

Company number: 03245543  
Charity Number: 1060062

# Body & Soul

Report and financial statements

For the year ended 31 December 2020

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For the year ended 31 December 2020

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## Body & Soul

### Reference and administrative information

For the year ended 31 December 2020

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**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

<b>Key management personnel</b>	Emma Colyer Jed Marsh David Bell Hollie Smith Ida Andreassen Estelle Bingham	Director Assistant Director Head of Operations Head of Volunteer Programmes Head of Suicide Support Services Lead Life Coach and Trainer
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<b>Bankers</b>	The Co-operative Bank 62–64 Southampton Row London WC1B 4AR	Lloyds Bank plc 21–23 Hill Street London W1J 5JW
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**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.

### Trustees' annual report

#### For the year ended 31 December 2020

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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

Trustees' annual report

For the year ended 31 December 2020

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- ♥ 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.

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Spend: 89% of charitable expenditure is on programmes for children, teenagers, and adults

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## 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 17<sup>th</sup> 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 24<sup>th</sup> 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.

### Trustees' annual report

#### For the year ended 31 December 2020

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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....*

Trustees' annual report

For the year ended 31 December 2020

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*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 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.



Trustees' annual report

For the year ended 31 December 2020

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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 where 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.

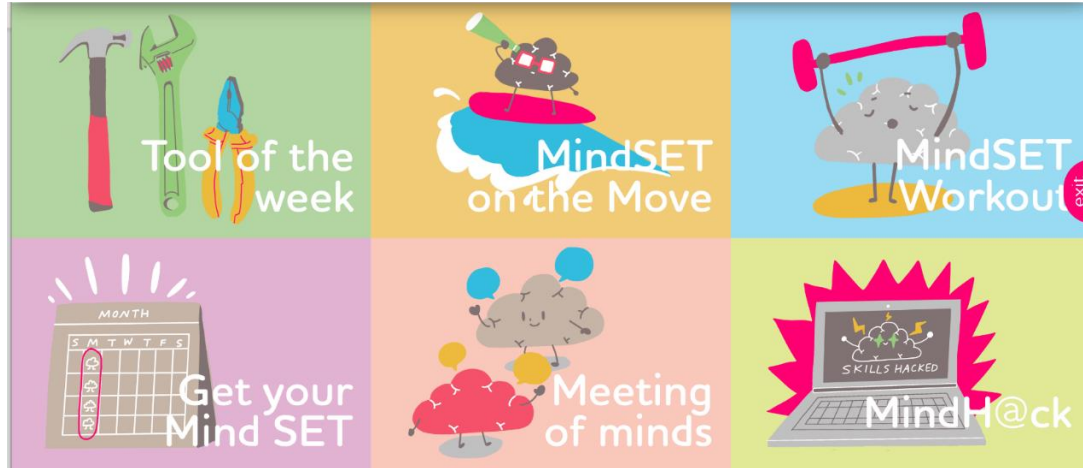
In March 2020, prior to the national lockdown, Body & Soul made the choice to move all activities to remote access. The YANA programme has since then been delivered virtually via Zoom meetings. This was widely accepted by our members and attendance was not impacted. Members also attended additional workshops 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.

### Trustees' annual report

#### For the year ended 31 December 2020

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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

### Trustees' annual report

For the year ended 31 December 2020

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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!'*

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**Financial Review:** 11% of expenditure was on generating funds

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## 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.

### 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 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.

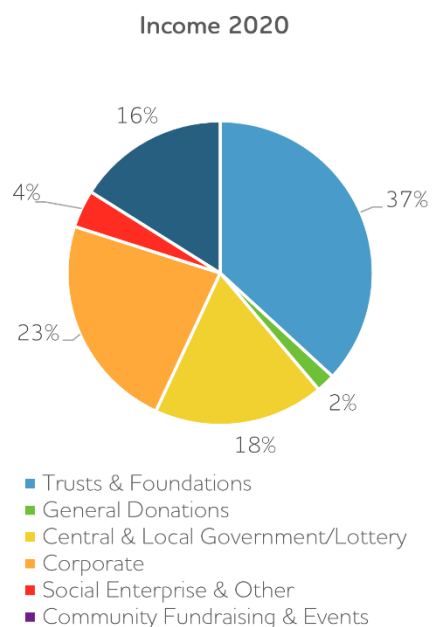


We have ensured we are in line with the GDPR data protection regulations and all other relevant codes of conduct. We received no complaints about our fundraising practices in 2020.

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

“Love without  
action is  
meaningless.  
Action without love  
is irrelevant.”

Deepak Chopra

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 23<sup>rd</sup> 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.

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

Trustees' annual report

For the year ended 31 December 2020

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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**

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### **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.

## **Independent auditor' report**

**To the members of**

### **Body & Soul**

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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

## **Independent auditor' report**

**To the members of**

### **Body & Soul**

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- 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.

## Independent auditor' report

To the members of

### Body & Soul

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#### 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](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.



## **Independent auditor' report**

**To the members of**

**Body & Soul**

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### **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 £	General £	2020 Total £	Restricted £	Unrestricted Designated £	General £	2019 Total £
<b>Income from:</b>									
Donations	2	–	–	609,396	<b>609,396</b>	–	–	391,880	391,880
Charitable activities									
Youth Services	3	80,392	–	–	<b>80,392</b>	48,708	–	–	48,708
Children's Services	3	125,921	–	–	<b>125,921</b>	115,720	–	–	115,720
Adult Services	3	231,303	–	–	<b>231,303</b>	303,757	–	–	303,757
Other programmes	3	146,981	–	154,283	<b>301,264</b>	86,929	–	192,000	278,929
Hardship Grants	3	9,906	–	–	<b>9,906</b>	9,758	–	–	9,758
Rental income		–	–	56,555	<b>56,555</b>	–	–	266,323	266,323
Investments		–	–	1,067	<b>1,067</b>	–	–	2,460	2,460
<b>Total income</b>		<b>594,503</b>	<b>–</b>	<b>821,301</b>	<b>1,415,804</b>	<b>564,872</b>	<b>–</b>	<b>852,663</b>	<b>1,417,535</b>
<b>Expenditure on:</b>									
Raising funds	4	–	1,676	146,091	<b>147,767</b>	–	3,690	197,803	201,493
Charitable activities									
Youth Services	4	80,718	3,352	106,332	<b>190,402</b>	70,922	23,608	180,880	275,410
Children's Services	4	143,944	3,352	144,197	<b>291,493</b>	143,257	23,607	262,529	429,393
Adult Services	4	263,852	5,866	273,673	<b>543,391</b>	305,641	27,297	283,917	616,855
Other programmes	4	104,303	2,514	37,022	<b>143,839</b>	63,310	–	46,345	109,655
Hardship Grants	4	12,732	–	23	<b>12,755</b>	8,512	–	–	8,512
<b>Total expenditure</b>		<b>605,549</b>	<b>16,760</b>	<b>707,338</b>	<b>1,329,647</b>	<b>591,642</b>	<b>78,202</b>	<b>971,474</b>	<b>1,641,318</b>
<b>Net income / (expenditure) for the year</b>	5	<b>(11,046)</b>	<b>(16,760)</b>	<b>113,963</b>	<b>86,157</b>	<b>(26,770)</b>	<b>(78,202)</b>	<b>(118,811)</b>	<b>(223,783)</b>
Transfers between funds	14	–	24,904	(24,904)	–	–	31,056	(31,056)	–
<b>Net movement in funds</b>		<b>(11,046)</b>	<b>8,144</b>	<b>89,059</b>	<b>86,157</b>	<b>(26,770)</b>	<b>(47,146)</b>	<b>(149,867)</b>	<b>(223,783)</b>
<b>Reconciliation of funds:</b>									
Total funds brought forward		165,825	64,910	243,309	<b>474,044</b>	192,595	112,056	393,176	697,827
<b>Total funds carried forward</b>		<b>154,779</b>	<b>73,054</b>	<b>332,368</b>	<b>560,201</b>	<b>165,825</b>	<b>64,910</b>	<b>243,309</b>	<b>474,044</b>

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 £
<b>Fixed assets:</b>					
Tangible assets	10		<b>73,054</b>		64,910
			<b>73,054</b>		64,910
<b>Current assets:</b>					
Debtors	11	<b>163,669</b>		211,304	
Cash at bank and in hand		<b>367,575</b>		271,041	
		<b>531,244</b>		482,345	
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	12	<b>44,097</b>		73,211	
<b>Net current assets</b>			<b>487,147</b>		409,134
<b>Total net assets</b>	13		<b>560,201</b>		474,044
<b>The funds of the charity:</b>	14				
Restricted income funds			<b>154,779</b>		165,825
Unrestricted income funds:					
Designated funds		<b>73,054</b>		64,910	
General funds		<b>332,368</b>		243,309	
Total unrestricted funds			<b>405,422</b>		308,219
<b>Total charity funds</b>			<b>560,201</b>		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 £	£
<b>Cash flows from operating activities</b>				
<b>Net income/ (expenditure) for the reporting period (as per the statement of financial activities)</b>	<b>86,157</b>		<b>(223,783)</b>	
Depreciation charges	16,760		113,084	
Decrease in debtors	47,635		59,891	
(Decrease) / increase in creditors	<u>(29,114)</u>		<u>4,530</u>	
<b>Net cash provided by/ (used in) operating activities</b>		<b>121,438</b>		<b>(46,278)</b>
<b>Cash flows from investing activities:</b>				
Purchase of fixed assets	<u>(24,904)</u>		<u>(31,056)</u>	
<b>Net cash used in investing activities</b>		<b>(24,904)</b>		<b>(31,056)</b>
<b>Change in cash and cash equivalents in the year</b>		<b>96,534</b>		<b>(77,334)</b>
Cash and cash equivalents at the beginning of the year		<u>271,041</u>		<u>348,375</u>
<b>Cash and cash equivalents at the end of the year</b>		<b><u>367,575</u></b>		<b><u>271,041</u></b>

**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	<b>609,396</b>	–	345,940	345,940
Community events	–	–	–	–	45,940	45,940
	–	609,396	<b>609,396</b>	–	391,880	391,880

**3 Income from charitable activities**

	Restricted £	Unrestricted £	2020 Total £	Restricted £	Unrestricted £	2019 Total £
Charitable Trusts/Foundations	21,815	–	<b>21,815</b>	3,000	–	3,000
Corporate donors	12,134	–	<b>12,134</b>	14,220	–	14,220
Big Lottery Fund	3,317	–	<b>3,317</b>	10,358	–	10,358
Comic Relief	–	–	–	11,250	–	11,250
BBC Children in Need	9,880	–	<b>9,880</b>	9,880	–	9,880
Young Londoners Foundation	33,246	–	<b>33,246</b>	–	–	–
Sub-total for Youth Services	80,392	–	<b>80,392</b>	48,708	–	48,708
Charitable Trusts/Foundations	43,464	–	<b>43,464</b>	24,774	–	24,774
Corporate donors	4,642	–	<b>4,642</b>	32,668	–	32,668
Big Lottery Fund	–	–	–	6,857	–	6,857
Comic relief	24,425	–	<b>24,425</b>	12,871	–	12,871
BBC Children in Need	39,181	–	<b>39,181</b>	38,550	–	38,550
Young Londoners Foundation	14,209	–	<b>14,209</b>	–	–	–
Sub-total for Children's Services	125,921	–	<b>125,921</b>	115,720	–	115,720
Charitable Trusts/Foundations	126,365	–	<b>126,365</b>	91,854	–	91,854
Corporate donors	50,657	–	<b>50,657</b>	45,266	–	45,266
Big Lottery Fund	29,856	–	<b>29,856</b>	127,516	–	127,516
Comic Relief	24,425	–	<b>24,425</b>	39,121	–	39,121
Sub-total for Adults Services	231,303	–	<b>231,303</b>	303,757	–	303,757
Statutory	–	–	–	57,929	–	57,929
Charitable Trusts/Foundations	97,235	122,283	<b>219,518</b>	29,000	117,000	146,000
Comic Relief	1,818	32,000	<b>33,818</b>	–	75,000	75,000
Young Londoners Foundation	47,928	–	<b>47,928</b>	–	–	–
Sub-total for other programmes	146,981	154,283	<b>301,264</b>	86,929	192,000	278,929
Body & Soul acts as an agent for Hardship grants	9,906	–	<b>9,906</b>	9,758	–	9,758
Sub-total for Hardship Grants	9,906	–	<b>9,906</b>	9,758	–	9,758
Total income from charitable activities	594,503	154,283	<b>748,786</b>	564,872	192,000	756,872



## 4a Analysis of expenditure (current year)

	Charitable activities						Governance costs	Support costs	2020 Total	2019 Total
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	£	£	£	£
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)	-	-	-
<b>Total expenditure 2020</b>	<b>147,767</b>	<b>190,402</b>	<b>291,493</b>	<b>543,391</b>	<b>143,839</b>	<b>12,755</b>	<b>-</b>	<b>-</b>	<b>1,329,647</b>	<b>1,641,318</b>
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						Governance costs	Support costs	2019 Total
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	£	£	£
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)	–	–
<b>Total expenditure 2019</b>	<b>201,493</b>	<b>275,410</b>	<b>429,393</b>	<b>616,855</b>	<b>109,655</b>	<b>8,512</b>	<b>–</b>	<b>–</b>	<b>1,641,318</b>

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
	<b>690,157</b>	<b>696,591</b>

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 No.	2019 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
	<b>23.5</b>	<b>25.5</b>

**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 £
<b>Cost or valuation</b>				
At the start of the year	1,363,112	124,258	67,574	<b>1,554,944</b>
Additions in year	24,904	–	–	<b>24,904</b>
At the end of the year	<b>1,388,016</b>	<b>124,258</b>	<b>67,574</b>	<b>1,579,848</b>
<b>Depreciation</b>				
At the start of the year	1,323,660	100,970	65,404	<b>1,490,034</b>
Charge for the year	7,765	7,429	1,566	<b>16,760</b>
At the end of the year	<b>1,331,425</b>	<b>108,399</b>	<b>66,970</b>	<b>1,506,794</b>
<b>Net book value</b>				
At the end of the year	<b>56,591</b>	<b>15,859</b>	<b>604</b>	<b>73,054</b>
At the start of the year	<b>39,452</b>	<b>23,288</b>	<b>2,170</b>	<b>64,910</b>

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
	<b>163,669</b>	<b>211,304</b>

**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
	<b>44,097</b>	<b>73,211</b>

## 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
<b>Net assets at the end of the year</b>	<b>154,779</b>	<b>73,054</b>	<b>332,368</b>	<b>560,201</b>

## 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
<b>Net assets at the end of the year</b>	<b>165,825</b>	<b>64,910</b>	<b>243,309</b>	<b>474,044</b>

## 14a Movements in funds 2020

	At the start of the year £	Income and gains £	Expenditure and losses £	Transfers £	At the end of the year £
<b>Restricted funds:</b>					
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
<b>Total restricted funds</b>	<b>165,825</b>	<b>594,503</b>	<b>(605,549)</b>	<b>-</b>	<b>154,779</b>
<b>Unrestricted funds:</b>					
Designated funds:					
Fixed assets fund	64,910	-	(16,760)	24,904	73,054
<b>Total designated funds</b>	<b>64,910</b>	<b>-</b>	<b>(16,760)</b>	<b>24,904</b>	<b>73,054</b>
<b>General funds</b>	<b>243,309</b>	<b>821,301</b>	<b>(707,338)</b>	<b>(24,904)</b>	<b>332,368</b>
<b>Total unrestricted funds</b>	<b>308,219</b>	<b>821,301</b>	<b>(724,098)</b>	<b>-</b>	<b>405,422</b>
<b>Total funds</b>	<b>474,044</b>	<b>1,415,804</b>	<b>(1,329,647)</b>	<b>-</b>	<b>560,201</b>

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 £
<b>Restricted funds:</b>					
Youth Services	16,083	48,708	(59,295)	(58)	<b>5,438</b>
Children's Services	37,405	115,720	(131,629)	31,333	<b>52,829</b>
Adult Services	72,425	303,757	(294,014)	11,312	<b>93,480</b>
Hardship grants	3,000	9,758	(8,512)	(2,643)	<b>1,603</b>
Other programmes	28,800	86,929	(63,310)	(39,944)	<b>12,475</b>
	<u>157,713</u>	<u>564,872</u>	<u>(556,760)</u>	<u>-</u>	<u><b>165,825</b></u>
<b>Capital restricted funds</b>					
Refurbishment fund	<u>34,882</u>	<u>-</u>	<u>(34,882)</u>	<u>-</u>	<u>-</u>
<b>Total restricted funds</b>	<u>192,595</u>	<u>564,872</u>	<u>(591,642)</u>	<u>-</u>	<u><b>165,825</b></u>
<b>Unrestricted funds:</b>					
Designated funds:					
Fixed assets fund	<u>112,056</u>	<u>-</u>	<u>(78,202)</u>	<u>31,056</u>	<u><b>64,910</b></u>
Total designated funds	<u>112,056</u>	<u>-</u>	<u>(78,202)</u>	<u>31,056</u>	<u><b>64,910</b></u>
<b>General funds</b>	<u>393,176</u>	<u>852,663</u>	<u>(971,474)</u>	<u>(31,056)</u>	<u><b>243,309</b></u>
<b>Total unrestricted funds</b>	<u>505,232</u>	<u>852,663</u>	<u>(1,049,676)</u>	<u>-</u>	<u><b>308,219</b></u>
<b>Total funds</b>	<u><u>697,827</u></u>	<u><u>1,417,535</u></u>	<u><u>(1,641,318)</u></u>	<u><u>-</u></u>	<u><u><b>474,044</b></u></u>

## 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	–
	<b>950,000</b>	<b>58,438</b>

#### 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.