- Head of Referrals, Outreach and Engagement: Rachel Bothamley
- Head of Fundraising & Partnerships: Jennie Barham (*finished February 2022*)

- Fundraising & Partnerships Manager: Andrea Esposito Diaz
- Childhood Adversity Programmes & Partnership Manager: Aarati Bista (*started October 22)*
- Head of Young Explorers: Hettie Chadwick Dickinson (*finished Marsh 2022*)
- Assistant Programme Manager – YANA: Katie Brown
- Chef: Selina Rovai
- Front of House Manager: Malakai Spencer (*finished January 2022*)
- Mindset Content Creator: Kai Rutlin (*started May 2022*)
- Children's Wellbeing Programme Manager: Tiffany Karatziola (*finished July 2022*)
- Head of Volunteering: Beth Deans (*started March 2022*)
- Front of House/Venue Hire: Charlie Coaker (*started September 2022)*
- Lead Designer for Bloom: Virginia Ma
- Head of Young Peoples Wellbeing Programmes: Amy O'Toole (*finished August 22*)
- Teen Spirt Lead Adoption & Special Guardianship: Olivia Bowman (*started August 2022*)
- Head of Beyond Boundaries: Maya Soto-Jones
- Teen Spirit Programme Support: Emma Yese (*finished February 2022*)
- Young Adult HIV Programmes: Malunga Yese
- Lead Family Practitioner, Adoption and Special Guardianship: Naomi Mwamba Clements *(January – August 2022*)

The staff team represent a broad range of specialist knowledge and lived experience. All staff have a passionate commitment to human rights, to the principles of equity, belonging and inclusion; to the provision of excellence and to the involvement of members of all ages. Outside of key frontline posts, where we believe we have assembled a highly qualified and skilled team, we have also brought in skilled professionals and organisations to further enhance our work.

Statement of responsibilities of the trustees

The trustees (who are also directors of Body & Soul for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of 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 SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice 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 charity will continue in operation.

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. 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.
- 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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at

31 December 2022 was 11 (2021:11). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 19th July 2023 and signed on their behalf by

Deborah Bee
Chair

Independent auditor's report

To the members of

Body & Soul

Opinion

We have audited the financial statements of Body & Soul (the 'charitable company') for the year ended 31 December 2022 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. 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 its 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
- Have been prepared in accordance with the requirements of the Companies Act 2006

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 Body & Soul'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 trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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 has 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 trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies'

exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, 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

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 the 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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
  - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
  - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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. Our audit work has been undertaken so that we might state to the charitable company's members 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 anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Fleur Holden (Senior statutory auditor)
DATE: 15 August 2023
for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Body & Soul

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 December 2022

	Note	Restricted £	Unrestricted Designated £	Unrestricted General £	**2022 Total £**	Restricted £	Unrestricted Designated £	Unrestricted General £	2021 Total £
Income from:									
Donations	2	–	–	595,842	**595,842**	–	–	434,227	434,227
Charitable activities									
Youth Services	3	82,887	–	–	**82,887**	77,928	–	–	77,928
Children's Services	3	82,840	–	–	**82,840**	121,673	–	–	121,673
Adult Services	3	284,393	–	–	**284,393**	477,035	–	–	477,035
Other programmes	3	110,830	–	238,705	**349,535**	142,150	–	176,530	318,680
Hardship Grants	3	5,123	–	–	**5,123**	6,154	–	–	6,154
Rental income		–	–	67,637	**67,637**	–	–	60,182	60,182
Investments		–	–	2,671	**2,671**	–	–	194	194
Total income		566,073	–	904,855	1,470,928	824,940	–	671,133	1,496,073
Expenditure on:									
Raising funds	4	–	1,595	128,854	**130,449**	–	1,652	135,047	136,699
Charitable activities									
Youth Services	4	79,631	3,190	131,575	**214,396**	83,040	3,304	120,248	206,592
Children's Services	4	70,423	3,190	261,505	**335,118**	162,642	3,304	146,151	312,097
Adult Services	4	375,636	5,583	219,639	**600,858**	409,873	5,782	113,119	528,774
Other programmes	4	138,380	4,386	28,203	**170,969**	124,730	2,478	7,814	135,022
Hardship Grants	4	6,354	–	–	**6,354**	6,154	–	658	6,812
Total expenditure		670,424	17,944	769,776	1,458,144	786,439	16,520	523,037	1,325,996
Net income / (expenditure) for the year	5	(104,351)	(17,944)	135,079	12,784	38,501	(16,520)	148,096	170,077
Transfers between funds	14	–	21,444	(21,444)	–	–	9,538	(9,538)	–
Net movement in funds		(104,351)	3,500	113,635	12,784	38,501	(6,982)	138,558	170,077
Reconciliation of funds:									
Total funds brought forward		193,281	66,072	470,926	730,279	154,780	73,054	332,368	560,202
Total funds carried forward		88,930	69,572	584,561	743,063	193,281	66,072	470,926	730,279

All of the above results are derived from continuing activities. There were no other recognised gains or losses in addition to those stated above. Movements in funds are disclosed in Note 14 to the financial statements.

Body & Soul

Balance sheet

Company no. 3245543

As at 31 December 2022

	Note	£	2022 £	£	2021 £
Fixed assets:					
Tangible assets	10		**69,572**		66,072
			69,572		66,072
Current assets:					
Debtors	11	**231,307**		449,766	
Cash at bank and in hand		**529,655**		313,309	
		760,962		763,075	
Liabilities:					
Creditors: amounts falling due within one year	12	**87,471**		98,868	
Net current assets			**673,491**		664,207
Total net assets	13		**743,063**		730,279
The funds of the charity:	14				
Restricted income funds			**88,930**		193,281
Unrestricted income funds:					
Designated funds		**69,572**		66,072	
General funds		**584,561**		470,926	
Total unrestricted funds			**654,133**		536,998
Total charity funds			**743,063**		730,279

Approved by the trustees on 19 July 2023 and signed on their behalf by

Deborah Bee
Chair

Body & Soul

Statement of cash flows

For the year ended 31 December 2022

	2022		2021	
	£	£	£	£
Cash flows from operating activities				
Net income for the reporting period (as per the statement of financial activities)	**12,784**		170,077	
Depreciation charges	**17,944**		16,520	
Decrease/ (Increase) in debtors	**218,459**		(286,097)	
(Decrease)/ Increase in creditors	**(11,397)**		54,772	
Net cash provided by /(used in) operating activities		**237,790**		(44,728)
Cash flows from investing activities:				
Purchase of fixed assets	**(21,444)**		(9,538)	
Net cash used in investing activities		**(21,444)**		(9,538)
Change in cash and cash equivalents in the year		**216,346**		(54,266)
Cash and cash equivalents at the beginning of the year		**313,309**		367,575
Cash and cash equivalents at the end of the year		**529,655**		313,309

1 Accounting policies

a) Statutory information

Body and Soul is a charitable company limited by guarantee and is incorporated in England.

The registered office address is 99-119 Rosebery Avenue, London, EC1R 4RE.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees’ annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1 Accounting policies (continued)

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, indirect costs are allocated on different bases suitable to the cost. The main allocations are:

Catering costs	based on beneficiary numbers
Premises costs	based on floor space
Volunteer expenses	based on volunteer numbers
Staff costs	based on staff time

j) Allocation of support and governance costs

Support and governance costs are reallocated on the basis of floor space using the following percentages:

Cost of raising funds	10% (2021: 10%)
Adult services	35% (2021: 35%)
Youth services	20% (2021: 20%)
Children's services	20% (2021: 20%)
Other programmes	15% (2021: 15%)

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer and music equipment	25% per annum
Fixtures and fittings	20% per annum
Refurbishment	7.7% per annum

1 Accounting policies (continued)

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations

	Restricted £	Unrestricted £	**2022 Total £**	Restricted £	Unrestricted £	2021 Total £
Donations and grants	–	595,842	**595,842**	–	434,227	434,227
	–	595,842	**595,842**	–	434,227	434,227

3 Income from charitable activities

	Restricted £	Unrestricted £	2022 Total £	Restricted £	Unrestricted £	2021 Total £
Charitable Trusts/Foundations	23,480	–	**23,480**	4,306	–	4,306
Corporate donors	16,267	–	**16,267**	7,292	–	7,292
Big Lottery Fund	18,758	–	**18,758**	–	–	–
BBC Children in Need	–	–	**–**	9,880	–	9,880
Young Londoners Foundation	24,382	–	**24,382**	56,450	–	56,450
Sub-total for Youth Services	82,887	–	**82,887**	77,928	–	77,928
Charitable Trusts/Foundations	8,000	–	**8,000**	38,000	–	38,000
Corporate donors	22,917	–	**22,917**	29,792	–	29,792
Comic relief	22,842	–	**22,842**	16,464	–	16,464
Young Londoners Foundation	29,081	–	**29,081**	37,417	–	37,417
Sub-total for Children's Services	82,840	–	**82,840**	121,673	–	121,673
Charitable Trusts/Foundations	141,066	–	**141,066**	107,423	–	107,423
Corporate donors	40,817	–	**40,817**	37,917	–	37,917
Big Lottery Fund	72,032	–	**72,032**	–	–	–
Comic Relief	22,842	–	**22,842**	16,464	–	16,464
Department of Health and Social Care	7,636	–	**7,636**	307,191	–	307,191
Sport England	–	–	**–**	8,040	–	8,040
Sub-total for Adults Services	284,393	–	**284,393**	477,035	–	477,035
Charitable Trusts/Foundations	93,000	238,705	**331,705**	142,150	176,530	318,680
Big Lottery Fund	17,830	–	**17,830**	–	–	–
Sub-total for Other programmes	110,830	238,705	**349,535**	142,150	176,530	318,680
Body & Soul acts as an agent for Hardship grants	5,123	–	**5,123**	6,154	–	6,154
Sub-total for Hardship Grants	5,123	–	**5,123**	6,154	–	6,154
Total income from charitable activities	566,073	238,705	**804,778**	824,940	176,530	1,001,470

4a Analysis of expenditure (current year)

		Charitable activities								
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2022 Total £**	2021 Total £
Staff costs	70,327	76,720	95,900	242,947	63,933	–	–	89,507	**639,334**	610,525
Other staff costs	1,229	1,341	1,676	4,247	1,118	–	–	1,565	**11,176**	7,260
Consultancy	–	229	458	650	–	–	–	805	**2,142**	4,200
Quality and Excellence	1,390	1,516	1,896	4,802	1,264	–	–	1,769	**12,637**	9,141
Nutrition programme	–	8,099	15,041	34,710	–	–	–	–	**57,850**	40,525
Health & Well being programme	–	10,930	43,285	50,091	5,404	–	–	–	**109,710**	71,229
Facilitators and Trainers	–	9,539	18,416	868	42	–	–	–	**28,865**	15,197
Workshops/courses/activities	415	4,443	2,672	5,442	–	–	–	–	**12,972**	19,880
Therapeutic Programmes	–	8,887	10,710	72,082	37,828	–	–	–	**129,507**	121,340
Volunteer programme	–	2,124	4,247	10,618	3,185	–	–	1,062	**21,236**	19,447
Outreach and Communication	4,950	2,201	2,201	2,201	2,201	–	–	–	**13,754**	10,600
Hardship Grants	–	–	–	–	–	6,354	–	–	**6,354**	6,812
Miscellaneous	88	2,294	1,938	1,938	1,938	–	–	–	**8,196**	2,909
Establishment costs	24,867	49,734	99,468	106,573	24,867	–	–	46,415	**351,924**	328,740
Non-capitalised equipment/Resources	–	1,047	1,918	1,929	727	–	–	4,258	**9,879**	7,554
Audit & accountancy	–	–	–	–	–	–	13,236	1,848	**15,084**	13,690
Other costs	9,537	–	–	–	–	–	–	–	**9,537**	20,427
Trustee expenses	–	–	–	–	–	–	43	–	**43**	–
Depreciation	1,595	3,190	3,190	5,583	4,386	–	–	–	**17,944**	16,520
	114,398	182,294	303,016	544,681	146,893	6,354	13,279	147,229	**1,458,144**	1,325,996
Support costs	14,723	29,446	29,446	51,530	22,084	–	–	(147,229)	**–**	–
Governance costs	1,328	2,656	2,656	4,647	1,992	–	(13,279)	–	**–**	–
Total expenditure 2022	**130,449**	**214,396**	**335,118**	**600,858**	**170,969**	**6,354**	**–**	**–**	**1,458,144**	**1,325,996**
Total expenditure 2021	136,699	206,592	312,097	528,774	135,022	6,812	–	–	1,325,996	

Staff costs of £19,049 (2021: £30,856) are included in other lines of expenditure to reflect activity costs more accurately.

4b Analysis of expenditure (prior year)

		Charitable activities							
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2021 Total £**
Staff costs	79,368	73,262	122,105	225,895	61,053	–	–	48,842	**610,525**
Other staff costs	944	871	1,452	2,686	726	–	–	581	**7,260**
Consultancy	546	504	840	1,554	420	–	–	336	**4,200**
Quality and Excellence	1,188	1,097	1,828	3,383	914	–	–	731	**9,141**
Nutrition programme	–	4,863	11,347	24,315	–	–	–	–	**40,525**
Health & Well being programme	–	21,567	22,495	21,307	5,860	–	–	–	**71,229**
Facilitators and Trainers	–	3,578	6,926	4,643	50	–	–	–	**15,197**
Workshops/courses/activities	4,550	5,511	4,278	5,541	–	–	–	–	**19,880**
Therapeutic Programmes	–	14,561	12,134	78,871	15,774	–	–	–	**121,340**
Volunteer programme	972	2,916	3,888	7,776	2,916	–	–	979	**19,447**
Outreach and Communication	2,980	1,905	1,905	1,905	1,905	–	–	–	**10,600**
Hardship Grants	–	–	–	–	–	6,812	–	–	**6,812**
Miscellaneous	91	690	696	742	690	–	–	–	**2,909**
Establishment costs	23,313	46,627	93,253	99,914	23,313	–	–	42,320	**328,740**
Non-capitalised equipment/Resources	155	311	621	666	156	–	–	5,645	**7,554**
Audit & accountancy	–	–	–	–	–	–	12,036	1,654	**13,690**
Other costs	8,427	–	–	–	–	–	–	12,000	**20,427**
Trustee expenses	–	–	–	–	–	–	–	–	**–**
Depreciation	1,652	3,304	3,304	5,782	2,478	–	–	–	**16,520**
	124,186	181,567	287,072	484,980	116,255	6,812	12,036	113,088	**1,325,996**
Support costs	11,309	22,618	22,618	39,581	16,962	–	–	(113,088)	**–**
Governance costs	1,204	2,407	2,407	4,213	1,805	–	(12,036)	–	**–**
Total expenditure 2021	**136,699**	**206,592**	**312,097**	**528,774**	**135,022**	**6,812**	**–**	**–**	**1,325,996**

5 Net incoming / (outgoing) resources for the year

This is stated after charging:

	2022	2021
	£	£
Depreciation	17,944	16,520
Auditor's remuneration (excluding VAT):		
Audit	9,600	8,180
Accounts preparation	2,600	2,420
Operating lease rentals		
Property	100,000	100,000

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2022	2021
	£	£
Salaries and wages	579,819	569,738
Social security costs	47,081	50,095
Pension contributions	31,483	21,548
	658,383	641,381

No employee earned more than £60,000 during the year (2021: nil).

The total employee benefits of the key management personnel including employer's National Insurance were £201,296 (2021: £250,829).

Trustees' expenses represent the payment or reimbursement and subsistence totalling £43 (2021: £nil) incurred by 10 (2021: 0) members relating to subsistence at meetings of the trustees.

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2022	2021
	No.	No.
Raising funds	2.8	3.0
Youth Services	3.2	2.6
Children's Services	3.9	4.5
Adult Services	10.0	8.3
Other programmes	2.5	2.2
Support and governance	3.7	1.8
	26.0	22.4

8 Related party transactions

Aggregate donations from related parties were £nil (2021: £nil), and no trustees (2021: none) received any remuneration or received any other benefits from an employment with the charity or a related entity.

Within the year Body and Soul received £2,260 worth of services from SHM foundation. Trustee Maurice Biriotti is the Chair of SHM Foundation, these services were given at arms length.

9 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Refurbishment £	Fixtures and Fittings £	Computer and music equipment £	**Total £**
Cost or valuation				
At the start of the year	1,394,673	124,258	70,455	**1,589,386**
Additions in year	–	11,051	10,393	**21,444**
At the end of the year	1,394,673	135,309	80,848	**1,610,830**
Depreciation				
At the start of the year	1,339,191	115,828	68,295	**1,523,314**
Charge for the year	5,884	8,742	3,318	**17,944**
At the end of the year	1,345,075	124,570	71,613	**1,541,258**
Net book value				
At the end of the year	49,598	10,739	9,235	**69,572**
At the start of the year	55,482	8,430	2,160	66,072

All of the above assets are used for charitable purposes.

11 Debtors

	2022 £	2021 £
Other debtors	**19,200**	21,238
Prepayments	**17,454**	3,369
Grants receivable	**194,653**	425,159
	231,307	449,766

12 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	**31,424**	61,433
Taxation and social security	**41,407**	24,716
Accruals	**14,640**	12,720
	87,471	98,868

13a Analysis of net assets between funds (current year)

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	69,572	–	**69,572**
Net current assets	88,930	–	584,561	**673,491**
Net assets at the end of the year	**88,930**	**69,572**	**584,561**	**743,063**

13b Analysis of net assets between funds (prior year)

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	66,072	–	66,072
Net current assets	193,281	–	470,926	664,207
Net assets at the end of the year	193,281	66,072	470,926	730,279

14a Movements in funds (current year)

	At 1 January 2022 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 December 2022 £
Restricted funds:					
Youth Services	–	82,887	(79,631)	–	3,256
Children's Services	–	82,840	(70,423)	–	12,417
Adult Services	152,781	284,393	(375,636)	–	61,538
Hardship grants	3,000	5,123	(6,354)	–	1,769
Other programmes	37,500	110,830	(138,380)	–	9,950
Total restricted funds	193,281	566,073	(670,424)	–	**88,930**
Unrestricted funds:					
Designated funds:					
Fixed assets fund	66,072	–	(17,944)	21,444	**69,572**
Total designated funds	66,072	–	(17,944)	21,444	**69,572**
General funds	470,926	904,855	(769,776)	(21,444)	**584,561**
Total unrestricted funds	536,998	904,855	(787,720)	–	**654,133**
Total funds	730,279	1,470,928	(1,458,144)	–	**743,063**

Transfers into the fixed assets fund represent capital purchases made during the year.

14b Movements in funds (prior year)

	At 1 January 2021	Income & gains £	Expenditure & losses £	Transfers £	At 31 December 2021 £
Restricted funds:					
Youth Services	5,112	77,928	(83,040)	-	-
Children's Services	40,861	121,673	(162,642)	108	-
Adult Services	67,481	477,035	(409,873)	18,138	**152,781**
Hardship grants	3,000	6,154	(6,154)	-	**3,000**
Other programmes	38,326	142,150	(124,730)	(18,246)	**37,500**
Total restricted funds	154,780	824,940	(786,439)	-	193,281
Unrestricted funds:					
Designated funds:					
Fixed assets fund	73,054	-	(16,520)	9,538	**66,072**
Total designated funds	73,054	-	(16,520)	9,538	**66,072**
General funds	332,368	671,133	(523,037)	(9,538)	**470,926**
Total unrestricted funds	405,422	671,133	(539,557)	-	**536,998**
Total funds	560,202	1,496,073	(1,325,996)	-	**730,279**

Purposes of restricted funds

Youth Services
A dedicated programme for young people aged 13 to 19 years. This includes a variety of dynamic and challenging experiences - from creative workshops to martial arts classes, jam sessions to group discussions about the issues that matter to young people. Designed by a multidisciplinary team, with rich clinical and therapeutic expertise, in partnership with peer mentors with lived experience of trauma and adversity, who have been through the programme themselves.

Children's Services
We work with children from across London and the UK who live in challenging circumstances or have experienced trauma in their early lives. Our approach brings us closely together with families to ensure our youngest members achieve personal and social growth and positive change through access to a uniquely nurturing and validating environment.

All of our programmes are directed at early intervention. The effects of trauma and adversity can often remain unnoticed in many children. Programmes include structured play/educational activities that are skill based and foster a positive self-identity.

Adult services
The programme of activities for adults includes weekly structured workshops focusing on topics such as sexual health, drug and alcohol use, disclosure, parenting, treatment issues and developing education and careers. Additionally adults are able to access the full range of activities from counselling to well being therapies, to the newly-resourced library providing written and web-based information on all aspects of health, nutrition, self-help, skills-building, treatment and International HIV issues.

14 Movements in funds (continued)

Hardship Grants
Body and Soul submits applications on behalf of members for financial assistance. Organisations include THT, Frank Buttle, The London Society of Ragamuffins, Glasspool, The Heinz Anna and Carol Kroch Foundation and Islington Giving.

Other programmes
Other programmes include funding from grants and charitable trusts towards activities including: awareness and education outreach, remote support, volunteering and mentoring initiatives.

Purposes of designated funds

Fixed Assets Fund
This represents the value of general funds invested in the refurbishment and other fixtures, fittings and equipment and is not readily available for other purposes. Depreciation is charged against this fund.

15 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Property	
	2022	2021
	£	£
Less than one year	**100,000**	100,000
One to five years	**400,000**	400,000
Over five years	**250,000**	350,000
	750,000	850,000

16 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

BODY AND SOUL

England & Wales - Charity number 1060062

Accounts

Company number: 03245543
Charity Number: 1060062

Body & Soul

Report and financial statements

For the year ended 31 December 2021

Body & Soul

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Reference and administrative information

For the year ended 31 December 2021

Company number	03245543
Charity number	1060062
Registered office and operational address	St Ives House 99-119 Rosebery Avenue London EC1R 4RE
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Marjorie Agwang Deborah Bee Maurice Biriotti Sara Carter Munya Chidakwa Jane Dutton Alex Lifschutz Chris Naylor Rachel Stevenson Peter Souter
Key management personnel	Emma Colyer — Director Jed Marsh — Assistant Director David Bell — Head of Operations Hollie Smith — Head of Volunteer Programmes Zoe Reynolds — Head of Pathways & Programmes Kathryn Forbes — Head of Public Health and Impact
Bankers	The Co-operative Bank 62-64 Southampton Row London WC1B 4AR Lloyds Bank plc 21-23 Hill Street London W1J 5JW
Solicitors	Hogan Lovells 65 Holborn Viaduct London, EC1A 2DV
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor Invicta House, 108-114 Golden Lane LONDON, EC1Y 0TL

The Trustees present their report and the audited financial statements for the year ended 31 December 2021.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Body & Soul is an innovative frontline charity that brings a community-based and richly trauma-engaged approach to addressing the life-threatening impact of traumatic experiences in people of all ages. The charity was established in 1996 to provide targeted support for children and families, primarily refugees, who were living with HIV alongside complex trauma and multiple other adversities. In response, Body & Soul quickly developed a creative 'whole-person' model of healing, which transcends any specific source of trauma by focusing instead on nurturing individual strengths and the capacity for connection to maximise opportunities for growth and for mutual support, meanwhile offering a full suite of specialist practical and therapeutic support to address the more specific social, economic and psychological effects of acute or repetitive trauma.

This approach is inherently collaborative, shaped by a constant dynamic dialogue with our members, who are actively involved in the organisation at every level. It is also systemic and solutions-orientated: through building long-term trusting relationships with each of our members, we have a clear understanding of all the challenges and joys in their lives, and we can therefore intervene in a highly-targeted way to reduce any risks and enhance specific protective factors.

In addition, Body & Soul an inquiring organisation. There is a substantial body of research showing that the stress associated with adverse childhood experiences can have extremely serious consequences for individuals but also at the social and macroeconomic levels. For example, according to the WHO, "such stress can lead to serious problems such as alcoholism, depression, eating disorders, unsafe sex, HIV, heart disease, cancer and other chronic diseases." From the outset, Body & Soul has had to squeeze every ounce of impact from every pound we are given, which is why we always make sure we have a clear empirical rationale for every one of our interventions, and then monitor them rigorously ourselves to make sure we generate clear evidence of impact.

Chair and Directors Reflections – The 25th Year of Body & Soul

2021 was another year of uncertainty for many but, for Body & Soul, the continued stressor of covid, and the remarkable spotlight it placed briefly on social inequality and centuries'-old injustices, actually helped sharpen our focus and raise our share of voice in key policy circles.

If there were one image that captures what we are aiming to achieve at Body & Soul, it is the new mural on the exterior of our building, unveiled on our 25th birthday – a product of our community coming together to share their unique stories of loss and trauma through art – as children, as young people, as adults – with hope, with humour, with a lack of shame – and the metaphor of 'Kintsugi' where the process of repair itself produces a stronger, more resonant, more beautiful self.

This specific project involved just 60 of our members but it perfectly symbolizes the creativity that we brought to all our work this year. As our members continued to firefight isolation, illness, bereavement, anxiety, poverty, poor housing, discrimination – and the added stress of covid restrictions – we reached out by phone, by video, on the doorstep, in the building, in groups and one-to-one, actively engaging with them in any and every way we could think of to make them laugh, to bring them food and medication, to open conversations that might elicit tears and smiles, and repair.

In short, as an organisation, we have sought to counter all of the dehumanising features of what it is like to live in this country if you are a person of colour or you don't have enough money, or you have experienced trauma, by demonstrating very visibly and authentically to all of our members (including many 100s of new members this year) that they each matter uniquely to us. And we have provided every opportunity we can think of – through art, through conversation, through poetry, through movement – for our members to experience this validation themselves and to share it with the wider community.

In this moral urgency to value and rehumanise our members' experience, it has always been absolutely critical to acknowledge the repetitive trauma and obscene injustice inherent in racism and in centuries of endemic structural discrimination. Our members' individual and collective experience of racial trauma has been at the forefront of all our work this year – in the narratives that we engage with in all our therapeutic work, in the tenaciousness that underpins all our casework and legal advocacy, and in all the challenge we actively bring to ourselves in our personal and collective reflection as a staff and volunteer team.

This report only provides a snapshot of all the ways we have sought to value and engage with the strengths of our members this year, and to support them in their healing journeys. Nevertheless, we hope it speaks loudly to all the enthusiasm, joy and attention to detail we have taken in working with our wonderful community in this, our 25th year.

We would like to thank everyone that has contributed to Body & Soul, from members, to staff, volunteers, partners and funders.

Deborah Bee: Chair
Emma Colyer: Director

Principles

Body & Soul is committed to:

- Promoting equity and respect and to combating stigma, prejudice and discrimination in all settings and services.
- Adopting and promoting a human rights-based approach.
- Participation of members of all ages in planning, shaping, and delivering programmes.
- Ensuring there are structures, policies, and procedures which enable us to achieve our mission and fulfil our objectives.
- Working together with others in the spirit of collaboration and partnership to provide services that are evidenced based and of a high standard.
- Having an unshakable commitment to people of all ages impacted through childhood adversity and ongoing trauma.
- Having an entrepreneurial, innovative, and flexible approach.

Achievements in 2021

Spend: 89% of charitable expenditure is on programmes for children, teenagers, and adults

'Home Again'

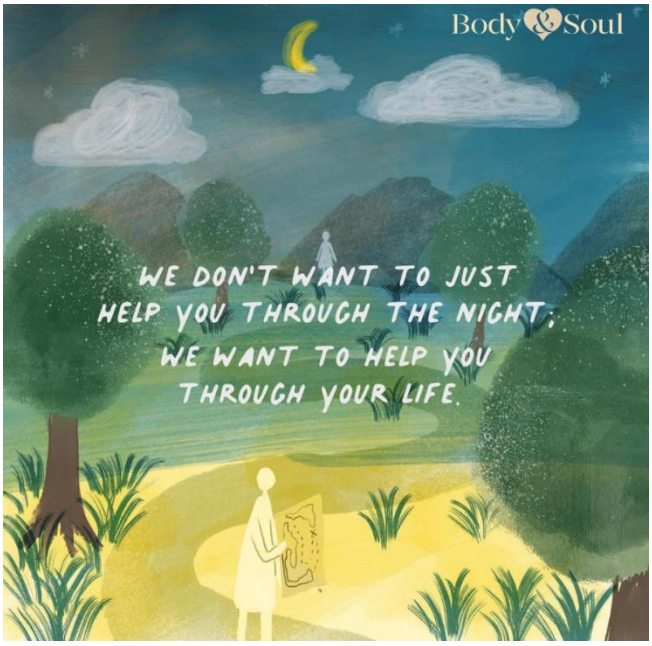
Body & Soul's 2021 Annual Report – Celebrating 25 years of Transforming Trauma



"Not everything that is faced can be changed, but nothing can be changed until it is faced" James Baldwin

You Are Not Alone (YANA)

Body & Soul's Suicide Prevention Service



YANA aims to reduce risk of suicide in young people, supporting our registered members to build a life worth living and a sense of belonging to community. We believe that young people who are suffering and at a point of despair can learn to thrive, not just survive. Our mantra is:

"Body & Soul is here to help you get through your life, not just make it through the night"

Our Approach

"You Are Not Alone" stands apart from mainstream mental health services in a number of fundamental ways. The programme provides highly evidenced therapeutic interventions for young people at risk, but it also provides a continuum of psychological support to begin to reconnect people to their life goals. Part and parcel of the YANA model is a view of health that departs from the 'medical model'. All members have access to broader health and wellbeing programmes that explore the wider impact of trauma of the body and practical ways of integrating healthy approaches that are healing to body as well as mind and soul.

"A common experience for members is to enter with a focus on managing distress and crises, only for members to begin to develop wider goals about developing healthy relationships, connecting with their purpose and beginning to imagine a longer-term future" Kelsey, YANA Programme Manager

Developing Needs

On entry to YANA, the most commonly occurring needs captured through initial assessments range from building relationships, decreasing emotional dysregulation to decreasing attendance at A&E/crisis services. For existing members within the programme, a common need is for an increased sense of community and belonging. For members accessing for the previous 12 months, very few had actually visited Body & Soul's centre. As such the programme design has adapted to this and ensured regular opportunities to engage with peers in a safe, structured environment as Covid restrictions allow.
The "Happy and Healthy Festival" was structured to deliver wellbeing workshops that were 50% online and 50% in person. The trend over the 3 months from July – September saw a consistent increase in the number of members willing to try face-to-face sessions and a pattern of members wanting more 'human' experiences having been so reliant on online support previously.

The programme is designed to bring together young people to explore a more complete schema for understanding physical and mental health in an integrated format. The programme introduces theory and practical tools informed by nutritional therapy, yoga, mindfulness and functional medicine. 2022 will see further development of this offering.

What Do We Know About the World Our Members Live In?

Our Beyond Boundaries telephone service has maintained a consistent connection with all current and graduate members. This is a vital support but also a key tool for monitoring the changing realities in young people's lives, capturing the common challenges faced by YANA members:

Health: members consistently reported long waiting lists for GP appointments, affecting their ability to request treatment reviews or consultations relating to more chronic physical health issues. Body & Soul has become aware of a high incidence of conditions including endometriosis, where young women are experiencing prolonged and intense pain but without the prospect of a specialist referral or a sense of longer-term relief.

Back to work / transitioning from home-working: Starting new jobs, returning to the office and the relaxing of restrictions were identified as commonly occurring sources of anxiety.

Benefits: A number of members are eligible for Personal Independence Payments (PIP) experienced difficulties in securing this benefit. Applications have been submitted from

members on the grounds of ongoing mental health conditions but have been regularly rejected despite the submission of supporting documents from health professionals.

Other emerging needs included:

- Support with challenges of returning to higher education, including practical support as many members do not have close family support.
- Additional support with the emotional pressure of transitioning to independent living at university.

YANA Development

A key goal for the service over 2021 has been to implement a new 'training centre' model, so that qualified therapists now queue up to work on the programme for free, creating a continuous stream of staff to deliver DBT groups very efficiently; The continued development of the service is now built around a weekly clinical forum (consult group) overseeing all practice and management of individual members entering and currently within the programme. The structure has allowed us to reinforce the delivery of 3 parallel DBT skills groups with a total capacity of 60 people at any given time, 120 over the course of 12 months. The team now also has increased capacity for additional 1:1 DBT therapy and availability of these sessions was rolled out in the last quarter of the year. The training programme will continue every quarter and aims to further increase the overall capacity of the service in 2022.

Impact of our Work – 'Improved Outcomes Online, to Greater Numbers'

366 young people benefitted from the YANA programme in the three years 2018-2021, 98% of whom have completed the initial stabilising phase of group DBT. We remain in contact with a large proportion of the young people who have joined the programme and many of these continue to benefit from our services and participate in our group activities. Indeed, we have a core team of 38 who have decided to formalise their engagement with Body & Soul and take on roles as volunteers or paid staff. A snapshot of quantitative outcomes across this diverse cohort includes:

Improved coping mechanisms

- **95.6%** of members report using more positive coping strategies to manage their emotions (B&S questionnaire).

Improved emotional regulation and a reduction in impulsivity

- **91.2%** of members feel more proficient at 'recognising' their emotions – i.e. at seeing them coming in advance so they can manage them more effectively (B&S questionnaire).

Improved social connectivity

- **91.3%** of members reported feeling less alone, **75%** feel more connected to those around them and **100%** feel better able to communicate their needs and opinions (B&S questionnaire).

Reduction in incidence of self-harm

- For 11 of the 16 methods of self-harm identified in the Deliberate Self-Harm Inventory, members demonstrated a **95%** decrease in use.

Reduced contact with statutory services

- **100%** decrease in number of presentations to A&E (B&S questionnaire).
- **46%** reduction in contact with other services – e.g. housing, police (B&S questionnaire).

Zero suicide.

- Even though all of the young people we work with have attempted suicide at least once in the 12 months before starting the programme, and some multiple times (one young woman went to A&E 22 times in the six months prior to joining us), not a single one of our YANA members has died by suicide.

'In-person' V Online Support

Prior to covid, we delivered all of our services in-person. By the end of March 2020, we were delivering our entire YANA programme online. We have seen some major advantages from this in terms of reach. We are now running the service in a hybrid format, with most groups delivered online but we have the facility for in-person work too, as seems necessary or desirable for particular individuals or groups. This significant shift, from a squarely face-to-face model of delivery, to something that is mediated by a computer screen, raises a very obvious question – which is more impactful (and why)?

To illustrate how seriously we are taking this question, Body & Soul conducted research comparing 50 young people who had been through the initial 6-month DBT intervention online in 2020 versus 50 who went through it face-to-face in 2019, using a single well-validated psychological measure, DERS, supported with a qualitative analysis of semi-structured interviews with 10 YANA members. The

quantitative measures of therapeutic change for the online cohort were at least as dramatic, if not even a little higher, than for the face-to-face cohort

Key Figures for 2021

- 365 young people referred to the service
- 124 young people completed DBT skills group for minimum 24 weeks.
- 260 young people actively engaged in all YANA programming

Members' Words

"I am very grateful of my time with Body & Soul and hope that my inactivity away from the service after finishing hasn't given the wrong impression. DBT has changed my life and I will be always keeping in mind the lessons I learnt so I can help others too." *22 year old, graduated in August*

"My time at Body & Soul has been so valuable to me, I will cherish it always. I would recommend the group to anyone who has been struggling with dysregulated troublesome emotions. To be a part of something so healing is simply magical." *23 year old, graduated in July*

It has also given me the strength, self-confidence and capability to overcome any obstacles I might face which I didn't even think were possible to overcome before, and I owe a great deal to the programme in shaping who I am as a person today."

24 year old, graduated in July

Member Story: Crissy

Crissy started the DBT group in April and graduated at the end of October 2021. Crissy moved here from France and had fallen into patterns of self-harm and suicide attempts. C's attendance to sessions was 100% but she continued to struggle with isolation, having not spoken to a person all day.



C was encouraged to access in-person sessions and workshops, usually reserved for graduates, as a way to address the distress around

isolation. After a 4-week period of encouragement, C began accessing despite anxiety about meeting new people.

Following attendance at the 'Health and Happy Return Festival', C shared that she was 'eating regularly, exercising again, many things have come back for her. Her goal is to now maintain the changes that she is so proud of, and to give back to the community by volunteering with the Body & Soul Adoption service.

HIV Support at Body & Soul



Adventurers: *A therapeutic service for children in families living with and affected by HIV*

Meet Jane King, the senior lead for Body & Soul's 'Adventurers Programme'

'We provide a unique service for children who are not only living with or affected by HIV but who were also affected by multiple other adversities including poverty, discrimination and intergenerational trauma.

Many of the children's needs will fall below the threshold for support from other agencies, despite the impact on them being complex and affecting their ability to reach both educational and personal potential. And the secrecy surrounding the nature of health problems within the family, alongside carrying responsibilities children hold create stressful tense environments that impact children's ability to function to chronological age expectations.

Our therapeutic family model is designed to equip children with the tools to navigate life successfully was concurrently helping parents to understand and support their children's needs. We welcome children aged between zero and 12 on a weekly basis, either on zoom or in person.

For all our spaces, our aim is to use trauma informed practice, supported by therapeutically informed activities to create a safe space in which children can build meaningful connections. We aim to help enhance children's understanding of their own well-being and build their confidence, resilience and emotional literacy through fun, creative activities support them to discover their talents and set them on the path to becoming the best version of themselves'.

Recognising the Needs of Our Younger Members

Beyond Boundaries has been central to maintaining contact with parents and children over 2021. Body & Soul has provided proactive calls and contact with 300 families, providing regular insight and intelligence into the evolving needs of members of all ages.

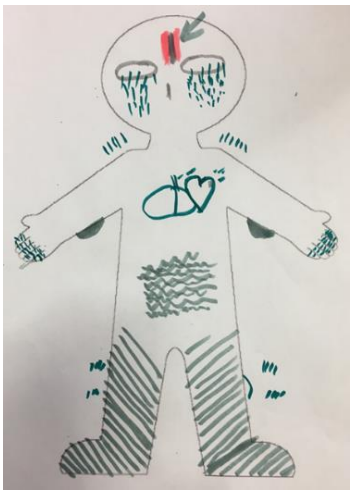
- 145 children were supported through programmes at the Body & Soul Centre.
- 305 families were in regular contact throughout 2021, receiving regular telephone contact, casework and advocacy and hardship grants.

Key themes and needs that have informed our work this year include:

- Children expressing the need to be 'more in control'.
- Children wanting to play with others
- Parents & staff observing increased levels of anxiety.
- Staff observing increased need for adult support and attention during sessions.
- Continuing signs of higher anxiety levels were observed in the way children struggled to concentrate, the length of attention span and their sensitivity to things they would previously have managed.
- Disconnection continues to be a theme, exacerbated by families' inconsistent access to digital technology.

Children & Families Survey

The 'frame' for our work with children aimed to address the prolonged limitation of children's opportunities. It also acknowledged the expectation that as restrictions were relaxed, children would need to readapt to changing social situations, whilst managing any overwhelm that may come from yet another change to their lives. Parents had begun reporting behaviours suggestive of increased anxiety levels and we were observing similar indicators within the children's workshops (23/30 parents). Past experience shows us that it is common for members to want to move on quickly from difficult experiences, which may leave some children in the position of being unsupported in processing the many changes and difficult circumstances they have experienced. Without support to manage any difficult feelings it is likely that any issues being observed now would only be magnified later.



"When I'm sad I feel it in my eyes and fingers. I feel worry in my stomach. I feel anger and upset in my head. When I'm anxious I feel it in my legs and my shoulders. My heart and lungs hurt with all my big feelings."
Picture and comments from Nicky (12)

Additionally, parents focus groups suggest opportunities to be creative have continued to be limited as schools focus on supporting children to catch up on missed learning in the core subjects (27/30 parents). We know that many of our members flourish best through creative expression and that traditionally academic subjects can be challenging, leading to emotional and behavioural difficulties. Those same conversations highlighted that opportunities to be physically active have continued to be limited and mostly restricted to 1 or 2 organised sports lessons at school, with play times and lunch breaks often encroached on by additional literacy and reading support (24/30 parents). Members have been very engaged with any active elements of workshops to date. A focus on sensory and physical activities was an important element of helping members begin to process their experience of the pandemic.

Our 3 main aims:

1. Children are able to recognise, articulate and regulate their emotions.
2. Children have developed strategies for managing stress and anxiety – we planned to meet this by teaching mindfulness and breathing techniques to aid relaxation
3. Feeling more connected, happier and can find moments of joy.

Programme 'Snapshot'

'Way To My Heart' in partnership with Phakama – August & September 2021

'Way To My Heart' was a project designed in partnership with arts organisation Project Phakama to celebrate the unifying power of food and storytelling. Over the course of 8-weeks families cooked together, shared recipe's and engaged in creative storytelling workshops. As 2021 marks both Phakama and Body & Soul's 25th anniversary the project

had a focus on celebrating – celebrating individual stories, personal recipes and the coming together of community.

The project was planned in recognition of the increased pressures on family relations that members have faced and continue to face in light of the pandemic, navigating home schooling and sharing small spaces through lockdowns, the heightened impacts of poverty and managing increased anxieties around coronavirus because of complex health needs. 'Way to My Heart' focused on providing space and opportunities to heal family bonds through joyful and connective experiences. Play remained at the forefront of all the workshops and activities were planned to provide skills and tools that could easily be repeated by members in their own homes giving legacy to the work.



Each week one family group, supported by chef-artist Mike Knowdlen, headed to the kitchen to cook a recipe that was important to them. This sense of purpose and sharing with the wider group not only supported engagement but visibly improved self-esteem and group cohesion as members gave praise and support to each other. As they cooked, the other family groups took part in creative storytelling workshops led by artist facilitators Tom Drayton and Radhika Aggarwal, that were all based on themes of food, sharing and connection.

The group planted beans while exploring the story of Jack and the beanstalk, made their own salt dough characters in response to The Gingerbread Man and went on to create their own food-based stories that featured the baked bean dancing man and Roy the chef! Over the course of the project the recipes and stories have been collected and recorded by visiting illustrator Ellis Lewis-Dragstra.

This content is now published as a set of recipe cards which will be printed and shared with the wider Body & Soul and Phakama community so the celebrations continue on.

What did you enjoy about the project?

'I enjoyed cooking with my daughter and meeting everyone'
'Dancing and laughing and love'

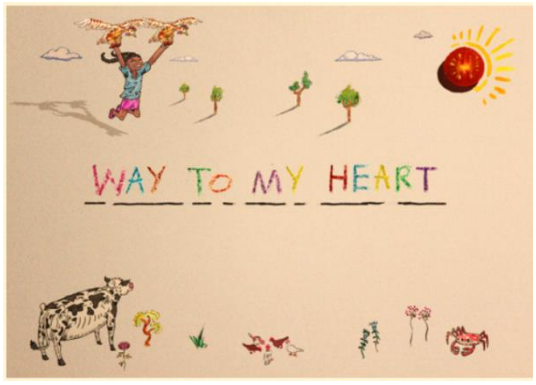
'I have really enjoyed every activity and playing. So does Robert, he really looks forward to coming every week'

Feedback from the Project Phakama team

"From the moment I walked into the session I was met with kindness, warmth and the joy of people coming together and connecting over food, dance, storytelling, and crafts. The sessions flowed so well over the course of the evenings, beginning with a meal, and ending with celebration and laughter. Families and facilitators all work together to create and share. Way to My Heart is a project that must happen again." Sarah Sayeed, Project Phakama Creative Director

Family Outcomes

- **100%** felt stronger connections with their family
- **80%** of parents felt they had learnt new skills to engage in play as a family
- **80%** experienced more opportunities for playful and joyful experiences





Jamaican Spiced Ackee & Saltfish

Prep time: 20 minutes; Cooking time: 40 minutes
Serves: 5

Ingredients

2 Tins ackee
1 Fillet salt cod in a few large pieces
½ An onion
1 Green pepper
2 Tomatoes
2 Spring Onions
Bammy
½ tsp All purpose seasoning
½ tsp Garlic powder
1 tsp Pimento seeds
4 Sprigs of fresh thyme

Method

1. Soak the bammy in semi-skimmed milk for a few hours, or overnight
2. Soak the cod in cold water for 2 hours
3. Drain the cod, then simmer in fresh water for 10 minutes
4. Check if the cod is not tasting too salty. If it is still too salty, continue to simmer for 5-10 minutes and check again. When it is tasting balanced, set aside and discard the cooking water.
5. Cut the tomatoes into 2cm pieces, slice the onion, slice the spring onion into rounds and cut the pepper into strips. Set the vegetables aside.
6. Simmer the ackee for 10 minutes then drain and reserve
7. Heat 1cm of vegetable oil in a frying pan and fry pieces of bammy until golden on both sides, turning part way through. Set aside on kitchen paper to absorb any oil.
8. Flake the reserved salt cod into 1-2cm pieces, checking it for any bones
9. Fry the tomatoes, spring onions, green pepper and fish along with the all purpose seasoning and garlic powder in a little oil until the veg begins to soften
10. Add the pimento seeds and thyme to the pan and continue to cook for 2 minutes
11. Finally add the sliced onion and stir just to warm but not cook it, then serve

Tip from the chef: Pray, pray to sanctify the food. Sing while cooking the food.

Way To My Heart was a family project designed to harness the unifying power of food and storytelling. As 2021 marks both Phakama and Body & Soul's 25th anniversary the project had a focus on celebrating – celebrating individual stories, family recipes and the coming together of community.

Phakama 25 · Body & Soul · Queen Mary University of London · Supported by Arts Council England · Artwork by @Ellis_LD

Member's Testimonies

"I am in tears as I read the supporting letter from Body and Soul. On behalf of me and my girls, we say a massive thank you for all you have done for us, support given to us, voice given to me particularly, building the bonds between me and my children when I was mentally not connected to them. I am very grateful that I found a family I never thought I would have in the UK. I love you all so much and I can't wait to tell the world my story one day." Olly, Parent & Member

"When my son was shot I didn't know where to turn and then I thought of Body and Soul. I just knew you would be there for me. Talking to you has kept my hope and my spirit going." Parent

"There is so much and it is hard, really hard but Body and Soul are so helpful for my son and daughter"

"I haven't seen my children laugh so much since this all started. It was so lovely to see and hear. You bring joy to my heart giving this to them." Parent

"I am happy to be back with my friends. I miss you all when I can't come." Maria, 9yrs,

Positive Parents

Hilary & Ganiyat lead this whole family programme. We asked them to capture what is unique about PPP.

Hilary: *'It's a programme for pregnant mums and mums with children 0-3 that have a diagnosis of HIV. One of the big needs for those on PPP is being diagnosed with HIV during pregnancy - a big shock and surprise which has a negative and isolating consequence. Immigration and housing instability also impact a majority of our parents and this presents with an array of complexities. Additionally, poverty, separation from family back home, medical needs for them and their children, and a massive disconnection through fear of seeking out support and not knowing where to go. As with all our programmes, we do not focus on the problems but remain focused on the person, the human and what has happened to someone, not what is 'wrong' with them.*

Ganiyat: *"The families are still struggling with the impact of Covid and this has really increased the gap between just about managing and not really managing with the money they have. Many were already in insecure employment and have been laid off or advised to stay at home by their clinicians. Also, there is a high amount of grief and many have lost family members. There is a ripple effect of covid that is still happening for our families. There remains a fear around seeking support and the worry of social services getting involved. With this programme we create a safe, supportive and confidential space where they can slowly get to know us and we can get to know more about their circumstances and as such we have been able to respond to this".*

Member Story

One of our members Gloria has a three-year-old daughter with complex additional needs and was told by the medical team that her daughter was not 'compatible for life' and is now under palliative care. B&S organised a taxi to bring the family to the centre where mum was emotional to see her youngest interacting as she doesn't go to nursery and her only outing is to visit sister in hospital. Mum fed back that when she left B&S she was visibly happy and smiling and impacted by being in the building with others and this was a really warm environment for them. Mum has expressed her sense of belonging in being in PPP – a young mother, struggling with diagnosis, her accommodation was precarious, and her confidence is now booming. B&S has now accessed funding to get her a double buggy which has transformed her ability to travel with both children.

In addition, to the main group programme, we have supported the family with housing advocacy, immigration support and liaise with the family social worker.

What We've Achieved:

Over the course of 2021, PPP has seen the engagement of 117 individual parents and their young children.

As a direct result of accessing this support:

- **90%** reported feeling less isolated
- **80%** reported feeling more confident in themselves and their parenting
- **100%** reported feeling respected
- **95%** reported feeling their voice was heard
- and **95%** reported feeling happier.

'I never thought I could smile and look after myself. Seeing the other mums looking well and pretty has made me feel I can too'

Programme 'Snapshot'

Positive Parent's Group

Our regular 4 week therapeutic parenting group, ran across the year with average attendance of 20+ unique members. The final quarter saw the first of these return to an 'in-person' format. Parents were happy to be together again and shared stories of managing family life during the ongoing pandemic. Some of the themes that immerged in these sessions were how they feel disproportionally discriminated against by schools and social services due to their ethnicity,

circumstances and parenting styles. This has become 'the one place' that our parents can speak freely without judgment.

Key Partnerships



Hilary joined Nourish UK's Advisory panel around research into breast feeding for positive mums. From this we listened to feedback and invited one of the researchers to come to one of the groups. This was an informative and supportive session for the mums as they shared their experiences of maternity wards and ante natal care. We explored their experiences of breast feeding and bottle feeding.

'When first diagnosed I wanted to die and I never thought I could live a life worth living. Through coming to the group and sharing experiences it has made me want to live'

The sessions provided a space for the mums to have their voices heard and explore any fears and myths around breastfeeding. The mums expressed relief and joy in their power to say, "*it's a choice to breastfeed now, and that choice is mine*".

We continued to work with Liz Spellman, a specialist HIV nurse from the Grahame Hayton Unit at the Royal London Hospital. She joins us in week 5 each quarter: This is an informative session where mums can ask questions about HIV. There have also been discussions around Covid and the vaccination programme.

Parents Place Pathways

The pathway to accessing PPP starts by first engaging clinics through our 'Open House' events, giving professionals a chance to meet the team and get a taste of the programme.

New referrals are assessed by a member of the team. Every new member is supported with any immediate practical needs so even prior to them starting we can begin developing an understanding/relationship with them.

The first session is getting to know each other – where they are emotionally, physically, practically and getting to know the group. This may be the first time they have been in a space with other positive mums

It can take several sessions to be able to vocalise that they are a positive mum. There can be a disconnection between self and environment through diagnosis so in the space there is a sense of coming back into connection, belonging and acknowledging their human struggles leading to an increase in confidence in their parenting.

Parents who have been a part of sessions and the group have the opportunity to play a more active part in designing sessions and become a part of the delivery team, facilitating and supporting other members.

The Young Adult Service



Our partnership with Lululemon in the provision of accessible, physical movement sessions back at B&S HQ. The energy was a welcome uplift for the whole community. Parallel online sessions proved just as popular.

Introduced by Saga, Head of Young Adult Services

"I've worked within the service now for over 4 years, having started as a volunteer working in Thursday evening services. Leading the service over the last 18 months has brought challenges that we could never have expected. What we also see more and more, is how Covid has exacerbated the inequalities and difficulties already playing out in the lives of members. We are reaching significantly more members now than at the start of 2020 due to our digital support, but the core essence remains the same....."The Young Adult Programme is sometimes only seen as a weekly group programme for 18-30 year olds at Body & Soul, but it's so much more. It is actually a service that is there every day of the year, with permanent staff always at the end of the phone providing a breadth of support that sees people's lives beyond an HIV diagnosis. We now have therapies, wellbeing programmes, creative projects and practical casework support all available online. Every member is provided with a consistent person to speak to, who is there to keep in contact and work in partnership with members to keep life on track. If you wanted to know what early-intervention looks like in practice, I think this is a good place to start. I believe we have prevented any serious crises over the last year, by just being ever present and focusing on relationships first and foremost, rather than problems.

Over 2021, the priority has been maintaining a sense of our healthy community. While the world was interrupted, our community continued to function as a means of feeling connected but also as a provider of learning, purpose, creativity and emotional support. From summer 2021 we saw a return of the physical community at Body & Soul with over 30 members joining together for the Young Adult Community Night, hosted by a new group of members who are curating this space every month....."

Saga, Head of Young Adult Services, Body & Soul

Understanding Current Needs…

The Young Adult Beyond Boundaries team of 10 volunteers covers a young adult community of members numbering 264 current active members. Active members are as a minimum, in contact regularly with the team, actively accessing one of the key support services, accessing programmes online or in-person or regularly volunteering within Body & Soul. The value of having the same team member calling at an agreed time every week or month, provides us with rich information on how the ongoing pandemic is impacting the community as a whole and individuals in their respective ways.

The most commonly recurring challenge in 2021 has been that of connection, or rather the lack of 'meaningful connection'. This has presented itself in a variety of ways, whether it be regular questions around 'when are sessions running in the building?' to more direct and conscious awareness of online communication fatigue.

Isolation: breaking isolation has been a core aim of the service from the outset of the service. This year has witnessed members experiencing direct stigma, harassment and discrimination as highlighted in our 'Member's Story', yet members generally commonly express a lingering fear that 'exposure' of HIV status will potentially have profound effects on their lives. This shared sense and fear of 'not being understood or accepted' is an obvious contributor to members sense of isolation, alongside a complex range of factors that further exacerbate this.

An additional phenomenon amongst Young Adult members is that of living alone. Whilst more broadly the age span of the service corresponds to adult independence, independent living is generally prompted by need rather than financial mobility. These factors contribute to an experience of isolation are multiplied by the increased likelihood that young adult members were required to 'shield', either for their own health or that of close family members who were seen as vulnerable to Covid.

Our member story illustrates this reality and its coincidence with frequent feelings of loneliness and isolation.



Member's Story

Rachel registered with Body & Soul at the time the country first went into lockdown. She has not long arrived from Ireland, where she had spent her teenage years, although she had spent her first years in Africa. It was only at the age of 14 was she told of her HIV status, without any access to the support that could help her work through this.

It took a family breakdown, fleeing to the UK and experiencing harassment before she connected to Body & Soul. Uncertain immigration status is never a barrier to support at Body & Soul, although frequently it can be a reason why support is declined even in the voluntary sector. On the contrary, Body & Soul provided advice and guidance around this, and more immediate housing support. Rachel had ended up living in shared housing where a resident had discovered her medication and HIV status, sharing this with the rest of the residents.

Finding safe and suitable housing in a pandemic required persistent support and advocacy, moving Rachel from another unsafe placement in a single homelessness project, where she was sadly threatened and robbed, to the eventual safety of a new flat.

It was only after months of ongoing casework that Rachel was finally able to visit the Body & Soul building and see the community behind the services.

'Programme Snapshot' 'Return Festival'			
	July	**August**	**September**
Face-to-Face	Young Adult Community Gathering: 'The Creative Get Together'	Urban Gardening Workshop: nutrition, mindfulness and cooking for everyone to try.	Afrobeats (creative community) – 4 session dance & music based course. Young Adult Community Gathering:

Online	Lululemon Yoga & Movement Course (4 sessions) led by Lululemon Ambassadors.	National Theatre Public Acts – online reunions – singing sessions and creative spaces for YA members 'Explore Through Art' – facilitated by member illustrator Ruby.	September – Yoga with Lululemon – 'focus on grounding and breathing'

From July 2021, there has been a marked increase in the amount of programmes running from the Body & Soul building once again. In all programme planning, members themselves have been at the forefront of shaping the return to a 'physical community', initiating the development of the 'Happy & Healthy Return Festival', a programme of online and in-person wellbeing and community projects with the aim of interrupting the incidence of low energy, low mood and long-term isolation of members.

"There's only so long we can just exist. Having the chance to see old friends and just be with people is not just some small thing….it's what life is all about. It's essential to being alive' Young Adult Member

270 Young Adult Members have been supported through programmes this year, receiving over 2000 Beyond Boundaries support calls

Therapy Focus



Our team and therapeutic provision continue to develop and at the end of 2021, the team was comprised of 18 therapists offering sessions in Integrative Counselling, Nutritional Therapy, Art Psychotherapy, Child & Adolescent Psychotherapy, CBT, Behaviour Therapy and EMDR.
We have been able to provide the following:

- 205 members accessed 1:1 therapy in 2021
- 2070 1:1 appointments provided
- 92% of members said therapy met their needs.
- 83% of members said they use what they have learned in therapy 'a lot' or 'always'.
- All rated it a 'good' or 'excellent referral experience'.

Member Story

Danielle is an Adult within the HIV Support Programmes. She was referred for individual counselling last quarter, attending every one of the 6 sessions. As the last session approached, Danielle asked if she could continue…

"I don't feel I've said everything I needed to get out".

She felt safe with the therapist and began exploring fear about her own HIV diagnosis. Through the additional sessions she is now feeling strong enough to name HIV to her children. She now feels she can bring her children with her to Body & Soul and even though living with HIV feels tough, she feels that she has freed herself to keep talking. Danielle is now regularly meeting other mums at Parents Place where her journey continues.

'I found the therapy very supportive; the counsellor was excellent and it gave me hope again'

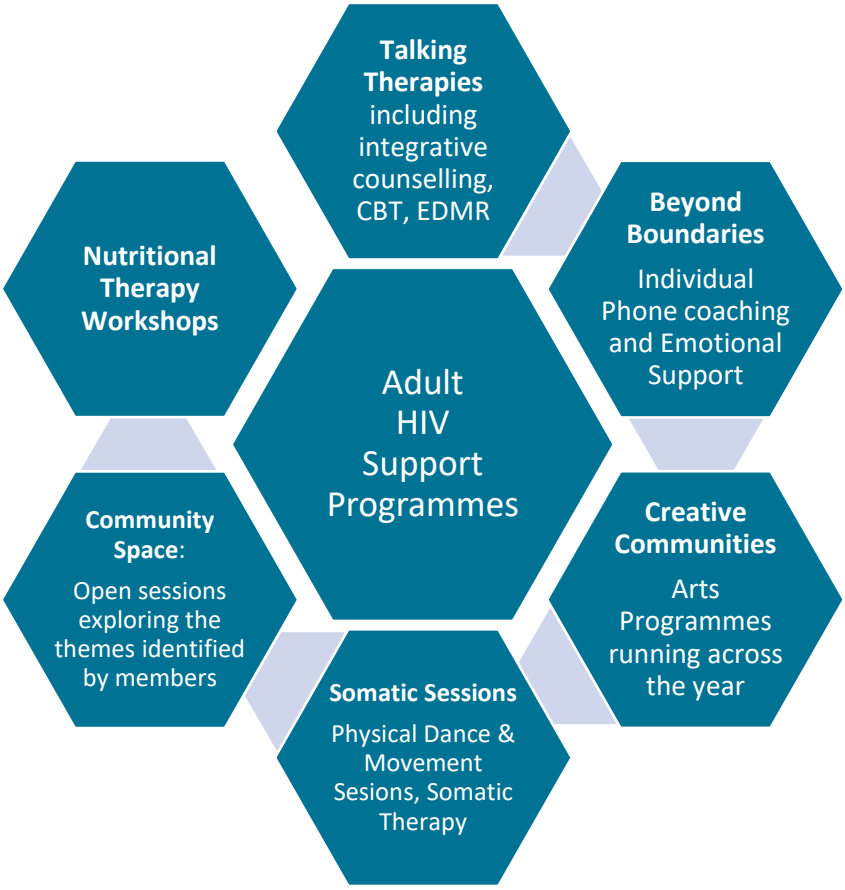
'Angela was amazing, I managed to confide in her I felt confident and comfortable to share with her, she was amazing because I was going through a lot. She gave me ideas of how to deal with some strategies of meditations to help me when I feel challenged'

HIV Support for Adults 30+

Our service aims to support its members to find healing, transformation and the growth they seek following life experiences of trauma and childhood adversity. We aim to change the experience of people's trauma and destigmatise living with HIV. We do this through providing a holistic model of health that validates each person's life experiences and includes a whole person approach which considers multiple areas of need; physical wellbeing, emotional and mental health, practical support needs and personal goals. This is an integrative perspective of wellbeing.

Importantly the service is delivered in a community-based context whereby members build social connections, share from their lived experience, experience the de-stigmatisation of living with HIV and build resilience.

Many of our members have been missed by other services due to cultural reasons including race and language, the complexity of their practical circumstances (for example relating to immigration or being a refugee or a victim of human trafficking). In addition to this, there is typically an absence of a robust trauma-informed perspective.



The service provides a wide-ranging number of services which genuinely work with the needs of the whole person. Our framework includes a community-based approach as mentioned, works with people of all ages zero to end of life, is a whole family approach. This is not commonly found in service provision for people living with HIV

Understanding Member Needs: 'Planning For The Future Community Survey'
When understanding member needs the Spring 2021 'Planning for the Future Survey', completed by over 200 members, indicated that though the Adults Programme had been successfully supporting members to reduce their experience of isolation there was still support needed in the areas of managing stress, anxiety, regulating emotion, improving self-confidence and self-worth. Approximately 25% of members identified that these were the areas they most needed help.

Though we recognise that these themes relating to personal histories of past trauma and the challenges of practical daily life (housing, finances, destitution or physical health), we believe that emotional vulnerabilities have been compounded through the impact of the pandemic. This has happened through increased social isolation and restricted access to primary health and social care services. Our aim with all subsequent programming was to ensure that the service continued to build emotional resilience.

Importantly, members themselves have been vocal about the desire to have open connection time with each other – simply sharing and being together. This is evidenced by the monthly online members forum continuing to have the highest attendance of all other online offerings. Why is this the case? Well, we know community and connection is healing. Also, we have learnt from the theory shared in our Somatic Therapy workshops that groups play a part in co-regulating its members. In the Members Forum topics have ranged from relationships, supporting each other with bereavement, living with HIV and the best comedy to watch on Netflix to help bring laughter into everyday life! Being together and sharing with those who have the same lived experience as you, listening, giving support and guidance to each in the spirit of love and care is what these spaces provide. Its value is great and at the same time cannot be quantified in the same way as feedback at the end of a set course. It these spaces, with their openness and trust, that make Body & Soul's programme unique.

Considering the world around us and the context in which we live in

As shared, we have witnessed how the pandemic has further compounded member challenges in the areas of emotional vulnerability, physical health and practical challenges. Underlying anxiety and mental health issues have been exacerbated through the experience of the pandemic. Whilst at the same time it has been difficult for members to have access to mental health services or the GP for a physical health issues. We have advocated for members to receive the support they need from primary care. There have been marked physical and mental health deteriorations. For example, there have been 3 members who have been diagnosed with cancer and one who sadly passed away in the summer. This makes us question whether delays to access services may be impacting member access to the right treatment at the right time for serious health conditions.

The Black Lives Matter movement continues to reverberate through the community as members share more frequently about their cultural roots, not being understood by mainstream British society, exploring ideas around 'home' and 'belonging' for both themselves and their families.

Adjusting to Reduced Covid Restrictions

By quarter 3 2021 programme content became focused on connecting members with each other in a meaningful and supportive way. Courses such as Somatic Therapy, Happy Mind Happy Heart (an applied Mindfulness and DBT course) and Afrobeats Dance Workshops were key in implementing this orientation and responding to member needs. It was essential that the Tuesday evening programme would be relaunched as the world began to 'open up' again and the members increasingly become confident in venturing out.

Programme Snapshot



'Explore Afrobeats' – July – August 2021

Over the course of 6-weeks dance artist Olu Alatise took a group of 20 adult members us on a journey to explore the power of movement and storytelling through the joy of Afrobeats. The project was designed to give the group space and time to connect back to our bodies, each other and Body & Soul, through discussion, movement, and fun!

We know that the physiological, neurobiological, and psychological impact of trauma mean that our members have complicated relationships with their bodies and that comorbidity of health is also prevalent for the community. This project was designed to improve members awareness of physical sensations and relationships with their bodies, counteract the 'static' nature of living in lockdown and get members moving again without feeling like they were engaging in formalised 'exercise'.



As it was the first time a lot of the members who joined us had been back into the building since early 2020 there was also a focus on celebration – celebration of culture, community, and connection. Olu shared her knowledge of different music and dance styles from different cultures and countries in Africa, asked members to bring in and wear material from their home country and engaged in discussions around traditional foods and

rituals which collectively encouraged members to share stories about home, identity, and family.

There was a profound sense of unity within the group as they shared stories, moved together, created music, and engaged in a lot of laughter! There were some amazing dance offs, beautiful moments of vulnerability and an innate feeling of group support and encouragement. On the final week members were invited to attend in traditional dress and some even brought foods from their home country to share with the group, a lovely celebration of the diversity and inclusivity within the community.

On completion of the course:

- 94% of members reported that they felt more connected and aware of their body
- 100% of members reported that they felt less stressed
- 94% of members reported that the course gave them skills and tools to keep joining movement workshops beyond this course
- 100% of members reported that attending the course made them feel more connected to others in the group

Further member feedback:

'We have a laugh and teach each other. Seeing people that I have been seeing on zoom. Laughing, sweating, dancing, keeping it positive and keeping hope.'

'I had so much fun. Wish it could go on and on. I laugh from the time I arrive and leave. Thank you for making my time so enjoyable. Not just me, Isobel (participants daughter) tells me. I am so happy to be here. Let's not leave the fun here. Let's dance at home.'*

'I enjoyed the laughter, the smiles. Its infectious. So good to come out of lockdown and come to this. To find something to laugh about.'

'In lockdown I was alone, then the call came. So much joy when dancing. Dancing makes you happy.'

Feedback from the facilitator

'From the friendly staff to the incredibly inspiring and energetic members and to the volunteers, my whole time at Body & Soul left me rejuvenated and revived each time. Whilst I was the facilitator, I really felt like the members taught me life lessons about resilience, strength and having a positive mentality. It was amazing to see and feel how

present each person was and how involved and engaged they were. From dancing to the drumming/percussion sessions to the discussions, each week was better than the last. Thank you for the opportunity to not only be introduced to an amazing charity but also the chance to not only teach but meet some amazing human beings. I hope I get to work with Body & Soul again.' Olu Alatise, dance artist

Creative Communities

Overview

Our Creative Communities programme ensures that members have access to the healing power of the arts. We unite leading artists in a collaborative process with the community to create ambitious and affirming work. Creativity has provided opportunities for members to feel recognised, witnessed, and validated through this time of profound isolation and disconnect. We have seen that creativity not only offers space for connection and expression, it can ignite change, renewal, and recovery.

Programme aims:

- Widen access to high-quality arts provision
- Improve levels of mental/emotional/physical wellbeing
- Increase confidence, self-esteem, and communication skills
- Improve connection with self and peers of similar life circumstances
- Inspire curiosity and imagination, beginning a life-long relationship with creativity



Home Again – November 2021

Home Again was a Body & Soul community mural making project that was designed to capture, connect, and celebrate the vibrancy of our community and celebrate our 25th birthday. Home Again provided an opportunity for members to connect back to the Body & Soul building, reclaim the space as their own and see their stories and experiences honoured in a tangible way.

The project was delivered in partnership with ATMA and 'Paint the Change'. Over the course of 4-weeks 70 members of all ages engaged in workshops that used different art forms as a tool to create discussion and story sharing around what this community means to them. The workshop series took inspiration from the ancient Japanese art of mending broken objects with gold, Kintsugi. Members

explored shape and colour to create a community art piece, designed individual kintsugi plates and created and wrote postcards to past, present, and future members.

The final mural painted on Body & Soul's building was inspired by the workshops and depicts a beautiful kintsugi vase of lilies. The vase represents the body of the community, and the flowers represent the soul. The lilies represent a sense of rebirth that happens to people when they come to Body & Soul. Each colour on the vase represents the 4 groups that Paint the Change worked with, a real honouring of their time together. The mural will act as a lasting reminder that if we choose to embrace our struggles and repair ourselves with love, we become more beautiful for having been broken.

Member Experience

'I am so thankful that this project brough us together again, it broke down loneliness and isolation, it's been food for the soul.' Adult member

'Art is a kind of medicine, very appreciated. Excellent ideas and management.' Adult member

'I really enjoyed being creative again. Nothing could have been better, fab project.' Adult member

'I enjoyed working with Matt and Efe, they made me feel safe and secure to express myself freely.' Young Adult member

'I loved the creativity it let me express myself and be proud of making art.' Teen member

Member stories



Jay joined the Body & Soul community during the pandemic so had only ever accessed remote support before joining 'Home Again'. The Body & Soul team worked closely with Umberto to manage his anxieties around leaving home which he had only done for essential reasons since the pandemic began. He did not know anyone in the group but as an artist himself he built an instant rapport with Matt (artist/facilitator) and got stuck in with the activities. Over the

course of the workshops he became more comfortable to share his thoughts and feelings with the group and he was visibly proud to be a part of the project.

On reflecting at the end of the project Jay stated that 'art is perfect' and on being asked to describe the project in three words he said 'liberating, socialising and community.' On reviewing Umberto's reflections on his confidence at the beginning and end of the project he reported stark improvements in his confidence in his own abilities, presenting to others and working in a team.

When Jay attended the Christmas party a few weeks after the project had finished, he wore a tie that matched the colours of the mural and proudly asked to have his picture taken next to the mural, a beautiful reflection of how much the project meant to him.

George has been a Body & Soul member from a young age and engaging in 'Home Again' as a teenager gave him a chance to reflect and reminisce on the positive impacts the community has had on his life. He shared stories of how he loved going to the children's centre every week when he was young and how much he felt coming to Body & Soul has supported him and his family. George lives in a busy household and has been managing complex family relationships alongside preparing for exams during the pandemic. 'Home Again' not only provided a much-needed creative outlet for George 'I loved the creativity it let's me express myself and be proud of making art', but a chance to connect again with the close friends he has made during his time here. 'I want to do another project ASAP! I like coming here every week it feels good to be with everyone regularly.

Building Our Community



In July 2021 Body & Soul relaunched our quarterly 'Open House' Events. These 2 hour events provide a virtual tour of services for professionals and partner agencies, with opportunities to meet key staff and current members who describe their experience of the services that have helped them.

These events have allowed new and existing referral partners to understand the development and remodelling of all key services, especially those available online.

Post-Adoption & Special Guardianship

"Body & Soul Is passionate to provide equality of provision for children and families under Special Guardianship, for community that is often left to struggle on"

Who are the 'Young Explorers' & 'Teen Spirit'?

Explorers & Teen Spirit are programmes for children & young people aged 7-12 and 13+ respectively, who are adopted or under special guardianship. Now running for over 5 years, Explorers & Teen spirit remains the only group based therapeutic provision for families. What also sets this service aside is the offer for ongoing engagement for all family members, which we believe is critical for young lives that have been impacted by family disruption. The model provides a safe, consistent community context in which children and young people can develop attachments and the skills to navigate their everyday worlds, ones that often not attuned to their needs or how they see the world. The service is designed so that whole families have access to an integrated programme that helps build resilience within adults and children equally.

Emerging Needs with our Families

Programmes at Body & Soul are designed around a range of needs of the children and families registered with us. We balance the uniqueness of every person with an understanding of the impact of early disrupted attachment on a child's ability to cope with the world around them. The community feel created at Body & Soul is an environment that supports the development of peer relationships whilst providing consistent work to address emotional regulation, self-esteem and positive identity formation. For children often struggling to cope with peer relationships, this is commonly multiplied by exclusion from school and often from other social settings. Parents too experience a strong sense of being 'left alone' to manage, without access to ongoing support.



Den Building at Young Explorers

The Current Picture of Need

As we entered the second half of 2021, families reported the ongoing pressures that had built up over the previous year. A consensus across the community is the disruption of out of school activities that are often so vital in providing purpose, routine and structure to their children's lives. The loss of even this aspect of life immediately adds further responsibility back onto parents without a healthy outlet for difficult emotions that physical activity provides.

A common emerging narrative was the adjustment families had made to 'just about' manage at home, only for the children to have to adapt to school restarting again. Several members attend specialised schools or were transitioning to secondary school, suddenly having to confront the challenge of making new friends.

Parents and guardians of Teen Spirit members shared similar stories of long sustained periods of time in bedrooms away from friends, peers and isolated. Body & Soul has continued to provide online projects and sessions alongside increasing face-to-face Saturday programmes. One teen member, who has now become a mentor within the programme, illustrates the reality for our members: "*It's so much fun, even though its on zoom, it feels more fun than school".*

Summer Programmes

Following consultation with families, the summer programmes reflected feedback that helped to develop a more consistent experience for the children and young people. The 'connect' sessions provide a more joined-up experience that allows members to build and sustain connections over 3 weeks rather than the previous monthly sessions.

'Programme Snapshot'

SoulFest – August 2021



SoulFest was a three-day creative festival that brought together young people in an exploration and celebration of the power of connection. Over the course of the festival a group of 21 young people engaged in a series of art, drama and dance workshops led by the Body & Soul team and guest dance artist Zoe Elliott. The project was devised to use creativity as a tool to give members an opportunity to reconnect with themselves, others, and the Body & Soul community as a whole.

In the face of a time full of disruption and uncertainty for us all, young people have had to navigate increased anxieties regarding their futures, a reduction in opportunities to connect with their peers and engage in extra-curricular activities and a heightened fear for the health of older parents and carers. SoulFest was designed to recognise and explore these profound struggles but also provide counteractive opportunities for play, joy, and freedom.

Members engaged in an art workshop where they explored and created an animal representation of themselves, they took part in movement workshops and drama activities that focused on getting to know each other and enhancing group cohesion.
Throughout the project young people were put in the driving seat, giving them the power to share what connection means to them, their explorations, and creations where shared in short performance piece at the end of the three days. We had a small audience of parents/carers and members of the Body & Soul team. The room was full of smiles, laughter and celebration, a reminder to us all of the power and beauty of connection!

Member Stories

Before joining SoulFest Angelo* had not accessed the Body & Soul community for over 3 years. This meant that he was not familiar with the staff team delivering the project or any of the other young people in attendance, he only knew his older brother. He is living with ASD and can struggle to navigate new situations and relationships, something his mother highlighted on him joining the project.



On the first day Angelo* was reserved and apprehensive, but he came alive in movement workshops and loved exploring the freedom that came with using the ribbons and scarves that the dance artist incorporated. Over the course of the project, he became more vocal in sharing contributions and asking for help when he needed it. He built bonds with other members of the group and directed games that they played in the park during free time together. In the final sharing Angelo* proudly shared a movement solo with the audience, a solo full of energy, confidence, and freedom! Angelo*did not want the project to end and asked if he was coming back the next week.

2021 Explorer Headline Programme Outcomes

Aims	Explorer Outcomes	Teen Spirit Outcomes
Building and maintaining secure attachment to peers, adults and family members.	100% of the children reported making at least one new friend.	60% reported making new friends.
Enhancing self-regulation, and for children to have their own autonomy in their emotional and mental health.	60% of the children felt they have the skills to manage their emotions.	82% of group reported feeling better able and have the skills to manage emotions.
Developing an awareness of emotions and learning the skills to be able to regulate them effectively.	100% of the children can accurately name and locate 5 or more emotions and their physical impact within the body.	9/10 members reported using a previously taught skill in the previous week to manage difficult emotions.
Being able to start making sense of their adoptive/special guardianship experiences.	89% of the children at the end of projects reported they had increased in confidence.	50% of group felt more confident.

Success Story

Many of the successes of the programme can be captured in particular moments. We accept that we cannot always immediately understand the impact of the group, but the following examples show that often it takes time for young people to process all the different elements of the Body & Soul Experience.

Angela was reluctant to return to Teen Spirit but soon became engaged with music sessions over her 4 week 'Beginnings' programme. On her return to the next session, she shared that she had been teaching herself to play guitar and drums so then started to teach another teen how to play. She had never performed to an audience previously but was able to share her skills with the group and stay another hour after the session to help clear up. Mabel had found it hard in the group initially, preferring to keep separate from the group for several sessions. In her final week she came to the group with a collection of her own lyrics, costume and microphone so that she could share her music with the group.

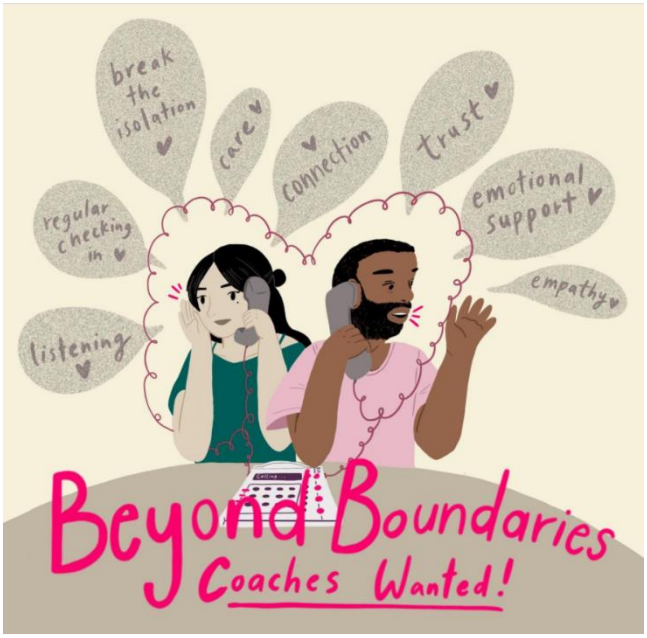
Final Words from a 16 year old 'Looked After Young Person'

> 'I've not been able to engage with any provision. I've never been listened to anywhere other than here'.

Keeping Our Community Connected

Maya is our new fulltime member of staff with responsibility for Beyond Boundaries

"This new role is all about developing Beyond Boundaries, our phone support service. It has been critical during the pandemic and will remain a vital lifeline between Body and Soul and members. It is a 'portal' to all of our resources, through checking regularly about housing and immigration, to supporting mental health and emotion regulation and helping members to navigate difficult moments. It shows that we care but also helps us back at Body & Soul to adapt our programmes to emerging needs. If it's beyond our specialisms, we can provide advocacy or signposting to our partner organisations. Throughout, empathy and non-judgemental support are paramount"



What have we seen over the period?

Over the last quarter, beyond Boundaries has experienced a rising need for casework support. With the easing of restrictions, a range of suppressed needs have emerged, both practical and emotional. However, members experiences suggest that mainstream health and social care services are not responding to their needs at a similar rate.

External Context

80% of members are black or people of colour facing a range of additional barriers to sustained security and wellbeing. Our members are recognised as being at a disproportionately higher risk of death, living in poorer quality of housing and largely surviving on benefits or minimal vouchers when they are within the asylum system.

Our Work

The service is able to recognise these additional risk-factors and intensify support wherever needed. Calls reach out to our members for an average of 20mins at a time, working in partnership with members so they can decide what works for them. This consistent relationship building, allows members to set an intention that is developed and addressed over a timeframe agreed with each member. Our aim is to always reach the

highest number of people at any time, whilst always ensuring that everyone's experience is tailored to what is needed in the short and long term.

Across 2021 Beyond Boundaries regularly reached 1294 members from across all of Body & Soul's communities with a total of 18525 calls made over the course of the year.

Looking Ahead….

Priorities for BB is to further develop the team of volunteers to increase capacity further. Through wider recruitment in the final months of 2021, the aims are:

- Increase the development of members so they can be better represented in the BB teams.
- Provide opportunities for volunteers to connect with the wider community, beyond their role.
- Expand training programmes and introduce additional skills training options to continue development.

Community Volunteering



Body & Soul's 25th Anniversary has a special significance for volunteers within the community. The Body & Soul model has relied upon a culture that sees volunteers as skilled practitioners, often with lived-experience, who bring a compassion and purpose to their work. The pandemic has been a new era of volunteering where we have experienced a level of sacrifice and dedication that has saved lives and provide families with a genuine sense that they were not alone.

While many of the usual volunteer roles, working directly with members have continued to be affected by restrictions, Body & Soul has found new ways to adapt and ensure volunteers remain at the centre of how the community remains connected. In 2021 Beyond Boundaries has remained the foundation for safeguarding the community and a channel of communication for members. Every staff member supports a team of dedicated volunteers who are linked to group of members with whom they develop a consistent, trusting relationship.

Members have brought a new energy in the development of our Covid response. MindSET, the digital mental resource for young people, has been an example of how members have drawn on their own experience and innovation to create new solutions to the impact of the pandemic. 25 graduates from the YANA programme have engaged in script-writing, production, social media and presenting to create a continuous flow of psycho-educational content.

"After 2020, I knew I needed to do something that got me out of the house. I had worked so hard to improve my mental health with Body & Soul, so volunteering on MindSET gave me a new energy and really reinforced my own recovery. The great thing was that I could do this using my own interest in art and design and helped me find a new belief that this is something I want to do in my career" MindSET Volunteer & YANA Graduate, 22 yrs

Body & Soul's volunteers continue to work across the organisation and 2021 has seen new ways to reach out to other communities in need of therapeutic support. BRAVE has attracted qualified therapists to donate their skills to support keyworkers and their families who are unable to access therapy that is trauma informed.
Over 2021 we have benefitted from:

- 150 **new** volunteers completed basic training and regular volunteering roles during the year.
- 105 existing members providing regular volunteering during 2021
- 80 volunteers supporting Beyond Boundaries alone.
- Volunteers contributing in excess of 15,000 volunteer hours across the year, equating to Body & Soul having 8 additional full-time staff.

Body & Soul extends a special thank you to these valued members of the community. Volunteering is a word in our culture that translates to *'the practical expression of what it means to feel a sense of belonging to a community, where individuals contribute their talents to greater benefit of the wider population*

Casework & Advocacy



The casework service is part of Body & Soul's holistic approach to its support of its members. It aims to provide advice and support on practical issues for members and aims to ensure that members' rights are protected, including ensuring that members are aware of their own rights

It is different from other advice agencies due to Body & Soul's membership model that provides a continuation in support rather than one-off advice. The service is integrated into the wider Body & Soul services ensuring that members' emotional needs are met equally.

By design, the service works proactively with members to minimise the risks of falling into crisis and where necessary, is ready to respond when members experience a wide range of difficulties, be it with housing, benefits, employment, immigration or family.

"Who would you have turned to for support if not Body & Soul?"

- *55% of Body & Soul members said they didn't know who else they would turn to.*

"I'm not aware of other charities who offer regular calls, but I felt comfortable confiding in you". 47-year-old member, Southwark.

Over 2021 we have:

- Supported **780** individual members with practical casework support and advocacy
- Delivered **3000** casework interventions, divided across the following issues:
  - 33% food and crisis support
  - 17% benefits and finance
  - 11% housing advice and advocacy
  - 14% grants and donations
  - 10% immigration advice

Community Trauma Response

The 25 year history of Body & Soul is about understanding and recognising the impact of trauma and then being compelled to act to transform the effects. All we have ever needed is a community of passionate people who share the desire to bring change through healing. BRAVE and MindSET represent Body & Soul's wider community response.





MindSET is livestreamed psychotherapy, delivered by specialist psychotherapists and young people together, alongside a growing pot of user-generated videos resources, direct access to therapeutic expertise at B&S between sessions, and a vibrant community of peers who are all experiencing the same challenges.

The service is flourishing, with almost 1,500 active users, many from traditionally marginalised communities, and achieving significant reductions in low mood and anxiety, and improvements in wellbeing.

MindSET is real people creating real connections in real time, a highly preventative/proactive approach, which maximises safety and trust among users, and therefore receptiveness to the practical psychoeducation, meanwhile bringing

In late-March 2020, we launched **'BRAVE'**, a new counselling support service for frontline workers and allied professionals. BRAVE offers free and flexible psychotherapeutic support at a time that suits. Brave:

- Maximises feelings of safety and agency – very easy to access on the phone, as many times as you want
- Independence and the fact that an individual can talk about whatever is making life more difficult.
- A dynamic way of embracing people, with flexibility to support different kinds of need – from one-off 'rebalancing' sessions to longer-term courses of therapy for people showing signs of PTSD or dysregulation.
- A systemic approach – resilience in the workplace often stems from

solidarity and humour immediately into otherwise very dark and isolated bedrooms across the UK.

It is inherently 'bottom-up' designed from the outset by young people and therapists together, which means it also has the greatest possible appeal to those individuals who are least likely to reach out through more traditional channels owing to their experience of structural discrimination.

resilience at home sessions.

BRAVE has supported a total of **840** new individuals 67.9% women and 1.3% non-binary, 91.5% from England, 47.9% from outside London, 70.5% BIPOC, 54.8% non-NHS (predominantly carers and support workers).

Generating Income to Transform Lives: 11% of expenditure was on generating funds

Structure, Governance and Management section

Reserves

The reserves at Body & Soul are made up of restricted, designated and general funds. Body & Souls approach to reserves is focussed on what is held in general free reserves. These are funds that are not restricted or designated for a defined purpose. Unrestricted funds are used for the overall delivery of the organisations aims and objectives.

The Trustees aim to maintain unrestricted reserves equivalent to three months' running costs, this equates to approximately £331,499. Reserves at the end of this year represent just over three months running costs. General funds equate to £470,926. The Trustees continue to take steps to develop the reserves of the organisation with a focus on social entrepreneurial activities.

Risk

As part of their ongoing responsibility for ensuring the identification and management of risk, the Trustee Board review the risks faced by the charity using the Risk Register framework and put in place procedures to manage risks identified.
Key risks were felt to be:

- Difficulty in maintaining and further increasing charitable income due to the impact of austerity and Covid 19
- Difficulty in securing funds from Trusts and Foundations due to increased demand and competition.

- Impact of the decreased income stream of venue hire through changing work patterns of external organisations.
- Difficulty in influencing the wider system due to the uncertain political and social environment we are operating within as the pandemic continues.
- Difficulty in managing increasing demands on programmes.
- Difficulty in recruiting/maintaining key staff with salaries offered and in the context of remote working.
- Difficulty in maintaining staff with the impact of the collective trauma on everyone.
- Increase in competitive tendering.
- Potential reduction anticipated of external providers acting on a pro bono/discounted basis.
- Difficulty in lack of financial networks to generate income.
- Failure to maximise opportunities when they arise due to capacity of staffing.
- Inadequacy of data systems to capture all data required.
- Continuing to establish the organisation as a leader in Childhood Adversity.

Key mitigations:

- On finances, since the start of the pandemic in 2020, we had already enhanced our internal mechanisms for supervision and control, including more frequent meetings of the fundraising team and the SLT to discuss where we are at against targets, and between our Director and the Board of Trustees to discuss our management accounts and projections. Alongside maintaining these rigorous processes for monitoring financial progress, we have taken several specific actions to mitigate the risk that we will 'lose out' in the general climate of austerity and increased competition for funding:
    - Working with the Royal Statistical Society and the Anna Freud Centre to validate our procedures for M&E, so that we can continue to enhance our reputation for scrupulous impact measurement among trusts/foundations, individual donors and statutory commissioners.
    - Setting clear targets for fundraisers to identify any new sources of funding that we can now apply for owing to enhance reach and develop entirely new services (e.g. Prudence Foundation funding for MindSET, RCN Foundation funding for Brave).
    - Continuing to find ways of monetising our new services (e.g. group wellbeing support for Hestia and Tower Hamlets CEPN).
    - Increasing our range of social enterprise activities (e.g. training for CVAA, Camelot and Oxleas NHS). In addition, now that we are seeing venue-hire bookings begin to pick up again, we are working actively to drive as much

business as possible to the building, including generating new marketing materials and reengaging with all previous clients.

- On frontline delivery, the steps we took in 2020 have enabled us to dramatically and consistently increase the number of unique individuals we work with – e.g.
    - Online versions of every activity so that we can now provide a full range of practical and therapeutic support to people outside London, throughout the UK and beyond.
    - Entirely new outreach services, including group and one-to-one counselling for anyone who works in frontline care, and live-streamed psychotherapy for any young people who are feeling highly stressed or suicidal.

  Launched out of moral urgency in response to the pandemic, these services were initially delivered on an entirely voluntary basis, but they were always carefully designed to be highly scalable at very little extra cost in terms of time or money. All these services are now fully funded, including several large multi-year grants from influential funders like the National Lottery and BB Children in Need. Meanwhile, we managed to hit the ground running every time we have been able to deliver face-to-face with a set of vibrant therapeutic workshops and creative activities, including a really inspiring project for all our different age groups to come together and explore trauma through art, culminating in a beautiful mural painted on the side of our building. In addition, near the end of 2021, we were able to 'soft launch' our new database of members, which has been designed by an IT consultancy (working at greatly reduced cost) based on best practice within health and social care in terms of security and data-monitoring.

- On staffing, we have managed to dramatically increase the resources we have available to meet increased demand and to exploit any new opportunities that come our way. For instance, we recruited over 150 new specialist volunteers last year, who work with us entirely for free – psychotherapists, IT consultants, doctors etc – alongside dramatically enriching our team of volunteers with lived experience, including a core team of more than 50 member-volunteers. We have also continued to expand and replenish our general volunteer team owing to the emphasis we place on motivating and developing anyone who gives us their time to work for us. On employees specifically, we have worked very proactively to mitigate the impact of any anxiety caused by returning to face-to-face working and to make sure new paid staff have as many opportunities as possible to feel part of the team and to participate in organisation-wide activities. To that end, we have enhanced management supervision, both one-to-one and in groups, and increased

opportunities for learning and development, including intensive training for all staff in dialectical behaviour therapy. Meanwhile, all employees continue to benefit from flexible working and an extraordinary package of wellbeing support, including free yoga sessions, group reflective spaces etc.

- On strategy, we continue to strengthen relationships with influential clinical and academic partners so that our work can have as wide an impact as possible, including several institutions who have approached us for consultancy precisely because we are seen as a centre of excellence with respect to repetitive trauma and structural discrimination – e.g. Wellcome Trust, Anna Freud Centre, IGA, RSPH. We also maintain close contact with important thought-leaders and policy-making forums, including the UK Trauma Council and the APPGs for Psychology and for Mental Health.

Going concern

The last two years of the pandemic continue to impact the charity sector, from increasing presenting needs for some of societies most marginalised communities to pressures on staffing, volunteering and income generation. The collective trauma experienced from an individual to an organisational level is still playing out and organisations need to be able to respond with agility, robustness and creativity.

The Trustees are proud of the innovation and tenacity that Body & Soul maintained across 2021. Programmes adapted with the changing external environment with a sense of ease and fluidity. Led by a values driven commitment to bringing 25 years of experience in trauma focussed support to an ever increasing population, Body & Soul not only maintained, but extended its reach and innovative approach.

With the ever-changing external environment in mind, the increased competitiveness in securing funding, the cuts in the statutory sector and the economic crisis in cost of living. The organisation has a track record in securing the necessary funds to deliver the programmes agreed. This is made possible through a clear fundraising strategy that works across the system to secure, maintain and develop new relationships in meeting increased need post pandemic.

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

Remuneration

We are committed to paying our staff a fair and appropriate salary whilst always ensuring we have the financial ability to do so. As an organisation with important responsibilities towards our beneficiaries, donors, supporters, staff, and the public we recognise that accountability and transparency are in all aspects of our work. We balance the need of ensuring that value for money is present in all we do alongside the need to attract and retain staff with the leadership, experience, knowledge, and skills required to lead the transformation and complex work we are engaged with. We benchmark salaries against other similar front line service providers of a similar size. We aim to increase salaries regularly in the context of income confirmed and external economic factors. We pay a London Living wage to all employees. We believe those who consistently contribute at a level above expectation should have the opportunity to be further rewarded for doing so.

The team is supported by a range of voluntary professionals including the law firms Hogan Lovells, ITV, Wilsons, Bates Wells Braithwaite and Miles & Partners who assist in legal, strategic and infrastructure issues; DMFK provides assistance on building/design related matters.

A range of other external specialists also support the organisation every year.

In addition to the staff team and partner organisations, the organisation has benefitted hugely from volunteers during 2021. Without volunteers during the pandemic, Body & Soul would not be able to deliver our innovative, high quality, and responsive programmes of support. The Volunteer contribution in 2021 continues to multiply the size of the staff team.

Fundraising Practices Review

All fundraising practices are framed within the values and principles of the organisation. Where expenditure is required to generate income, there is an analysis of the return on investment to ensure the organisation is able to make informed decisions regarding activities.

The fundraising and partnership team are internal – the organisation does not use external, professional fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a telephone or door to door fundraising campaign. Our relationship with our supporters is very important to us and the we do not wish for our supporters to feel under any pressure to donate to the charity. Where we partner with corporates, due diligence is conducted on the organisations and the amount of time and

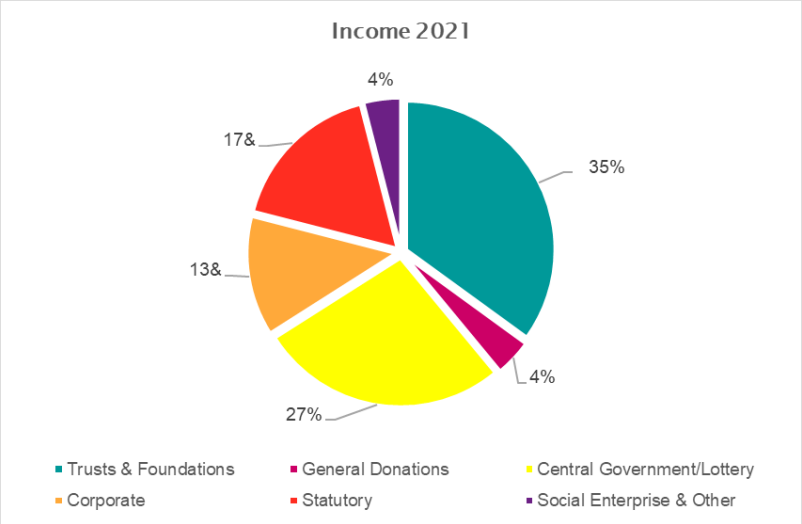
effort we as a charity need to invest, versus the income we would likely receive. Clear parameters and responsibilities are then agreed between partners.

We have ensured we are in line with the GDPR data protection regulations and all other relevant codes of conduct. We received no complaints about our fundraising practices in 2021.

The external environment continues to be a challenge, with the lack of certainty in the economy, the unknown in how the pandemic will continue to impact society and the ever-growing need for scarce resources. This runs in parallel to a statutory sector that is under pressure financially and continues to make cutbacks. A resulting impact is experienced by our members. We have worked hard to respond to these challenges through the development of social entrepreneurial activities, however this has been challenging during the pandemic. New activities are being further piloted to grow general funds.

Key programmes in 2021 were focussed around Adoption/Special Guardianship, HIV, Young people and mental health, Support for NHS and frontline workers and Self Harm /Suicidality.

Body & Soul receives funding from a variety of sources, this is known as 'incoming resources. Income came from the following sources each of which are explained in the graph:



Financial Review

In 2021, activities resulted in a surplus of £170,077. This was an exceptional achievement in the context of a global pandemic, austerity and staff changes.

At midpoint of the financial year, it was indicated the organisation may end with a small deficit. This was connected to the loss of income through venue hire and staffing. With key strategic decesions implemented, from further involvement from senior leaders, to the recruitment of new staff, not only did we attract new Funders, but have ended the year in

surplus. Expenditure was also reviewed to ensure any further savings and efficiencies could be actioned.

Body & Soul ended 2021 in a good financial position with unrestricted funds of £536,998 of which £470,926 was general funds. This was increase from £243,309 in 2019 and £332,368 in 2020.

Public Benefit

The trustees have taken great care in considering the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The aims not only provide a direct benefit to our members but also the wider public as they strengthen relationships, build community, reduce the financial pressure on health and social care systems, and create responsible citizens capable of participating in their communities and building an inclusive society.

The Year Ahead

In 2022 we will continue to reach new people, reaching out to communities marginalised in society and often most impacted by the collective trauma of the pandemic. We will be tenacious in our aspiration to amplify our trauma engaged approach among fellow professionals, experts, and opinion formers with an interest in interrupting the lifelong consequences of childhood adversity and ongoing trauma.

We are ambitious, always striving, and unwaveringly passionate about changing the world we live in. We will not rest with the knowledge that millions of people live in a cycle of despair, not knowing how to break it. We know through community and the right interventions at the right time, everyone can feel a sense of peace, a sense of self, and a sense of resilience. To this end, we enter our 25th year committed to delivering our proven transformational programmes for people of all ages who have experienced childhood trauma, solving what is perceived to be one of the intractable problems of our time with a cost effective and impactful approach.

> "Love without action is meaningless. Action without love is irrelevant."
>
> Deepak Chopra

We would like to highlight our thanks to all those who have supported us with their time, money, and voices. We hope in 2022 we will continue to provide high quality programmes to meet the ever-increasing demand from members across the UK and beyond. We are forever indebted to all the amazing people, trusts, companies and organisations that have, through contributions big and small, put life, energy, and love into the organisation.

Thank you. We continue to learn, love, and most of all value life.

Structure, governance and management

Body & Soul is made possible through the dedication of staff, volunteers and the community, of which the Trustee Board delegate the day-to-day running of Body & Soul to a full-time staff team with over 25 years' combined experience of delivering services which support children, teenagers, and families impacted by childhood adversity and ongoing trauma.

The Trustee Board provides strategic oversight and governance to the organisation. It is committed to members of the Board having lived experience of trauma and is proud that throughout its history the Board has always had this representation. New Trustees to Body & Soul are recruited both internally and externally, with all appointments being approved by the Board of Trustees. A bespoke induction follows, ensuring each new Trustee understands the governance structure and decision-making processes, legal obligations under charity law, values and principles, financial reporting and overall programme delivery. Trustee meetings are held a minimum of every quarter.

The staff team are accountable to members, the Board of Trustees, stakeholders, and each other. At the beginning of the year we had a full-time staff team of 13, and a part-time team of 7. We ended the year with a full-time team of 12 and a part-time team of 11. There was an average headcount of 22, further amplified by over 250 volunteers.

The staff team in 2021 has therefore consisted of:

- Director: Emma Colyer
- Assistant Director: Jed Marsh
- Head of Creative Partnerships: Hollie Smith
- Volunteer Programme Manager: Jessica McClary (*finished October 2021)*

- Head of Operations: David Bell
- Adult Service Development Manager: Raman Sandhu (*finished November 2021*)
- Adult Programme Support: Rosette Jaminki (*finished May 2021)*
- Head of Young Adults Programme: Saga Moss Lundstrom *(finished October 2021*)
- Head of Casework and Advocacy: Sarah Jones
- Head of Suicide Support Services: Kelsey Hylland
- Head of Children's Programmes: Jane King
- Children & Family Therapeutic Support: Hilary Marling
- Head of Children's Programmes 10-12 yrs: Rachael Spinks (*finished January 2021*)
- Public Health and Impact Manager: Kathryn Forbes (*finished March 2021*)
- Head of Pathways and Programmes: Zoe Reynolds (*MAT leave as of December 2021)*
- Therapeutic Team: Marie Wassberg
- Childhood Adversity Partnerships Manager (Adoption Lead): Rebecca Brennan (*finished May 2021*)
- Head of Referrals, Outreach and Engagement: Rachel Bothamley
- Head of Fundraising & Partnerships: Jennie Barham (*started January 2021*)
- Fundraising & Partnerships Manager: Andrea Esposito Diaz (*started July 2021*)
- Head of Young Explorers: Hettie Chadwick Dickinson (*started January 2021*)
- Assistant Programme Manager – YANA: Katie Brown (*started November 2021*)
- Chef: Selina Rovai
- Events & Venue Hire Manager: Andrea Coman (*finished April 2021*)
- Front of House Manager: Taisce Gillespie (*June – Sept 2021*)
- Front of House Manager: Malakai Spencer (*started November 2021*)
- Children's Wellbeing Programme Manager: Tiffany Karatziola (*started June 2021*)
- Lead Designer for Bloom: Virginia Ma (*started June 2021*)
- Head of Young Peoples Wellbeing Programmes: Amy O'Toole (*started January 2021*)
- Head of Beyond Boundaries: Maya Soto-Jones *(started August 2021*)
- Teen Spirit Programme Support: Emma Yese (*started October 2021*)
- Young Adult HIV Programmes: Malunga Yese (*started September 2021*)

The staff team represent a broad range of specialist knowledge and lived experience. All staff have a passionate commitment to human rights, to the principles of equity, belonging and inclusion; to the provision of excellence and to the involvement of members of all ages. Outside of key frontline posts, where we believe we have assembled a highly qualified and skilled team, we have also brought in skilled professionals and organisations to further enhance our work.

Statement of responsibilities of the trustees

The trustees (who are also directors of Body & Soul for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of 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 SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice 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 charity will continue in operation.

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. 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.
- 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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at

31 December 2021 was 8 (2020: 8). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 22 June 2022 and signed on their behalf by

Deb Bee
Chair

Independent auditor's report

To the members of

Body & Soul

Opinion

We have audited the financial statements of Body & Soul (the 'charitable company') for the year ended 31 December 2021 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. 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 2021 and of its 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
- Have been prepared in accordance with the requirements of the Companies Act 2006

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 Body & Soul'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 trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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 has 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 trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies'

exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, 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

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 the 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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
  - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
  - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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. Our audit work has been undertaken so that we might state to the charitable company's members 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 anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Fleur Holden (Senior statutory auditor)
12 July 2022
for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Body & Soul

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 December 2021

	Note	Restricted £	Unrestricted Designated £	Unrestricted General £	**2021 Total £**	Restricted £	Unrestricted Designated £	Unrestricted General £	2020 Total £
Income from:									
Donations	2	–	–	434,227	**434,227**	–	–	609,396	609,396
Charitable activities									
Youth Services	3	77,928	–	–	**77,928**	80,392	–	–	80,392
Children's Services	3	121,673	–	–	**121,673**	125,921	–	–	125,921
Adult Services	3	477,035	–	–	**477,035**	231,303	–	–	231,303
Other programmes	3	142,150	–	176,530	**318,680**	146,981	–	154,283	301,264
Hardship Grants	3	6,154	–	–	**6,154**	9,906	–	–	9,906
Rental income		–	–	60,182	**60,182**	–	–	56,555	56,555
Investments		–	–	194	**194**	–	–	1,067	1,067
Total income		824,940	–	671,133	**1,496,073**	594,503	–	821,301	1,415,804
Expenditure on:									
Raising funds	4	–	1,652	135,047	**136,699**	–	1,676	146,091	147,767
Charitable activities									
Youth Services	4	83,040	3,304	120,248	**206,592**	80,718	3,352	106,332	190,402
Children's Services	4	162,642	3,304	146,151	**312,097**	143,944	3,352	144,197	291,493
Adult Services	4	409,873	5,782	113,119	**528,774**	263,852	5,866	273,673	543,391
Other programmes	4	124,730	2,478	7,814	**135,022**	104,303	2,514	37,022	143,839
Hardship Grants	4	6,154	–	658	**6,812**	12,732	–	23	12,755
Total expenditure		786,439	16,520	523,037	**1,325,996**	605,549	16,760	707,338	1,329,647
Net income / (expenditure) for the year	5	38,501	(16,520)	148,096	**170,077**	(11,046)	(16,760)	113,963	86,157
Transfers between funds	14	–	9,538	(9,538)	**–**	–	24,904	(24,904)	–
Net movement in funds		38,501	(6,982)	138,558	**170,077**	(11,046)	8,144	89,059	86,157
Reconciliation of funds:									
Total funds brought forward		154,780	73,054	332,368	**560,202**	165,825	64,910	243,309	474,044
Total funds carried forward		193,281	66,072	470,926	**730,279**	154,780	73,054	332,368	560,202

All of the above results are derived from continuing activities. There were no other recognised gains or losses in addition to those stated above. Movements in funds are disclosed in Note 14 to the financial statements.

Body & Soul

Balance sheet

Company no. 3245543

As at 31 December 2021

	Note	£	2021 £	£	2020 £
Fixed assets:					
Tangible assets	10		**66,072**		73,054
			66,072		73,054
Current assets:					
Debtors	11	**449,766**		163,669	
Cash at bank and in hand		**313,309**		367,575	
		763,075		531,244	
Liabilities:					
Creditors: amounts falling due within one year	12	**98,868**		44,096	
Net current assets			**664,207**		487,148
Total net assets	13		**730,279**		560,202
The funds of the charity:	14				
Restricted income funds			**193,281**		154,780
Unrestricted income funds:					
Designated funds		**66,072**		73,054	
General funds		**470,926**		332,368	
Total unrestricted funds			**536,998**		405,422
Total charity funds			**730,279**		560,202

Approved by the trustees on 22 June 2022 and signed on their behalf by

Deborah Bee
Chair

Body & Soul

Statement of cash flows

For the year ended 31 December 2021

	2021		2020	
	£	£	£	£
Cash flows from operating activities				
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	**170,077**		86,157	
Depreciation charges	**16,520**		16,760	
(Increase) / decrease in debtors	**(286,097)**		47,635	
Increase / (decrease) in creditors	**54,772**		(29,114)	
Net cash (used in) / provided by operating activities		**(44,728)**		121,438
Cash flows from investing activities:				
Purchase of fixed assets	**(9,538)**		(24,904)	
Net cash used in investing activities		**(9,538)**		(24,904)
Change in cash and cash equivalents in the year		**(54,266)**		96,534
Cash and cash equivalents at the beginning of the year		**367,575**		271,041
Cash and cash equivalents at the end of the year		**313,309**		367,575

1 Accounting policies

a) Statutory information

Body and Soul is a charitable company limited by guarantee and is incorporated in England.

The registered office address is 99-119 Rosebery Avenue, London, EC1R 4RE.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

1 Accounting policies (continued)

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, indirect costs are allocated on different bases suitable to the cost. The main allocations are:

Catering costs	based on beneficiary numbers
Premises costs	based on floor space
Volunteer expenses	based on volunteer numbers
Staff costs	based on staff time

j) Allocation of support and governance costs

Support and governance costs are reallocated on the basis of floor space using the following percentages:

Cost of raising funds	10% (2020: 10%)
Adult services	35% (2020: 35%)
Youth services	20% (2020: 20%)
Children's services	20% (2020: 20%)
Other programmes	15% (2020: 15%)

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer and music equipment	25% per annum
Fixtures and fittings	20% per annum
Refurbishment	7.7% per annum

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations

	Restricted £	Unrestricted £	2021 Total £	Restricted £	Unrestricted £	2020 Total £
Donations and grants	–	434,227	**434,227**	–	609,396	609,396
	–	434,227	**434,227**	–	609,396	609,396

3 Income from charitable activities

	Restricted £	Unrestricted £	2021 Total £	Restricted £	Unrestricted £	2020 Total £
Charitable Trusts/Foundations	4,306	–	**4,306**	21,815	–	21,815
Corporate donors	7,292	–	**7,292**	12,134	–	12,134
Big Lottery Fund	–	–	**–**	3,317	–	3,317
BBC Children in Need	9,880	–	**9,880**	9,880	–	9,880
Young Londoners Foundation	56,450	–	**56,450**	33,246	–	33,246
Sub-total for Youth Services	77,928	–	**77,928**	80,392	–	80,392
Charitable Trusts/Foundations	38,000	–	**38,000**	43,464	–	43,464
Corporate donors	29,792	–	**29,792**	4,642	–	4,642
Comic relief	16,464	–	**16,464**	24,425	–	24,425
BBC Children in Need	–	–	**–**	39,181	–	39,181
Young Londoners Foundation	37,417	–	**37,417**	14,209	–	14,209
Sub-total for Children's Services	121,673	–	**121,673**	125,921	–	125,921
Charitable Trusts/Foundations	107,423	–	**107,423**	126,365	–	126,365
Corporate donors	37,917	–	**37,917**	50,657	–	50,657
Big Lottery Fund	–	–	**–**	29,856	–	29,856
Comic Relief	16,464	–	**16,464**	24,425	–	24,425
Department of Health and Social Care	307,191	–	**307,191**	–	–	–
Sport England	8,040	–	**8,040**	–	–	–
Sub-total for Adults Services	477,035	–	**477,035**	231,303	–	231,303
Charitable Trusts/Foundations	142,150	176,530	**318,680**	97,235	122,283	219,518
Comic Relief	–	–	**–**	1,818	32,000	33,818
Young Londoners Foundation	–	–	**–**	47,928	–	47,928
Sub-total for Other programmes	142,150	176,530	**318,680**	146,981	154,283	301,264
Body & Soul acts as an agent for Hardship grants	6,154	–	**6,154**	9,906	–	9,906
Sub-total for Hardship Grants	6,154	–	**6,154**	9,906	–	9,906
Total income from charitable activities	824,940	176,530	**1,001,470**	594,503	154,283	748,786

4a Analysis of expenditure (current year)

		Charitable activities								
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2021 Total £**	2020 Total £
Staff costs	79,368	73,262	122,105	225,895	61,053	–	–	48,842	**610,525**	657,735
Other staff costs	944	871	1,452	2,686	726	–	–	581	**7,260**	9,094
Consultancy	546	504	840	1,554	420	–	–	336	**4,200**	2,700
Quality and Excellence	1,188	1,097	1,828	3,383	914	–	–	731	**9,141**	23,493
Nutrition programme	–	4,863	11,347	24,315	–	–	–	–	**40,525**	33,017
Health & Well being programme	–	21,567	22,495	21,307	5,860	–	–	–	**71,229**	54,179
Facilitators and Trainers	–	3,578	6,926	4,643	50	–	–	–	**15,197**	29,213
Workshops/courses/activities	4,550	5,511	4,278	5,541	–	–	–	–	**19,880**	12,654
Therapeutic Programmes	–	14,561	12,134	78,871	15,774	–	–	–	**121,340**	92,752
Volunteer programme	972	2,916	3,888	7,776	2,916	–	–	979	**19,447**	12,415
Outreach and Communication	2,980	1,905	1,905	1,905	1,905	–	–	–	**10,600**	14,451
Hardship Grants	–	–	–	–	–	6,812	–	–	**6,812**	12,755
Miscellaneous	91	690	696	742	690	–	–	–	**2,909**	2,952
Establishment costs	23,313	46,627	93,253	99,914	23,313	–	–	42,320	**328,740**	313,798
Non-capitalised equipment/Resources	155	311	621	666	156	–	–	5,645	**7,554**	1,524
Audit & accountancy	–	–	–	–	–	–	12,036	1,654	**13,690**	13,781
Other costs	8,427	–	–	–	–	–	–	12,000	**20,427**	26,329
Trustee expenses	–	–	–	–	–	–	–	–	**–**	45
Depreciation	1,652	3,304	3,304	5,782	2,478	–	–	–	**16,520**	16,760
	124,186	181,567	287,072	484,980	116,255	6,812	12,036	113,088	**1,325,996**	1,329,647
Support costs	11,309	22,618	22,618	39,581	16,962	–	–	(113,088)	**–**	–
Governance costs	1,204	2,407	2,407	4,213	1,805	–	(12,036)	–	**–**	–
Total expenditure 2021	**136,699**	**206,592**	**312,097**	**528,774**	**135,022**	**6,812**	**–**	**–**	**1,325,996**	**1,329,647**
Total expenditure 2020	147,767	190,402	291,493	543,391	143,839	12,755	–	–	1,329,647	

Staff costs of £30,856 (2020: £32,422) are included in other lines of expenditure to reflect activity costs more accurately.

4b Analysis of expenditure (prior year)

		Charitable activities							
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2020 Total £**
Staff costs	85,506	78,928	105,238	243,362	78,928	–	–	65,773	**657,735**
Other staff costs	1,182	1,091	1,455	3,365	1,091	–	–	910	**9,094**
Consultancy	351	324	432	999	324	–	–	270	**2,700**
Quality and Excellence	3,054	2,819	3,759	8,693	2,819	–	–	2,349	**23,493**
Nutrition programme	–	3,962	9,245	19,810	–	–	–	–	**33,017**
Health & Well being programme	–	6,532	21,955	24,091	–	–	–	1,601	**54,179**
Facilitators and Trainers	–	3,743	8,929	16,541	–	–	–	–	**29,213**
Workshops/courses/activities	2,046	1,462	4,806	2,220	346	–	–	1,774	**12,654**
Therapeutic Programmes	–	11,130	11,130	64,927	5,565	–	–	–	**92,752**
Volunteer programme	–	2,483	2,483	6,704	497	–	–	248	**12,415**
Outreach and Communication	1,563	1,336	1,336	1,336	8,212	–	–	668	**14,451**
Hardship Grants	–	–	–	–	–	12,755	–	–	**12,755**
Miscellaneous	151	629	617	1,065	123	–	–	367	**2,952**
Establishment costs	21,966	43,932	87,863	94,139	21,966	–	–	43,932	**313,798**
Non-capitalised equipment/Resources	107	213	427	457	107	–	–	213	**1,524**
Audit & accountancy	–	–	–	–	–	–	12,120	1,661	**13,781**
Other costs	15,932	–	–	–	–	–	–	10,397	**26,329**
Trustee expenses	–	–	–	–	–	–	45	–	**45**
Depreciation	1,676	3,352	3,352	5,866	2,514	–	–	–	**16,760**
	133,534	161,936	263,027	493,575	122,492	12,755	12,165	130,163	**1,329,647**
Support costs	13,016	26,033	26,033	45,558	19,523	–	–	(130,163)	**–**
Governance costs	1,217	2,433	2,433	4,258	1,824	–	(12,165)	–	**–**
Total expenditure 2020	**147,767**	**190,402**	**291,493**	**543,391**	**143,839**	**12,755**	**–**	**–**	**1,329,647**

5 Net incoming / (outgoing) resources for the year

This is stated after charging:

	2021	2020
	£	£
Depreciation	**16,520**	16,760
Trustees' expenses	**-**	45
Auditor's remuneration (excluding VAT):		
Audit	**8,180**	7,750
Accounts preparation	**2,420**	2,350
Operating lease rentals		
Property	**100,000**	127,500

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2021	2020
	£	£
Salaries and wages	**569,738**	604,440
Social security costs	**50,095**	52,034
Pension contributions	**21,548**	33,683
	641,381	690,157

No employee earned more than £60,000 during the year (2020: nil).

The total employee benefits of the key management personnel including employer's National Insurance were £250,829 (2020: £230,450).

Trustees' expenses represent the payment or reimbursement totalling £0 (2020: £45) incurred by 0 (2020: 10) members relating to subsistence at meetings of the trustees.

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2021	2020
	No.	No.
Raising funds	**3.0**	3.2
Youth Services	**2.6**	2.8
Children's Services	**4.5**	3.8
Adult Services	**8.3**	8.6
Other programmes	**2.2**	2.9
Support and governance	**1.8**	2.2
	22.4	23.5

8 Related party transactions

Aggregate donations from related parties were £nil (2020: £nil), and no trustees (2020: none) received any remuneration or received any other benefits from an employment with the charity or a related entity.

9 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Refurbishment £	Fixtures and Fittings £	Computer and music equipment £	**Total £**
Cost or valuation				
At the start of the year	1,388,016	124,258	67,574	**1,579,848**
Additions in year	6,657	–	2,881	**9,538**
At the end of the year	1,394,673	124,258	70,455	**1,589,386**
Depreciation				
At the start of the year	1,331,425	108,399	66,970	**1,506,794**
Charge for the year	7,766	7,429	1,325	**16,520**
At the end of the year	1,339,191	115,828	68,295	**1,523,314**
Net book value				
At the end of the year	55,482	8,430	2,160	**66,072**
At the start of the year	56,591	15,859	604	73,054

All of the above assets are used for charitable purposes.

11 Debtors

	2021 £	2020 £
Other debtors	**21,238**	26,970
Prepayments	**3,369**	2,120
Grants receivable	**425,159**	134,579
	449,766	163,669

12 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	**61,433**	20,177
Taxation and social security	**24,716**	11,800
Accruals	**12,720**	12,120
	98,868	44,097

13a Analysis of net assets between funds (current year)

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	66,072	–	**66,072**
Net current assets	193,281	–	470,926	**664,207**
Net assets at the end of the year	**193,281**	**66,072**	**470,926**	**730,279**

13b Analysis of net assets between funds (prior year)

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	73,054	–	73,054
Net current assets	154,779	–	332,368	487,147
Net assets at the end of the year	154,779	73,054	332,368	560,201

14a Movements in funds (current year)

	At 1 January 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 December 2021 £
Restricted funds:					
Youth Services	5,112	77,928	(83,040)	–	–
Children's Services	40,861	121,673	(162,642)	108	–
Adult Services	67,481	477,035	(409,873)	18,138	152,781
Hardship grants	3,000	6,154	(6,154)	–	3,000
Other programmes	38,326	142,150	(124,730)	(18,246)	37,500
Total restricted funds	154,780	824,940	(786,439)	–	**193,281**
Unrestricted funds:					
Designated funds:					
Fixed assets fund	73,054	–	(16,520)	9,538	**66,072**
Total designated funds	73,054	–	(16,520)	9,538	**66,072**
General funds	332,368	671,133	(523,037)	(9,538)	**470,926**
Total unrestricted funds	405,422	671,133	(539,557)	–	**536,998**
Total funds	560,202	1,496,073	(1,325,996)	–	**730,279**

Transfers into the fixed assets fund represent capital purchases made during the year.

14b Movements in funds (prior year)

	At 1 January 2020	Income & gains	Expenditure & losses	Transfers	At 31 December 2020
		£	£	£	£
Restricted funds:					
Youth Services	5,438	80,392	(80,718)	-	**5,112**
Children's Services	52,829	125,921	(143,944)	6,055	**40,861**
Adult Services	93,480	231,303	(263,852)	6,550	**67,481**
Hardship grants	1,603	9,906	(12,732)	1,223	**-**
Other programmes	12,475	146,981	(104,303)	(13,827)	**41,326**
Total restricted funds	165,825	594,503	(605,549)	-	154,780
Unrestricted funds:					
Designated funds:					
Fixed assets fund	64,910	-	(16,760)	24,904	**73,054**
Total designated funds	64,910	-	(16,760)	24,904	**73,054**
General funds	243,309	821,301	(707,338)	(24,904)	**332,368**
Total unrestricted funds	308,219	821,301	(724,098)	-	**405,422**
Total funds	474,044	1,415,804	(1,329,647)	-	**560,202**

Purposes of restricted funds

Children's Services
We work with children from across London and the UK who live in challenging circumstances or have experienced trauma in their early lives. Our approach brings us closely together with families to ensure our youngest members achieve personal and social growth and positive change through access to a uniquely nurturing and validating environment.

All of our programmes are directed at early intervention. The effects of trauma and adversity can often remain unnoticed in many children. Programmes include structured play/educational activities that are skill based and foster a positive self-identity.

Youth Services
A dedicated programme for young people aged 13 to 19 years. This includes a variety of dynamic and challenging experiences - from creative workshops to martial arts classes, jam sessions to group discussions about the issues that matter to young people. Designed by a multidisciplinary team, with rich clinical and therapeutic expertise, in partnership with peer mentors with lived experience of trauma and adversity, who have been through the programme themselves.

Adult services
The programme of activities for adults includes weekly structured workshops focusing on topics such as sexual health, drug and alcohol use, disclosure, parenting, treatment issues and developing education and careers. Additionally adults are able to access the full range of activities from counselling to well being therapies, to the newly-resourced library providing written and web-based information on all aspects of health, nutrition, self-help, skills-building, treatment and International HIV issues.

14 Movements in funds (continued)

Hardship Grants
Body and Soul submits applications on behalf of members for financial assistance. Organisations include THT, Frank Buttle, The London Society of Ragamuffins, Glasspool, The Heinz Anna and Carol Kroch Foundation and Islington Giving.

Other programmes
Other programmes include funding from grants and charitable trusts towards activities including: awareness and education outreach, remote support, volunteering and mentoring initiatives.

Big Lottery Fund
Represents funds received as part of the Reaching Communities Programme and is allocated to young adults and mental health across all age groups.

Refurbishment Fund
Funds received for the refurbishment of the premises in Rosebery Avenue. This includes the value of professional fees incurred free of charge. Depreciation is charged against this fund.

Purposes of designated funds

Fixed Assets Fund
This represents the value of general funds invested in the refurbishment and other fixtures, fittings and equipment and is not readily available for other purposes. Depreciation is charged against this fund.

15 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Property	
	2021	2020
	£	£
Less than one year	**100,000**	100,000
One to five years	**400,000**	400,000
Over five years	**350,000**	450,000
	850,000	950,000

16 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

BODY AND SOUL

England & Wales - Charity number 1060062

Accounts

Company number: 03245543
Charity Number: 1060062

Body & Soul

Report and financial statements

For the year ended 31 December 2020

Body & Soul

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Reference and administrative information

For the year ended 31 December 2020

Company number	03245543
Charity number	1060062
Registered office and operational address	99-119 Rosebery Avenue London EC1R 4RE
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Marjorie Agwang Deb Bee Maurice Biriotti Sara Carter Munya Chidakwa Jane Dutton Alex Lifschutz Chris Naylor Rachel Stevenson

Key management personnel	Emma Colyer	Director
	Jed Marsh	Assistant Director
	David Bell	Head of Operations
	Hollie Smith	Head of Volunteer Programmes
	Ida Andreasen	Head of Suicide Support Services
	Estelle Bingham	Lead Life Coach and Trainer

Bankers	The Co-operative Bank 62-64 Southampton Row London WC1B 4AR	Lloyds Bank plc 21-23 Hill Street London W1J 5JW

Solicitors	Hogan Lovells 65 Holborn Viaduct London, EC1A 2DV
Auditor	Sayer Vincent LLP Chartered Accountants and Statutory Auditor Invicta House, 108-114 Golden Lane LONDON, EC1Y 0TL

The Trustees present their report and the audited financial statements for the year ended 31 December 2020.

Body & Soul is an innovative charity that uses a comprehensive, community-based, and trauma informed approach to address the life-threatening effects of childhood adversity in people of all ages.

Body & Soul was established in 1996 to address the gap in HIV services providing targeted support for children, young people, and families. This evolved into an organisation that has a heritage in understanding epidemics, the effects of trauma and the healing within community. We have developed a 'whole person' model of care rooted in a strengths-based approach that nurtures connection, healing, and growth.

Our approach is evidence-based and informs all that we do. We take a systemic and humanistic approach that is collaborative and solution-focused. Through building members' protective factors, we promote and develop resiliency, interrupt latent vulnerability and transform lives.

There is a substantial body of research showing that the stress associated with adverse childhood experiences can have life-long consequences for health and well-being. According to the World Health Organisation, "such stress can lead to serious problems such as alcoholism, depression, eating disorders, unsafe sex, HIV, heart disease, cancer, and other chronic diseases".

Chairs Reflection

It gives me great pleasure to present Body & Soul's Annual Report for the year 2020 on behalf of the Trustee Board.

For 24 years Body & Soul have been on the frontline of delivering a trauma informed community response. We have supported families struggling with the life-threatening effects of trauma, whether someone has been neglected or abused, trafficked, attempted suicide or stigmatised because of HIV.

As I write this introduction, I reflect on how incredible Body & Soul has shown up in this time of collective crisis. There are only a handful of organisations that have not only maintained vital support programmes for existing members, but who have expanded their offering to meet the unprecedented emergency we have been faced with. I am proud to be part of an organisation that has further mobilised its model of support to bring a community response to Covid-19 for members, volunteers, staff and the wider community.

In many ways the pandemic has been both dark and light. It has brought immense hardship to the community with lives lost and at the same time provided the opportunity for Body & Soul to support so many more people across the globe.

The team have led a community response that has been calm, informed and loving in the face of such adversity. It has required a whole new way of operating that without doubt will have an impact on Body & Soul's future. We have moved forward to meet the challenge with strength and courage while holding our vulnerability. What we all do today will change all our lives. In many ways this crisis brings a return to the values of love, connection and empathy. The most powerful buffer to the effects of trauma is our ability to connect and feel a sense of belonging.

I would like to thank everyone that has contributed to Body & Soul, from members, to staff, volunteers, partners and funders.

Deborah Bee: Chair

Principles

Body & Soul is committed to:

- Promoting equity and respect and to combating stigma and discrimination in all settings and services.
- Adopting and promoting a human rights-based approach.
- Participation of members of all ages in planning, shaping, and delivering programmes.
- Ensuring there are structures, policies, and procedures which enable us to achieve our mission and fulfil our objectives.
- Working together with others in the spirit of collaboration and partnership to provide services that are evidenced based and of a high standard.
- Having an unshakable commitment to people of all ages impacted through childhood adversity and trauma.
- Having an entrepreneurial, innovative, and flexible approach.

Structure, governance and management

Body & Soul is made possible with the dedication of staff, volunteers and the community, of which the Trustee Board delegate the day-to-day running of Body & Soul to a full-time staff team with over 24 years' experience of delivering services which support children, teenagers, and families impacted by childhood adversity.

The Trustee Board provides strategic oversight and governance to the organisation. It is committed to members of the Board having lived experience of early trauma and is proud that throughout its history the Board has always had this representation. New Trustees to Body & Soul are recruited both internally and externally, with all appointments being approved by the Board of Trustees. A bespoke induction follows, ensuring each new Trustee understands the governance structure and decision-making processes, legal obligations under charity law, values and principles, financial reporting and overall programme delivery. Trustee meetings are held a minimum of every quarter.

The staff team are accountable to members, the Board of Trustees, stakeholders, and each other. At the beginning of the year we had a full-time staff team of 20, and a part-time team of 6. We ended the year with a full-time team of 13 and a part-time team of 7. There was an average headcount of 23.5, further amplified by over 200 volunteers.

The staff team in 2020 has therefore consisted of:

- Director: Emma Colyer
- Assistant Director: Jed Marsh
- Head of Creative Partnerships: Hollie Smith
- Volunteer & Member support Manager: Rosalind Keefe (*finished March 2020*)
- Volunteer Programme Manager: Jessica McClary (*started March 2020)*
- Head of Operations: David Bell
- Adult Service Development Manager: Raman Sandhu
- Adult Programme Support: Rosette Jaminki (*started October 2020*)
- Head of Young Adults Programme: Saga Moss Lundstrom
- Head of Casework and Advocacy: Sarah Jones
- Head of Casework and Advocacy: Emma Goldie (*finished November 2020)*
- Head of Suicide Support Services: Hattie Mills (*finished October 2020*)
- Head of suicide Support Services: Kelsey Hylland (*started October 2020*)
- Head of Teen Spirit: Sinead Brown (*finished September 2020*)
- Head of Teen Spirit: Hannah Geyevu (*finished April 2020)*
- Head of Children's Programmes: Jane King
- Children & Family Therapeutic Support: Hilary Marling
- Head of Children's Programmes 10-12 yrs: Rachael Spinks
- Public Health and Impact Manager: Kathryn Forbes
- Head of Public Engagement & External Relations: Kara Winney (*finished November 2020*)
- Head of Pathways and Programmes: Zoe Reynolds
- Assistant to Pathways and Programmes: Theresa Steinel (*finished May 2020)*
- Therapeutic Team: Marie Wassberg

- ♥ Fundraising & Partnerships Officer: Helen Watson (*finished October 2020*)
- ♥ Childhood Adversity Partnerships Manager (Adoption Lead): Rebecca Brennan
- ♥ Events and Venue Hire Manager: Andrea Coman (*Maternity June 2020)*
- ♥ Front of House Manager/Therapies Co-ordinator: Rachel Bothamley
- ♥ Chef: Selina Rovai

The staff team represent a broad range of specialist knowledge and lived experience. All staff have a passionate commitment to human rights, to the principles of equity, belonging and inclusion to the provision of excellence and to the involvement of members of all ages. Outside of key frontline posts, where we believe we have assembled a highly qualified and skilled team, we have also brought in skilled professionals and organisations to further enhance our work.

Spend: 89% of charitable expenditure is on programmes for children, teenagers, and adults

2020: The Power of Community



You are about to read our 24th Annual Report. Every year, our annual reports have charted the evolution of the Body & Soul model, from its inception during the HIV pandemic through to the emergence of our understanding of Trauma as the central determinant of our community's health and wellbeing. Throughout, the key element of community and connection has remained consistent and intentional. Whatever adversity has brought families to Body & Soul, we know that the long-term effects are almost always isolating and that this is the greatest barrier to healing, recovery and growth.

'Recovery can take place only within the context of relationships; it cannot occur in isolation'. - Judith Lewis Herman

As the country went into lockdown in March 2020 to protect the most physically vulnerable, Body & Soul immediately recognised the greater threat this posed for people living with the impact of trauma. Our understanding and experience of trauma, recognises the proliferation of needs that frequently coincide. Effectively, Body & Soul has become a model of transformation for people whose complex needs were previously unmet by conventional approaches to health and often exacerbated their sense of isolation. The story of 2020 reinforces a truth of our time: the most vulnerable at times of crisis, were always the most vulnerable.

In fact, every type of inequality – gender inequality, racial inequality, income inequality- has been exposed and amplified during this pandemic. To cite some examples: In the US and the UK, Black people and People of Colour are two-four times more likely to die from COVID-19. People who live in deprived areas had higher diagnosis rates and death rates than those living in less deprived areas.

"We may be in the same storm, but we are in different boats".

Whilst we always choose to see the strengths, resilience and assets of our members and avoid pathologizing their experiences, the pandemic has supported the narrative that the most impacted communities are those who were not just physically vulnerable, but those who had an increased incidence of chronic physical and mental health conditions, poverty and uncertain immigration status.

The emergence of a fresh consciousness around racial injustice has provided a new frame for this thinking. This has become a time when racial trauma, ancestral trauma and intergenerational trauma can be a wider frame for understanding inequalities but also as the basis for what needs to be done.

Body & Soul has been the functional and intentional community for thousands of members across the UK who previously have slipped through mainstream health and social care and stood at the fringes of support as the UK went into lockdown. Our challenge was not understanding what we needed to do, but rather how could we continue to function as a community and expand our reach to the wider underlying population groups with pre-existing and emerging trauma.

The physical environment in which our community meets has always been vitally important. We strive to support members in a welcoming, homely, non-clinical space where everyone feels respected, at ease and supported on their journey to recovery. Face to face services are the crux of Body & Soul's work, running every week in our 5-storey purpose-built site for peer and professional facilitated workshops, 1:1 and group therapy sessions and practical support.

On the 17th March 2020 Body & Soul paused all face-to-face services immediately. Within a matter of days our entire staff team was equipped to work from home (previously unheard of given the frontline nature of our work); appointed 85 trained volunteers, past and present, who were standing by ready to support our thousands of vulnerable members; established Body & Soul Care Couriers and created new systems and processes to ensure that all the work we were about to do could be captured and stored safely, given that our database was not accessible outside our building.
Within weeks we had switched to digital delivery and created 2 new services, MindSET & BRAVE. Our knowledge and expertise allowed us to see immediately that, while much was focused on the physical health risks of Covid, we recognised the gap in response to the psychological impact at a time when provision was already in crisis.

Since the start of the Covid-19 crisis, Body & Soul has been a consistent voice advocating for the importance of acknowledging the impact of bereavement and loss on the nation. We led a community response to this through '**Shine A Light'**, giving visibility to the issue and providing a creative way for communities to feel connected. 'Shine A Light' became the simple collective act of shining a candle every Saturday evening to show solidarity with families in their grief and loss. 'Shine a Light' also became a broad collation of frontline organisations, community and online groups numbering into the hundreds of thousands.



Our framing of the pandemic is able to recognise both the immediate physical health risks whilst also seeing the societal trauma and the potential long-term threat this poses to both our healthcare system and communities' ability to survive the pandemic.

From the outset of the crisis, instinctively we asserted the need to co-ordinate a community initiative to support families who have lost loved ones directly and indirectly to Covid-19. And so began our weekly 'Shine a Light' commemoration. This phenomenon became a way for 1000's to cope with their loss, knowing they were not alone now or in the months and years to come.

The 24th Annual Report outlines some of the achievements of the Body & Soul community during 2020 and it marks Covid as Catalyst for how our community became a new home for thousands more people. We hope you can see that the impact we've made during what has been an incredibly challenging year has exemplified our strength, compassion and determination to support those in our community who are amongst the most vulnerable and marginalised.

Programmes that supported the Community

"It was only a few weeks after lockdown, when I started feeling sick. I didn't want to allow myself to think that I was sick. I'm HIV+ and it was so scary to have to face a new virus and wonder if my immune system could cope. Body & Soul called me regularly, and at first I didn't tell them, but I think they must have noticed when speaking to me. My breathing started getting worse, they made me realise that it was serious. I didn't want to listen at first, but I agreed for them to call me an ambulance. It might sound dramatic, but that call saved my life. The hospital said I would be dead if I hadn't gone in that day. There was nobody else who could have done that." Agnes, 59 yrs





Adults Living with HIV

Over 90% of our members living with HIV are BIPOC; 30% are disabled; 60% are women; and over half are aged 50+, HIV+, and living with multiple additional chronic conditions including diabetes, heart, liver and kidney disease and cancer. Many of our members living with HIV are unemployed and those who do work are either key workers or in low-paid, low-skilled jobs, living in poverty and in some cases destitution.

The need for support in our population of members was severe. In March 2020 we quickly expanded our "Beyond Boundaries" volunteer team, so we had capacity to provide all our registered members with regular 1:1 support calls with the same volunteer.

Support calls have been essential to our member's physical and emotional wellbeing. From a simple check-in to an urgent food bank referral, to identifying a member critically ill from covid-19, each support call has transformed a life.

In the first 3 months of the Covid pandemic in the UK Body & Soul supported 7x more members than we would normally in that time frame and provided 4x as much casework and practical support.

We moved our workshops online, to be held at the same time of the week as members would normally come to the Body & Soul building and provided pre-recorded online resources based on mindfulness practices with the specific goal of reducing stress and anxiety. Workshops at the beginning of the pandemic included topics such as: PHE and British HIV Association updates, managing stress and anxiety during challenging times and a strong wellbeing focus to support members with practical tools. We included body based, practical and mindfulness practices such as dance, weekly yoga and online mindfulness body scans, tai-chi and creative crafts to ensure members were engaging in activity and movement during lockdown.

Over 2020 we supported over 1,600 adults living with HIV through 8,261 1:1 support calls, over 2,300 instances of casework support and 1,860 participations in online group support workshops.

- 98% of members felt supported by the service they had received from Body & Soul during the crisis period
- 96% of members said that they had been supported to feel less lonely during the pandemic

Children & Young people on the HIV Support Programme

"I didn't know how I was going to make it through COVID. I was scared, but so were my children. My health hasn't been strong for a long time, and I live in constant pain, and I really struggle with depression. My friend is staying to help look after my 3 children. It was hard before, with only my benefits, but the pandemic meant none of us could escape, we were all locked up together.

Honestly, I lost hope. I have debt and my oldest daughter who is 12 has too much responsibility. She was so worried when I had to go to hospital before as I didn't know if I would ever make it out. She carries that worry with her.

Even during lockdown, you helped me little by little. You got me a grant for clothes, bedding and a tumble dryer allowing the family to sleep and dress comfortably. The meals you sent round every day just took the pressure off us. You got me to the parents' sessions on the computer and then the same for the kids. The list goes on….

We have so much support now that you helped organise. But most of all we felt cared for. It felt like we were really at the end, but even through this pandemic our life as a family feels good now. Every day feels like we can be hopeful. I was gobsmacked by the speed at which you helped and the amount you gave us. You have done so much more than I hoped or expected. I want to say such a big thank you to everyone for remembering and helping us!" Helena, 42 yrs

To stay connected with the children we support we established "Adventurers TV!" Twice a week, children affected by HIV have accessed Zoom workshops exploring prevalent themes of lockdown such as staying indoors, feeling lonely, and not being able to go to school. We focused on building children's resilience using stories and games as a vehicle to improve their ability to recognize, understand and regulate their emotions. Familiar tales, such as 'The 3 Little Pigs' were initially used to introduce specific feelings, such as anger and fear that were likely to be occurring and would be more difficult for the children to regulate. As the rules around lockdown began to be relaxed tales such as 'Rapunzel' were chosen to reflect feelings the changes could bring, such as confusion and loneliness, along with skills to manage them.

Young people aged 10-18 have taken part in online creative projects such as poetry workshops, games nights, and creative projects in partnership with the Central School of Speech and Drama where young people created their own virtual reality escape rooms. During the early stages of lockdown children reported leaving the house for an average of an hour a week to shop for essential items. With this knowledge and understanding about the children's lives during lockdown it was important that the project had an element of 'escapism'. The children's imagery was very much based in nature and the students from CSSD did an amazing job of using a 3D camera to bring this to life for the children's ideas of their virtual world.

We've supported 163 young people who have attended online workshops 1,523 times.

- 90% of children said they felt more confident since attending the Zooms
- 86% said they felt better about themselves
- 100% said "attending has made me feel more connected to my family'
- 75% said they could name of one or more of their strengths
- 66% said they had learnt something new about another member of the group.

"The boys look forward to joining the sessions and it has saved us. Lockdown has felt so strange, and these meetings has kept us all going. We are so grateful to you."
Rosie 32 yrs

A parent survey conducted at the end of October 2020 found:

- 89% of parents felt that Body & Soul had helped their children to understand and look after their emotions
- 100% of parents felt that Body & Soul had helped their children to build resilience during the pandemic
- 100% of parents felt that Body & Soul helped their children to feel less isolated during the pandemic.

Care Couriers

"As soon as lockdown happened, I volunteered for Care Couriers. As a volunteer, I work with members all the time and I knew how isolating lockdown would be. To begin with, we delivered the medication when hospitals were unable to. We did shopping, topped up electricity meters, went to the cashpoint, all the things that no other service would have done.

By September I started a pilot 'walk and talk' project with some of these members. When we delivered, we would give people the option of going for a short walk and talk. One of the members I saw to help with shopping naturally started to stop and have a chat. So we began going for a walk in the park when I visited her. In my mind there are many people like her, either single mums or older people who have been very up and down and isolated and just appreciate someone to talk to. The exercise and company was like the best medication." Kat, Children's Services Volunteer

It was evident within the first few days of lockdown that Body & Soul members on our HIV Support Programme needed immediate practical support. Many are living in poverty, managing multiple physical and mental health conditions and many were shielding. They couldn't afford to buy food through their local mutual aid groups and didn't feel comfortable asking strangers to collect their medication for them.



In response, we launched Body & Soul Care Couriers, an emergency delivery service run by staff and volunteers who bought and delivered groceries, prescriptions, utility top-ups and other household essentials to members' homes across London. This programme ran throughout 2020.

- Care Couriers has supported 262 households.
- Care Couriers has been supported by 70 volunteers operating in every borough of Greater London.
- Care Couriers have completed 385 "missions".

"A lovely lady called Lucy delivered food to my doorstep that's home-cooked as she said ready-meals won't give me the nutrition I need… it's lifted a lot of weight and anxiety from my shoulders… and she's going to pick up my meds tomorrow as well."
Joseph 61yrs

"I am so so thankful for the food parcel delivery yesterday evening. I am really struggling with food and the local support services are overwhelmed… Body & Soul gives me hope."
Anna 44yrs

Derrick's Story

Derrick* has been a member of Body & Soul since 2018. He suffers from poor health which means he cannot work. Just before lockdown he had been re-housed by the council into a flat with no furniture, so Derrick bought a few items on credit to ensure he and his two children were comfortable. Derrick applied for universal credit but was told he would not receive payments until 22nd July; this being in early May. This left Derrick with no income, unable to pay bills, feed his family, or afford electricity. Immediately, we were able to organise an emergency food parcel through Care Couriers and our casework team applied for a crisis grant of £125 to relieve Derrick's immediate financial concerns. We then advocated on Derrick's behalf to bring his universal credit payments forward. Amazingly, on the same day that we spoke to HMRC, Derrick received his first universal credit payment and an additional £1,500 he was entitled to. Without our help, Derrick would have been destitute but, thanks to our casework service, he now has a regular source of income to support him and his family. Derrick texted us saying, "***God bless you and thank you in this time.***"

Parents Place

"Even when we met online as a parent group, it took us away from our isolation. I remember one group time, our journey started on a Bolton estate in the North of England and travelled down to Derby were an old Body & Soul member who now lives with her 2-year-old daughter. We visited the estates of Lambeth, Hackney and the high-rise flats of Luton and Southwark, to the streets of Waltham Forest. We went from home to home before travelling across the seas, to Africa."

"We ate meals together in Malawi and shared stories of how the food was prepared around open fires and which spices were added to certain meats and fish. The women laughed as we travelled into Rwanda and shared more food. We passed into Guinea for our final meal of acheke, dried fish and mango cooked in red palm oil. Whilst we shared our meals together, we were introduced to their beautiful children. Some would stay for a taste and a wave and others stared into the camera in a curious and bemused way, giggling and then becoming shy, and hiding. Mothers shared tales of when they last met many years ago at Body & Soul and how they were now out of London."

"Our journey continues every Monday evening to share more accounts of homelands, stories, traditions, childhood memories and our daily lives in these uncertain, chaotic and urgent times together."

"Parent's Place" is Body & Soul's dedicated space for parents living with HIV to support each other and take some time out for caring for their children while they are being looked after and nurtured in our Children's Centre. While we couldn't provide the childcare element during 2020, we ensured that parents have continued to have a space to meet online. Parents have shared their struggles with broken routines, home schooling and limited access to outdoor space.

- Our phone support service has supported over 500 HIV positive parents
- 56 parents accessed parenting focused workshops 344 times
- 100% of parents asked reported they feel less isolated as a result of accessing Body & Soul
- 100% of parents reported they feel more connected to their children.

Over the year we have supported 175 parents of 0-3-year-olds with 983 1:1 support calls and 341 instances of casework support. 56 parents have been regularly accessing our online Positive Parenting programme sessions, with 261 attendances in total. 54 parents joined additional workshops almost 180 times. Under 3's joined our children's adventurers zoom sessions 100 times.

We started our new programme of Positive Parents Place (PPP) in February 2020. We delivered 4 x 6-week PPP courses across the year and focused on supporting parents and their children aged 0-3 during the day, with additional weekly groups in the evening. Parents and their children came to the building in London to receive support in groups with their peers, and together for a "stay and play" element of the course. The course was planned to run for 6 weeks. After 3 sessions, lockdown meant we had to put face-to-face groups on hold and quickly organise online Zoom-sessions to maintain the support the service had started.

In our early online Positive Parenting sessions, we were responding to the immediate needs of our families who were experiencing fear, anxiety and stress due to the global pandemic. The mothers were feeling isolated and lonely, and our early workshops were based on providing emotional and psychological support and creating a new online community. In these early sessions, stories were shared of back home in Africa and a need for sharing recipes from their homelands. There was a need for connection and remembering. The mothers told stories to each other; ones that had been told to them as children and now they were sharing them with the community and their children.

During this time of transition, we supported families that didn't have access to internet and supported with grants for laptops and iPads, giving them full access to Body & Soul's services.

"Parent's Place keeps me going… it feels like we are so close, like we are all sitting around a table eating and talking together, it doesn't seem like we're in our separate homes." Sara

"The group has helped me budget and improvise with the food I have. The week we shared recipes was so helpful. I see lockdown now as a blessing for me and my son." Olive

"I definitely feel less lonely, especially knowing that some others have gone through or are going through similar situations, and we can encourage each other". Lilian

Adoption & Special Guardianship

"Most of my mates are from Teen Spirit. They understand adoption and what it means. It's something you can talk to them about and they understand. Even the people who run it, you make them like your friends, you go in there and like you're safe ... in that room everyone respects everyone, volunteers genuinely talk to you and want to help you and care about you. They treat you like an adult, give you respect, and you respect them… respect goes both ways."

During the first lockdown our programme had to adapt dramatically to best address the needs of the children. We concluded that supporting children with their emotional regulation would be the element of the programme that we could facilitate most effectively during the first crisis period.

Our Young Explorers (children aged 8-12) and Teen Spirit (aged 13-18) members initially participated in fortnightly video calls focused on emotional regulation skills and creative challenges such as making their own "Explorer" characters to help them when they're struggling at home. In the summer months we ran groups in person as well as online, focusing on activities such as story work through the dramatherapy 6-part story method. This technique is useful in helping participants to talk more openly about difficult emotions. Creating a character allows group members to have aesthetic distance from the events of the story, giving them a safe container to explore their feelings. At the start and end of each session, mindfulness techniques were used to properly transition members from their character to themselves safely.

Support for adoptive parents and guardians was easier to transition to Zoom and well accepted. We understood that having children at home, or other responsibilities, might make it more difficult for parents to attend the remote sessions, so we recorded them (removing any faces or mention of names) for parents to watch at their convenience. The content of these sessions included DBT skills, helping parents to cope with their own stress and supporting their children to manage difficult behaviours and improve their relationships.

We supported 120 parents/guardians with 158 1:1 support calls and parents joined workshops 242 times.

125 young people benefitted from 181 1:1 support calls and attended workshops 528 times.

- 92% of adopted children are better at recognising and managing their emotions
- 90% of adopted children report that Body & Soul is a place where they feel safe to talk about adoption
- 85% of adopted children are more confident and better at recognising their talents and strengths
- 85% of adopted children demonstrate that they are better able to build and maintain friendships
- 77% of adopted children are more connected with their peers outside of Body & Soul
- 100% of adoptive parents report implementing alternative parenting techniques at home
- 88% of adoptive parents report that their support network has increased.

Therapeutic Support

Lucky's Story

Lucky came to Body & Soul at a difficult time in her life. Having nowhere to live Lucky was staying in a hostel. It was a tough, anonymous environment. Despite Lucky's salary draining away on payments to the hostel, demands for money were continuous. Lucky was being threatened with eviction and had grown used to being treated with disdain and disbelief when she challenged the staff. Two years had passed since a first experience with therapy, the clinical environment had been alienating and Lucky arrived at Body & Soul at an all-time low. Lucky had nothing to lose but equally no reason to believe this time it might be different.

When Lucky was met with a warm welcome, she was as reassured as she was cautious. Lucky was given a thorough consultation and with this, agency to decide on the therapy she would receive. Lucky was also given financial advocacy which proved vital for her to escape her immediate circumstance. Body & Soul's objective is to treat the whole, not the symptom or the cause in isolation. Lucky felt human and empowered. In Lucky's own words,

"The first time I did therapy it opened up my wounds, but at Body & Soul they were healed. The therapist gave me time. Sometimes I would touch on things and not go in depth, then I could come back to it. The more in depth I went the lighter I felt. At the hostel I felt stereotyped. There is an assumption that you are not telling the truth. The lack of sleep and being told 'no' starts to get to you. You just shut down."

At Body & Soul Lucky has found a place to call home. Body & Soul's impact has been life changing and restorative. Lucky continues to volunteer and is a valued member of the Body & Soul community.

As with our other programmes, our 1:1 talking therapy appointments were also immediately moved online in March 2020. Not only were no appointments missed due to the pandemic, we were able to grow our service provision during the year, adding 3 integrative counsellors, 1 integrative art psychotherapist and 1 life coach to the team. Between March and December 2020 Body & Soul delivered **1506** 1:1 talking therapy appointments to **204** individuals.

Members complete a post-therapy questionnaire and of these, all but one person said the therapy met their needs. All members said they have been able to use the skills they learnt during their therapy and 92% said they were likely to recommend therapy at Body & Soul to a peer if they were struggling with similar issues.

"These sessions really helped me a lot. I was in a very bad place when we started, I have noticed a huge difference in myself and my life. Since finishing my therapy I have started a course at university, an access course in counselling. It's something I have always thought about and this therapy gave me the push and the confidence to go for it."

"Thank you for the sessions, Andrew has been so wonderful, picking up the pieces of my broken heart. Your loving care is priceless. For you to stand by me when I lost my darling husband, it's incredible. How did you guess I needed your hand to pick me up? May you continue supporting humanity. The world needs people like you who run to support widows and widowers. Please live longer. I wish you everlasting wisdom, happiness and perfect health"

You Are Not Alone – Suicide Prevention

"Thank you for everything. I had been on NHS waiting lists for 5 years for DBT (still 18 months to go according to my last update). I know that if I had not completed DBT before the pandemic I would not be coping at all and honestly don't think I would have made it through the last 12 weeks. I hope you can keep helping other people long into the future and they can get the same benefits that I have." Jay 22yrs

"The support I have had from Body & Soul has been amazing and without your help I wouldn't be the person I am today. The online sessions have helped me as a refresher, and I feel that I always have someone to talk to no matter the situation." Crystal 26yrs

"I could never had achieved such a grade (1st honours degree) without the overwhelming support I received and am receiving from Body & Soul- which gives me such mental clarity, hope and encouragement to be the best version of myself. You're so wonderfully kind and thoughtful, as is everyone else from the Body & Soul team." Alice 23yrs

"You Are Not Alone" (YANA), Body & Soul's suicide prevention programme, was established in April 2017 and has supported over 300 young people since then. The increasing demand for this programme sadly mirrors a trend on a local and national scale. Suicide remains the leading cause of death of young people in the UK (Papyrus, 2019), and suicides among young women and girls are increasing (ONS, 2018). Our "You Are Not Alone" programme responds to this need, providing therapeutic support to young people aged 16-29 who have attempted suicide, equipping them with the skills and resources they need to prevent further suicide attempts.

In March 2020, prior to the national lockdown, Body & Soul made the choice to move all activities to remote access. The YANA programme has since then been delivered virtually via Zoom meetings. This was widely accepted by our members and attendance was not impacted. Members also attended additional workshops such as "Befriending our bodies", 'Peer Mentorship Training' and 'Body & Soul Book Club'.

120 YANA members accessed online workshops 1,383 times over the year and 242 YANA members received 997 support calls.

- ♥ 100% of YANA members have not presented at crisis services since accessing the programme nor within 6 months of graduating.
- ♥ 95% of YANA members feel more confident than when they first joined.
- ♥ 100% believe they have more skills and strategies to cope when life gets hard.
- ♥ 100% feel they are more able to manage difficult relationships.

The *You Are Not Alone* programme has seen a significant increase in referrals since the COVID-19 pandemic. In the final 3 months of 2020 we saw a 100% increase in referrals compared to the same period of 2019.

Mindset



"I will continue to watch MindSET sessions for at least the next year if not longer if they stay!"

"You're giving me everything I need in this crisis: MindSET to work on my crisis survival skills; Thursday evening to connect with members; a 15min check-in… You keep me busy and sane."

MindSET is Body & Soul's innovative and unique response to the challenges faced by young people throughout the Covid-19 pandemic. From the moment the country entered the first lockdown in March 2020, 'You Are Not Alone', Body & Soul's award-winning therapeutic programme was immediately transferred online, providing DBT therapy to young people at risk of suicide. In this same moment, MindSET ('Social & Emotional Training') was conceived as a simple and immediately accessible remote support for any young person already starting to struggle with anxiety, overwhelming emotions and distress. MindSET was designed to give immediate access to the core skills that have been so transformational to the mental health of young people with often complex mental health needs.

MindSET started as an hourly livestream giving direct DBT skills training and psycho-education to young people (16-30years) with a live, moderated and interactive space where our therapists could respond directly to questions throughout the session.

Since early September 2020, YANA graduates and other Body & Soul members have contributed to the development of the programme, amassing 750 hours volunteering before the end of the year.

In 2020 over 1000 young people registered to take part in MindSET and over the year the sessions were watched over 3000 times.

- 100% of young people have learnt skills to help them manage feelings of distress.
- 100% of young people say that Mindset has helped them cope during lockdown.

BRAVE

"I picked up the phone 5 days after my mother died. I'm a student nurse working in a big teaching hospital taking the full force of COVID. I didn't have the energy to grieve. My world was in turmoil and then the murder of George Floyd brought up so much for me and many memories of how I had been treated. It was a whirlwind of emotions while all the time you're expected to be there, ready for your next shift. My therapist at BRAVE just gave me time to breathe for a second. I just needed some help to process everything and begin to focus on the next step. To find that felt so lucky as so many of my colleagues are too nervous to get help with their mental health. It's like there isn't a good time, there's too much to do or that people will think you're losing it. I was worried I was too, but right now I'm taking every day at a time".



As soon as Body & Soul registered the potentially enormous impact of Covid-19 in the UK, we recognised our unique expertise in this arena. Our 24-years' experience with HIV, BIPOC communities, ACEs and structural inequality led us to expect that, for anyone working on the frontline of this illness, the experience would be grinding rather than instantaneous and exhausting rather immediately overwhelming. Furthermore, the greatest impact would be felt by people who are already vulnerable due to poverty, discrimination, cramped housing, violent relationships or a history of abuse. We could see that the pandemic was going to have a catastrophic impact on the mental health of many people working in frontline health and care environments and we felt a strong moral duty to help mitigate this impending disaster.

We carefully designed a service that could squeeze maximum impact from the resources we had at our disposal. By the final week of March we had: 1) recruited over 100 volunteer

therapists, each fully-qualified and with long experience of trauma work; 2) successfully sought endorsement for the project from the NHS, BMA and RCN; 3) contacted 100s of care homes and hospitals up and down the country to make sure frontline workers knew our support was available; 4) and, after significant amounts of free consultation from Bloomberg and ITV, built and launched an online bookings system connecting therapists with those requesting support, so frontline workers could access therapy quickly and easily at a time that was most convenient for them.

We know from our experience of working with trauma and PTSD that the Covid-19 crisis would have a catastrophic impact on key worker's mental health. Within just 2-weeks of lockdown starting in the UK we launched Brave, an emergency online counselling service for key workers.

Between late March and December 2020, we provided over 840 sessions of one-to-one psychotherapy for 214 individuals.

100% of respondents told us that this support has had a meaningful positive impact on their lives.

Approximately 50% of people accessing the service are experiencing distress owing to a combination of highly stressful factors in work and at home, while the other 50% are presenting as highly dysregulated and suicidal because something about the pressure and the lack of agency in the situation has also triggered past trauma.

Life as a Care-Home Manager

A care-home manager who approached us for the first time in April had had to put his facility in lockdown with a skeleton staff team. He was feeling completely overwhelmed with worry about the number of people they were looking after who seemed to be contracting Covid, and how that was impacting on them, on their families and on the rest of his team. He talked about how useful he found some of the practical skills he learnt in sessions with our therapists for managing his anxiety levels. He also said that this was having a wider impact because he was able to teach them to his team and also to some of the people they were caring for."



Designed to complement our BRAVE psychotherapeutic support for frontline workers 'BRAVE Families' provides resources aimed at children from the ages of 5-13 in recognition that the challenges that frontline workers have been facing will invariably impact their families too. In line with Body & Soul's belief in the necessity of supporting the family rather than just the individual for sustained healing the content has been curated to ensure that activities involve all of the family, whether this is doing them together or in children sharing their efforts with the parents/caregivers. We have been able to draw upon the activities and approaches that we use within our existing programmes, such as DBT to build a comprehensive, extensive and varied set of fun activities that promote connection to one another, emotion regulation and that keep children informed. The use of videos to explain different parts of the site and to introduce toolkits and activities was central to the design to increase interest, engagement and enjoyment. Indeed, a systematic review of digital mental health interventions for children and young people found that videos were one of the factors that may contribute to increased retention and useability (Liverpool et al. 2020 – https://www.jmir.org/2020/6/e16317/).

Creative Communities

'Thank you so much. We have been so alone through all of this and haven't really gone anywhere. That's been hard for me and Tom and I can see he has benefitted so much from being here.' Nuna

'It's been so much fun. We have been practicing our handshake at home and added more to it and we even showed our aunty. Thank you for inviting us. We have been missing our family here so much and it has lifted my spirits to come and be with you all.' Hannah

'I don't usually like to hear my own voice, but I really liked it. I feel honoured that my voice was used.' Jasmine

The discriminatory impact of the pandemic, the global uprising against systemic racism, and a new reality marked by grief and threat have heightened the need for connection to ourselves and others in 2020. Throughout 2020 we have come together as a community to create electronic drone music, build virtual escape rooms, share our stories through poetry and even travel to space! Creativity has helped the Body & Soul community feel

recognised, witnessed and validated through this time of profound isolation and disconnect. We have seen that creativity not only provides opportunity for connection and expression, but also how it can ignite change, renewal, and recovery.

In 2020 we:

- Delivered 10 x 4 to 8-week creative projects
- Engaged 144 members in creative projects
- Worked with 6 established creative partners including The LEGO Group and Central School of Speech & Drama.

Creative Communities projects have:

- Widened access to high-quality arts provision
- Improved mental/emotional/physical wellbeing
- Increased confidence, self-esteem, and communication skills
- Improved connection with self and peers
- Inspired curiosity and imagination.

Impact of engaging in creative communities' projects:

- 100% of parents felt they had learnt new skills and tools to engage in play as a family
- 100% of participants reported feeling that they had learnt new things to help them manage their emotions.

After engaging in 'The Great Galactic Expedition' (an immersive and participatory theatre Experience for 4 – 7-year-olds) a member stated, 'I really liked helping Squeaky (puppet character) get home and teaching him how not to worry.'

After engaging in 'This Is Us' (a project that explored the themes of identity and self-concept through discussion, story sharing, and LEGO mosaic making) a young person reflected on her work by sharing,

'The LEGO mosaic represents me in a way that makes me feel happy. The black, yellow and red represent the Uganda flag and my culture. The light and dark blue and purple represent my favourite colours. And finally, the light brown represents my love of dogs. And the people and the whole creation put together represents creativity. Thank you for everything I enjoyed the LEGO project it was so fun.'

'Working with Body & Soul during a pandemic has been inspiring and motivating. The group brought their creativity and artistry to the project each week which enabled us to make

work together in a whole new way and create something truly unique and uplifting to commemorate this extraordinary time.' Imogen Knight

Big Christmas Give

'Body & Soul for me is the best charity. No other charities call me. Body & Soul fills a hole. I wanted to call just to say I'm delighted with my hamper, not just because of the contents but more to know that someone is thinking of me'

'Thank you so much for calling me and delivering a Christmas hamper. We have been dealing with a loss in the family and we are heart broken. Thank you for putting a smile on my face, much appreciated.'

Community is key to Body & Soul and every Christmas we usually host gatherings for our members and volunteers to come together, connect and celebrate one another. We couldn't hold this tradition in 2020, so we had to find another way to respond and stay connected. We rallied support from every corner of London to reach the most vulnerable members of our community, delivering gifts directly to members' homes to let them know that they were not forgotten, that they are loved and that they are valued.
In December 2020 we supported 636 members through:

- 154 family gift packages with toys and games for the children and a self-care gift for parents
- 240 food hampers full of essentials and treats
- 97 self-care packages

12 organisations supported the campaign with their expertise, financial support and gifts and 30 volunteers dedicated 116 hours of their time to help us to wrap, package and deliver the gifts.

Volunteering

"When I started out, I was looking for some way I felt like I could give back to the community because I'm a musician and I spend a lot of time on my own in my room mixing music, recording music. Doing voluntary work to feel like you're contributing to people.

I work in the Beyond Boundaries service speaking to members every week on the phone. I know that it has made a difference to members' lives. It's surprising what a difference it makes to them just to have somebody that is consistently there over a long period of time,

and you develop real relationships with people. For me to help support them with all the problems that they have day to day, long term, it's been really rewarding.

When I see the variety of ways that Body and Soul touches people's lives. I'm always amazed. We managed to do a lot for a lot of people. It seems to be in a very efficient and a low-cost way. I think that it must be one of the most efficient charities around, your money goes a long way. So, it's well worth giving money to Body and Soul."
John, Volunteer

Volunteers have always been crucial in allowing Body & Soul to support its vast number of members. Before the first official lockdown in the UK had been announced we felt certain that our members were going to need more support and more intense support than usual in the coming months. We immediately got in touch with all our volunteers, present and past, to ask for their commitment to support members remotely while we all had to stay at home. The response we received was astonishing. Over the year we recruited 148* new volunteers and a total of 207 people volunteered for us over the year, generously spending a total of 6324 hours supporting Body & Soul members.

- 100% of volunteers felt suitably trained to carry out their volunteering activities.
- 94% of volunteers asked told us that they felt better connected to their community through volunteering with Body & Soul,
- 83% felt their confidence in supporting vulnerable individuals or families has improved and 78% felt their confidence in discussing difficult topics such as stigma or grief has improved.
- 89% of volunteers told us that volunteering with Body & Soul gives them a sense of personal achievement, with 94% telling us that it broadens their experience of life
- 78% said it gave them more confidence and 94% said that it taught them a new skill

'I'm very grateful for the community at Body and Soul as I feel I have gained so much as well as being able to give to such wonderful people.
I have appreciated this nurturing and kind space that you have cultivated as I was really able to grow...and have a great time doing so!'

Financial Review: 11% of expenditure was on generating funds

Reserves

The reserves at Body & Soul are formed by the unrestricted general funds. These are funds that are not restricted or designated for a defined purpose. Unrestricted funds are used for the overall delivery of the organisations aims and objectives.

The Trustees aim to maintain unrestricted reserves equivalent to three months' running costs, this equates to approximately £342,867. Reserves at the end of this year represent just under three months running costs. General funds equate to £332,368. The Trustees continue to take steps to develop the reserves of the organisation with a focus on social entrepreneurial activities.

Risk

As part of their ongoing responsibility for ensuring the identification and management of risk the Trustee Board review the risks faced by the charity using the Risk Register framework and put in place procedures to manage risks identified.

Key risks were felt to be:

- Difficulty in maintaining and further increasing charitable income due to the impact of austerity due to Covid 19
- Difficulty in securing funds from Trusts and Foundations due to increased demand and competition.
- Impact of the decreased income stream of venue hire.
- Difficulty in influencing the wider system due to the uncertain political and social environment we are operating within as the pandemic continues.
- Difficulty in managing increasing demands on programmes.
- Difficulty in recruiting/maintaining key staff with salaries offered and in the context of remote working.
- Difficulty in maintaining staff with the impact of the collective trauma on everyone.
- Increase in competitive tendering.
- Potential reduction anticipated of external providers acting on a pro bono/discounted basis.
- Difficulty in lack of financial networks to generate income.
- Failure to maximise opportunities when they arise due to capacity of staffing.
- Inadequacy of data systems to capture all data required.
- Continuing to establish the organisation as a leader in Childhood Adversity.

Key mitigations:

- On finances, since the start of the pandemic, we have enhanced our internal mechanisms for supervision and control, including more frequent meetings of the fundraising team and the SLT to discuss where we are at against targets, and between our Director and the Board of Trustees to discuss our management accounts and projections. We have also taken several specific actions to mitigate the risk that we will 'lose out' in the general climate of austerity and increased competition for funding: working with the Anna Freud Centre to validate our procedures for M&E, so that we can continue to enhance our reputation for scrupulous impact measurement among trusts/foundations, individual donors and statutory commissioners; setting clear targets for fundraisers to identify any new sources of funding that we can now apply for owing to enhanced reach and entirely new services (e.g. BMA funding for MindSET); continuing to find ways of monetising our new services (group emotional support for BHRUT); increasing our range of social enterprise activities (e.g. training for Hestia). In addition, now that venue-hire is up and running again, we are working actively to drive as much business as possible to the building, including generating new marketing materials and reengaging with all previous clients.

- On frontline delivery, the steps we took very early on in the pandemic have enabled us to dramatically increase the number of unique individuals we work with – e.g. online versions of every activity so that we can now provide a full range of practical and therapeutic support to people outside London – throughout the UK and beyond; entirely new outreach services, including group and one-to-one counselling for anyone who works in frontline care, and live-streamed psychotherapy for any young people who are feeling highly stressed or suicidal. We have carefully designed the new services so that they are highly scalable at very little extra cost in terms of time or money, meanwhile we have made sure that all of our Programme Managers continuing to enrich their online programming and expand its reach. We continue to source specialist services/consultancy pro bono, or at dramatically reduced cost, and we see no sign that this will decrease (in fact, quite the contrary). We have also engaged an IT consultant to develop a new database to house all of our data just as securely as ever, but with enhanced functionality, like being able to access member information more quickly and to conduct M&E more effectively.

- On staffing, we have managed to dramatically increase the resources we have available to meet increased demand and to exploit any new opportunities that come our way. For instance, we recruited over 100 specialists volunteers last year, who continue to work with us entirely for free – psychotherapists, IT consultants, doctors etc. We have

continued to expand and replenish our general volunteer team owing to the emphasis we place on motivating and developing anyone who gives us their time to work for us. That said, it has been a tough time for all of our paid staff, who have had to adapt to a hybrid of office and home-working, and changes to their responsibilities. We have worked very proactively with all our employees to mitigate the impact of this disruption by increasing opportunities for management and supervision, both individually and in groups. In addition, all employees continue to benefit from a range of regular training opportunities and an extraordinary package of wellbeing support, including free yoga sessions, group reflective spaces etc.

- On strategy, we continue to strengthen relationships with influential clinical and academic partners so that our work can have as wide an impact as possible, including several institutions who have approached us for consultancy precisely because we are seen as a centre of excellence with respect to repetitive trauma and structural discrimination – e.g. Wellcome Trust, UCL, Anna Freud Centre, RCN. We also maintain close contact with important policy-making forums, including several relevant committees at the GLA and several APPGs within parliament.

Going concern

The pandemic has had a profound impact on the charity sector, from increasing presenting needs for some of societies most marginalised communities to pressures on staffing, volunteering and income generation. The collective impact of Covid 19 is still playing out and organisations need to be able to respond with agility, robustness and creativity.

The Trustees are proud of the response Body & Soul brought to the pandemic. Within days programmes were moved online as face-to-face services were halted. Alongside maintaining programmes, Body & Soul led by values and a commitment to bringing 24 years of experience in trauma focussed support to a wider population with new initiatives, such as MindSET and BRAVE. In the midst of such suffering this last year, there has also been opportunities to reach out and support thousands more people. These new initiatives not only exemplify innovation for the charity but provide new income and new partnerships going forward.

With the external context in mind, the Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. Additional support has been secured on a pro bono basis to monitor financial forecasting short and medium term that will be reported to the Board.

Renumeration

We are committed to paying our staff a fair and appropriate salary whilst always ensuring we have the financial ability to do so. As an organisation with important responsibilities towards our beneficiaries, donors, supporters, staff and the public, we recognise that accountability and transparency are in all aspects of our work. We balance the need of ensuring that value for money is present in all we do alongside the need to attract and retain staff with the leadership, experience, knowledge, and skills required to lead the transformation and complex work we are engaged with. We benchmark salaries against other similar front line service providers of a similar size. We aim to increase salaries regularly in the context of income confirmed in order to ensure financial stability. We pay a London Living Wage to all employees. We believe those who consistently contribute at a level above expectation should have the opportunity to be further rewarded for doing so.

The team is supported by a range of voluntary professionals including the law firms Hogan Lovells, ITV, Wilsons, Bates Wells Braithwaite and Miles & Partners who assist in legal, strategic, and infrastructure issues; DMFK provides assistance on building/design related matters.

A range of other external specialists also support the organisation every year.

In addition to the staff team and partner organisations, the organisation has benefitted hugely from volunteers during 2020. Without volunteers during the pandemic, Body & Soul would not be able to deliver our innovative, high quality, and responsive programmes of support. The Volunteer contribution in 2020 continues to double the size of the staff team.

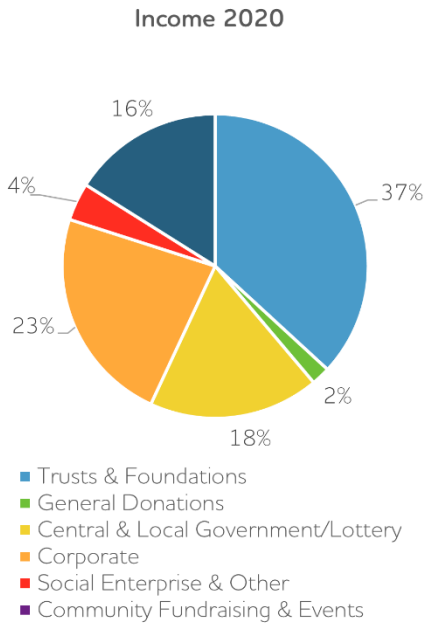
Fundraising Practices Review

All fundraising practices are framed within the values and principles of the organisation. Where expenditure is required to generate income, there is an analysis of the return on investment to ensure the organisation is able to make informed decisions regarding activities.

The fundraising and partnership team are internal – the organisation does not use external, professional fundraisers. We do not employ the services of any fundraising agencies or third parties, nor have we run a telephone or door to door fundraising campaign. Our relationship with our supporters is very important to us and we do not wish for our supporters to feel under any pressure to donate to the charity. Where we partner with corporates, due diligence is conducted on the organisations and the amount of time and effort we as a charity need to invest, versus the income we would likely receive. Clear parameters and responsibilities are then agreed between partners.

We have ensured we are in line with the GDPR data protection regulations and all other relevant codes of conduct. We received no complaints about our fundraising practices in 2020.

The external environment continues to be a challenge, with the lack of certainty in the economy, the unknown in how the pandemic will continue to impact society and the ever-growing need with scarce resources. This runs in parallel to a statutory sector that is continuously under pressure to make cutbacks. A resulting impact is experienced by our members. We have worked hard to respond to these challenges previously by developing our income through social entrepreneurial activities, however during the pandemic we have been hugely impacted.



Key programmes in 2020 were focussed around Adoption/Special Guardianship, HIV, Young people and mental health, Support for NHS and frontline workers and Self Harm /Suicidality.

Body & Soul receives funding from a variety of sources, this is known as 'incoming resources. Income came from the following sources each of which are explained in the graph.

Financial Review

In 2020, activities resulted in a surplus of £86,157. This was an exceptional achievement in the context of a global pandemic and the loss of a fundraiser at the end of the financial year and having ended 2019 in deficit.

At midpoint of the financial year, it was indicated Body & Soul may end with a small deficit due to the loss of income through venue hire. With a strategic shift of focus in the senior leadership team, not only did the organisation benefit from emergency Covid-19 funds, but also attracted new income. Alongside securing income, the organisation also adjusted expenditure to implement savings where possible and efficiencies.

Body & Soul ended 2020 in a good financial position with unrestricted funds of £405,422, of which £332,368 was general funds. This was up from £243,309 in 2019.

Public Benefit

The trustees have taken great care in considering the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The aims not only provide a direct benefit to our members but also the wider public as they strengthen relationships, build community, reduce the financial pressure on health and social care systems and create responsible citizens capable of participating in their communities and building an inclusive society.

The Year Ahead

In 2021 we will continue to reach new people, reaching out to those most impacted by the pandemic, alongside amplifying our approach among fellow professionals, experts, and opinion formers with an interest in interrupting the lifelong consequences of childhood adversity and trauma.

We are ambitious, always striving, and unwaveringly passionate about changing the world we live in. We will not rest with the knowledge that millions of people live in a cycle of despair, not knowing how to break it. We know with the right interventions at the right time everyone can feel peace, a sense of self, and build resilience. To this end, we enter our 2[3rd] year committed to delivering our proven transformational programme for people of all ages who have experienced childhood trauma, solving what is perceived to be one of the intractable problems of our time with a cost effective and impactful approach.

> "Love without action is meaningless. Action without love is irrelevant."
>
> Deepak Chopra

We would like to highlight our thanks to all those who have supported us with their time, money, and dedication. We hope in 2021 we will continue to provide high quality programmes to meet the ever-increasing demand from members across the UK and beyond. We are forever indebted to all the amazing people, trusts, companies and organisations that have, through contributions big and small, put life, energy, and love into the organisation.

Thank you, we continue to learn, love, and most of all value every precious moment of life.

Statement of responsibilities of the trustees

The trustees (who are also directors of Body & Soul for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of 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 SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice 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 charity will continue in operation.

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. 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.
- 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.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at

31 December 2020 was 8 (2019: 8). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 27 October 2021 and signed on their behalf by

Deb Bee
Chair

Independent auditor' report

To the members of

Body & Soul

Opinion

We have audited the financial statements of Body & Soul (the 'charitable company') for the year ended 31 December 2020 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. 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 2020 and of its 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
- Have been prepared in accordance with the requirements of the Companies Act 2006

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 Body & Soul'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 trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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 has 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 trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, 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

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 the 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 are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
  - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
  - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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. Our audit work has been undertaken so that we might state to the charitable company's members 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 anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Fleur Holden (Senior statutory auditor)
4 November 2021
for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Body & Soul

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 December 2020

	Note	Restricted £	Unrestricted Designated £	Unrestricted General £	**2020 Total £**	Restricted £	Unrestricted Designated £	Unrestricted General £	2019 Total £
Income from:									
Donations	2	–	–	609,396	**609,396**	–	–	391,880	391,880
Charitable activities									
Youth Services	3	80,392	–	–	**80,392**	48,708	–	–	48,708
Children's Services	3	125,921	–	–	**125,921**	115,720	–	–	115,720
Adult Services	3	231,303	–	–	**231,303**	303,757	–	–	303,757
Other programmes	3	146,981	–	154,283	**301,264**	86,929	–	192,000	278,929
Hardship Grants	3	9,906	–	–	**9,906**	9,758	–	–	9,758
Rental income		–	–	56,555	**56,555**	–	–	266,323	266,323
Investments		–	–	1,067	**1,067**	–	–	2,460	2,460
Total income		594,503	–	821,301	**1,415,804**	564,872	–	852,663	1,417,535
Expenditure on:									
Raising funds	4	–	1,676	146,091	**147,767**	–	3,690	197,803	201,493
Charitable activities									
Youth Services	4	80,718	3,352	106,332	**190,402**	70,922	23,608	180,880	275,410
Children's Services	4	143,944	3,352	144,197	**291,493**	143,257	23,607	262,529	429,393
Adult Services	4	263,852	5,866	273,673	**543,391**	305,641	27,297	283,917	616,855
Other programmes	4	104,303	2,514	37,022	**143,839**	63,310	–	46,345	109,655
Hardship Grants	4	12,732	–	23	**12,755**	8,512	–	–	8,512
Total expenditure		605,549	16,760	707,338	**1,329,647**	591,642	78,202	971,474	1,641,318
Net income / (expenditure) for the year	5	(11,046)	(16,760)	113,963	**86,157**	(26,770)	(78,202)	(118,811)	(223,783)
Transfers between funds	14	–	24,904	(24,904)	**–**	–	31,056	(31,056)	–
Net movement in funds		(11,046)	8,144	89,059	**86,157**	(26,770)	(47,146)	(149,867)	(223,783)
Reconciliation of funds:									
Total funds brought forward		165,825	64,910	243,309	**474,044**	192,595	112,056	393,176	697,827
Total funds carried forward		154,779	73,054	332,368	**560,201**	165,825	64,910	243,309	474,044

All of the above results are derived from continuing activities. There were no other recognised gains or losses in addition to those stated above. Movements in funds are disclosed in Note 14 to the financial statements.

Body & Soul

Balance sheet

Company no. 3245543

As at 31 December 2020

	Note	£	2020 £	£	2019 £
Fixed assets:					
Tangible assets	10		**73,054**		64,910
			73,054		64,910
Current assets:					
Debtors	11	**163,669**		211,304	
Cash at bank and in hand		**367,575**		271,041	
		531,244		482,345	
Liabilities:					
Creditors: amounts falling due within one year	12	**44,097**		73,211	
Net current assets			**487,147**		409,134
Total net assets	13		**560,201**		474,044
The funds of the charity:	14				
Restricted income funds			**154,779**		165,825
Unrestricted income funds:					
Designated funds		**73,054**		64,910	
General funds		**332,368**		243,309	
Total unrestricted funds			**405,422**		308,219
Total charity funds			**560,201**		474,044

Approved by the trustees on 27 October 2021 and signed on their behalf by

Deborah Bee
Chair

Body & Soul

Statement of cash flows

For the year ended 31 December 2020

	2020		2019	
	£	£	£	£
Cash flows from operating activities				
Net income/ (expenditure) for the reporting period (as per the statement of financial activities)	**86,157**		(223,783)	
Depreciation charges	**16,760**		113,084	
Decrease in debtors	**47,635**		59,891	
(Decrease) / increase in creditors	**(29,114)**		4,530	
Net cash provided by/ (used in) operating activities		**121,438**		(46,278)
Cash flows from investing activities:				
Purchase of fixed assets	**(24,904)**		(31,056)	
Net cash used in investing activities		**(24,904)**		(31,056)
Change in cash and cash equivalents in the year		**96,534**		(77,334)
Cash and cash equivalents at the beginning of the year		**271,041**		348,375
Cash and cash equivalents at the end of the year		**367,575**		271,041

1 Accounting policies

a) Statutory information

Body and Soul is a charitable company limited by guarantee and is incorporated in England.

The registered office address is 99-119 Rosebery Avenue, London, EC1R 4RE.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP FRS 102), and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees’ annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1 Accounting policies (continued)

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, indirect costs are allocated on different bases suitable to the cost. The main allocations are:

- Catering costs — based on beneficiary numbers
- Premises costs — based on floor space
- Volunteer expenses — based on volunteer numbers
- Staff costs — based on staff time

j) Allocation of support and governance costs

Support and governance costs are reallocated on the basis of floor space using the following percentages:

- Cost of raising funds — 10% (2019: 10%)
- Adult services — 35% (2019: 35%)
- Youth services — 20% (2019: 25%)
- Children's services — 20% (2019: 25%)
- Other programmes — 15% (2019: 5%)

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Computer and music equipment — 25% per annum
- Fixtures and fittings — 20% per annum
- Refurbishment — 7.7% per annum

1 Accounting policies (continued)

m) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations

	Restricted £	Unrestricted £	**2020 Total £**	Restricted £	Unrestricted £	2019 Total £
Donations and grants	–	609,396	**609,396**	–	345,940	345,940
Community events	–	–	**–**	–	45,940	45,940
	–	609,396	**609,396**	–	391,880	391,880

3 Income from charitable activities

	Restricted £	Unrestricted £	2020 Total £	Restricted £	Unrestricted £	2019 Total £
Charitable Trusts/Foundations	21,815	–	**21,815**	3,000	–	3,000
Corporate donors	12,134	–	**12,134**	14,220	–	14,220
Big Lottery Fund	3,317	–	**3,317**	10,358	–	10,358
Comic Relief	–	–	**–**	11,250	–	11,250
BBC Children in Need	9,880	–	**9,880**	9,880	–	9,880
Young Londoners Foundation	33,246	–	**33,246**	–	–	–
Sub-total for Youth Services	80,392	–	**80,392**	48,708	–	48,708
Charitable Trusts/Foundations	43,464	–	**43,464**	24,774	–	24,774
Corporate donors	4,642	–	**4,642**	32,668	–	32,668
Big Lottery Fund	–	–	**–**	6,857	–	6,857
Comic relief	24,425	–	**24,425**	12,871	–	12,871
BBC Children in Need	39,181	–	**39,181**	38,550	–	38,550
Young Londoners Foundation	14,209	–	**14,209**	–	–	–
Sub-total for Children's Services	125,921	–	**125,921**	115,720	–	115,720
Charitable Trusts/Foundations	126,365	–	**126,365**	91,854	–	91,854
Corporate donors	50,657	–	**50,657**	45,266	–	45,266
Big Lottery Fund	29,856	–	**29,856**	127,516	–	127,516
Comic Relief	24,425	–	**24,425**	39,121	–	39,121
Sub-total for Adults Services	231,303	–	**231,303**	303,757	–	303,757
Statutory	–	–	**–**	57,929	–	57,929
Charitable Trusts/Foundations	97,235	122,283	**219,518**	29,000	117,000	146,000
Comic Relief	1,818	32,000	**33,818**	–	75,000	75,000
Young Londoners Foundation	47,928	–	**47,928**	–	–	–
Sub-total for other programmes	146,981	154,283	**301,264**	86,929	192,000	278,929
Body & Soul acts as an agent for Hardship grants	9,906	–	**9,906**	9,758	–	9,758
Sub-total for Hardship Grants	9,906	–	**9,906**	9,758	–	9,758
Total income from charitable activities	594,503	154,283	**748,786**	564,872	192,000	756,872

4a Analysis of expenditure (current year)

		Charitable activities								
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2020 Total £**	2019 Total £
Staff costs (Note 6)	85,506	78,928	105,238	243,362	78,928	–	–	65,773	**657,735**	645,747
Other staff costs	1,182	1,091	1,455	3,365	1,091	–	–	910	**9,094**	4,507
Consultancy	351	324	432	999	324	–	–	270	**2,700**	5,749
Quality and Excellence	3,054	2,819	3,759	8,693	2,819	–	–	2,349	**23,493**	19,306
Nutrition programme	–	3,962	9,245	19,810	–	–	–	–	**33,017**	44,222
Health & Well being programme	–	6,532	21,955	24,091	–	–	–	1,601	**54,179**	166,683
Facilitators and Trainers	–	3,743	8,929	16,541	–	–	–	–	**29,213**	44,058
Workshops/courses/activities	2,046	1,462	4,806	2,220	346	–	–	1,774	**12,654**	21,558
Therapeutic Programmes	–	11,130	11,130	64,927	5,565	–	–	–	**92,752**	85,913
Volunteer programme	–	2,483	2,483	6,704	497	–	–	248	**12,415**	21,040
Outreach and Communication	1,563	1,336	1,336	1,336	8,212	–	–	668	**14,451**	43,311
Hardship Grants	–	–	–	–	–	12,755	–	–	**12,755**	8,512
Miscellaneous	151	629	617	1,065	123	–	–	367	**2,952**	3,263
Establishment costs	21,966	43,932	87,863	94,139	21,966	–	–	43,932	**313,798**	327,972
Non-capitalised equipment/Resources	107	213	427	457	107	–	–	213	**1,524**	3,247
Audit & accountancy	–	–	–	–	–	–	12,120	1,661	**13,781**	13,527
Other costs	15,932	–	–	–	–	–	–	10,397	**26,329**	69,419
Trustee expenses	–	–	–	–	–	–	45	–	**45**	200
Depreciation	1,676	3,352	3,352	5,866	2,514	–	–	–	**16,760**	113,084
	133,534	161,936	263,027	493,575	122,492	12,755	12,165	130,163	**1,329,647**	1,641,318
Support costs	13,016	26,033	26,033	45,558	19,523	–	–	(130,163)	**–**	–
Governance costs	1,217	2,433	2,433	4,258	1,824	–	(12,165)	–	**–**	–
Total expenditure 2020	**147,767**	**190,402**	**291,493**	**543,391**	**143,839**	**12,755**	**–**	**–**	**1,329,647**	**1,641,318**
Total expenditure 2019	201,493	275,410	429,393	616,855	109,655	8,512	–	–	1,641,318	

Staff costs of £32,422 (2019: £50,844) are included in other lines of expenditure to reflect activity costs more accurately.

4b Analysis of expenditure (prior year)

		Charitable activities							
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	**2019 Total £**
Staff costs (Note 6)	83,947	90,405	129,149	180,809	83,947	–	–	77,490	**645,747**
Other staff costs	586	631	901	1,262	586	–	–	541	**4,507**
Consultancy	–	850	1,700	1,700	–	–	–	1,499	**5,749**
Quality and Excellence	2,510	2,703	3,861	5,405	2,510	–	–	2,317	**19,306**
Nutrition programme	–	4,897	11,426	27,899	–	–	–	–	**44,222**
Health & Well being programme	–	14,217	67,012	83,973	–	–	–	1,481	**166,683**
Facilitators and Trainers	–	4,293	8,356	31,409	–	–	–	–	**44,058**
Workshops/courses/activities	2,280	4,790	5,895	6,719	–	–	–	1,874	**21,558**
Therapeutic Programmes	–	12,887	12,887	60,139	–	–	–	–	**85,913**
Volunteer programme	1,052	3,156	5,260	6,312	3,156	–	–	2,104	**21,040**
Outreach and Communication	5,351	9,762	9,762	9,762	3,793	–	–	4,881	**43,311**
Hardship Grants	–	–	–	–	–	8,512	–	–	**8,512**
Miscellaneous	320	733	728	905	144	–	–	433	**3,263**
Establishment costs	22,958	45,916	91,832	98,392	6,559	–	–	62,315	**327,972**
Non-capitalised equipment/Resources	227	455	909	974	65	–	–	617	**3,247**
Audit & accountancy	–	–	–	–	–	–	12,000	1,527	**13,527**
Other costs	60,780	–	–	–	–	–	–	8,639	**69,419**
Trustee expenses	–	–	–	–	–	–	200	–	**200**
Depreciation	3,690	35,235	35,235	38,924	–	–	–	–	**113,084**
	183,701	230,930	384,913	554,584	100,760	8,512	12,200	165,718	**1,641,318**
Support costs	16,572	41,430	41,430	58,001	8,285	–	–	(165,718)	**–**
Governance costs	1,220	3,050	3,050	4,270	610	–	(12,200)	–	**–**
Total expenditure 2019	**201,493**	**275,410**	**429,393**	**616,855**	**109,655**	**8,512**	**–**	**–**	**1,641,318**

Staff costs of £50,844 are included in other lines of expenditure to reflect activity costs more accurately.

5 Net (outgoing) / incoming resources for the year

This is stated after charging:

	2020	2019
	£	£
Depreciation	16,760	113,084
Trustees' expenses	45	200
Auditor's remuneration (excluding VAT):		
Audit	7,750	7,700
Accounts preparation	2,350	2,300
Operating lease rentals		
Property	127,500	127,500

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2020	2019
	£	£
Salaries and wages	604,440	627,398
Social security costs	52,034	42,688
Pension contributions	33,683	26,505
	690,157	696,591

No employee earned more than £60,000 during the year (2019: nil).

The total employee benefits of the key management personnel including employer's National Insurance were £230,450 (2019: £223,406).

Trustees' expenses represent the payment or reimbursement totalling £45 (2019: £200) incurred by 10 (2019: 9) members relating to subsistence at meetings of the trustees.

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2020	2019
	No.	No.
Raising funds	3.2	3.5
Youth Services	2.8	3.6
Children's Services	3.8	5.1
Adult Services	8.6	7.0
Other programmes	2.9	3.2
Support and governance	2.2	3.1
	23.5	25.5

8 Related party transactions

Aggregate donations from related parties were £nil (2019: £nil), and no trustees (2019: none) received any remuneration or received any other benefits from an employment with the charity or a related entity.

9 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

	Refurbishment £	Fixtures and Fittings £	Computer and music equipment £	**Total £**
Cost or valuation				
At the start of the year	1,363,112	124,258	67,574	**1,554,944**
Additions in year	24,904	–	–	**24,904**
At the end of the year	1,388,016	124,258	67,574	**1,579,848**
Depreciation				
At the start of the year	1,323,660	100,970	65,404	**1,490,034**
Charge for the year	7,765	7,429	1,566	**16,760**
At the end of the year	1,331,425	108,399	66,970	**1,506,794**
Net book value				
At the end of the year	56,591	15,859	604	**73,054**
At the start of the year	39,452	23,288	2,170	64,910

All of the above assets are used for charitable purposes.

11 Debtors

	2020 £	2019 £
Other debtors	**26,970**	66,867
Prepayments	**2,120**	11,815
Grants receivable	**134,579**	132,622
	163,669	211,304

12 Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	**20,177**	48,621
Taxation and social security	**11,800**	14,590
Accruals	**12,120**	10,000
	44,097	73,211

13a Analysis of net assets between funds 2020

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	73,054	–	**73,054**
Net current assets	154,779	–	332,368	**487,147**
Net assets at the end of the year	**154,779**	**73,054**	**332,368**	**560,201**

13b Analysis of net assets between funds 2019

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	64,910	–	64,910
Net current assets	165,825	–	243,309	409,134
Net assets at the end of the year	165,825	64,910	243,309	474,044

14a Movements in funds 2020

	At the start of the year £	Income and gains £	Expenditure and losses £	Transfers £	At the end of the year £
Restricted funds:					
Youth Services	5,438	80,392	(80,718)	–	5,112
Children's Services	52,829	125,921	(143,944)	5,670	40,476
Adult Services	93,480	231,303	(263,852)	8,553	69,484
Hardship grants	1,603	9,906	(12,732)	1,223	–
Other programmes	12,475	146,981	(104,303)	(15,446)	39,707
Total restricted funds	165,825	594,503	(605,549)	–	**154,779**
Unrestricted funds:					
Designated funds:					
Fixed assets fund	64,910	–	(16,760)	24,904	**73,054**
Total designated funds	64,910	–	(16,760)	24,904	**73,054**
General funds	243,309	821,301	(707,338)	(24,904)	**332,368**
Total unrestricted funds	308,219	821,301	(724,098)	–	**405,422**
Total funds	474,044	1,415,804	(1,329,647)	–	**560,201**

Transfers into the fixed assets fund represent capital purchases made during the year.

14b Movements in funds 2019

	At the start of the year £	Income and gains £	Expenditure and losses £	Transfers £	At the end of the year £
Restricted funds:					
Youth Services	16,083	48,708	(59,295)	(58)	**5,438**
Children's Services	37,405	115,720	(131,629)	31,333	**52,829**
Adult Services	72,425	303,757	(294,014)	11,312	**93,480**
Hardship grants	3,000	9,758	(8,512)	(2,643)	**1,603**
Other programmes	28,800	86,929	(63,310)	(39,944)	**12,475**
	157,713	564,872	(556,760)	-	**165,825**
Capital restricted funds					
Refurbishment fund	34,882	-	(34,882)	-	**-**
Total restricted funds	192,595	564,872	(591,642)	-	**165,825**
Unrestricted funds:					
Designated funds:					
Fixed assets fund	112,056	-	(78,202)	31,056	**64,910**
Total designated funds	112,056	-	(78,202)	31,056	**64,910**
General funds	393,176	852,663	(971,474)	(31,056)	**243,309**
Total unrestricted funds	505,232	852,663	(1,049,676)	-	**308,219**
Total funds	697,827	1,417,535	(1,641,318)	-	**474,044**

Purposes of restricted funds

Children's Services
We work with children from across London and the UK who live in challenging circumstances or have experienced trauma in their early lives. Our approach brings us closely together with families to ensure our youngest members achieve personal and social growth and positive change through access to a uniquely nurturing and validating environment.

All of our programmes are directed at early intervention. The effects of trauma and adversity can often remain unnoticed in many children. Programmes include structured play/educational activities that are skill based and foster a positive self-identity.

Youth Services
A dedicated programme for young people aged 13 to 19 years. This includes a variety of dynamic and challenging experiences - from creative workshops to martial arts classes, jam sessions to group discussions about the issues that matter to young people. Designed by a multidisciplinary team, with rich clinical and therapeutic expertise, in partnership with peer mentors with lived experience of trauma and adversity, who have been through the programme themselves.

Adult services
The programme of activities for adults includes weekly structured workshops focusing on topics such as sexual health, drug and alcohol use, disclosure, parenting, treatment issues and developing education and careers. Additionally adults are able to access the full range of activities from counselling to well being therapies, to the newly-resourced library providing written and web-based information on all aspects of health, nutrition, self-help, skills-building, treatment and International HIV issues.

14 Movements in funds (continued)

Hardship Grants
Body and Soul submits applications on behalf of members for financial assistance. Organisations include THT, Frank Buttle, The London Society of Ragamuffins, Glasspool, The Heinz Anna and Carol Kroch Foundation and Islington Giving.

Other programmes
Other programmes include funding from grants and charitable trusts towards activities including: awareness and education outreach, remote support, volunteering and mentoring initiatives.

Big Lottery Fund
Represents funds received as part of the Reaching Communities Programme and is allocated to young adults and mental health across all age groups.

Refurbishment Fund
Funds received for the refurbishment of the premises in Rosebery Avenue. This includes the value of professional fees incurred free of charge. Depreciation is charged against this fund.

Purposes of designated funds

Fixed Assets Fund
This represents the value of general funds invested in the refurbishment and other fixtures, fittings and equipment and is not readily available for other purposes. Depreciation is charged against this fund.

15 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Property	
	2020	2019
	£	£
Less than one year	**100,000**	58,438
One to five years	**400,000**	-
Over five years	**450,000**	-
	950,000	58,438

16 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.