

Company number: 03245543
Charity Number: 1060062

Body & Soul

Report and financial statements

For the year ended 31 December 2021

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Body & Soul

Reference and administrative information

For the year ended 31 December 2021

Company number 03245543

Charity number 1060062

Registered office and operational address St Ives House
99–119 Rosebery Avenue
London
EC1R 4RE

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:
Marjorie Agwang
Deborah Bee
Maurice Biriotti
Sara Carter
Munya Chidakwa
Jane Dutton
Alex Lifschutz
Chris Naylor
Rachel Stevenson
Peter Souter

Key management personnel	Emma Colyer Jed Marsh David Bell Hollie Smith Zoe Reynolds Kathryn Forbes	Director Assistant Director Head of Operations Head of Volunteer Programmes Head of Pathways & Programmes Head of Public Health and Impact
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Bankers	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 2021.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

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

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

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

Chair and Directors Reflections – The 25th Year of Body & Soul

2021 was another year of uncertainty for many but, for Body & Soul, the continued stressor of covid, and the remarkable spotlight it placed briefly on social inequality and centuries'–old injustices, actually helped sharpen our focus and raise our share of voice in key policy circles.

If there were one image that captures what we are aiming to achieve at Body & Soul, it is the new mural on the exterior of our building, unveiled on our 25th birthday – a product of our community coming together to share their unique stories of loss and trauma through art – as children, as young people, as adults – with hope, with humour, with a lack of shame – and the metaphor of 'Kintsugi' where the process of repair itself produces a stronger, more resonant, more beautiful self.

This specific project involved just 60 of our members but it perfectly symbolizes the creativity that we brought to all our work this year. As our members continued to firefight isolation, illness, bereavement, anxiety, poverty, poor housing, discrimination – and the added stress of covid restrictions – we reached out by phone, by video, on the doorstep, in the building, in groups and one-to-one, actively engaging with them in any and every way we could think of to make them laugh, to bring them food and medication, to open conversations that might elicit tears and smiles, and repair.

In short, as an organisation, we have sought to counter all of the dehumanising features of what it is like to live in this country if you are a person of colour or you don't have enough money, or you have experienced trauma, by demonstrating very visibly and authentically to all of our members (including many 100s of new members this year) that they each matter uniquely to us. And we have provided every opportunity we can think of – through art, through conversation, through poetry, through movement – for our members to experience this validation themselves and to share it with the wider community.

In this moral urgency to value and rehumanise our members' experience, it has always been absolutely critical to acknowledge the repetitive trauma and obscene injustice inherent in racism and in centuries of endemic structural discrimination. Our members' individual and collective experience of racial trauma has been at the forefront of all our work this year – in the narratives that we engage with in all our therapeutic work, in the tenaciousness that underpins all our casework and legal advocacy, and in all the challenge we actively bring to ourselves in our personal and collective reflection as a staff and volunteer team.

This report only provides a snapshot of all the ways we have sought to value and engage with the strengths of our members this year, and to support them in their healing journeys. Nevertheless, we hope it speaks loudly to all the enthusiasm, joy and attention to detail we have taken in working with our wonderful community in this, our 25th year.

We would like to thank everyone that has contributed to Body & Soul, from members, to staff, volunteers, partners and funders.

Deborah Bee: Chair

Emma Colyer: Director

Principles

Body & Soul is committed to:

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

Achievements in 2021

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

'Home Again'

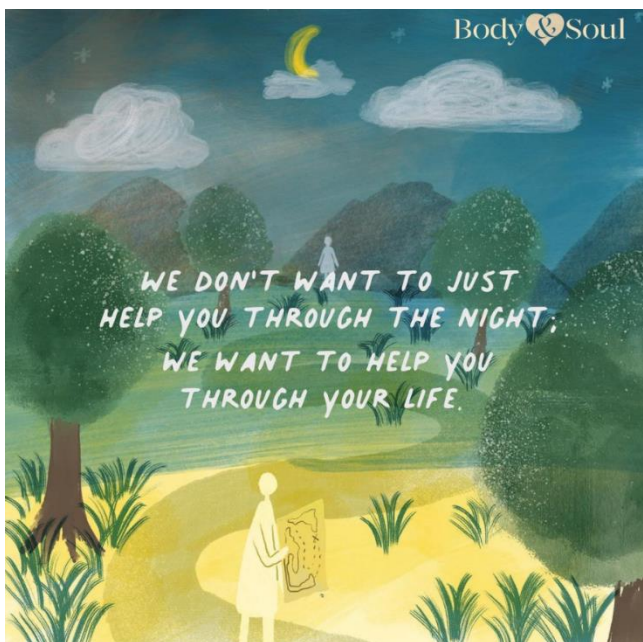
Body & Soul's 2021 Annual Report – Celebrating 25 years of Transforming Trauma



"Not everything that is faced can be changed, but nothing can be changed until it is faced" James Baldwin

You Are Not Alone (YANA)

Body & Soul's Suicide Prevention Service



YANA aims to reduce risk of suicide in young people, supporting our registered members to build a life worth living and a sense of belonging to community. We believe that young people who are suffering and at a point of despair can learn to thrive, not just survive. Our mantra is:

**"Body & Soul is here to help
you get through your life,
not just make it through the night"**

Our Approach

"You Are Not Alone" stands apart from mainstream mental health services in a number of fundamental ways. The programme provides highly evidenced therapeutic interventions for young people at risk, but it also provides a continuum of psychological support to begin to reconnect people to their life goals. Part and parcel of the YANA model is a view of health that departs from the 'medical model'. All members have access to broader health and wellbeing programmes that explore the wider impact of trauma of the body and practical ways of integrating healthy approaches that are healing to body as well as mind and soul.

"A common experience for members is to enter with a focus on managing distress and crises, only for members to begin to develop wider goals about developing healthy relationships, connecting with their purpose and beginning to imagine a longer-term future" Kelsey, YANA Programme Manager

Developing Needs

On entry to YANA, the most commonly occurring needs captured through initial assessments range from building relationships, decreasing emotional dysregulation to decreasing attendance at A&E/crisis services. For existing members within the programme, a common need is for an increased sense of community and belonging. For members accessing for the previous 12 months, very few had actually visited Body & Soul's centre. As such the programme design has adapted to this and ensured regular opportunities to engage with peers in a safe, structured environment as Covid restrictions allow.

The "Happy and Healthy Festival" was structured to deliver wellbeing workshops that were 50% online and 50% in person. The trend over the 3 months from July – September saw a consistent increase in the number of members willing to try face-to-face sessions and a pattern of members wanting more 'human' experiences having been so reliant on online support previously.

The programme is designed to bring together young people to explore a more complete schema for understanding physical and mental health in an integrated format. The programme introduces theory and practical tools informed by nutritional therapy, yoga, mindfulness and functional medicine. 2022 will see further development of this offering.

What Do We Know About the World Our Members Live In?

Our Beyond Boundaries telephone service has maintained a consistent connection with all current and graduate members. This is a vital support but also a key tool for monitoring the changing realities in young people's lives, capturing the common challenges faced by YANA members:

Health: members consistently reported long waiting lists for GP appointments, affecting their ability to request treatment reviews or consultations relating to more chronic physical health issues. Body & Soul has become aware of a high incidence of conditions including endometriosis, where young women are experiencing prolonged and intense pain but without the prospect of a specialist referral or a sense of longer-term relief.

Back to work / transitioning from home-working: Starting new jobs, returning to the office and the relaxing of restrictions were identified as commonly occurring sources of anxiety.

Benefits: A number of members are eligible for Personal Independence Payments (PIP) experienced difficulties in securing this benefit. Applications have been submitted from

Trustees' annual report

For the year ended 31 December 2021

members on the grounds of ongoing mental health conditions but have been regularly rejected despite the submission of supporting documents from health professionals.

Other emerging needs included:

- ♥ Support with challenges of returning to higher education, including practical support as many members do not have close family support.
- ♥ Additional support with the emotional pressure of transitioning to independent living at university.

YANA Development

A key goal for the service over 2021 has been to implement a new 'training centre' model, so that qualified therapists now queue up to work on the programme for free, creating a continuous stream of staff to deliver DBT groups very efficiently; The continued development of the service is now built around a weekly clinical forum (consult group) overseeing all practice and management of individual members entering and currently within the programme. The structure has allowed us to reinforce the delivery of 3 parallel DBT skills groups with a total capacity of 60 people at any given time, 120 over the course of 12 months. The team now also has increased capacity for additional 1:1 DBT therapy and availability of these sessions was rolled out in the last quarter of the year. The training programme will continue every quarter and aims to further increase the overall capacity of the service in 2022.

Impact of our Work – 'Improved Outcomes Online, to Greater Numbers'

366 young people benefitted from the YANA programme in the three years 2018–2021, 98% of whom have completed the initial stabilising phase of group DBT. We remain in contact with a large proportion of the young people who have joined the programme and many of these continue to benefit from our services and participate in our group activities. Indeed, we have a core team of 38 who have decided to formalise their engagement with Body & Soul and take on roles as volunteers or paid staff. A snapshot of quantitative outcomes across this diverse cohort includes:

Improved coping mechanisms

- ♥ 95.6% of members report using more positive coping strategies to manage their emotions (B&S questionnaire).

Improved emotional regulation and a reduction in impulsivity

- ♥ 91.2% of members feel more proficient at 'recognising' their emotions – i.e. at seeing them coming in advance so they can manage them more effectively (B&S questionnaire).

Improved social connectivity

- ♥ 91.3% of members reported feeling less alone, 75% feel more connected to those around them and 100% feel better able to communicate their needs and opinions (B&S questionnaire).

Reduction in incidence of self-harm

- ♥ For 11 of the 16 methods of self-harm identified in the Deliberate Self-Harm Inventory, members demonstrated a 95% decrease in use.

Reduced contact with statutory services

- ♥ 100% decrease in number of presentations to A&E (B&S questionnaire).
- ♥ 46% reduction in contact with other services – e.g. housing, police (B&S questionnaire).

Zero suicide.

- ♥ Even though all of the young people we work with have attempted suicide at least once in the 12 months before starting the programme, and some multiple times (one young woman went to A&E 22 times in the six months prior to joining us), not a single one of our YANA members has died by suicide.

'In-person' V Online Support

Prior to covid, we delivered all of our services in-person. By the end of March 2020, we were delivering our entire YANA programme online. We have seen some major advantages from this in terms of reach. We are now running the service in a hybrid format, with most groups delivered online but we have the facility for in-person work too, as seems necessary or desirable for particular individuals or groups. This significant shift, from a squarely face-to-face model of delivery, to something that is mediated by a computer screen, raises a very obvious question – which is more impactful (and why)?

To illustrate how seriously we are taking this question, Body & Soul conducted research comparing 50 young people who had been through the initial 6-month DBT intervention online in 2020 versus 50 who went through it face-to-face in 2019, using a single well-validated psychological measure, DERS, supported with a qualitative analysis of semi-structured interviews with 10 YANA members. The

quantitative measures of therapeutic change for the online cohort were at least as dramatic, if not even a little higher, than for the face-to-face cohort

Key Figures for 2021

- ♥ 365 young people referred to the service
- ♥ 124 young people completed DBT skills group for minimum 24 weeks.
- ♥ 260 young people actively engaged in all YANA programming

Members' Words

"I am very grateful of my time with Body & Soul and hope that my inactivity away from the service after finishing hasn't given the wrong impression. DBT has changed my life and I will be always keeping in mind the lessons I learnt so I can help others too." 22 year old, graduated in August

"My time at Body & Soul has been so valuable to me, I will cherish it always. I would recommend the group to anyone who has been struggling with dysregulated troublesome emotions. To be a part of something so healing is simply magical." 23 year old, graduated in July

It has also given me the strength, self-confidence and capability to overcome any obstacles I might face which I didn't even think were possible to overcome before, and I owe a great deal to the programme in shaping who I am as a person today." 24 year old, graduated in July

Member Story: Crissy

Crissy started the DBT group in April and graduated at the end of October 2021. Crissy moved here from France and had fallen into patterns of self-harm and suicide attempts. C's attendance to sessions was 100% but she continued to struggle with isolation, having not spoken to a person all day.

C was encouraged to access in-person sessions and workshops, usually reserved for graduates, as a way to address the distress around



isolation. After a 4-week period of encouragement, C began accessing despite anxiety about meeting new people.

Following attendance at the 'Health and Happy Return Festival', C shared that she was 'eating regularly, exercising again, many things have come back for her. Her goal is to now maintain the changes that she is so proud of, and to give back to the community by volunteering with the Body & Soul Adoption service.

HIV Support at Body & Soul



Meet Jane King, the senior lead for Body & Soul's 'Adventurers Programme'

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

Adventurers: A therapeutic service for children in families living with and affected by HIV

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

Our therapeutic family model is designed to equip children with the tools to navigate life successfully was concurrently helping parents to understand and support their children's needs. We welcome children aged between zero and 12 on a weekly basis, either on zoom or in person.

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

Recognising the Needs of Our Younger Members

Beyond Boundaries has been central to maintaining contact with parents and children over 2021. Body & Soul has provided proactive calls and contact with **300** families, providing regular insight and intelligence into the evolving needs of members of all ages.

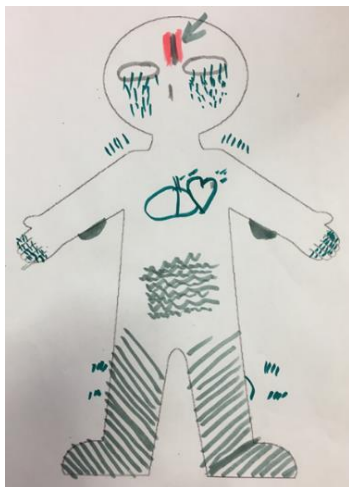
- ♥ **145** children were supported through programmes at the Body & Soul Centre.
- ♥ **305** families were in regular contact throughout 2021, receiving regular telephone contact, casework and advocacy and hardship grants.

Key themes and needs that have informed our work this year include:

- ♥ Children expressing the need to be 'more in control'.
- ♥ Children wanting to play with others
- ♥ Parents & staff observing increased levels of anxiety.
- ♥ Staff observing increased need for adult support and attention during sessions.
- ♥ Continuing signs of higher anxiety levels were observed in the way children struggled to concentrate, the length of attention span and their sensitivity to things they would previously have managed.
- ♥ Disconnection continues to be a theme, exacerbated by families' inconsistent access to digital technology.

Children & Families Survey

The 'frame' for our work with children aimed to address the prolonged limitation of children's opportunities. It also acknowledged the expectation that as restrictions were relaxed, children would need to readapt to changing social situations, whilst managing any overwhelm that may come from yet another change to their lives. Parents had begun reporting behaviours suggestive of increased anxiety levels and we were observing similar indicators within the children's workshops (**23/30** parents). Past experience shows us that it is common for members to want to move on quickly from difficult experiences, which may leave some children in the position of being unsupported in processing the many changes and difficult circumstances they have experienced. Without support to manage any difficult feelings it is likely that any issues being observed now would only be magnified later.



"When I'm sad I feel it in my eyes and fingers. I feel worry in my stomach. I feel anger and upset in my head. When I'm anxious I feel it in my legs and my shoulders. My heart and lungs hurt with all my big feelings."

Picture and comments from Nicky (12)

Additionally, parents focus groups suggest opportunities to be creative have continued to be limited as schools focus on supporting children to catch up on missed learning in the core subjects (27/30 parents). We know that many of our members flourish best through creative expression and that traditionally academic subjects can be challenging, leading to emotional and behavioural difficulties. Those same conversations highlighted that opportunities to be physically active have continued to be limited and mostly restricted to 1 or 2 organised sports lessons at school, with play times and lunch breaks often encroached on by additional literacy and reading support (24/30 parents). Members have been very engaged with any active elements of workshops to date. A focus on sensory and physical activities was an important element of helping members begin to process their experience of the pandemic.

Our 3 main aims:

1. Children are able to recognise, articulate and regulate their emotions.
2. Children have developed strategies for managing stress and anxiety – we planned to meet this by teaching mindfulness and breathing techniques to aid relaxation
3. Feeling more connected, happier and can find moments of joy.

Programme 'Snapshot'

'Way To My Heart' in partnership with Phakama – August & September 2021

'Way To My Heart' was a project designed in partnership with arts organisation Project Phakama to celebrate the unifying power of food and storytelling. Over the course of 8-weeks families cooked together, shared recipe's and engaged in creative storytelling workshops. As 2021 marks both Phakama and Body & Soul's 25th anniversary the project

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had a focus on celebrating – celebrating individual stories, personal recipes and the coming together of community.

The project was planned in recognition of the increased pressures on family relations that members have faced and continue to face in light of the pandemic, navigating home schooling and sharing small spaces through lockdowns, the heightened impacts of poverty and managing increased anxieties around coronavirus because of complex health needs. 'Way to My Heart' focused on providing space and opportunities to heal family bonds through joyful and connective experiences. Play remained at the forefront of all the workshops and activities were planned to provide skills and tools that could easily be repeated by members in their own homes giving legacy to the work.



Each week one family group, supported by chef–artist Mike Knowlden, headed to the kitchen to cook a recipe that was important to them. This sense of purpose and sharing with the wider group not only supported engagement but visibly improved self-esteem and group cohesion as members gave praise and support to each other. As they cooked, the other family groups took part in creative storytelling workshops led by artist facilitators Tom Drayton and Radhika Aggarwal, that were all based on themes of food, sharing and connection.

The group planted beans while exploring the story of Jack and the beanstalk, made their own salt dough characters in response to The Gingerbread Man and went on to create their own food–based stories that featured the baked bean dancing man and Roy the chef! Over the course of the project the recipes and stories have been collected and recorded by visiting illustrator Ellis Lewis–Dragstra.

This content is now published as a set of recipe cards which will be printed and shared with the wider Body & Soul and Phakama community so the celebrations continue on.

What did you enjoy about the project?

'I enjoyed cooking with my daughter and meeting everyone'
'Dancing and laughing and love'

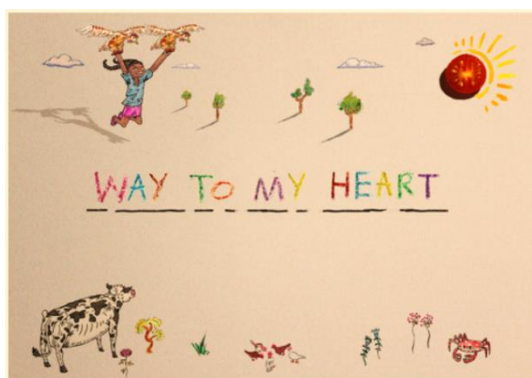
'I have really enjoyed every activity and playing. So does Robert, he really looks forward to coming every week'

Feedback from the Project Phakama team

"From the moment I walked into the session I was met with kindness, warmth and the joy of people coming together and connecting over food, dance, storytelling, and crafts. The sessions flowed so well over the course of the evenings, beginning with a meal, and ending with celebration and laughter. Families and facilitators all work together to create and share. Way to My Heart is a project that must happen again." Sarah Sayeed, Project Phakama Creative Director

Family Outcomes

- ♥ 100% felt stronger connections with their family
- ♥ 80% of parents felt they had learnt new skills to engage in play as a family
- ♥ 80% experienced more opportunities for playful and joyful experiences



Jamaican Spiced Ackee & Saltfish

Prep time: 20 minutes, Cooking time: 40 minutes
Serves: 5

Ingredients

- 2 Tins ackee
- 1 Fillet salt cod in a few large pieces
- 1/2 Fin onion
- 1 Green pepper
- 2 Tomatoes
- 2 Spring Onions
- Banmy
- 1 tsp All purpose seasoning
- 1 tsp Garlic powder
- 1 tsp Pimento seeds
- 4 Sprigs of fresh thyme

Method

1. Soak the banmy in semi-skimmed milk for a few hours, or overnight
2. Soak the cod in cold water for 2 hours
3. Drain the cod, then simmer in fresh water for 10 minutes
4. Check if the cod is not tasting too salty. If it is still too salty, continue to simmer for 5-10 minutes and check again. When it is tasting balanced, set aside and discard the cooking water.
5. Cut the tomatoes into 2cm pieces, slice the onion, slice the spring onion into rounds and cut the pepper into strips. Set the vegetables aside.
6. Simmer the ackee for 10 minutes then drain and reserve
7. Heat 1cm of vegetable oil in a frying pan and fry pieces of banmy until golden on both sides, turning part way through. Set aside on kitchen paper to absorb any oil.
8. Flake the reserved salt cod into 1-2cm pieces, checking it for any bones.
9. Fry the tomatoes, spring onions, green pepper and fish along with the all purpose seasoning and garlic powder in a little oil until the veg begins to soften.
10. Add the pimento seeds and thyme to the pan and continue to cook for 2 minutes
11. Add the ackee and cook briefly to warm it.
12. Finally add the sliced onion and stir just to warm but not cook it, then serve.

Tip from the chef: Pray, pray to sanctify the food. Sing while cooking the food.

Way to My Heart was a family project designed to harness the unifying power of food and storytelling. As 2021 marks both Phakama and Body & Soul's 25th anniversary the project had a focus on celebrating – celebrating individual stories, family recipes and the coming together of community.

Logos: 625 Phakama, Body & Soul, Queen Mary University of London, Arts Council England, Artwork by @Ellis_LD

Member's Testimonies

"I am in tears as I read the supporting letter from Body and Soul. On behalf of me and my girls, we say a massive thank you for all you have done for us, support given to us, voice given to me particularly, building the bonds between me and my children when I was mentally not connected to them. I am very grateful that I found a family I never thought I would have in the UK. I love you all so much and I can't wait to tell the world my story one day." Olly, Parent & Member

"When my son was shot I didn't know where to turn and then I thought of Body and Soul. I just knew you would be there for me. Talking to you has kept my hope and my spirit going." Parent

"There is so much and it is hard, really hard but Body and Soul are so helpful for my son and daughter"

"I haven't seen my children laugh so much since this all started. It was so lovely to see and hear. You bring joy to my heart giving this to them." Parent

"I am happy to be back with my friends. I miss you all when I can't come." Maria, 9yrs,



Positive Parents



Hilary & Ganiyat lead this whole family programme. We asked them to capture what is unique about PPP.

Hilary: *'It's a programme for pregnant mums and mums with children 0–3 that have a diagnosis of HIV. One of the big needs for those on PPP is being diagnosed with HIV during pregnancy – a big shock and surprise which has a negative and isolating consequence. Immigration and housing instability also impact a majority of our parents and this presents with an array of complexities. Additionally, poverty, separation from family back home, medical needs for them and their children, and a massive disconnection through fear of seeking out support and not knowing where to go. As with all our programmes, we do not focus on the problems but remain focused on the person, the human and what has happened to someone, not what is 'wrong' with them.*

Ganiyat: *"The families are still struggling with the impact of Covid and this has really increased the gap between just about managing and not really managing with the money they have. Many were already in insecure employment and have been laid off or advised to stay at home by their clinicians. Also, there is a high amount of grief and many have lost family members. There is a ripple effect of covid that is still happening for our families. There remains a fear around seeking support and the worry of social services getting involved. With this programme we create a safe, supportive and confidential space where they can slowly get to know us and we can get to know more about their circumstances and as such we have been able to respond to this".*

Member Story

One of our members Gloria has a three-year-old daughter with complex additional needs and was told by the medical team that her daughter was not 'compatible for life' and is now under palliative care. B&S organised a taxi to bring the family to the centre where mum was emotional to see her youngest interacting as she doesn't go to nursery and her only outing is to visit sister in hospital. Mum fed back that when she left B&S she was visibly happy and smiling and impacted by being in the building with others and this was a really warm environment for them. Mum has expressed her sense of belonging in being in PPP – a young mother, struggling with diagnosis, her accommodation was precarious, and her confidence is now booming. B&S has now accessed funding to get her a double buggy which has transformed her ability to travel with both children.

In addition, to the main group programme, we have supported the family with housing advocacy, immigration support and liaison with the family social worker.

What We've Achieved:

Over the course of 2021, PPP has seen the engagement of 117 individual parents and their young children.

As a direct result of accessing this support:

- ♥ 90% reported feeling less isolated
- ♥ 80% reported feeling more confident in themselves and their parenting
- ♥ 100% reported feeling respected
- ♥ 95% reported feeling their voice was heard
- ♥ and 95% reported feeling happier.

Programme 'Snapshot'

Positive Parent's Group

Our regular 4 week therapeutic parenting group, ran across the year with average attendance of 20+ unique members. The final quarter saw the first of these return to an 'in-person' format. Parents were happy to be together again and shared stories of managing family life during the ongoing pandemic. Some of the themes that emerged in these sessions were how they feel disproportionately discriminated against by schools and social services due to their ethnicity,

'I never thought I could smile and look after myself. Seeing the other mums looking well and pretty has made me feel I can too'

circumstances and parenting styles. This has become 'the one place' that our parents can speak freely without judgment.

Key Partnerships



Hilary joined Nourish UK's Advisory panel around research into breast feeding for positive mums. From this we listened to feedback and invited one of the researchers to come to

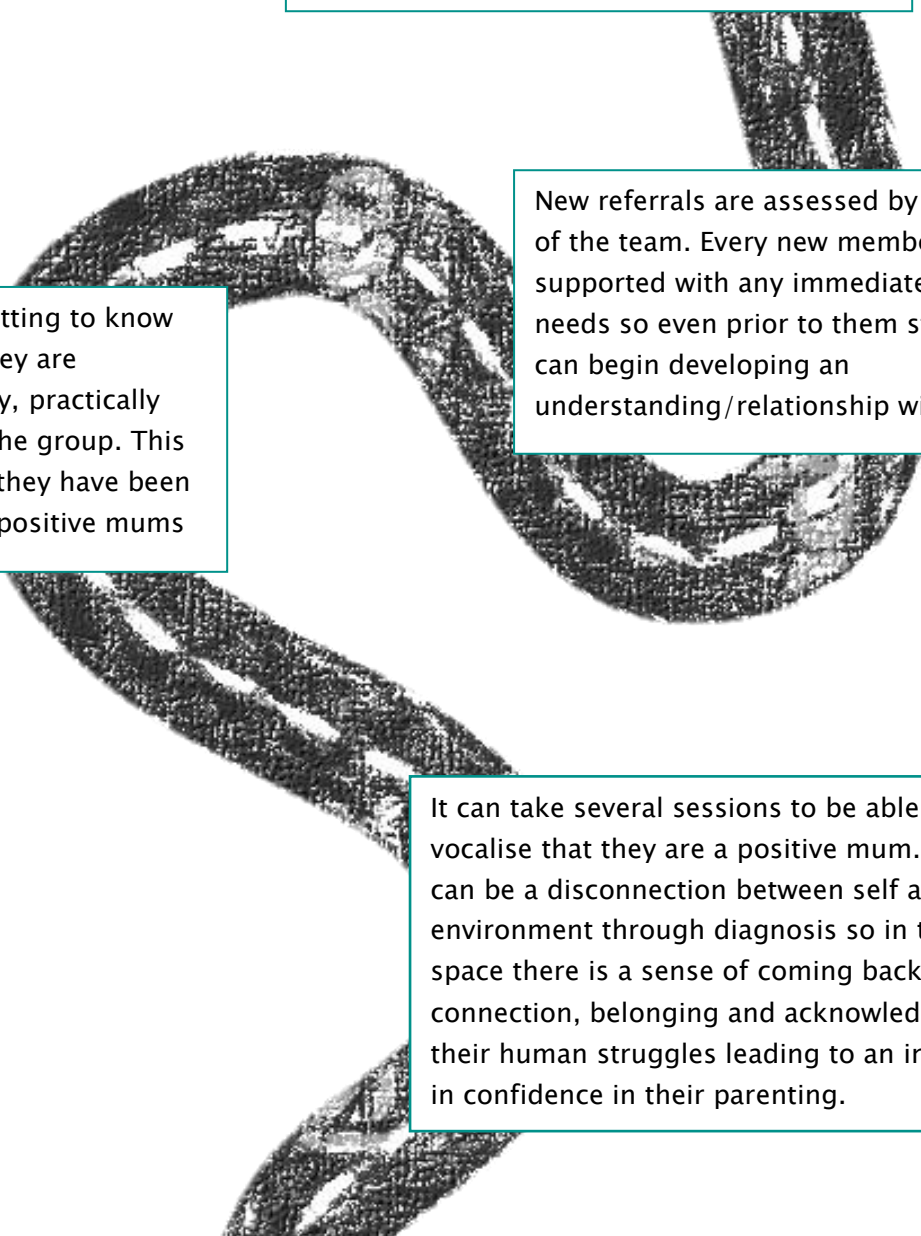
'When first diagnosed I wanted to die and I never thought I could live a life worth living. Through coming to the group and sharing experiences it has made me want to live'

one of the groups. This was an informative and supportive session for the mums as they shared their experiences of maternity wards and ante natal care. We explored their experiences of breast feeding and bottle feeding.

The sessions provided a space for the mums to have their voices heard and explore any fears and myths around breastfeeding. The mums expressed relief and joy in their power to say, *"it's a choice to breastfeed now, and that choice is mine"*.

We continued to work with Liz Spellman, a specialist HIV nurse from the Grahame Hayton Unit at the Royal London Hospital. She joins us in week 5 each quarter: This is an informative session where mums can ask questions about HIV. There have also been discussions around Covid and the vaccination programme.

Parents Place Pathways



The pathway to accessing PPP starts by first engaging clinics through our 'Open House' events, giving professionals a chance to meet the team and get a taste of the programme.

The first session is getting to know each other – where they are emotionally, physically, practically and getting to know the group. This may be the first time they have been in a space with other positive mums

New referrals are assessed by a member of the team. Every new member is supported with any immediate practical needs so even prior to them starting we can begin developing an understanding/relationship with them.

It can take several sessions to be able to vocalise that they are a positive mum. There can be a disconnection between self and environment through diagnosis so in the space there is a sense of coming back into connection, belonging and acknowledging their human struggles leading to an increase in confidence in their parenting.

Parents who have been a part of sessions and the group have the opportunity to play a more active part in designing sessions and become a part of the delivery team, facilitating and supporting other members.

The Young Adult Service

Introduced by Saga, Head of Young Adult Services

"I've worked within the service now for over 4 years, having started as a volunteer working in Thursday evening services. Leading the service over the last 18 months has brought challenges that we could never have expected. What we also see more and more, is how Covid has exacerbated the inequalities and difficulties already playing out in the lives of members. We are reaching significantly more members now than at the start of 2020 due to our digital support, but the core essence remains the same....." The Young Adult Programme is sometimes only seen as a weekly group programme for 18–30 year olds at Body & Soul, but it's so much more. It is actually a service that is there every day of the year, with permanent staff always at the end of the phone providing a breadth of support that sees people's lives beyond an HIV diagnosis. We now have therapies, wellbeing programmes, creative projects and practical casework support all available online. Every member is provided with a consistent person to speak to, who is there to keep in contact and work in partnership with members to keep life on track. If you wanted to know what early-intervention looks like in practice, I think this is a good place to start. I believe we have prevented any serious crises over the last year, by just being ever present and focusing on relationships first and foremost, rather than problems.

Over 2021, the priority has been maintaining a sense of our healthy community. While the world was interrupted, our community continued to function as a means of feeling connected but also as a provider of learning, purpose, creativity and emotional support. From summer 2021 we saw a return of the physical community at Body & Soul with over 30 members joining together for the Young Adult Community Night, hosted by a new group of members who are curating this space every month....."

Saga, Head of Young Adult Services, Body & Soul



Our partnership with Lululemon in the provision of accessible, physical movement sessions back at B&S HQ. The energy was a welcome uplift for the whole community. Parallel online sessions proved just as popular.

Understanding Current Needs...

The Young Adult Beyond Boundaries team of 10 volunteers covers a young adult community of members numbering 264 current active members. Active members are as a minimum, in contact regularly with the team, actively accessing one of the key support services, accessing programmes online or in-person or regularly volunteering within Body & Soul. The value of having the same team member calling at an agreed time every week or month, provides us with rich information on how the ongoing pandemic is impacting the community as a whole and individuals in their respective ways.

The most commonly recurring challenge in 2021 has been that of connection, or rather the lack of 'meaningful connection'. This has presented itself in a variety of ways, whether it be regular questions around 'when are sessions running in the building?' to more direct and conscious awareness of online communication fatigue.

Isolation: breaking isolation has been a core aim of the service from the outset of the service. This year has witnessed members experiencing direct stigma, harassment and discrimination as highlighted in our 'Member's Story', yet members generally commonly express a lingering fear that 'exposure' of HIV status will potentially have profound effects on their lives. This shared sense and fear of 'not being understood or accepted' is an obvious contributor to members sense of isolation, alongside a complex range of factors that further exacerbate this.

An additional phenomenon amongst Young Adult members is that of living alone. Whilst more broadly the age span of the service corresponds to adult independence, independent living is generally prompted by need rather than financial mobility. These factors contribute to an experience of isolation are multiplied by the increased likelihood that young adult members were required to 'shield', either for their own health or that of close family members who were seen as vulnerable to Covid.

Our member story illustrates this reality and its coincidence with frequent feelings of loneliness and isolation.



Member's Story

Rachel registered with Body & Soul at the time the country first went into lockdown. She has not long arrived from Ireland, where she had spent her teenage years, although she had spent her first years in Africa. It was only at the age of 14 was she told of her HIV status, without any access to the support that could help her work through this.

It took a family breakdown, fleeing to the UK and experiencing harassment before she connected to Body & Soul. Uncertain immigration status is never a barrier to support at Body & Soul, although frequently it can be a reason why support is declined even in the voluntary sector. On the contrary, Body & Soul provided advice and guidance around this, and more immediate housing support. Rachel had ended up living in shared housing where a resident had discovered her medication and HIV status, sharing this with the rest of the residents.

Finding safe and suitable housing in a pandemic required persistent support and advocacy, moving Rachel from another unsafe placement in a single homelessness project, where she was sadly threatened and robbed, to the eventual safety of a new flat.

It was only after months of ongoing casework that Rachel was finally able to visit the Body & Soul building and see the community behind the services.

'Programme Snapshot' 'Return Festival'			
	July	August	September
Face-to-Face	Young Adult Community Gathering: 'The Creative Get Together'	Urban Gardening Workshop: nutrition, mindfulness and cooking for everyone to try.	Afrobeats (creative community) – 4 session dance & music based course. Young Adult Community Gathering:

Online	Lululemon Yoga & Movement Course (4 sessions) led by Lululemon Ambassadors.	National Theatre Public Acts – online reunions – singing sessions and creative spaces for YA members 'Explore Through Art' – facilitated by member illustrator Ruby.	September – Yoga with Lululemon – 'focus on grounding and breathing'
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From July 2021, there has been a marked increase in the amount of programmes running from the Body & Soul building once again. In all programme planning, members themselves have been at the forefront of shaping the return to a 'physical community', initiating the development of the 'Happy & Healthy Return Festival', a programme of online and in-person wellbeing and community projects with the aim of interrupting the incidence of low energy, low mood and long-term isolation of members.

"There's only so long we can just exist. Having the chance to see old friends and just be with people is not just some small thing....it's what life is all about. It's essential to being alive' Young Adult Member

270 Young Adult Members have been supported through programmes this year, receiving over 2000 Beyond Boundaries support calls

Therapy Focus

Our team and therapeutic provision continue to develop and at the end of 2021, the team was comprised of 18 therapists offering sessions in Integrative Counselling, Nutritional Therapy, Art Psychotherapy, Child & Adolescent Psychotherapy, CBT, Behaviour Therapy and EMDR.

We have been able to provide the following:

- ♥ 205 members accessed 1:1 therapy in 2021
- ♥ 2070 1:1 appointments provided
- ♥ 92% of members said therapy met their needs.
- ♥ 83% of members said they use what they have learned in therapy 'a lot' or 'always'.
- ♥ All rated it a 'good' or 'excellent referral experience'.



Member Story

Danielle is an Adult within the HIV Support Programmes. She was referred for individual counselling last quarter, attending every one of the 6 sessions. As the last session approached, Danielle asked if she could continue...

"I don't feel I've said everything I needed to get out".

She felt safe with the therapist and began exploring fear about her own HIV diagnosis. Through the additional sessions she is now feeling strong enough to name HIV to her children. She now feels she can bring her children with her to Body & Soul and even though living with HIV feels tough, she feels that she has freed herself to keep talking. Danielle is now regularly meeting other mums at Parents Place where her journey continues.

'I found the therapy very supportive; the counsellor was excellent and it gave me hope again'

'Angela was amazing, I managed to confide in her I felt confident and comfortable to share with her, she was amazing because I was going through a lot. She gave me ideas of how to deal with some strategies of meditations to help me when I feel challenged'



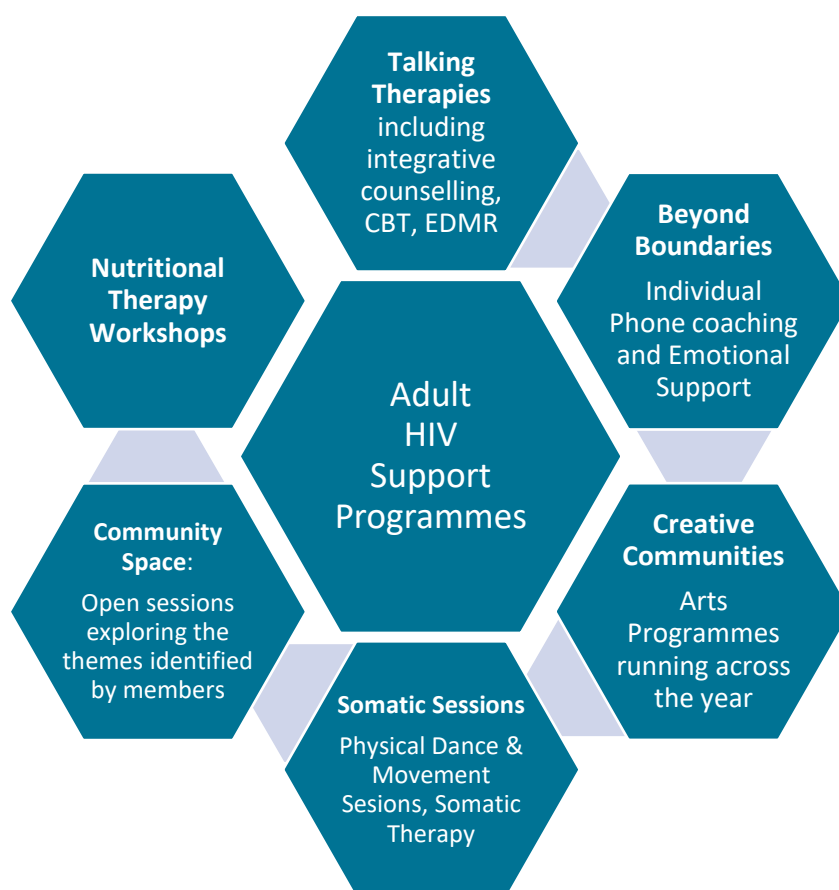
HIV Support for Adults 30+



Our service aims to support its members to find healing, transformation and the growth they seek following life experiences of trauma and childhood adversity. We aim to change the experience of people's trauma and destigmatise living with HIV. We do this through providing a holistic model of health that validates each person's life experiences and includes a whole person approach which considers multiple areas of need; physical wellbeing, emotional and mental health, practical support needs and personal goals. This is an integrative perspective of wellbeing.

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

Many of our members have been missed by other services due to cultural reasons including race and language, the complexity of their practical circumstances (for example relating to immigration or being a refugee or a victim of human trafficking). In addition to this, there is typically an absence of a robust trauma-informed perspective.



The service provides a wide-ranging number of services which genuinely work with the needs of the whole person. Our framework includes a community-based approach as mentioned, works with people of all ages zero to end of life, is a whole family approach. This is not commonly found in service provision for people living with HIV

Understanding Member Needs: 'Planning For The Future Community Survey'

When understanding member needs the Spring 2021 'Planning for the Future Survey', completed by over 200 members, indicated that though the Adults Programme had been successfully supporting members to reduce their experience of isolation there was still support needed in the areas of managing stress, anxiety, regulating emotion, improving self-confidence and self-worth. Approximately 25% of members identified that these were the areas they most needed help.

Though we recognise that these themes relating to personal histories of past trauma and the challenges of practical daily life (housing, finances, destitution or physical health), we believe that emotional vulnerabilities have been compounded through the impact of the pandemic. This has happened through increased social isolation and restricted access to primary health and social care services. Our aim with all subsequent programming was to ensure that the service continued to build emotional resilience.

Importantly, members themselves have been vocal about the desire to have open connection time with each other – simply sharing and being together. This is evidenced by the monthly online members forum continuing to have the highest attendance of all other online offerings. Why is this the case? Well, we know community and connection is healing. Also, we have learnt from the theory shared in our Somatic Therapy workshops that groups play a part in co-regulating its members. In the Members Forum topics have ranged from relationships, supporting each other with bereavement, living with HIV and the best comedy to watch on Netflix to help bring laughter into everyday life! Being together and sharing with those who have the same lived experience as you, listening, giving support and guidance to each in the spirit of love and care is what these spaces provide. Its value is great and at the same time cannot be quantified in the same way as feedback at the end of a set course. It these spaces, with their openness and trust, that make Body & Soul's programme unique.

Considering the world around us and the context in which we live in

As shared, we have witnessed how the pandemic has further compounded member challenges in the areas of emotional vulnerability, physical health and practical challenges. Underlying anxiety and mental health issues have been exacerbated through the experience of the pandemic. Whilst at the same time it has been difficult for members to have access to mental health services or the GP for a physical health issues. We have advocated for members to receive the support they need from primary care. There have been marked physical and mental health deteriorations. For example, there have been 3 members who have been diagnosed with cancer and one who sadly passed away in the summer. This makes us question whether delays to access services may be impacting member access to the right treatment at the right time for serious health conditions.

The Black Lives Matter movement continues to reverberate through the community as members share more frequently about their cultural roots, not being understood by mainstream British society, exploring ideas around 'home' and 'belonging' for both themselves and their families.

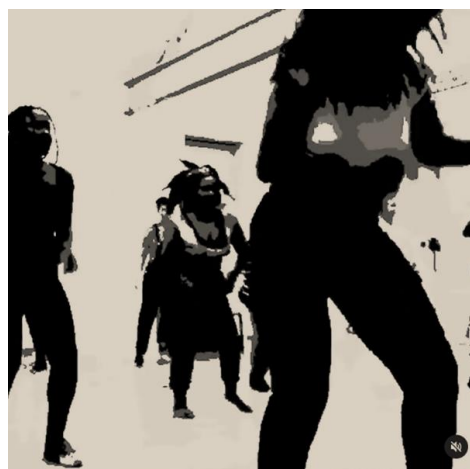
Adjusting to Reduced Covid Restrictions

By quarter 3 2021 programme content became focused on connecting members with each other in a meaningful and supportive way. Courses such as Somatic Therapy, Happy Mind Happy Heart (an applied Mindfulness and DBT course) and Afrobeats Dance Workshops were key in implementing this orientation and responding to member needs. It was essential that the Tuesday evening programme would be relaunched as the world began to 'open up' again and the members increasingly become confident in venturing out.

Programme Snapshot

'Explore Afrobeats' – July – August 2021

Over the course of 6-weeks dance artist Olu Alatise took a group of 20 adult members us on a journey to explore the power of movement and storytelling through the joy of Afrobeats. The project was designed to give the group space and time to connect back to our bodies, each other and Body & Soul, through discussion, movement, and fun!



We know that the physiological, neurobiological, and psychological impact of trauma mean that our members have complicated relationships with their bodies and that comorbidity of health is also prevalent for the community. This project was designed to improve members



awareness of physical sensations and relationships with their bodies, counteract the 'static' nature of living in lockdown and get members moving again without feeling like they were engaging in formalised 'exercise'.

As it was the first time a lot of the members who joined us had been back into the building since early 2020 there was also a focus on celebration – celebration of culture, community, and connection. Olu shared her knowledge of different music and dance styles from different cultures and countries in Africa, asked members to bring in and wear material from their home country and engaged in discussions around traditional foods and

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rituals which collectively encouraged members to share stories about home, identity, and family.

There was a profound sense of unity within the group as they shared stories, moved together, created music, and engaged in a lot of laughter! There were some amazing dance offs, beautiful moments of vulnerability and an innate feeling of group support and encouragement. On the final week members were invited to attend in traditional dress and some even brought foods from their home country to share with the group, a lovely celebration of the diversity and inclusivity within the community.

On completion of the course:

- ♥ 94% of members reported that they felt more connected and aware of their body
- ♥ 100% of members reported that they felt less stressed
- ♥ 94% of members reported that the course gave them skills and tools to keep joining movement workshops beyond this course
- ♥ 100% of members reported that attending the course made them feel more connected to others in the group

Further member feedback:

'We have a laugh and teach each other. Seeing people that I have been seeing on zoom. Laughing, sweating, dancing, keeping it positive and keeping hope.'

'I had so much fun. Wish it could go on and on. I laugh from the time I arrive and leave. Thank you for making my time so enjoyable. Not just me, Isobel (participants daughter) tells me. I am so happy to be here. Let's not leave the fun here. Let's dance at home.'*

'I enjoyed the laughter, the smiles. Its infectious. So good to come out of lockdown and come to this. To find something to laugh about.'

'In lockdown I was alone, then the call came. So much joy when dancing. Dancing makes you happy.'

Feedback from the facilitator

'From the friendly staff to the incredibly inspiring and energetic members and to the volunteers, my whole time at Body & Soul left me rejuvenated and revived each time. Whilst I was the facilitator, I really felt like the members taught me life lessons about resilience, strength and having a positive mentality. It was amazing to see and feel how

present each person was and how involved and engaged they were. From dancing to the drumming/percussion sessions to the discussions, each week was better than the last. Thank you for the opportunity to not only be introduced to an amazing charity but also the chance to not only teach but meet some amazing human beings. I hope I get to work with Body & Soul again.' Olu Alatise, dance artist

Creative Communities

Overview

Our Creative Communities programme ensures that members have access to the healing power of the arts. We unite leading artists in a collaborative process with the community to create ambitious and affirming work. Creativity has provided opportunities for members to feel recognised, witnessed, and validated through this time of profound isolation and disconnect. We have seen that creativity not only offers space for connection and expression, it can ignite change, renewal, and recovery.

Programme aims:

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



Home Again – November 2021

Home Again was a Body & Soul community mural making project that was designed to capture, connect, and celebrate the vibrancy of our community and celebrate our 25th birthday. Home Again provided an opportunity for members to connect back to the Body & Soul building, reclaim the space as their own and see their stories and experiences honoured in a tangible way.

The project was delivered in partnership with ATMA and 'Paint the Change'. Over the course of 4-weeks 70 members of all ages engaged in workshops that used different art forms as a tool to create discussion and story sharing around what this community means to them. The workshop series took inspiration from the ancient Japanese art of mending broken objects with gold, Kintsugi. Members

explored shape and colour to create a community art piece, designed individual kintsugi plates and created and wrote postcards to past, present, and future members.

The final mural painted on Body & Soul's building was inspired by the workshops and depicts a beautiful kintsugi vase of lilies. The vase represents the body of the community, and the flowers represent the soul. The lilies represent a sense of rebirth that happens to people when they come to Body & Soul. Each colour on the vase represents the 4 groups that Paint the Change worked with, a real honouring of their time together. The mural will act as a lasting reminder that if we choose to embrace our struggles and repair ourselves with love, we become more beautiful for having been broken.

Member Experience

'I am so thankful that this project brought us together again, it broke down loneliness and isolation, it's been food for the soul.' Adult member

'Art is a kind of medicine, very appreciated. Excellent ideas and management.'
Adult member

'I really enjoyed being creative again. Nothing could have been better, fab project.'
Adult member

'I enjoyed working with Matt and Efe, they made me feel safe and secure to express myself freely.' Young Adult member

'I loved the creativity it let me express myself and be proud of making art.' Teen member

Member stories

Jay joined the Body & Soul community during the pandemic so had only ever accessed remote support before joining 'Home Again'. The Body & Soul team worked closely with Umberto to manage his anxieties around leaving home which he had only done for essential reasons since the pandemic began. He did not know anyone in the group but as an artist himself he built an instant rapport with Matt (artist/facilitator) and got stuck in with the activities. Over the



course of the workshops he became more comfortable to share his thoughts and feelings with the group and he was visibly proud to be a part of the project.

On reflecting at the end of the project Jay stated that 'art is perfect' and on being asked to describe the project in three words he said 'liberating, socialising and community.' On reviewing Umberto's reflections on his confidence at the beginning and end of the project he reported stark improvements in his confidence in his own abilities, presenting to others and working in a team.

When Jay attended the Christmas party a few weeks after the project had finished, he wore a tie that matched the colours of the mural and proudly asked to have his picture taken next to the mural, a beautiful reflection of how much the project meant to him.

George has been a Body & Soul member from a young age and engaging in 'Home Again' as a teenager gave him a chance to reflect and reminisce on the positive impacts the community has had on his life. He shared stories of how he loved going to the children's centre every week when he was young and how much he felt coming to Body & Soul has supported him and his family. George lives in a busy household and has been managing complex family relationships alongside preparing for exams during the pandemic. 'Home Again' not only provided a much-needed creative outlet for George 'I loved the creativity it let's me express myself and be proud of making art', but a chance to connect again with the close friends he has made during his time here. 'I want to do another project ASAP! I like coming here every week it feels good to be with everyone regularly.

Building Our Community



In July 2021 Body & Soul relaunched our quarterly 'Open House' Events. These 2 hour events provide a virtual tour of services for professionals and partner agencies, with opportunities to meet key staff and current members who describe their experience of the services that have helped them.

These events have allowed new and existing referral partners to understand the development and remodelling of all key services, especially those available online.

Post-Adoption & Special Guardianship

“Body & Soul is passionate to provide equality of provision for children and families under Special Guardianship, for community that is often left to struggle on”

Who are the ‘Young Explorers’ & ‘Teen Spirit’?

Explorers & Teen Spirit are programmes for children & young people aged 7–12 and 13+ respectively, who are adopted or under special guardianship. Now running for over 5 years, Explorers & Teen spirit remains the only group based therapeutic provision for families. What also sets this service aside is the offer for ongoing engagement for all family members, which we believe is critical for young lives that have been impacted by family disruption. The model provides a safe, consistent community context in which children and young people can develop attachments and the skills to navigate their everyday worlds, ones that often not attuned to their needs or how they see the world. The service is designed so that whole families have access to an integrated programme that helps build resilience within adults and children equally.

Emerging Needs with our Families

Programmes at Body & Soul are designed around a range of needs of the children and families registered with us. We balance the uniqueness of every person with an understanding of the impact of early disrupted attachment on a child’s ability to cope with the world around them. The community feel created at Body & Soul is an environment that supports the development of peer relationships whilst providing consistent work to address emotional regulation, self-esteem and positive identity formation. For children often struggling to cope with peer relationships, this is commonly multiplied by exclusion from school and often from other social settings. Parents too experience a strong sense of being ‘left alone’ to manage, without access to ongoing support.



Den Building at Young Explorers

The Current Picture of Need

As we entered the second half of 2021, families reported the ongoing pressures that had built up over the previous year. A consensus across the community is the disruption of out of school activities that are often so vital in providing purpose, routine and structure to their children's lives. The loss of even this aspect of life immediately adds further responsibility back onto parents without a healthy outlet for difficult emotions that physical activity provides.

A common emerging narrative was the adjustment families had made to 'just about' manage at home, only for the children to have to adapt to school restarting again. Several members attend specialised schools or were transitioning to secondary school, suddenly having to confront the challenge of making new friends.

Parents and guardians of Teen Spirit members shared similar stories of long sustained periods of time in bedrooms away from friends, peers and isolated. Body & Soul has continued to provide online projects and sessions alongside increasing face-to-face Saturday programmes. One teen member, who has now become a mentor within the programme, illustrates the reality for our members: *"It's so much fun, even though its on zoom, it feels more fun than school"*.

Summer Programmes

Following consultation with families, the summer programmes reflected feedback that helped to develop a more consistent experience for the children and young people. The 'connect' sessions provide a more joined-up experience that allows members to build and sustain connections over 3 weeks rather than the previous monthly sessions.

'Programme Snapshot'

SoulFest – August 2021

SoulFest was a three-day creative festival that brought together young people in an exploration and celebration of the power of connection. Over the course of the festival a group of 21 young people engaged in a series of art, drama and dance workshops led by the Body & Soul team and guest dance artist Zoe Elliott. The project was devised to use creativity as a tool to give members an opportunity to reconnect with themselves, others, and the Body & Soul community as a whole.

In the face of a time full of disruption and uncertainty for us all, young people have had to navigate increased anxieties regarding their futures, a reduction in opportunities to connect with their peers and engage in extra-curricular activities and a heightened fear for the health of older parents and carers. SoulFest was designed to recognise and explore these profound struggles but also provide counteractive opportunities for play, joy, and freedom.



Members engaged in an art workshop where they explored and created an animal representation of themselves, they took part in movement workshops and drama activities that focused on getting to know each other and enhancing group cohesion.

Throughout the project young people were put in the driving seat, giving them the power to share what connection means to them, their explorations, and creations were shared in short performance piece at the end of the three days. We had a small audience of parents/carers and members of the Body & Soul team. The room was full of smiles, laughter and celebration, a reminder to us all of the power and beauty of connection!

Member Stories

Before joining SoulFest Angelo* had not accessed the Body & Soul community for over 3 years. This meant that he was not familiar with the staff team delivering the project or any of the other young people in attendance, he only knew his older brother. He is living with ASD and can struggle to navigate new situations and relationships, something his mother highlighted on him joining the project.



On the first day Angelo* was reserved and apprehensive, but he came alive in movement workshops and loved exploring the freedom that came with using the ribbons and scarves that the dance artist incorporated. Over the course of the project, he became more vocal in sharing contributions and asking for help when he needed it. He built bonds with other members of the group and directed games that they played in the park during free time together. In the final sharing Angelo* proudly shared a movement solo with the audience, a solo full of energy, confidence, and freedom! Angelo* did not

want the project to end and asked if he was coming back the next week.

2021 Explorer Headline Programme Outcomes

Aims	Explorer Outcomes	Teen Spirit Outcomes
Building and maintaining secure attachment to peers, adults and family members.	100% of the children reported making at least one new friend.	60% reported making new friends.
Enhancing self-regulation, and for children to have their own autonomy in their emotional and mental health.	60% of the children felt they have the skills to manage their emotions.	82% of group reported feeling better able and have the skills to manage emotions.
Developing an awareness of emotions and learning the skills to be able to regulate them effectively.	100% of the children can accurately name and locate 5 or more emotions and their physical impact within the body.	9/10 members reported using a previously taught skill in the previous week to manage difficult emotions.
Being able to start making sense of their adoptive/special guardianship experiences.	89% of the children at the end of projects reported they had increased in confidence.	50% of group felt more confident.

Success Story

Many of the successes of the programme can be captured in particular moments. We accept that we cannot always immediately understand the impact of the group, but the following examples show that often it takes time for young people to process all the different elements of the Body & Soul Experience.

Angela was reluctant to return to Teen Spirit but soon became engaged with music sessions over her 4 week 'Beginnings' programme. On her return to the next session, she shared that she had been teaching herself to play guitar and drums so then started to teach another teen how to play. She had never performed to an audience previously but was able to share her skills with the group and stay another hour after the session to help clear up. Mabel had found it hard in the group initially, preferring to keep separate from the group for several sessions. In her final week she came to the group with a collection of her own lyrics, costume and microphone so that she could share her music with the group.

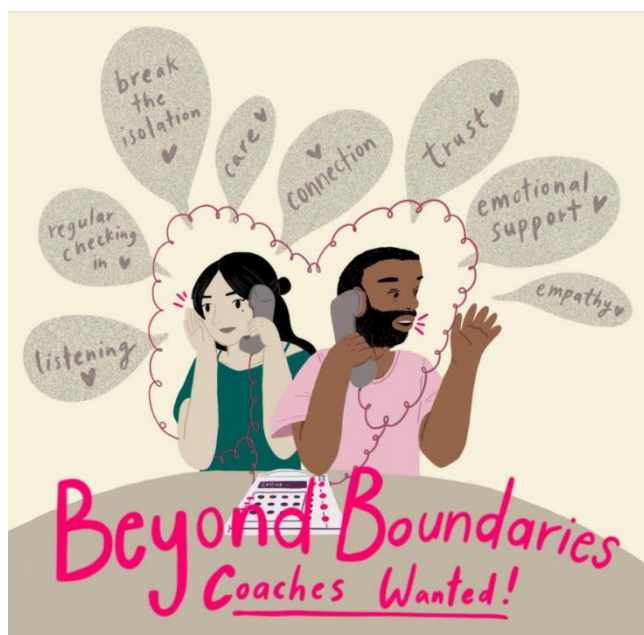
Final Words from a 16 year old 'Looked After Young Person'

'I've not been able to engage with any provision. I've never been listened to anywhere other than here'.

Keeping Our Community Connected

Maya is our new fulltime member of staff with responsibility for Beyond Boundaries

"This new role is all about developing Beyond Boundaries, our phone support service. It has been critical during the pandemic and will remain a vital lifeline between Body and Soul and members. It is a 'portal' to all of our resources, through checking regularly about housing



and immigration, to supporting mental health and emotion regulation and helping members to navigate difficult moments. It shows that we care but also helps us back at Body & Soul to adapt our programmes to emerging needs. If it's beyond our specialisms, we can provide advocacy or signposting to our partner organisations. Throughout, empathy and non-judgemental support are paramount"

What have we seen over the period?

Over the last quarter, beyond Boundaries has experienced a rising need for casework support. With the easing of restrictions, a

range of suppressed needs have emerged, both practical and emotional. However, members experiences suggest that mainstream health and social care services are not responding to their needs at a similar rate.

External Context

80% of members are black or people of colour facing a range of additional barriers to sustained security and wellbeing. Our members are recognised as being at a disproportionately higher risk of death, living in poorer quality of housing and largely surviving on benefits or minimal vouchers when they are within the asylum system.

Our Work

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

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highest number of people at any time, whilst always ensuring that everyone's experience is tailored to what is needed in the short and long term.

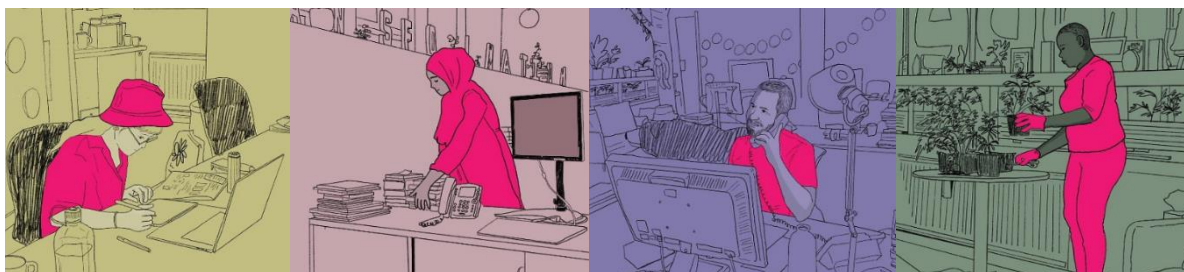
Across 2021 Beyond Boundaries regularly reached **1294** members from across all of Body & Soul's communities with a total of 18525 calls made over the course of the year.

Looking Ahead....

Priorities for BB is to further develop the team of volunteers to increase capacity further. Through wider recruitment in the final months of 2021, the aims are:

- ♥ Increase the development of members so they can be better represented in the BB teams.
- ♥ Provide opportunities for volunteers to connect with the wider community, beyond their role.
- ♥ Expand training programmes and introduce additional skills training options to continue development.

Community Volunteering



Body & Soul's 25th Anniversary has a special significance for volunteers within the community. The Body & Soul model has relied upon a culture that sees volunteers as skilled practitioners, often with lived-experience, who bring a compassion and purpose to their work. The pandemic has been a new era of volunteering where we have experienced a level of sacrifice and dedication that has saved lives and provide families with a genuine sense that they were not alone.

While many of the usual volunteer roles, working directly with members have continued to be affected by restrictions, Body & Soul has found new ways to adapt and ensure volunteers remain at the centre of how the community remains connected. In 2021 Beyond Boundaries has remained the foundation for safeguarding the community and a channel of communication for members. Every staff member supports a team of dedicated volunteers who are linked to group of members with whom they develop a consistent, trusting relationship.

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Members have brought a new energy in the development of our Covid response. MindSET, the digital mental resource for young people, has been an example of how members have drawn on their own experience and innovation to create new solutions to the impact of the pandemic. 25 graduates from the YANA programme have engaged in script-writing, production, social media and presenting to create a continuous flow of psycho-educational content.

"After 2020, I knew I needed to do something that got me out of the house. I had worked so hard to improve my mental health with Body & Soul, so volunteering on MindSET gave me a new energy and really reinforced my own recovery. The great thing was that I could do this using my own interest in art and design and helped me find a new belief that this is something I want to do in my career" MindSET Volunteer & YANA Graduate, 22 yrs

Body & Soul's volunteers continue to work across the organisation and 2021 has seen new ways to reach out to other communities in need of therapeutic support. BRAVE has attracted qualified therapists to donate their skills to support keyworkers and their families who are unable to access therapy that is trauma informed.

Over 2021 we have benefitted from:

- ♥ 150 **new** volunteers completed basic training and regular volunteering roles during the year.
- ♥ 105 existing members providing regular volunteering during 2021
- ♥ 80 volunteers supporting Beyond Boundaries alone.
- ♥ Volunteers contributing in excess of 15,000 volunteer hours across the year, equating to Body & Soul having 8 additional full-time staff.

Body & Soul extends a special thank you to these valued members of the community. Volunteering is a word in our culture that translates to *'the practical expression of what it means to feel a sense of belonging to a community, where individuals contribute their talents to greater benefit of the wider population'*

Casework & Advocacy



The casework service is part of Body & Soul's holistic approach to its support of its members.

It aims to provide advice and support on practical issues for members and aims to ensure that members' rights are protected, including ensuring that members are aware of their own rights

It is different from other advice agencies due to Body & Soul's membership model that provides a continuation in support rather than one-off advice.

The service is integrated into the wider Body & Soul services ensuring that members' emotional needs are met equally.

By design, the service works proactively with members to minimise the risks of falling into crisis and where necessary, is ready to respond when members experience a wide range of difficulties, be it with housing, benefits, employment, immigration or family.

"Who would you have turned to for support if not Body & Soul?"

- ♥ 55% of Body & Soul members said they didn't know who else they would turn to.

"I'm not aware of other charities who offer regular calls, but I felt comfortable confiding in you". 47-year-old member, Southwark.

Over 2021 we have:

- ♥ Supported **780** individual members with practical casework support and advocacy
- ♥ Delivered **3000** casework interventions, divided across the following issues:
 - 33% food and crisis support
 - 17% benefits and finance
 - 11% housing advice and advocacy
 - 14% grants and donations
 - 10% immigration advice

Community Trauma Response

The 25 year history of Body & Soul is about understanding and recognising the impact of trauma and then being compelled to act to transform the effects. All we have ever needed is a community of passionate people who share the desire to bring change through healing. BRAVE and MindSET represent Body & Soul's wider community response.



MindSET is livestreamed psychotherapy, delivered by specialist psychotherapists and young people together, alongside a growing pot of user-generated videos resources, direct access to therapeutic expertise at B&S between sessions, and a vibrant community of peers who are all experiencing the same challenges.

The service is flourishing, with almost 1,500 active users, many from traditionally marginalised communities, and achieving significant reductions in low mood and anxiety, and improvements in wellbeing.

MindSET is real people creating real connections in real time, a highly preventative/proactive approach, which maximises safety and trust among users, and therefore receptiveness to the practical psychoeducation, meanwhile bringing

In late-March 2020, we launched '**BRAVE**', a new counselling support service for frontline workers and allied professionals. BRAVE offers free and flexible psychotherapeutic support at a time that suits. Brave:

- ♥ Maximises feelings of safety and agency – very easy to access on the phone, as many times as you want
- ♥ Independence and the fact that an individual can talk about whatever is making life more difficult.
- ♥ A dynamic way of embracing people, with flexibility to support different kinds of need – from one-off 'rebalancing' sessions to longer-term courses of therapy for people showing signs of PTSD or dysregulation.
- ♥ A systemic approach – resilience in the workplace often stems from

solidarity and humour immediately into otherwise very dark and isolated bedrooms across the UK.

It is inherently 'bottom-up' designed from the outset by young people and therapists together, which means it also has the greatest possible appeal to those individuals who are least likely to reach out through more traditional channels owing to their experience of structural discrimination.

resilience at home sessions.

BRAVE has supported a total of **840** new individuals 67.9% women and 1.3% non-binary, 91.5% from England, 47.9% from outside London, 70.5% BIPOC, 54.8% non-NHS (predominantly carers and support workers).

Generating Income to Transform Lives: 11% of expenditure was on generating funds

Structure, Governance and Management section

Reserves

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

The Trustees aim to maintain unrestricted reserves equivalent to three months' running costs, this equates to approximately £331,499. Reserves at the end of this year represent just over three months running costs. General funds equate to £470,926. The Trustees continue to take steps to develop the reserves of the organisation with a focus on social entrepreneurial activities.

Risk

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

Key risks were felt to be:

- ♥ Difficulty in maintaining and further increasing charitable income due to the impact of austerity and Covid 19
- ♥ Difficulty in securing funds from Trusts and Foundations due to increased demand and competition.

- ♥ Impact of the decreased income stream of venue hire through changing work patterns of external organisations.
- ♥ Difficulty in influencing the wider system due to the uncertain political and social environment we are operating within as the pandemic continues.
- ♥ Difficulty in managing increasing demands on programmes.
- ♥ Difficulty in recruiting/maintaining key staff with salaries offered and in the context of remote working.
- ♥ Difficulty in maintaining staff with the impact of the collective trauma on everyone.
- ♥ Increase in competitive tendering.
- ♥ Potential reduction anticipated of external providers acting on a pro bono/discounted basis.
- ♥ Difficulty in lack of financial networks to generate income.
- ♥ Failure to maximise opportunities when they arise due to capacity of staffing.
- ♥ Inadequacy of data systems to capture all data required.
- ♥ Continuing to establish the organisation as a leader in Childhood Adversity.

Key mitigations:

- ♥ On finances, since the start of the pandemic in 2020, we had already enhanced our internal mechanisms for supervision and control, including more frequent meetings of the fundraising team and the SLT to discuss where we are at against targets, and between our Director and the Board of Trustees to discuss our management accounts and projections. Alongside maintaining these rigorous processes for monitoring financial progress, we have taken several specific actions to mitigate the risk that we will 'lose out' in the general climate of austerity and increased competition for funding:
 - Working with the Royal Statistical Society and the Anna Freud Centre to validate our procedures for M&E, so that we can continue to enhance our reputation for scrupulous impact measurement among trusts/foundations, individual donors and statutory commissioners.
 - Setting clear targets for fundraisers to identify any new sources of funding that we can now apply for owing to enhance reach and develop entirely new services (e.g. Prudence Foundation funding for MindSET, RCN Foundation funding for Brave).
 - Continuing to find ways of monetising our new services (e.g. group wellbeing support for Hestia and Tower Hamlets CEPN).
 - Increasing our range of social enterprise activities (e.g. training for CVAA, Camelot and Oxleas NHS). In addition, now that we are seeing venue-hire bookings begin to pick up again, we are working actively to drive as much

business as possible to the building, including generating new marketing materials and reengaging with all previous clients.

- ♥ On frontline delivery, the steps we took in 2020 have enabled us to dramatically and consistently increase the number of unique individuals we work with – e.g.
 - Online versions of every activity so that we can now provide a full range of practical and therapeutic support to people outside London, throughout the UK and beyond.
 - Entirely new outreach services, including group and one-to-one counselling for anyone who works in frontline care, and live-streamed psychotherapy for any young people who are feeling highly stressed or suicidal.

Launched out of moral urgency in response to the pandemic, these services were initially delivered on an entirely voluntary basis, but they were always carefully designed to be highly scalable at very little extra cost in terms of time or money. All these services are now fully funded, including several large multi-year grants from influential funders like the National Lottery and BB Children in Need. Meanwhile, we managed to hit the ground running every time we have been able to deliver face-to-face with a set of vibrant therapeutic workshops and creative activities, including a really inspiring project for all our different age groups to come together and explore trauma through art, culminating in a beautiful mural painted on the side of our building. In addition, near the end of 2021, we were able to 'soft launch' our new database of members, which has been designed by an IT consultancy (working at greatly reduced cost) based on best practice within health and social care in terms of security and data-monitoring.

- ♥ On staffing, we have managed to dramatically increase the resources we have available to meet increased demand and to exploit any new opportunities that come our way. For instance, we recruited over 150 new specialist volunteers last year, who work with us entirely for free – psychotherapists, IT consultants, doctors etc – alongside dramatically enriching our team of volunteers with lived experience, including a core team of more than 50 member-volunteers. We have also continued to expand and replenish our general volunteer team owing to the emphasis we place on motivating and developing anyone who gives us their time to work for us. On employees specifically, we have worked very proactively to mitigate the impact of any anxiety caused by returning to face-to-face working and to make sure new paid staff have as many opportunities as possible to feel part of the team and to participate in organisation-wide activities. To that end, we have enhanced management supervision, both one-to-one and in groups, and increased

opportunities for learning and development, including intensive training for all staff in dialectical behaviour therapy. Meanwhile, all employees continue to benefit from flexible working and an extraordinary package of wellbeing support, including free yoga sessions, group reflective spaces etc.

- ♥ On strategy, we continue to strengthen relationships with influential clinical and academic partners so that our work can have as wide an impact as possible, including several institutions who have approached us for consultancy precisely because we are seen as a centre of excellence with respect to repetitive trauma and structural discrimination – e.g. Wellcome Trust, Anna Freud Centre, IGA, RSPH. We also maintain close contact with important thought-leaders and policy-making forums, including the UK Trauma Council and the APPGs for Psychology and for Mental Health.

Going concern

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

The Trustees are proud of the innovation and tenacity that Body & Soul maintained across 2021. Programmes adapted with the changing external environment with a sense of ease and fluidity. Led by a values driven commitment to bringing 25 years of experience in trauma focussed support to an ever increasing population, Body & Soul not only maintained, but extended its reach and innovative approach.

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

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

Remuneration

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

The team is supported by a range of voluntary professionals including the law firms Hogan Lovells, ITV, Wilsons, Bates Wells Braithwaite and Miles & Partners who assist in legal, strategic and infrastructure issues; DMFK provides assistance on building/design related matters.

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

In addition to the staff team and partner organisations, the organisation has benefitted hugely from volunteers during 2021. Without volunteers during the pandemic, Body & Soul would not be able to deliver our innovative, high quality, and responsive programmes of support. The Volunteer contribution in 2021 continues to multiply the size of the staff team.

Fundraising Practices Review

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

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

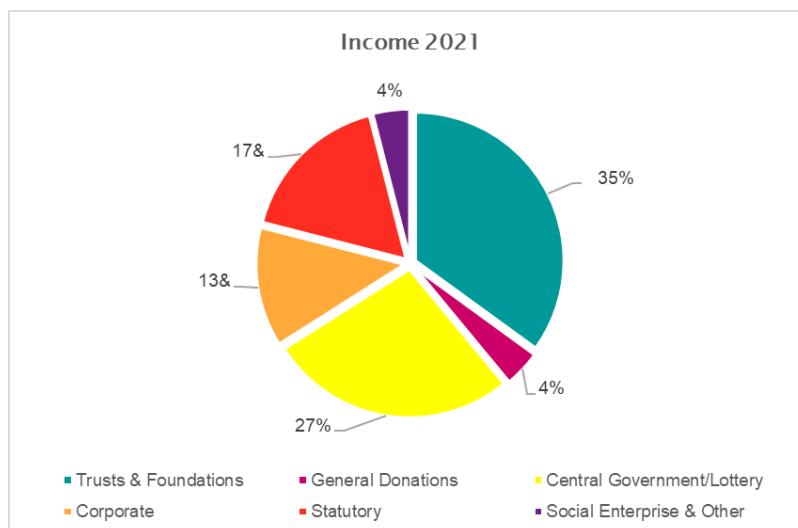
effort we as a charity need to invest, versus the income we would likely receive. Clear parameters and responsibilities are then agreed between partners.

We have ensured we are in line with the GDPR data protection regulations and all other relevant codes of conduct. We received no complaints about our fundraising practices in 2021.

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

Key programmes in 2021 were focussed around Adoption/Special Guardianship, HIV, Young people and mental health, Support for NHS and frontline workers and Self Harm /Suicidality.

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



Financial Review

In 2021, activities resulted in a surplus of £170,077. This was an exceptional achievement in the context of a global pandemic, austerity and staff changes.

At midpoint of the financial year, it was indicated the organisation may end with a small deficit. This was connected to the loss of income through venue hire and staffing. With key strategic decisions implemented, from further involvement from senior leaders, to the recruitment of new staff, not only did we attract new Funders, but have ended the year in

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

Body & Soul ended 2021 in a good financial position with unrestricted funds of £536,998 of which £470,926 was general funds. This was increase from £243,309 in 2019 and £332,368 in 2020.

Public Benefit

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

The Year Ahead

In 2022 we will continue to reach new people, reaching out to communities marginalised in society and often most impacted by the collective trauma of the pandemic. We will be tenacious in our aspiration to amplify our trauma engaged approach among fellow professionals, experts, and opinion formers with an interest in interrupting the lifelong consequences of childhood adversity and ongoing trauma.

We are ambitious, always striving, and unwaveringly passionate about changing the world we live in. We will not rest with the knowledge that millions of people live in a cycle of despair, not knowing how to break it. We know through community and the right interventions at the right time, everyone can feel a sense of peace, a sense of self, and a sense of resilience. To this end, we enter our 25th year committed to delivering our proven transformational programmes for people of all ages who have experienced childhood trauma, solving what is perceived to be one of the intractable problems of our time with a cost effective and impactful approach.

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

Deepak Chopra

We would like to highlight our thanks to all those who have supported us with their time, money, and voices. We hope in 2022 we will continue to provide high quality programmes to meet the ever-increasing demand from members across the UK and beyond. We are forever indebted to all the amazing people, trusts, companies and organisations that have, through contributions big and small, put life, energy, and love into the organisation.

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

Structure, governance and management

Body & Soul is made possible through the dedication of staff, volunteers and the community, of which the Trustee Board delegate the day-to-day running of Body & Soul to a full-time staff team with over 25 years' combined experience of delivering services which support children, teenagers, and families impacted by childhood adversity and ongoing trauma.

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

The staff team are accountable to members, the Board of Trustees, stakeholders, and each other. At the beginning of the year we had a full-time staff team of 13, and a part-time team of 7. We ended the year with a full-time team of 12 and a part-time team of 11. There was an average headcount of 22, further amplified by over 250 volunteers.

The staff team in 2021 has therefore consisted of:

- ♥ Director: Emma Colyer
- ♥ Assistant Director: Jed Marsh
- ♥ Head of Creative Partnerships: Hollie Smith
- ♥ Volunteer Programme Manager: Jessica McClary (*finished October 2021*)

Trustees' annual report

For the year ended 31 December 2021

- ♥ Head of Operations: David Bell
- ♥ Adult Service Development Manager: Raman Sandhu (*finished November 2021*)
- ♥ Adult Programme Support: Rosette Jaminki (*finished May 2021*)
- ♥ Head of Young Adults Programme: Saga Moss Lundstrom (*finished October 2021*)
- ♥ Head of Casework and Advocacy: Sarah Jones
- ♥ Head of Suicide Support Services: Kelsey Hylland
- ♥ Head of Children's Programmes: Jane King
- ♥ Children & Family Therapeutic Support: Hilary Marling
- ♥ Head of Children's Programmes 10–12 yrs: Rachael Spinks (*finished January 2021*)
- ♥ Public Health and Impact Manager: Kathryn Forbes (*finished March 2021*)
- ♥ Head of Pathways and Programmes: Zoe Reynolds (*MAT leave as of December 2021*)
- ♥ Therapeutic Team: Marie Wassberg
- ♥ Childhood Adversity Partnerships Manager (Adoption Lead): Rebecca Brennan (*finished May 2021*)
- ♥ Head of Referrals, Outreach and Engagement: Rachel Bothamley
- ♥ Head of Fundraising & Partnerships: Jennie Barham (*started January 2021*)
- ♥ Fundraising & Partnerships Manager: Andrea Esposito Diaz (*started July 2021*)
- ♥ Head of Young Explorers: Hettie Chadwick Dickinson (*started January 2021*)
- ♥ Assistant Programme Manager – YANA: Katie Brown (*started November 2021*)
- ♥ Chef: Selina Rovai
- ♥ Events & Venue Hire Manager: Andrea Coman (*finished April 2021*)
- ♥ Front of House Manager: Taisce Gillespie (*June – Sept 2021*)
- ♥ Front of House Manager: Malakai Spencer (*started November 2021*)
- ♥ Children's Wellbeing Programme Manager: Tiffany Karatziola (*started June 2021*)
- ♥ Lead Designer for Bloom: Virginia Ma (*started June 2021*)
- ♥ Head of Young Peoples Wellbeing Programmes: Amy O'Toole (*started January 2021*)
- ♥ Head of Beyond Boundaries: Maya Soto-Jones (*started August 2021*)
- ♥ Teen Spirit Programme Support: Emma Yese (*started October 2021*)
- ♥ Young Adult HIV Programmes: Malunga Yese (*started September 2021*)

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

Statement of responsibilities of the trustees

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

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

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

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

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

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

Trustees' annual report

For the year ended 31 December 2021

31 December 2021 was 8 (2020: 8). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

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

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

The trustees' annual report has been approved by the trustees on 22 June 2022 and signed on their behalf by

Deb Bee
Chair

To the members of

Body & Soul

Opinion

We have audited the financial statements of Body & Soul (the 'charitable company') for the year ended 31 December 2021 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 December 2021 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies'

Independent auditor's report

To the members of

Body & Soul

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's report

To the members of

Body & Soul

Capability of the audit in detecting irregularities

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

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

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

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

Independent auditor's report

To the members of

Body & Soul

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Fleur Holden (Senior statutory auditor)

12 July 2022

for and on behalf of Sayer Vincent LLP, Statutory Auditor

Invicta House, 108–114 Golden Lane, LONDON, EC1Y 0TL

Body & Soul

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

For the year ended 31 December 2021

	Note	Restricted £	Unrestricted Designated £	General £	2021 Total £	Restricted £	Unrestricted Designated £	General £	2020 Total £
Income from:									
Donations	2	–	–	434,227	434,227	–	–	609,396	609,396
Charitable activities									
Youth Services	3	77,928	–	–	77,928	80,392	–	–	80,392
Children's Services	3	121,673	–	–	121,673	125,921	–	–	125,921
Adult Services	3	477,035	–	–	477,035	231,303	–	–	231,303
Other programmes	3	142,150	–	176,530	318,680	146,981	–	154,283	301,264
Hardship Grants	3	6,154	–	–	6,154	9,906	–	–	9,906
Rental income		–	–	60,182	60,182	–	–	56,555	56,555
Investments		–	–	194	194	–	–	1,067	1,067
Total income		824,940	–	671,133	1,496,073	594,503	–	821,301	1,415,804
Expenditure on:									
Raising funds	4	–	1,652	135,047	136,699	–	1,676	146,091	147,767
Charitable activities									
Youth Services	4	83,040	3,304	120,248	206,592	80,718	3,352	106,332	190,402
Children's Services	4	162,642	3,304	146,151	312,097	143,944	3,352	144,197	291,493
Adult Services	4	409,873	5,782	113,119	528,774	263,852	5,866	273,673	543,391
Other programmes	4	124,730	2,478	7,814	135,022	104,303	2,514	37,022	143,839
Hardship Grants	4	6,154	–	658	6,812	12,732	–	23	12,755
Total expenditure		786,439	16,520	523,037	1,325,996	605,549	16,760	707,338	1,329,647
Net income / (expenditure) for the year	5	38,501	(16,520)	148,096	170,077	(11,046)	(16,760)	113,963	86,157
Transfers between funds	14	–	9,538	(9,538)	–	–	24,904	(24,904)	–
Net movement in funds		38,501	(6,982)	138,558	170,077	(11,046)	8,144	89,059	86,157
Reconciliation of funds:									
Total funds brought forward		154,780	73,054	332,368	560,202	165,825	64,910	243,309	474,044
Total funds carried forward		193,281	66,072	470,926	730,279	154,780	73,054	332,368	560,202

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

Body & Soul

Balance sheet

Company no. 3245543

As at 31 December 2021

	Note	£	2021 £	£	2020 £
Fixed assets:					
Tangible assets	10		66,072		73,054
			66,072		73,054
Current assets:					
Debtors	11	449,766		163,669	
Cash at bank and in hand		313,309		367,575	
		763,075		531,244	
Liabilities:					
Creditors: amounts falling due within one year	12	98,868		44,096	
Net current assets			664,207		487,148
Total net assets	13		730,279		560,202
The funds of the charity:	14				
Restricted income funds			193,281		154,780
Unrestricted income funds:					
Designated funds		66,072		73,054	
General funds		470,926		332,368	
Total unrestricted funds			536,998		405,422
Total charity funds			730,279		560,202

Approved by the trustees on 22 June 2022 and signed on their behalf by

Deborah Bee
Chair

Body & Soul

Statement of cash flows

For the year ended 31 December 2021

	2021 £	£	2020 £	£
Cash flows from operating activities				
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	170,077		86,157	
Depreciation charges	16,520		16,760	
(Increase) / decrease in debtors	(286,097)		47,635	
Increase / (decrease) in creditors	54,772		(29,114)	
	<u> </u>		<u> </u>	
Net cash (used in) / provided by operating activities		(44,728)		121,438
Cash flows from investing activities:				
Purchase of fixed assets	(9,538)		(24,904)	
	<u> </u>		<u> </u>	
Net cash used in investing activities		(9,538)		(24,904)
		<u> </u>		<u> </u>
Change in cash and cash equivalents in the year		(54,266)		96,534
Cash and cash equivalents at the beginning of the year		367,575		271,041
		<u> </u>		<u> </u>
Cash and cash equivalents at the end of the year		313,309		367,575
		<u> </u>		<u> </u>

1 Accounting policies

a) Statutory information

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

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

b) Basis of preparation

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

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

c) Public benefit entity

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

d) Going concern

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

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

e) Income

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

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

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

f) Donations of gifts, services and facilities

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

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

g) Interest receivable

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

h) Fund accounting

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

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

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

1 Accounting policies (continued)**i) Expenditure and irrecoverable VAT**

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

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

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

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

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

j) Allocation of support and governance costs

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

- | | |
|-------------------------|-----------------|
| ● Cost of raising funds | 10% (2020: 10%) |
| ● Adult services | 35% (2020: 35%) |
| ● Youth services | 20% (2020: 20%) |
| ● Children's services | 20% (2020: 20%) |
| ● Other programmes | 15% (2020: 15%) |

k) Operating leases

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

l) Tangible fixed assets

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

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

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

m) Debtors

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

n) Cash at bank and in hand

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

o) Creditors and provisions

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

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

2 Income from donations

	Restricted £	Unrestricted £	2021 Total £	Restricted £	Unrestricted £	2020 Total £
Donations and grants	–	434,227	434,227	–	609,396	609,396
	–	434,227	434,227	–	609,396	609,396

3 Income from charitable activities

	Restricted £	Unrestricted £	2021 Total £	Restricted £	Unrestricted £	2020 Total £
Charitable Trusts/Foundations	4,306	–	4,306	21,815	–	21,815
Corporate donors	7,292	–	7,292	12,134	–	12,134
Big Lottery Fund	–	–	–	3,317	–	3,317
BBC Children in Need	9,880	–	9,880	9,880	–	9,880
Young Londoners Foundation	56,450	–	56,450	33,246	–	33,246
Sub-total for Youth Services	77,928	–	77,928	80,392	–	80,392
Charitable Trusts/Foundations	38,000	–	38,000	43,464	–	43,464
Corporate donors	29,792	–	29,792	4,642	–	4,642
Comic relief	16,464	–	16,464	24,425	–	24,425
BBC Children in Need	–	–	–	39,181	–	39,181
Young Londoners Foundation	37,417	–	37,417	14,209	–	14,209
Sub-total for Children's Services	121,673	–	121,673	125,921	–	125,921
Charitable Trusts/Foundations	107,423	–	107,423	126,365	–	126,365
Corporate donors	37,917	–	37,917	50,657	–	50,657
Big Lottery Fund	–	–	–	29,856	–	29,856
Comic Relief	16,464	–	16,464	24,425	–	24,425
Department of Health and Social Care	307,191	–	307,191	–	–	–
Sport England	8,040	–	8,040	–	–	–
Sub-total for Adults Services	477,035	–	477,035	231,303	–	231,303
Charitable Trusts/Foundations	142,150	176,530	318,680	97,235	122,283	219,518
Comic Relief	–	–	–	1,818	32,000	33,818
Young Londoners Foundation	–	–	–	47,928	–	47,928
Sub-total for Other programmes	142,150	176,530	318,680	146,981	154,283	301,264
Body & Soul acts as an agent for Hardship grants	6,154	–	6,154	9,906	–	9,906
Sub-total for Hardship Grants	6,154	–	6,154	9,906	–	9,906
Total income from charitable activities	824,940	176,530	1,001,470	594,503	154,283	748,786

4a Analysis of expenditure (current year)

	Charitable activities								2021	2020
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	Governance costs £	Support costs £	Total £	Total £
Staff costs	79,368	73,262	122,105	225,895	61,053	-	-	48,842	610,525	657,735
Other staff costs	944	871	1,452	2,686	726	-	-	581	7,260	9,094
Consultancy	546	504	840	1,554	420	-	-	336	4,200	2,700
Quality and Excellence	1,188	1,097	1,828	3,383	914	-	-	731	9,141	23,493
Nutrition programme	-	4,863	11,347	24,315	-	-	-	-	40,525	33,017
Health & Well being programme	-	21,567	22,495	21,307	5,860	-	-	-	71,229	54,179
Facilitators and Trainers	-	3,578	6,926	4,643	50	-	-	-	15,197	29,213
Workshops/courses/activities	4,550	5,511	4,278	5,541	-	-	-	-	19,880	12,654
Therapeutic Programmes	-	14,561	12,134	78,871	15,774	-	-	-	121,340	92,752
Volunteer programme	972	2,916	3,888	7,776	2,916	-	-	979	19,447	12,415
Outreach and Communication	2,980	1,905	1,905	1,905	1,905	-	-	-	10,600	14,451
Hardship Grants	-	-	-	-	-	6,812	-	-	6,812	12,755
Miscellaneous	91	690	696	742	690	-	-	-	2,909	2,952
Establishment costs	23,313	46,627	93,253	99,914	23,313	-	-	42,320	328,740	313,798
Non-capitalised equipment/Resources	155	311	621	666	156	-	-	5,645	7,554	1,524
Audit & accountancy	-	-	-	-	-	-	12,036	1,654	13,690	13,781
Other costs	8,427	-	-	-	-	-	-	12,000	20,427	26,329
Trustee expenses	-	-	-	-	-	-	-	-	-	45
Depreciation	1,652	3,304	3,304	5,782	2,478	-	-	-	16,520	16,760
	124,186	181,567	287,072	484,980	116,255	6,812	12,036	113,088	1,325,996	1,329,647
Support costs	11,309	22,618	22,618	39,581	16,962	-	-	(113,088)	-	-
Governance costs	1,204	2,407	2,407	4,213	1,805	-	(12,036)	-	-	-
Total expenditure 2021	136,699	206,592	312,097	528,774	135,022	6,812	-	-	1,325,996	1,329,647
Total expenditure 2020	147,767	190,402	291,493	543,391	143,839	12,755	-	-	1,329,647	

Staff costs of £30,856 (2020: £32,422) are included in other lines of expenditure to reflect activity costs more accurately.

4b Analysis of expenditure (prior year)

	Charitable activities						Governance costs	Support costs	2020 Total
	Cost of raising funds £	Youth Services £	Children's Services £	Adult Services £	Other programmes £	Hardship Grants £	£	£	£
Staff costs	85,506	78,928	105,238	243,362	78,928	-	-	65,773	657,735
Other staff costs	1,182	1,091	1,455	3,365	1,091	-	-	910	9,094
Consultancy	351	324	432	999	324	-	-	270	2,700
Quality and Excellence	3,054	2,819	3,759	8,693	2,819	-	-	2,349	23,493
Nutrition programme	-	3,962	9,245	19,810	-	-	-	-	33,017
Health & Well being programme	-	6,532	21,955	24,091	-	-	-	1,601	54,179
Facilitators and Trainers	-	3,743	8,929	16,541	-	-	-	-	29,213
Workshops/courses/activities	2,046	1,462	4,806	2,220	346	-	-	1,774	12,654
Therapeutic Programmes	-	11,130	11,130	64,927	5,565	-	-	-	92,752
Volunteer programme	-	2,483	2,483	6,704	497	-	-	248	12,415
Outreach and Communication	1,563	1,336	1,336	1,336	8,212	-	-	668	14,451
Hardship Grants	-	-	-	-	-	12,755	-	-	12,755
Miscellaneous	151	629	617	1,065	123	-	-	367	2,952
Establishment costs	21,966	43,932	87,863	94,139	21,966	-	-	43,932	313,798
Non-capitalised equipment/Resources	107	213	427	457	107	-	-	213	1,524
Audit & accountancy	-	-	-	-	-	-	12,120	1,661	13,781
Other costs	15,932	-	-	-	-	-	-	10,397	26,329
Trustee expenses	-	-	-	-	-	-	45	-	45
Depreciation	1,676	3,352	3,352	5,866	2,514	-	-	-	16,760
	133,534	161,936	263,027	493,575	122,492	12,755	12,165	130,163	1,329,647
Support costs	13,016	26,033	26,033	45,558	19,523	-	-	(130,163)	-
Governance costs	1,217	2,433	2,433	4,258	1,824	-	(12,165)	-	-
Total expenditure 2020	147,767	190,402	291,493	543,391	143,839	12,755	-	-	1,329,647

5 Net incoming / (outgoing) resources for the year

This is stated after charging:

	2021 £	2020 £
Depreciation	16,520	16,760
Trustees' expenses	–	45
Auditor's remuneration (excluding VAT):		
Audit	8,180	7,750
Accounts preparation	2,420	2,350
Operating lease rentals		
Property	100,000	127,500

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

Staff costs were as follows:

	2021 £	2020 £
Salaries and wages	569,738	604,440
Social security costs	50,095	52,034
Pension contributions	21,548	33,683
	641,381	690,157

No employee earned more than £60,000 during the year (2020: nil).

The total employee benefits of the key management personnel including employer's National Insurance were £250,829 (2020: £230,450).

Trustees' expenses represent the payment or reimbursement totalling £0 (2020: £45) incurred by 0 (2020: 10) members relating to subsistence at meetings of the trustees.

7 Staff numbers

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

	2021 No.	2020 No.
Raising funds	3.0	3.2
Youth Services	2.6	2.8
Children's Services	4.5	3.8
Adult Services	8.3	8.6
Other programmes	2.2	2.9
Support and governance	1.8	2.2
	22.4	23.5

8 Related party transactions

Aggregate donations from related parties were £nil (2020: £nil), and no trustees (2020: none) received any remuneration or received any other benefits from an employment with the charity or a related entity.

9 Taxation

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

10 Tangible fixed assets

	Refurbishment £	Fixtures and Fittings £	Computer and music equipment £	Total £
Cost or valuation				
At the start of the year	1,388,016	124,258	67,574	1,579,848
Additions in year	6,657	–	2,881	9,538
At the end of the year	<u>1,394,673</u>	<u>124,258</u>	<u>70,455</u>	<u>1,589,386</u>
Depreciation				
At the start of the year	1,331,425	108,399	66,970	1,506,794
Charge for the year	7,766	7,429	1,325	16,520
At the end of the year	<u>1,339,191</u>	<u>115,828</u>	<u>68,295</u>	<u>1,523,314</u>
Net book value				
At the end of the year	<u>55,482</u>	<u>8,430</u>	<u>2,160</u>	<u>66,072</u>
At the start of the year	<u>56,591</u>	<u>15,859</u>	<u>604</u>	<u>73,054</u>

All of the above assets are used for charitable purposes.

11 Debtors

	2021 £	2020 £
Other debtors	21,238	26,970
Prepayments	3,369	2,120
Grants receivable	425,159	134,579
	<u>449,766</u>	<u>163,669</u>

12 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	61,433	20,177
Taxation and social security	24,716	11,800
Accruals	12,720	12,120
	<u>98,868</u>	<u>44,097</u>

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

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	66,072	–	66,072
Net current assets	193,281	–	470,926	664,207
Net assets at the end of the year	193,281	66,072	470,926	730,279

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

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	73,054	–	73,054
Net current assets	154,779	–	332,368	487,147
Net assets at the end of the year	154,779	73,054	332,368	560,201

14a Movements in funds (current year)

	At 1 January 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 December 2021 £
Restricted funds:					
Youth Services	5,112	77,928	(83,040)	–	–
Children's Services	40,861	121,673	(162,642)	108	–
Adult Services	67,481	477,035	(409,873)	18,138	152,781
Hardship grants	3,000	6,154	(6,154)	–	3,000
Other programmes	38,326	142,150	(124,730)	(18,246)	37,500
Total restricted funds	154,780	824,940	(786,439)	–	193,281
Unrestricted funds:					
Designated funds:					
Fixed assets fund	73,054	–	(16,520)	9,538	66,072
Total designated funds	73,054	–	(16,520)	9,538	66,072
General funds	332,368	671,133	(523,037)	(9,538)	470,926
Total unrestricted funds	405,422	671,133	(539,557)	–	536,998
Total funds	560,202	1,496,073	(1,325,996)	–	730,279

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

14b Movements in funds (prior year)

	At 1 January 2020	Income & gains £	Expenditure & losses £	Transfers £	At 31 December 2020 £
Restricted funds:					
Youth Services	5,438	80,392	(80,718)	–	5,112
Children's Services	52,829	125,921	(143,944)	6,055	40,861
Adult Services	93,480	231,303	(263,852)	6,550	67,481
Hardship grants	1,603	9,906	(12,732)	1,223	–
Other programmes	12,475	146,981	(104,303)	(13,827)	41,326
Total restricted funds	165,825	594,503	(605,549)	–	154,780
Unrestricted funds:					
Designated funds:					
Fixed assets fund	64,910	–	(16,760)	24,904	73,054
Total designated funds	64,910	–	(16,760)	24,904	73,054
General funds	243,309	821,301	(707,338)	(24,904)	332,368
Total unrestricted funds	308,219	821,301	(724,098)	–	405,422
Total funds	474,044	1,415,804	(1,329,647)	–	560,202

Purposes of restricted funds

Children's Services

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

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

Youth Services

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

Adult services

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

14 Movements in funds (continued)**Hardship Grants**

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

Other programmes

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

Big Lottery Fund

Represents funds received as part of the Reaching Communities Programme and is allocated to young adults and mental health across all age groups.

Refurbishment Fund

Funds received for the refurbishment of the premises in Rosebery Avenue. This includes the value of professional fees incurred free of charge. Depreciation is charged against this fund.

Purposes of designated funds**Fixed Assets Fund**

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

15 Operating lease commitments

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

	Property 2021 £	2020 £
Less than one year	100,000	100,000
One to five years	400,000	400,000
Over five years	350,000	450,000
	850,000	950,000

16 Legal status of the charity

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