

Company number: 03245543  
Charity Number: 1060062

# Body & Soul

Report and financial statements

For the year ended 31 December 2023

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For the year ended 31 December 2023

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## Body & Soul

### Reference and administrative information

For the year ended 31 December 2023

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<b>Company number</b>	03245543 Incorporated – United Kingdom														
<b>Charity number</b>	1060062 Registered – England and Wales														
<b>Registered office and operational address</b>	St Ives House 99–119 Rosebery Avenue London EC1R 4RE														
<b>Trustees</b>	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Marjorie Agwang Deborah Bee Maurice Biriotti Sara Carter (resigned 31 March 2024) Munya Chidakwa Jeff Currie Jane Dutton Alex Lifschutz Chris Naylor Peter Souter Rachel Stevenson Jagdeep Parbha (appointed 1 May 2024)														
<b>Key management personnel</b>	<table><tr><td>Emma Colyer</td><td>Director</td></tr><tr><td>Jed Marsh</td><td>Assistant Director</td></tr><tr><td>David Bell</td><td>Head of Operations (resigned 1 January 2024)</td></tr><tr><td>Katie Brown</td><td>Head of Young Adult Therapeutic Pathways</td></tr><tr><td>Rachel Bothamley</td><td>Head of Referrals, Therapies &amp; External Engagement</td></tr><tr><td>Zoe Reynolds</td><td>Head of Pathways &amp; Programmes</td></tr><tr><td>Kudzai Sitima</td><td>Strategic Support</td></tr></table>	Emma Colyer	Director	Jed Marsh	Assistant Director	David Bell	Head of Operations (resigned 1 January 2024)	Katie Brown	Head of Young Adult Therapeutic Pathways	Rachel Bothamley	Head of Referrals, Therapies & External Engagement	Zoe Reynolds	Head of Pathways & Programmes	Kudzai Sitima	Strategic Support
Emma Colyer	Director														
Jed Marsh	Assistant Director														
David Bell	Head of Operations (resigned 1 January 2024)														
Katie Brown	Head of Young Adult Therapeutic Pathways														
Rachel Bothamley	Head of Referrals, Therapies & External Engagement														
Zoe Reynolds	Head of Pathways & Programmes														
Kudzai Sitima	Strategic Support														
<b>Bankers</b>	<table><tr><td>The Co-operative Bank 62–64 Southampton Row London WC1B 4AR</td><td>Lloyds Bank plc 21–23 Hill Street London W1J 5JW</td></tr></table>	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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## **Body & Soul**

### **Reference and administrative information**

**For the year ended 31 December 2023**

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



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

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

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

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

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

## Principles

Body & Soul is committed to:

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

## Achievements in 2023

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

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*Introduction: Setting the scene*

# Community Defined, Charity Re-defined



*Written by Emma Colyer MBE*

It is now 27 years that Body & Soul has been liberating people from the devastating, limiting and life-shortening effects of trauma. Our continued evolution and development brings together the collective wisdom of this revolutionary organisation and ever-emerging research on trauma therapy. What we put into practice is a synthesis of this, within an intentional vibrant community of members whose lives have

been shaped by trauma and adversity. This year's report is a 'snapshot' of our evolving model and a chance to understand why we don't look or behave like most other charities.

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



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

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

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

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

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

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

Van der Kolk puts it,

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

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

**Welcome to our world...**

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



## Understanding 'Intentional Community'

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

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



### Ritual

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

### Strengths

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

### Non-hierarchical

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



*Introduction: Setting the scene*

**Intergenerational**

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

**Collective v. Individual**

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

**Wisdom**

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

**Community Code**

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

**Creativity**

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

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

**Life Membership**

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

**Rites of passage**

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

**Language**

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



## Introduction: Setting the scene

1

### Trauma-engaged

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

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

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

2

### Trauma (noun)

Anything that is "too much, too fast, too soon", or "not enough for too long".

Traumatic events can exceed our capacity to cope and cause a disruption in emotional functioning. Whilst not inherently life threatening, they leave an individual feeling a sense of helplessness. They can include interpersonal conflict, micro-aggressions, financial worries, abrupt relocation, exposure to racial bias and racist micro aggressions.

*\*Resmaa Menakem*

3

### Intentional Community

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

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

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

4

### Trauma therapy

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





## The Body & Soul Glossary

5

### Wholeness

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

7

### Rituals

At Body & Soul we love our way of doing things: always eating together, grounding our bodies and minds, joining together as a group, welcoming new members, celebrating success and the continuation of life.

These were not designed, they became. They help us remember where we came from and why this community is different. Our rituals communicate 'togetherness', 'belonging' and 'acceptance'.

6

### Regulation

Given we are a community with a shared experience of trauma, we need to be able to regulate our own emotions and stay grounded.

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

8

### Love

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

— Gabor Maté

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

- Belonging
- Wholeness
- Learning
- Justice





*Communities on the frontline*

## Living with HIV: The Adult Community



*Written by Miren*

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

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

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

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



## The Need

Over  
**90%**

of our members  
come from BIPOC  
communities

**81%**

of our members  
live in poverty

**70%**

are feeling socially  
isolated

**90%**

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



## Community Numbers:

**15**

Men's & Women's  
Only workshops

Creative & Arts  
Courses

Nutrition & Well-  
being groups

**9**

Parents'  
Support Group

Bodywork &  
Movement sessions

**4**

Whole  
community  
celebrations

**12**

Immigration  
& General  
legal clinics

## Programme Highlights

### The Tapestry of Imperfections with The War Inside

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

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



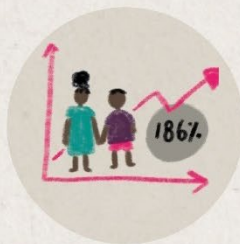


Communities on the frontline

# The Economic Impacts on the Adult HIV+ Community

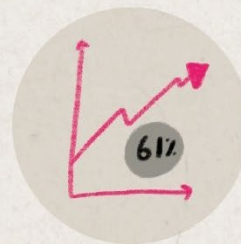


The 'Destitution in the UK 2023' Report by the Joseph Rowntree Foundation evidenced *a range of factors* that describe the community here and the increased risk of destitution. The Body & Soul community has been a safe harbour for those most at risk from the cost of living crisis.



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

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



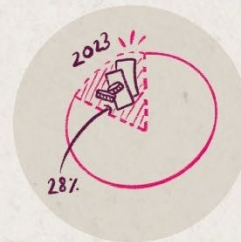
**JRF:**  
The number of people experiencing destitution has increased by 61% since 2019.

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



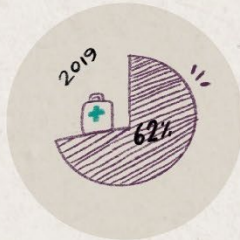
**JRF:**  
The rate of destitution among black-led households was *three times* their population share.

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



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

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



JRF:

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

Body & Soul:

*2000+* members living with HIV in 2024 live with multiple co-morbidities such as diabetes and cancer



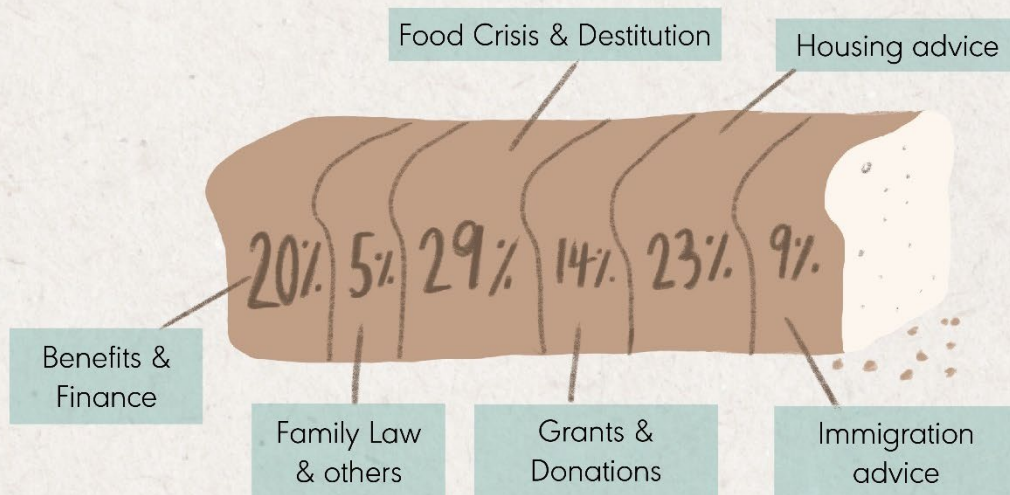
JRF:

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

Body & Soul:

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

## Body & Soul Casework needs:



**138**

Food bank referrals



**120**

Hardship grant applications



**260**

Families receiving casework support



*Communities on the frontline*

## Members' Voices

Nicole



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



Jumoke



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

Olive

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

Aaliyah



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

Ade

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





*Living with HIV - The Adult community*

## Member In Focus

### Manzi

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

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





## Adult HIV+ figures in 2023

2213

Total number of  
active members

307

Total number of  
workshops

979

Total number of  
therapy appointments

In 2023, our programme monitoring showed:

90%

of members feeling more  
knowledgeable and confident  
about making healthier  
choices

95%

were better able to manage  
challenging relationships

92%

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

90%

demonstrated a greater  
capability to build and sustain  
positive relationships

Ella

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

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



*Communities on the frontline*

## Positive Parents' Place



*Written by Hilary*

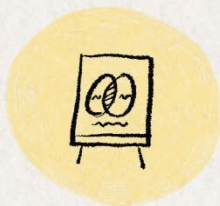
PPP is a unique programme for pregnant mums and mums with children 0-3 who are HIV+. A diagnosis of HIV during pregnancy is both frightening and traumatic and increases maternal isolation and self-stigmatisation. Immigration and housing instability also impact a majority of our parents, and this presents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

### *The Need*

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

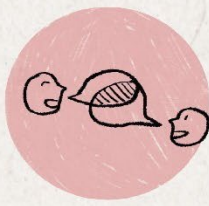


## PPP figures in 2023



28

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



96

Unique members in PPP in 2023



44

Mums received regular support calls to manage ongoing needs



20

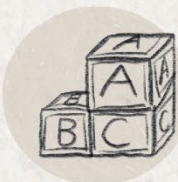
Families have received intensive casework support during this time

## Programme Highlights

### 7-week PPP programme on Zoom



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



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



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



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



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



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



*Positive Parents' Place*

## Member In Focus

### Tina

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

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

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





In 2023, our programme monitoring showed:

**95%**

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

**85%**

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

**90%**

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

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

**-Single mother of two**





*Communities on the frontline*

# Children, Young People & HIV



*Written by Jane & Daniela*

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

Many of the children's needs will fall below the threshold for support from other agencies, despite the impact on

them being complex and affecting their ability to reach both educational and personal potential. And the secrecy surrounding the nature of health problems within the family, alongside carrying responsibilities children hold, create stressful tense environments that impact children's ability to function to chronological age expectations.



## The Need

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

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



47

Weekly Children's  
Meetings

47

Weekly  
BaSe sessions

37

Teen Spirit Nights

115

Families have  
received intensive  
casework support

## Programme Highlights

### 'M@estro'

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

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

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

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

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



Children, Young people & HIV

## Member In Focus

### Jessie

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

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

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

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



In 2023, our programme monitoring showed:

### Adventurers' Outcomes

**83%**

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

**92%**

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



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

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



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

### Teen Spirit Outcomes

**80%**

Of the teens felt more comfortable talking about HIV

**95%**

of the teens have grown in confidence to try new things

**80%**

Of them have become more confident with talking about their needs

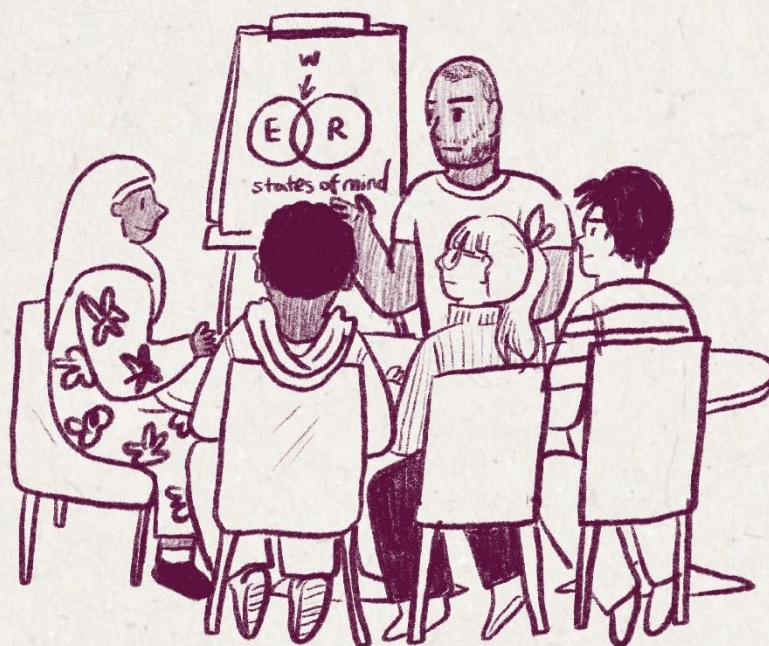
**90%**

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



*Communities on the frontline*

# You Are Not Alone Suicide Prevention Programme



*Written by Katie & Amanda*

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

## The Need

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



## Trustees' annual report

For the year ended 31 December 2023

We offer support in two stages:

**Stage 1:** Begins with a 24- week course of group DBT (Dialectical Behaviour Therapy) Designed to learn skills to manage distress, to identify emotions and reduce suicidal and self-harming behaviours.

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

### YANA Figures in 2023

1,310

1:1 Support sessions

574

Young people supported as part of YANA Community

173

DBT group sessions

17

Rooted Course sessions

5

Community Evenings

2

Whole community celebration events

4

DBT skills mastery sessions

3

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

### The Rooted Course

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

Through our latest 2023 Rooted course, members experienced a statistically significant positive shift in self-connection scores (using the validated Self-Connection Scale). The component of self-connection which predominantly drove this change was self-acceptance, with a large significant change in score for the question 'When I find out things about myself that I don't necessarily like, I try to accept those things.' This movement towards members becoming more accepting of themselves speaks to our core impact areas around personal identity

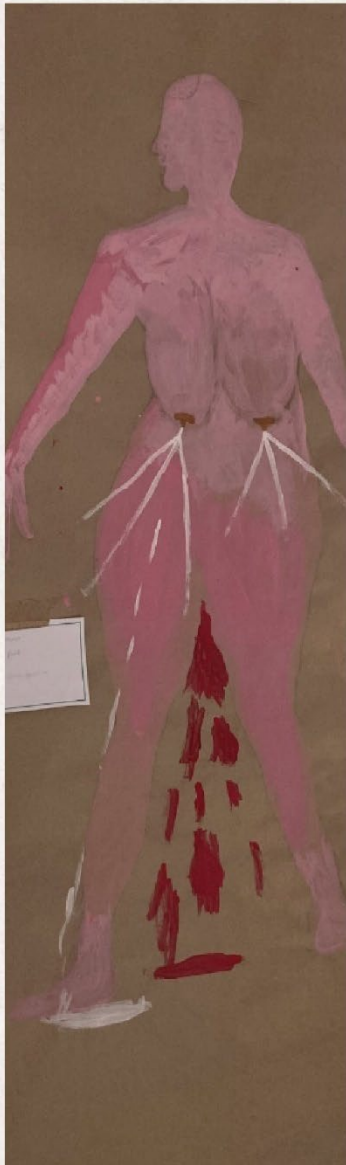
and self-esteem, creating a solid ground from which to build relationships with others and to have the confidence to pursue life worth living goals. Its significance can also be understood within Gabor Mate's framework of trauma being the disconnection from the authentic self, and healing being the re-connection to the authentic self.



## *You Are Not Alone Suicide Prevention Programme*

### *The Rooted Course: In pictures*

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





## Member In Focus



Lara

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

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

### *Skills Group*

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

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

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

### In 2023, our programme monitoring showed:

**100%**

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

**100%**

Members have improved their wellbeing since starting programme.

**69%**

Members have not self-harmed during programme

**54%**

Increase in wellbeing on overall WEMBS score



*Communities on the frontline*

## Evolution of the YANA Community in 2023



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

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



## Braver Together



Written by Rachel

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

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

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

60%

Members have identified improvement in their Mental Health

90%

Felt that their relationships improved

75%

Identified improvement in the home environment

## The Collective



Written by Kudzai

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



♥ To create a nourishing, affirming and brave space where we meet each other's whole selves and feel connected in community

♥ To decolonise the DBT Curriculum by conducting a critical review of the skills and how they are taught, through the lens of race and culture

♥ To stand for past, present and future members of the YANA community who are Black or of Colour



Read the mission statement here: →



## Communities on the frontline

### Evolution of the YANA community



Written by Virginia

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

## Mindset

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

### Positive Social Media

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

**5.4k**

Active users doubled from 2.7K to 5.4K

**74k**

Increased reach from 3.7K to 74K

**7.4k**

Most viewed video increased from 1.4K to 7.4K





## Mindset content gallery



People that use Mindset have said...

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

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



*Communities on the frontline*

# Adoption & Special Guardianship Support



*Written by Aarati*

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

## *The Need*

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



## ASG Support Figures

\*ASG: Adoption & Special Guardianship

57

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

92

Family members  
supported

## Programme Highlights

### Gratitude & Giving

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

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

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





*Communities on the frontline*

## Member In Focus

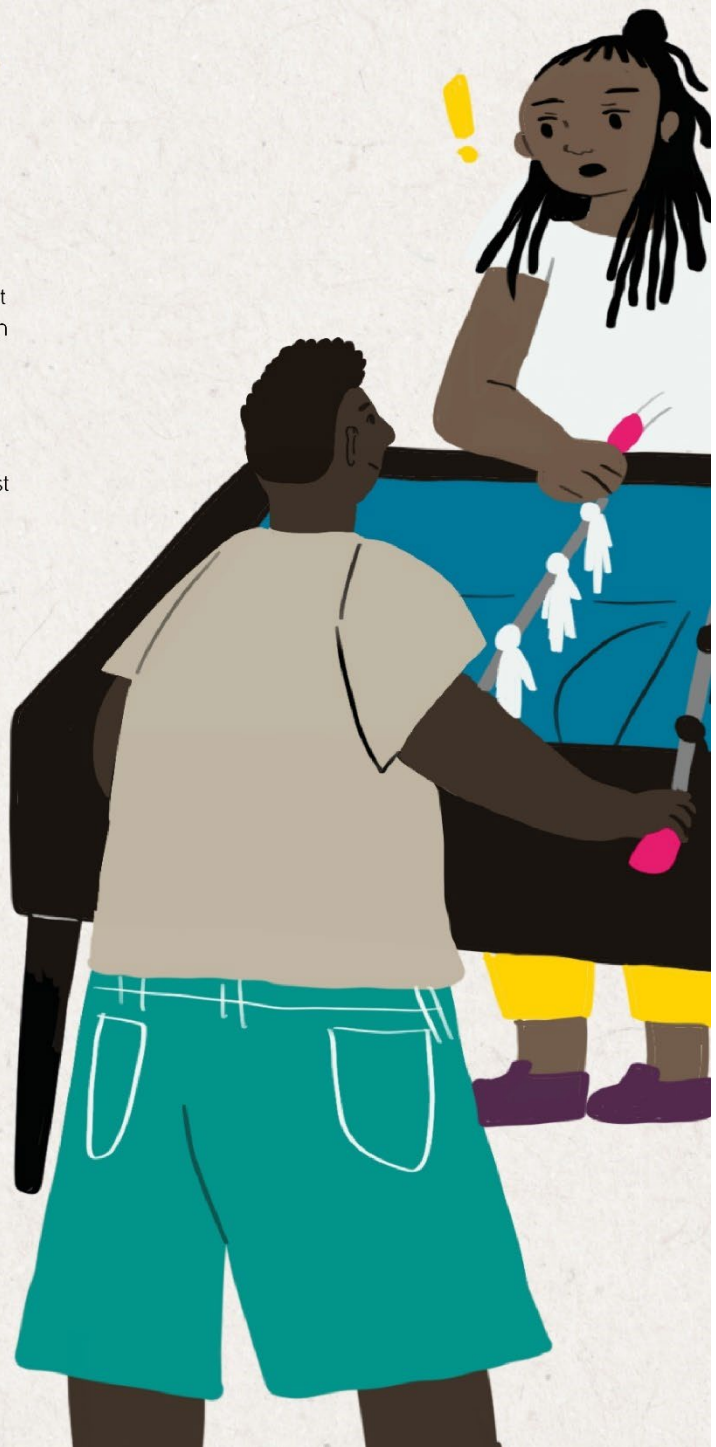
### Ron

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

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

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

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



In 2023, our programme monitoring showed:

90%

of caregivers feel they have an access to safe space to talk about their concerns without fear of judgement

85%

of children report making friendships inside and outside Body & Soul

85%

of children showed an eagerness to participate and engage in activities outside their comfort zone in Body & Soul

100%

of Special Guardians have shared that B&S is one of the few spaces that offers specific support around special guardianship

90%

of children have reported they feel happy about coming to Body & Soul regularly

99%

prevention of placement breakdowns

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

**Adoptive Parent, 2023**



*Communities on the frontline*

## Disrupting Isolation: Telephone & remote support



*Written by Zoe*

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

### The Need

91%



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

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



### Telephone & remote support figures

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

14,758

Total number of calls in 2023

1140

Number of members served

1238

Casework specific calls

## Talking Therapies

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

2165

Total therapy appointments

174

Total unique members accessing 1:1 therapy



### Therapy Feedback

85%

of referrals responded to within 48 hours

75%

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

87.5%

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



Community Infrastructure

# Connecting our community

## Community Events



Written by Jed

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

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

*- Dacher Keltner*



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

The event was a celebration of choosing life, embracing wonder and the power of community.







*Community Infrastructure*

## Creative Communities



### Public Acts at the National Theatre

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

More can be viewed here:

[The Odyssey | National Theatre.](#)



### Velocities

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



### The Kickabout Project with Arsenal

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



43



### Hit It! With Kinetika Bloco

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

### Pressure Drop with Immediate Theatre

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

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





*Community Infrastructure*

# Connecting our community

## *End of Year Celebrations*

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

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





Community Infrastructure

# Volunteering



Written by Beth

In 2023, our Volunteering roles include:



DBT group  
co-facilitator



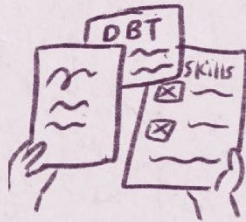
Social media  
content creation



Event &  
Party planning



Creative  
communities  
project



De-colonizing DBT  
curriculum



Children's centre  
volunteering



Casework with  
other members



Outreach:  
Getting the word  
out about YANA



Dinner hosts for  
community nights



DBT skills teaching  
to the kids

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





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

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**Structure, Governance and Management section**

**Reserves**

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

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

**Risk**

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

Key risks were felt to be:

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



Trustees' annual report

For the year ended 31 December 2023

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

**Key mitigations:**

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

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

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



### Going concern

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

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

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

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

### Remuneration

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

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

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

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

### **Fundraising Practices Review**

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

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

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

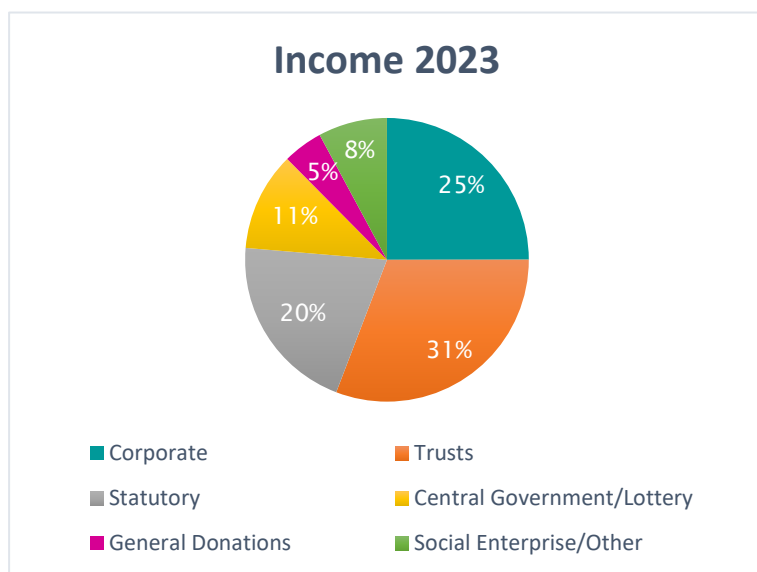
### **Financial Review**

The external environment continues to be a challenge, with the lack of certainty in the economy, the unknown in how the pandemic will 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 2023 were focussed around Adoption/Special Guardianship, HIV, Young people and mental health, Support for NHS and frontline workers and Self Harm /Suicidality.

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



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

At midpoint of the financial year, it was indicated the organisation may end with a deficit. With key strategic decisions implemented, we began

2024 with additional fundraising capacity, alongside external support to aide our strategy for the forthcoming year. Expenditure was also reviewed to ensure any further savings and efficiencies could be actioned.

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

### Public Benefit

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

## The Year Ahead

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

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

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

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

### Our Key Hopes for 2024 are:

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



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

### Structure, governance and management

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

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

The staff team are accountable to members, the Board of Trustees, stakeholders, and each other. At the beginning of the year we had a full-time staff team of 15, and a part-time team of 10. We ended the year with a full-time team of 13 and a part-time team of 12. There was an average headcount of 25, further amplified by over 250 volunteers.

The staff team in 2023 has therefore consisted of:

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

### Trustees' annual report

For the year ended 31 December 2023

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

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



### Statement of responsibilities of the trustees

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

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

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

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

In so far as the trustees are aware:

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

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

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

Trustees' annual report

For the year ended 31 December 2023

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

**Auditor**

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

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

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

Deborah Bee  
Chair



## Opinion

We have audited the financial statements of Body & Soul (the 'charitable company') for the year ended 31 December 2023 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 December 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

## Basis for opinion

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

## Conclusions relating to going concern

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

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

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

## Other Information

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

We have nothing to report in this regard.

## Opinions on other matters prescribed by the Companies Act 2006

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

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

## Matters on which we are required to report by exception

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

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



## Independent auditor's report

### To the members of

#### Body & Soul

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

## Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

## Auditor's responsibilities for the audit of the financial statements

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

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

## Capability of the audit in detecting irregularities

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

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

## Independent auditor's report

### To the members of

#### Body & Soul

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

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

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



## **Independent auditor's report**

**To the members of**

**Body & Soul**

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### **Use of our report**

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

Fleur Holden (Senior statutory auditor)

Date: 27 September 2024

for and on behalf of Sayer Vincent LLP, Statutory Auditor

110 Golden Lane, LONDON, EC1Y 0TG

## Body & Soul

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

For the year ended 31 December 2023

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

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



As at 31 December 2023

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

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

Deborah Bee  
Chair

Statement of cash flows

For the year ended 31 December 2023

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



**1 Accounting policies**

**a) Statutory information**

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

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

**b) Basis of preparation**

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

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

**c) Public benefit entity**

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

**d) Going concern**

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

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

**e) Income**

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

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

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

**f) Donations of gifts, services and facilities**

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

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

**g) Interest receivable**

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

**1 Accounting policies (continued)**

**h) Fund accounting**

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

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

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

**i) Expenditure and irrecoverable VAT**

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

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

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

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

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

**j) Allocation of support and governance costs**

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

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

**k) Operating leases**

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

**l) Tangible fixed assets**

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

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

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



**1 Accounting policies (continued)****m) Debtors**

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

**n) Cash at bank and in hand**

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

**o) Creditors and provisions**

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

**p) Financial instruments**

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

**2 Income from donations**

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

## 3 Income from charitable activities

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



## 4a Analysis of expenditure (current year)

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

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

## 4b Analysis of expenditure (prior year)

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



**5 Net incoming / (outgoing) resources for the year**

This is stated after charging:

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

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

Staff costs were as follows:

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

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

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

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

**7 Staff numbers**

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

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

**8 Related party transactions**

Aggregate donations from related parties were £nil (2022: £nil), and no trustees (2022: none) received any remuneration or received any other benefits from an employment with the charity or a related entity.

Within the year Body and Soul received £6,098 (2022: £2,260) worth of services from SHM Foundation. Trustee Maurice Biriotti is the Chair of SHM Foundation, these services were given at arms length.

**9 Taxation**

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

**10 Tangible fixed assets**

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

All of the above assets are used for charitable purposes.

**11 Debtors**

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

**12 Creditors: amounts falling due within one year**

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



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

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

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

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

## 14a Movements in funds (current year)

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

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

## 14b Movements in funds (prior year)

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

## Purposes of restricted funds

## Youth Services

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

## Children's Services

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

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

## Adult services

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



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

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

**Other programmes**

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

**Purposes of designated funds****Fixed Assets Fund**

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

**15 Operating lease commitments**

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

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

**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.