

Company number: 03245543
Charity Number: 1060062

Body & Soul

Report and financial statements

For the year ended 31 December 2024

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Body & Soul

Reference and administrative information

For the year ended 31 December 2024

Company number	03245543 Incorporated – United Kingdom	
Charity number	1060062 Registered – England and Wales	
Registered office and operational address	St Ives House 99–119 Rosebery Avenue London EC1R 4RE	
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Marjorie Agwang Deborah Bee Jags Parbha Munya Chidakwa Jeff Currie Jane Dutton Alex Lifschutz Chris Naylor Peter Souter Rachel Stevenson Samantha Teasdale	
Key management personnel	Emma Colyer Jed Marsh Katie Brown Kudzai Sitima Rachel Bothamley Aarati Bista Zoe Reynolds	Director Assistant Director Co-Director: Head of You Are Not Alone Co-Director: Strategic Support Co-Director: Head Engagement Co-Director: Head of Children & Young People Head of Learning & Development
Bankers	The Co-operative Bank 62–64 Southampton Row London WC1B 4AR	Lloyds Bank plc 21–23 Hill Street London W1J 5JW

Body & Soul

Reference and administrative information

For the year ended 31 December 2024

Solicitors Hogan Lovells
65 Holborn Viaduct
London, EC1A 2DV

Auditor Sayer Vincent LLP
Chartered Accountants and Statutory Auditor
110 Golden Lane
LONDON, EC1Y 0TG

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

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

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

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

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

Principles

Body & Soul is committed to:

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

Achievements in 2024

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

To whom it may concern,

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

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

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

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

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

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

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

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

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

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

Yours sincerely,
Amy

Dear Friends,

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

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

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

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

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

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

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

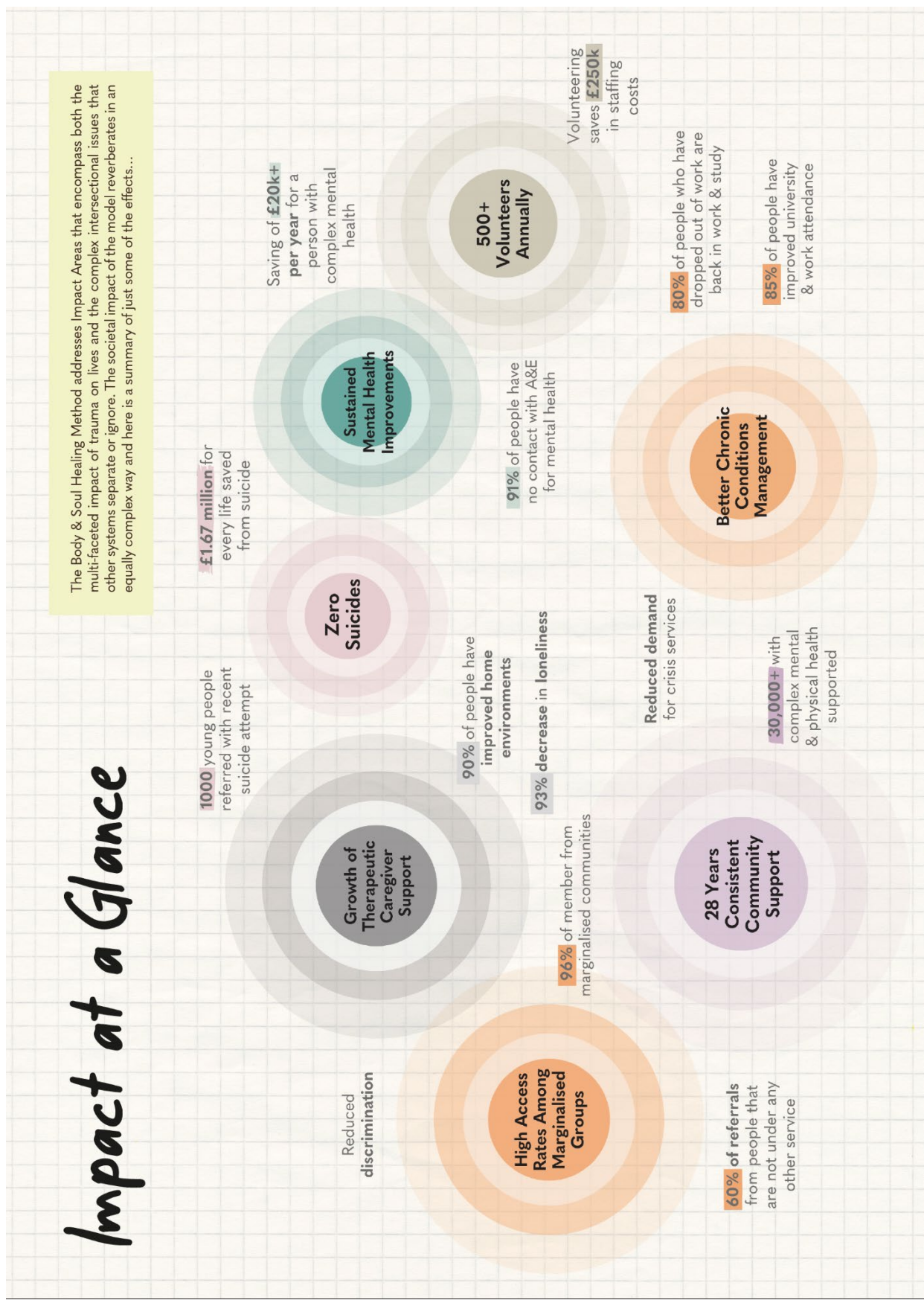
"It's exhausting and painful and unfair but we have so much strength and resilience together, we are a community of people who have not been seen or heard by the world and now that we have finally found a place of love and acceptance, we're not going to let anyone take it away from us!"

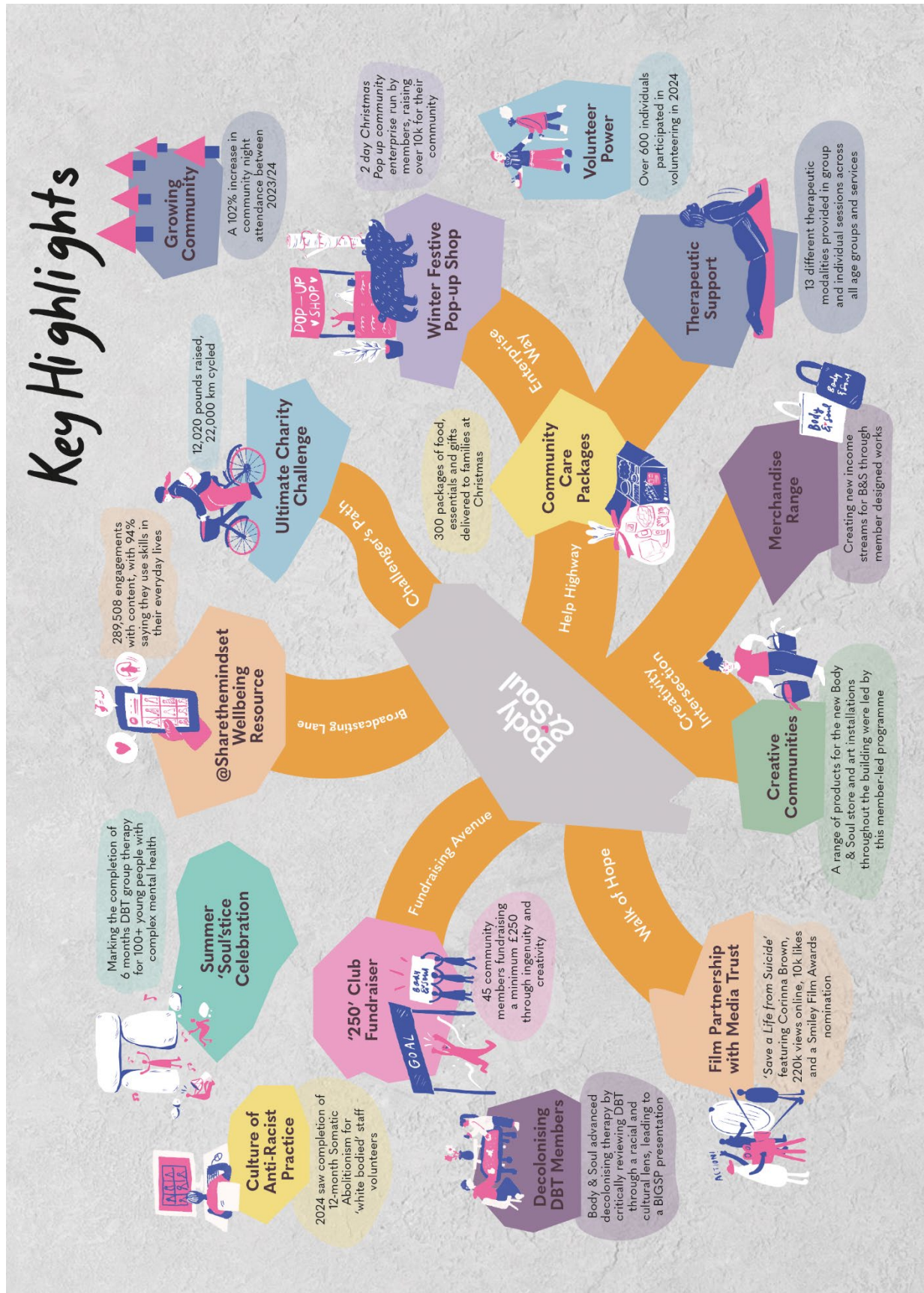
Body & Soul's impact is rooted in its refusal to reduce human suffering to simplified diagnoses or isolated interventions. Our approach embraces the full complexity of people's lives recognising that suicidality is not merely a clinical symptom, but often the expression of deep, systemic breakdowns.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

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

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

emma xx
Director





You Are Not Alone

Transforming lives of young people at risk of suicide

“Between services for anxiety and depression and severe personality disorders, there is a huge gap in services. Within this are people seen as ‘too complex’ and risky for the services available, left to bounce around crisis lines, GPs and A&E departments.”

Katie,
Head of ‘You Are Not Alone’

Highlights & Outcomes

1,770

YANA grad
volunteering
hours

1001

Referrals
received in
2024

388

attended
Community
Workshops

43

Graduate
Events

800

Registered
members

144

1:1 Therapy
appointments
delivered

270

DBT Groups
delivered

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

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

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

How it works

Stabilise Phase



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

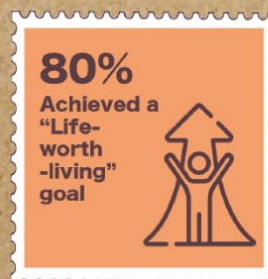
Thrive Phase



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

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

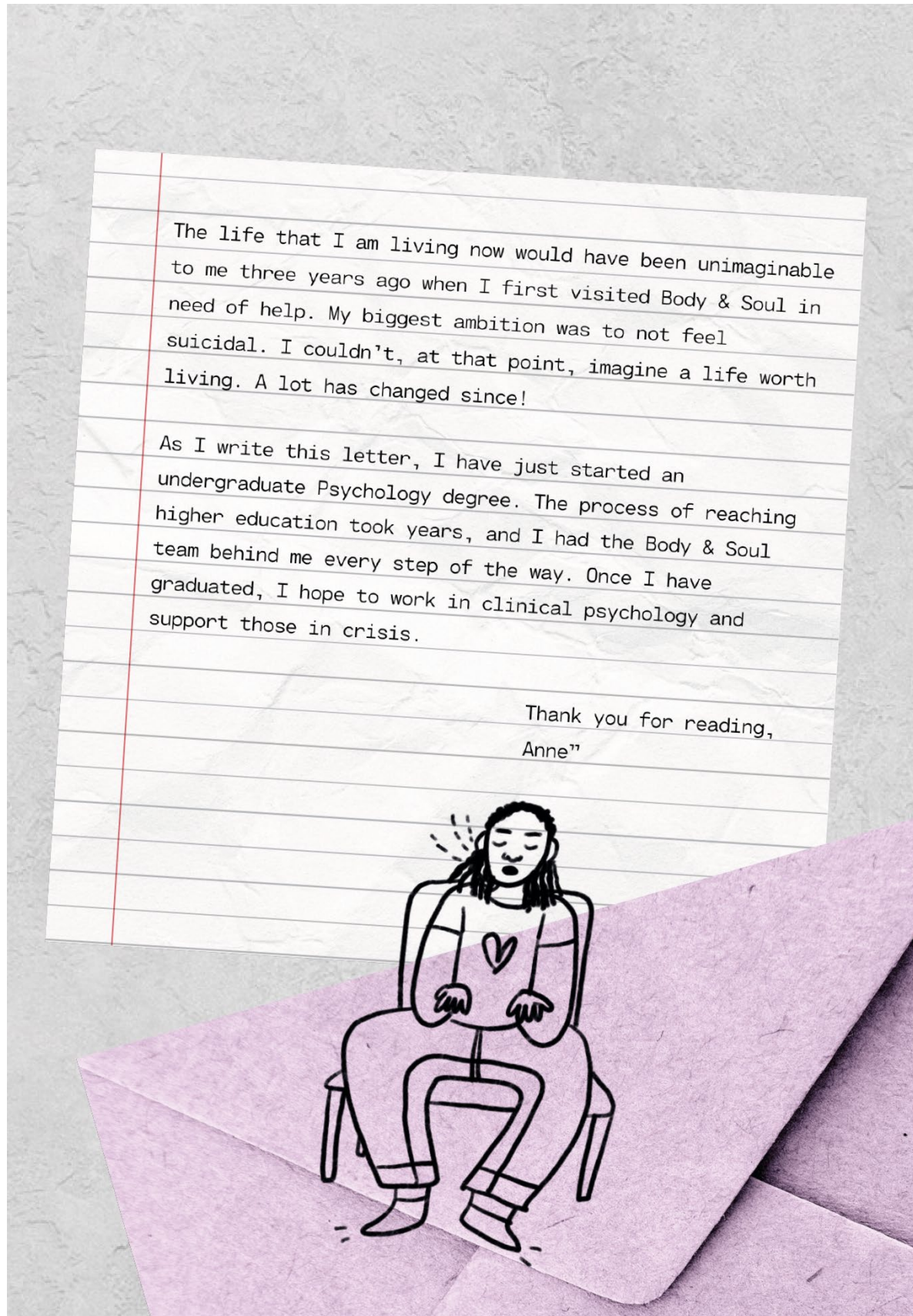
However, this only offers a temporary solution, leaving the underlying issue unaddressed. YANA's long-term, holistic support works with young people to address all the key areas in their lives, so they have all the tools they need so they can go on and thrive.



To whoever reads my story...

"Within a few weeks of my first referral, I was accepted onto Body & Soul's You Are Not Alone Programme, a service for young people with a history of suicide attempts. Finally, I had found a community that accepted me, understood my needs and provided me with essential support and resources. I attended weekly Dialectical Behavioural Therapy (DBT) and had access to DBT skills coaching throughout the week.

Over the course of six months, my family relationships improved dramatically, and I felt able to seek new job opportunities. Most importantly, since graduation, I have never attempted to take my own life. DBT skills gave me a sense of autonomy and optimism. I felt that I now had the therapeutic skills to support myself and a trusted community to reach out to.



Braver Together

A therapeutic support system for caregivers supporting those at risk of suicide

"As a close friend of someone who attempted to take their life, I felt helpless. I cared so much but did not know what would help or make things worse. Braver Together helped me to understand what was happening and learn the approaches that I could already see were helping my friend to get better."

Nooriyah

Highlights & Outcomes

75th
member welcomed to the group

36
DBT groups delivered

90%
Show improved caregiver mental health

90%
Had better caregiver relationships

80%
Report improved family functioning

*To highlight Braver Together's impact, we use validated tools: the PHQ-4 for anxiety and depression, and the FAD for perceived family connections.

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

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

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

How it works



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



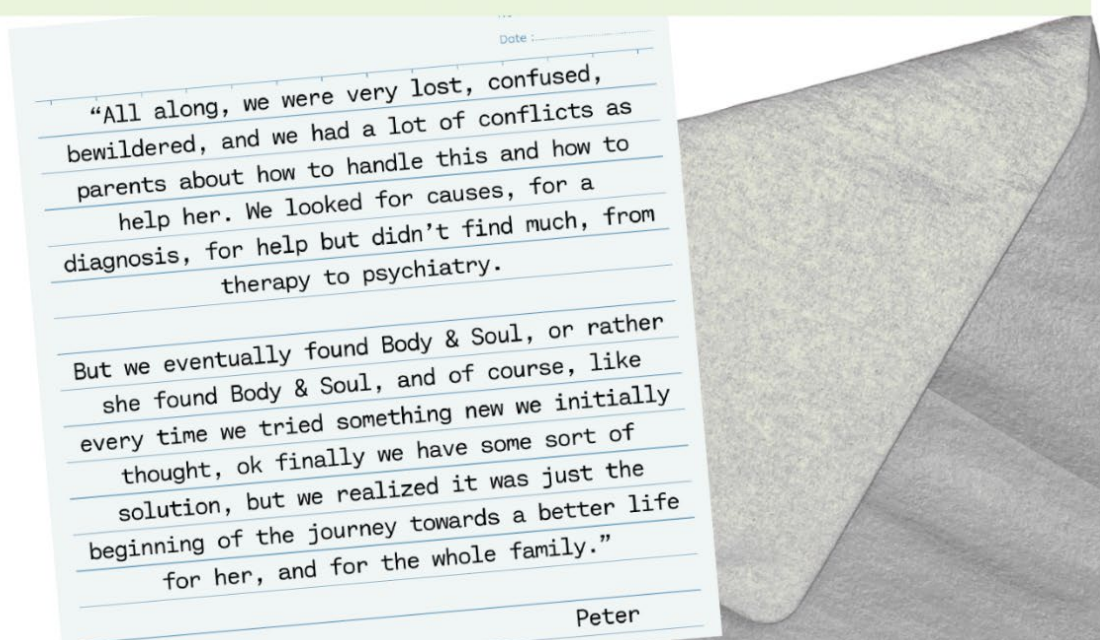
Phone Coaching
A text or call service in-between weekly skills sessions to ask questions or ask for support using the skills they have learned.



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



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



Addressing Critical Gaps in HIV Care

Race, Migration, Trauma & Family



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

Benjamin

Highlights & Outcomes

2,752

Therapy
Sessions

6,531

Support
Calls

2,459

Casework
Sessions

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

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

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

Mental Health and Complex Trauma

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

Upon referral, 80% of our members report experiencing suicidal ideation, highlighting the urgent necessity for a trauma-informed and community-driven intervention that

addresses both the psychological and structural determinants influencing health outcomes.

Holistic and Community-Centred Support

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

How it works

Mental Health Support

Therapy, trauma-engaged psychotherapy and group sessions

Physical Health

Nutritional and functional health guidance and medical advocacy

Practical Casework Support

Immigration advice, housing support, debt and benefits guidance

Increased Capability

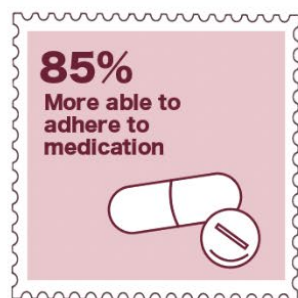
Improved self-concept, building resilience, improving ability for self-advocacy and confidence building

Maximising Productivity & Purpose

Personal development, employment support, and education

Psychosocial Wellbeing

Community engagement and destigmatisation



Stories from the community

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

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

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

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

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

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

Aisha



The Body & Soul Programme

A holistic, systemic family approach to living with HIV

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

Oolu,
Healthcare Professional

Highlights & Outcomes

Holistic Support = Whole Family Support

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

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


68
Adventurer
Sessions

39
Teen Spirit
Sessions

46
BaSe
sessions

245
unique CYP were
supported

19
Sessions for 60
new HIV+ mums
& babies



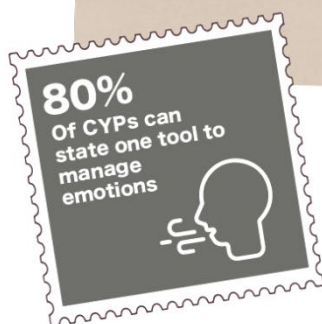
"Body & Soul is a community that supports HIV holistically, not just me, but they're also supporting my son who is now a grown teenager. He has his own problems because he is on the autistic spectrum with transitional needs.

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

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

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

Nicki



Body & Soul ASG

A therapeutic community supporting
Adoptive Families and Special Guardianship

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

Elijah

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

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

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

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

The programme is only possible through a strong advocacy approach to social

100% of CYP have experienced developmental trauma

62% of CYP are neurodiverse

68% CYP struggle with emotions, behaviour and relationships

22% of CYP struggle with suicidality and self-harm

services, that aims for early (not crisis) intervention, group rather than solely individual therapeutic support and longer term 'relational' approaches.

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

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

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



Highlights

164 families and
463 individual
members in
Adoption & Special
Guardianship

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

100

1:1 adult caregiver
Support Sessions

Outcomes

100%



have better
understanding
of trauma

93%

Of
families
feel less
lonely



93%

Reported an
improved
child-caregiver
relationship



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

Rosa

Body & Soul Specialist 1:1 Support

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

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

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

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

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

Simba



Casework & Advocacy

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

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

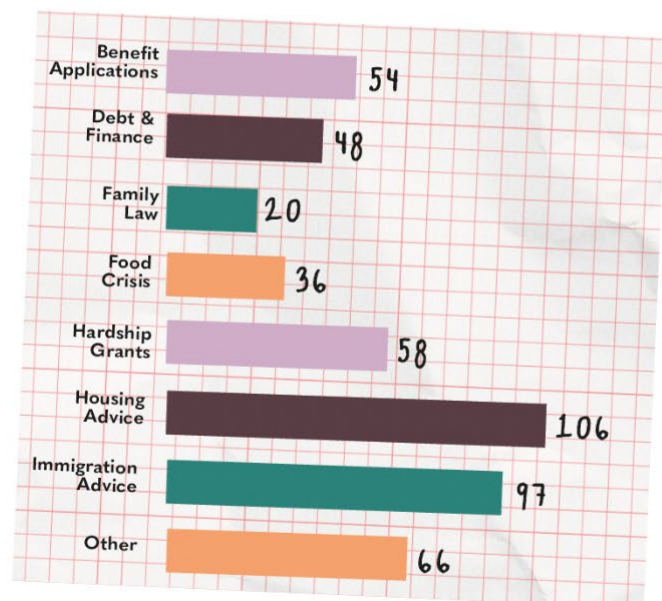
The people at Body & Soul are good people. They help me to read my letters, and I enjoy the food.

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

Fatoumata

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

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



Volunteering

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

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



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

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

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

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

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

Drew



Looking ahead to 2025

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

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

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

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

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

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

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

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

Body & Soul xx

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

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

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

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

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

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

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

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



If there are 2 minutes that capture a year in our community, it would be a young person reading out their graduation speech that represents what 6 months of DBT therapy means to them.

The bison would also become symbolic of how a community responded to adversity, together. We thank everywarrior.org for lending the wisdom of elders that rang true for Amy and Body & Soul.

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

Structure, Governance and Management section

Reserves

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

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

Risk

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

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

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

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

Going concern

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

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

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

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

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

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

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

Remuneration

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

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

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

Fundraising Practices Review

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

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

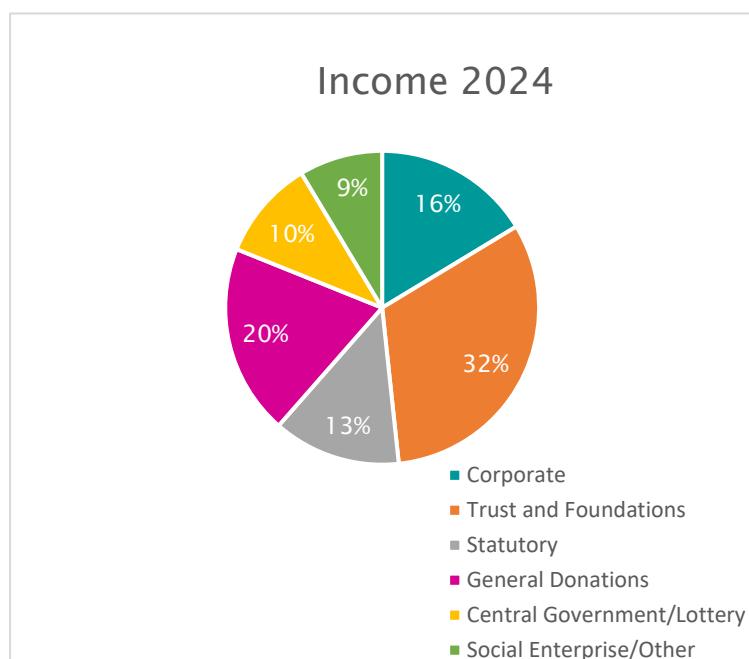
effort we as a charity need to invest, versus the income we would likely receive. Clear parameters and responsibilities are then agreed between partners.

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

We received no complaints about our fundraising practices in 2024.

Financial Review

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



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

At midpoint of the financial year, it was indicated the organisation was in a challenging financial position

having lost out for a significant Central Government Grant. With key strategic decisions implemented at pace that galvanised the community, we began 2025 having reduced the deficit from £179,440. Additionally, we harnessed external support to aide our strategy for the forthcoming year. Expenditure was also reviewed to ensure any further savings and efficiencies could be actioned.

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

Public Benefit

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

The Year Ahead

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

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

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

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

Our Key Hopes for 2025 are:

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

Structure, governance and management

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

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

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

Trustees' annual report

For the year ended 31 December 2024

The staff team in 2024 has therefore consisted of:

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

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

Statement of responsibilities of the trustees

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

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

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

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

In so far as the trustees are aware:

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

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

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

Trustees' annual report

For the year ended 31 December 2024

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

Auditor

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

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

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

Deborah Bee
Chair

Opinion

We have audited the financial statements of Body & Soul (the 'charitable company') for the year ended 31 December 2024 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 December 2024 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for

Independent auditor's report

To the members of

Body & Soul

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

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

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

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

Matters on which we are required to report by exception

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

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

Responsibilities of trustees

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

To the members of

Body & Soul

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

Auditor's responsibilities for the audit of the financial statements

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

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

Capability of the audit in detecting irregularities

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

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

Independent auditor's report

To the members of

Body & Soul

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

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

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

Use of our report

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

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

Body & Soul

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

For the year ended 31 December 2024

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

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

Body & Soul

Balance sheet

Company no. 3245543

As at 31 December 2024

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

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

Deborah Bee
Chair

Body & Soul

Statement of cash flows

For the year ended 31 December 2024

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

1 Accounting policies

a) Statutory information

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

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

b) Basis of preparation

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

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

c) Public benefit entity

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

d) Going concern

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

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

e) Income

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

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

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

f) Donations of gifts, services and facilities

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

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

g) Interest receivable

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

h) Fund accounting

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

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

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

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

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

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

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

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

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

j) Allocation of support and governance costs

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

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

k) Operating leases

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

l) Tangible fixed assets

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

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

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

m) Debtors

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

n) Cash at bank and in hand

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

o) Creditors and provisions

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

p) Financial instruments

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

2 Income from donations

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

3 Income from charitable activities

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

4 Rental and other income

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

5a Analysis of expenditure (current year)

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

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

5b Analysis of expenditure (prior year)

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

6 Net incoming / (outgoing) resources for the year

This is stated after charging:

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

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

Staff costs were as follows:

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

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

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

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

8 Staff numbers

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

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

9 Related party transactions

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

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

10 Taxation

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

11 Tangible fixed assets

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

All of the above assets are used for charitable purposes.

12 Debtors

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

13 Creditors: amounts falling due within one year

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

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

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

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

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

15a Movements in funds (current year)

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

15b Movements in funds (prior year)

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

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

15c Purposes of restricted funds

Youth Services

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

Children's Services

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

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

Adult services

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

15c Movements in funds (continued)

Hardship Grants

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

Other programmes

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

Purposes of designated funds

Fixed Assets Fund

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

16 Operating lease commitments

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

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

17 Legal status of the charity

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