ESCAPE FAMILY SUPPORT GROUP

England & Wales · Charity number 1063500

Details

Other names	E.S.C.A.P.E., ESCAPE Family Support Ltd
Status	Registered
Legal form	Charitable company
Company number	03256554
Registered	1997-07-18
Register	View on the Charity Commission register

Contact

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Activities

Objects: 1 TO PROVIDE SUPPORT, COUNSELLING AND MEDIATION TO RELIEVE THE POVERTY, SICKNESS AND DISTRESS OF DRUG, ALCOHOL AND SOLVENT USERS AND THEIR FAMILIES WHO ARE OR HAVE BEEN SUFFERING FROM THE MISUSE OF SUBSTANCES BEING ANY SUBSTANCE WHICH IS MISUSED TO THE DETRIMENT OF THE HEALTH OF THE INDIVIDUAL IN THE COMMUNITY OF NORTHUMBERLAND AND ELSEWHERE AS THE ASSOCIATION MAY DETERMINE; 2 TO ADVANCE EDUCATION AND TRAINING OF THE COMMUNITY OF NORTHUMBERLAND AND ELSEWHERE AS THE ASSOCIATION MAY DETERMINE IN THE PROBLEMS RESULTING FROM NON-MEDICAL USE AND ABUSE OF DRUGS AND ASSOCIATED PROBLEMS; AND3 TO PROVIDE SUPPORT, COUNSELLING, MEDIATION AND ACCOMMODATION TO RELIEVE THE POVERTY, SICKNESS AND DISTRESS OF VULNERABLE ADULTS IN THE COMMUNITY OF NORTHUMBERLAND AND ELSEWHERE AS THE ASSOCIATION MAY DETERMINE

Activities: 24/7 Helpline, Information, Advice, 1-1 Support, Counselling, Signposting, Advocacy, Support Groups, Art Sessions, Respite, Educational Training, Physical Activities, Community Reinforcement Approach and Family Training (CRAFT) for Carers of Substance Users; Adverse Childhood Experience's

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(ACE's) therapeutic support for adults and young people; Health & Wellbeing Sessions and Parenting Courses.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Other Defined Groups

Geography

- **Area of benefit:** NORTHUMBERLAND AND ELSEWHERE AS THE ASSOCIATION MAY DETERMINE
- Northumberland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£390,329	£354,917	-	-
2024-03-31	£274,240	£283,815	-	-
2023-03-31	£315,282	£320,402	-	-
2022-03-31	£220,824	£244,448	-	-
2021-03-31	£185,455	£176,332	-	-

Trustees

Name	Role	Appointed
Alice Park		2021-01-26
Holly Eloise Scarfe		2020-04-28
JANET MURPHY		2016-10-01
Jacqueline Loraine Mary Axelby		2015-10-06
Janet Murphy		2016-10-01
Laura Elizabeth Keen		2024-01-30
Stephen James Murphy		2017-11-21
Thomas Gibson O'Fee		2024-08-01

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ESCAPE FAMILY SUPPORT GROUP

England & Wales - Charity number 1063500

Accounts

ESCAPE Family Support

Annual Report 2024/25

unsung heroes

Investors in People | Health & Wellbeing Award

INVESTORS IN PEOPLE | Platinum

SMALL CHARITY OF THE YEAR
WINNER
ESCAPE Family Support Ltd

ESCAPE in brief

ESCAPE Family Support was set up in Blyth in 1995 by founder and current Chief Executive Janet Murphy and is a county-wide, community led response to drug and alcohol misuse in Northumberland.

What we stand for

Empowering families, carers, adults, young people and children and the communities of Northumberland to improve their mental and physical health and well-being to reduce the impact of addictions, social and lifestyle pressures, and risky behaviours.

What we do

ESCAPE is the only specialist provision for families carers, adults, young people, and children of substance users throughout Northumberland. The charity was founded in 1995 in Blyth by Janet Murphy MBE after her daughter died from drug poisoning. With nowhere to go for support ESCAPE was set up by carers for carers. We provide evidence based trauma informed programmes and interventions tailored to individual need.

At **ESCAPE** our mission is:

- ◊ To provide a range of services for families and carers of drug and alcohol users in Northumberland.
- ◊ To use a holistic, enabling approach and tailor our open access services to the needs of the individual.
- ◊ To raise awareness of drug and alcohol issues within the communities of Northumberland and other areas.
- ◊ **E**ducation, **S**upport, **C**ounselling, **A**dvice, **P**hone-line, **E**mpathy - **ESCAPE**

Why we do it

The lives of families we support are ravaged by drug or alcohol misuse. Parents, grandparents, partners, siblings, children and kinship carers suffer multiple factors of disadvantage and deprivation. Particularly health, social and economic inequality as well as damaged relationships/chaotic lifestyles , characterised by social determinants of inequalities including children taken into care, domestic violence, family breakdown, truancy, poor educational attainment, crime, antisocial behaviour, unemployment, trauma, mental health issues etc. Families suffer from negative attitudes, stigmatisation and prejudice within society that impacts on their daily lives, on community cohesion resulting in social isolation and financial hardship.

At **ESCAPE** we place the family at the heart of everything we do. We understand the value of family in our work and believe that addiction affects the whole family. As a result, our objective is to provide structured support across the whole of Northumberland to families, carers and partners of substance users.

Who we are

A team of committed trustees, staff, volunteers , family champions and supporters who believe everyone can make a difference.

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Message from the Chair

I had the pleasure of taking over from Jackie Axelby and becoming the Chair of ESCAPE Family Support in November 2024, following a period of being a Trustee, then Vice Chair and Treasurer.

What a year ESCAPE has had!

In November 2024, we celebrated our 30th anniversary which is a monumental achievement for the charity. It speaks volumes about the hard work and dedication our staff and volunteers have given to ESCAPE and our beneficiaries over the years, making our services irreplaceable.

In February 2025, ESCAPE was awarded, for the second time, the Investors in People platinum accreditation. This is the highest level of accreditation possible and only 2% of the country's organisations receive this accolade. It is truly an honour to receive this accreditation, especially being such a small charity. It demonstrated the hard work and tireless dedication of staff and volunteers to make a difference to our beneficiaries. The level of commitment at all levels, to support and invest in our workforce, is embedded within our culture to recognise the value of the service we provide.

Yet again, the demand on our services has increased and the charity has risen to the challenge. This Annual Report describes in detail the range of services we have offered, the numbers of people accessing services and the amazing results that have been achieved. It is truly remarkable the impact ESCAPE has made to the residents of Northumberland in 2024/2025.

Feedback from our commissioners and funders gives testament to the quality of the services we have provided and the fantastic results we have achieved. This is only made possible with the continued support we receive from all of them, many of whom we have had relationships with over many years and some more recently. We are grateful for the confidence and continued support you have shown, we honestly could not do this without you, so thank you on behalf of ESCAPE.

We often receive feedback from our beneficiaries about how invaluable the continued support from ESCAPE has been to them, their families and friends. You will be able to find detailed feedback on the following pages. We continually strive to make our service unlike no other by listening to our beneficiaries and tailoring our services to meet their needs. We know how important and priceless everyone's experiences are therefore we encourage our beneficiaries to stay with ESCAPE to provide support to other beneficiaries once their journey has finished through ways such as befriending, becoming Family Champions, helping with events for carers and families, admin support, tending our garden, providing cooking lessons and general maintenance of the building. Volunteers are pivotal to the success of ESCAPE and we could not function without them so an enormous thank you for your time, dedication and support.

Our staff are truly one of a kind and are the heartbeat of ESCAPE. They work tirelessly to deliver and continually improve and expand the services that ESCAPE is famous for. A massive thank you to each and every staff member for their dedication and service.

We have faced many challenges during the year. I am proud of the whole team as they have been resilient, able to adapt and remain responsive to all of the challenges and changes faced. There will be further challenges on the road ahead, however we are dedicated to meet our values and vision by refreshing our strategic plans to ensure we stay relevant, responsive and present in the sector. We must note the volume of milestones and achievements we have hit throughout the year as well as amazing feedback received about services. This makes us strive to continue to work together as one and strive to make ESCAPE as sustainable as possible to deliver high quality services to our beneficiaries going forward as they are our priority.

Holly E Scarfe - Chair

Strategy and performance

Our charity is a community led response operating a mission-driven model focused on delivering intensive support to individuals and families affected by addiction. Our endeavours are aligned to secure a diverse mix of funding which enables delivery of high-quality accessible services. Our model is developed around sustainable partnerships, grant income and community led support ensuring resilience and responsiveness, rather than reliance on a trading or commercial entity.

We do not operate a trading subsidiary though we generate small amounts of income through community events/trading activities addressing poverty (Jumble Sales etc) which provided 3% of 2024/25 income. Rather our focus remains on increasing statutory income and securing charitable funding where we have built strong relationships and have a strong track record and reputation for impactful, person-centred services and excellence in delivery of community healthcare.

During the past year we successfully increased our income from £274,240 in 2023/24 to £396,518 in 2024/25, an increase of 44.58% (£122,278). We have successfully expanded statutory funding through new and extended contracts and grants with local authorities and Integrated Care Board up from £121,900 to £196,439 in 2024/25. These statutory contracts and grants indicate growing recognition of our specialist expertise in supporting families affected by addiction.

This increase in funding enabled us to expand and extend our reach in rural Northumberland and we expanded provision in Blyth which is an identified hotspot of need; increased the numbers of adults and young people we reach; and invested in improving outcomes and data monitoring.

We successfully tendered for a contract securing statutory funding to continue expanded work in Rural Northumberland and Blyth for the forthcoming year with a potential roll on of a further year.

Alongside statutory growth, we have progressed, growing and diversifying our income through charitable trusts and foundations having secured multi-year grants that support project delivery and core costs.

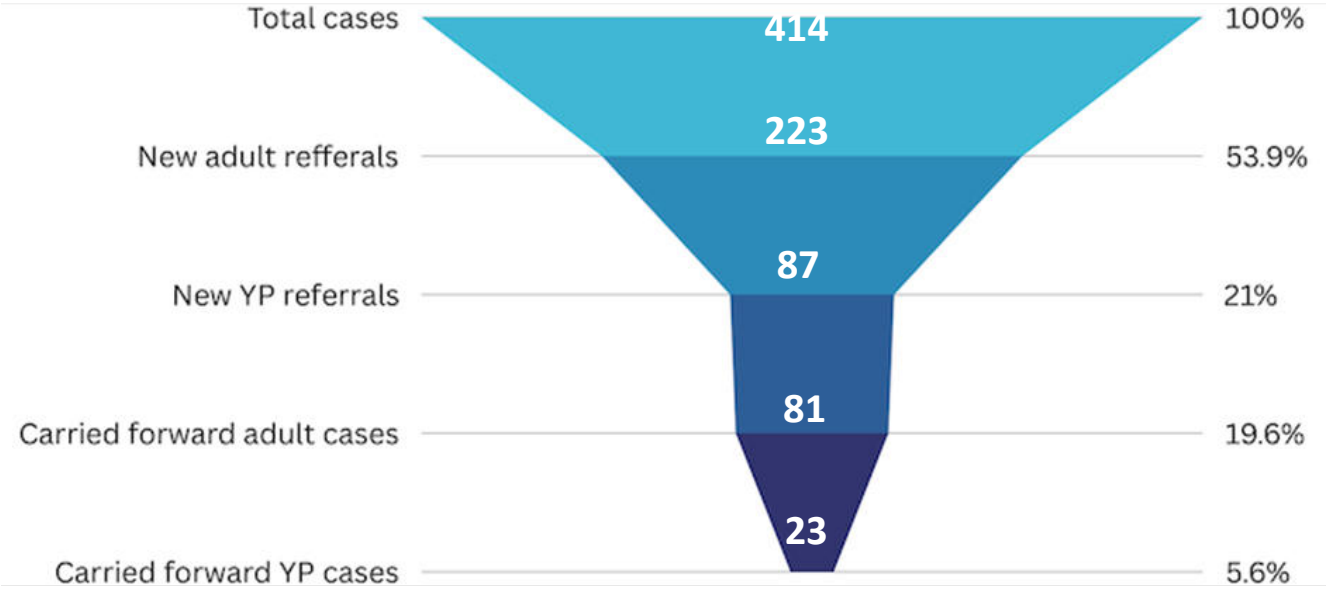
Community Fundraising has also been uplifted from £8,876 to £13,192 up 48.63%. Through delivering community events and activities we strengthened unrestricted income and gifts in-kind and have grown a stronger base of regular supporters and volunteers, addressed poverty, deepened local involvement and engagement.

Whilst remaining wary of over-dependence on any single funding source, this combination of increased statutory contracts, growth in charitable and statutory grants and reinvigorated community fundraising has strengthened our financial stability. Moving towards a more balanced, resilient funding model ensures we can continue to meet increasing demand and stay rooted in the needs of families and communities we serve.

We run events across the year, these have included Bingo nights, Halloween and pumpkin carving events, cooking classes, Christmas and Easter events, trips away and arts, craft and gardening sessions.

Beneficiaries last year

We began the year with 104 carried forward cases and provided trauma informed therapeutic interventions for 414 adults, children and young people . An increase in demand for intensive therapeutic services of 10.4% compared to the previous year.



257 of these **414 cases** were closed as follows: -

191 (74.31%) Support successfully completed and mutually agreed planned exit.
33 (12.08%) Further Support Declined following Advice/Information & Brief Intervention
4 (01.56%) Supported then Moved Away out of Northumberland
9 (03.05%) Assessed and Referred on to Appropriate Services
12 (04.66%) Dropped out of Service – Unplanned Exits
8 (03.11%) Inappropriate Referrals identified at assessment – 7 YP aged under 8 years and 1 person needing Northumberland Domestic Abuse Service

414 - 8 (Inappropriate Referrals identified at assessment) = 406

406 cases + **92 people trained (accredited and non accredited programmes** = **498 people directly worked with**

498 cases + **363 additional children, young people & adults attended events across the year.** = **861 people engaged last year, up on the previous year 592. 46.79% increase.**

Interventions and Impact

We provide improved rapid response to carers in times of crisis via the Helpline

The 24/7 Helpline is used by many clients to self-refer into ESCAPE and is their sole source of advice, information and support out of hours. The calls we receive out of hours are often in relation to serious issues such as: overdose and harm reduction advice, self-harm, suicidal ideation, mental health crisis, family crisis, domestic violence, hidden harm, child protection concerns, bereavement, etc.

This year we averaged 25.83 calls per month to the helpline, receiving a total of 310 calls across the year. This exceeded our target of 24 calls per month, we do not include in these figures the calls made by professionals for referral/advice.

We provide access to specialist befriending provision for carers

ESCAPE volunteers our "experts by experience" often become Family Champions and have opportunities to become directly involved in delivery, providing support through developing powerful mutual relationship through befriending. General volunteers are involved in supporting other areas of the charity's operations, general maintenance, administration, gardening, fundraising, planning events etc.

43 carers accessed the befriending service (38.70 % increase on previous year, 31 accessed)

35 of them accessing on short term to mid-term basis (84.21 % increase on previous year, 19 accessed)

19 accessing 3 month or longer. (26.66 % increase on previous year, 15 accessed)

We provide training that enables families affected by drug and alcohol use to better understand addiction and its impact, in order to develop coping strategies and more appropriate responses

Community Reinforcement and Family Training (CRAFT), is a behaviour modification programme for carers to help their resistant loved ones get into treatment. **Throughout the year we delivered 9 group CRAFT programmes (28.5%)** increase on previous year).

We delivered accredited training, **ten** beneficiaries achieved Level 3 in Family Dynamics, **five** completed Level 2 Support Skills and **one** completed CRAFT Facilitation training. Additionally **one** person completed Level one in Food Hygiene, **five** people have completed Level 2 Support Skills. We over performed on delivery of soft skills achieving 933% of the annual target to date. These sessions include sleep hygiene, assertiveness etc.

We delivered four sessions of Drug and Alcohol Awareness overachieving against our target of three for the year. We delivered one Teen Triple P parenting programme (face to face) and three SPACE Parenting Courses online, overachieving **200%** of our target to meet demand.

83% of parents/caregivers reported improved health, well-being and coping strategies

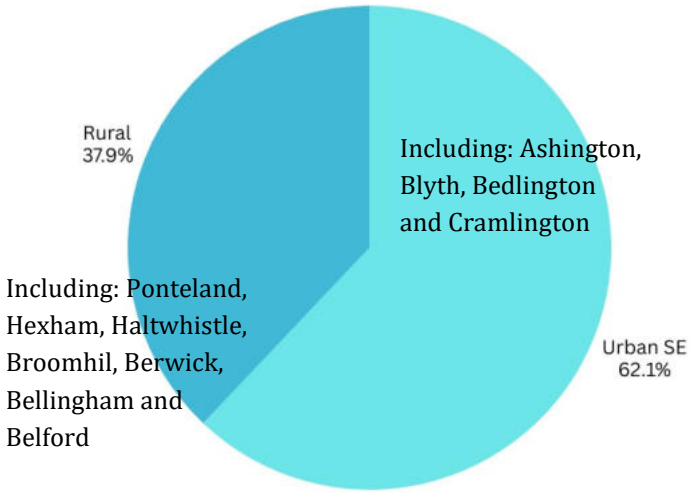
Project Work - New Rural Delivery

In April 2024 ESCAPE received NENC ICS Health Inequalities Funding, to employ a full-time Family Worker and a part-time Trainer to work with carers & families in rural areas. The NENC ICS is funding activity aimed at reducing health inequalities for people with complex and multiple needs. ESCAPE's Rural Project Delivery programme is being delivered at place, designed locally to support people with multiple and complex health needs associated with drug, alcohol and mental ill health to access healthcare and support services within their local communities. The project commenced on 1st June 2024.

This ICB funding enabled us to provide equity of service for residents in need to the West, North & Central areas of the county where geographical inequality is an additional challenge for many people. The project made links with health services and support to access wider services by engaging in conversations with partners that emphasise mutual benefits and shared values this project is meeting the needs of local communities. As a result of making connections, offering training and being more visible we saw increased demand for our services in rural areas.

We saw increased demand for our interventions from beneficiaries in rural areas :

The project carried forward 22 cases into Q1, referrals leapt up to 47 in Q2 which is a **113.63% increase in demand** from Q1. The Q3 referrals at 27 represent **an increase of 22%** from Q1. The Q4 referrals of 39 represented a **77.27 % increase on Q1.** **We worked with 157 people in total from Rural Northumberland to date in 2024/25, which is a 17.16 % increase on the previous year.**



Of the **157** cases we have worked with we successfully closed **85** cases during the period, with those individuals leaving service in a planned way with improvements to health and wellbeing and the skills to cope ongoing. We have an open caseload of **72** to carry forward into Quarter 1 of 2025/26. This demonstrates that the rural caseload work is building significantly.

Case study – P's Story. P was referred to ESCAPE by Blossoming Communities. He had to move home because of domestic violence from his partner and her drug use. When we met P, he was living in a house in Hadston he had just moved in, there was nothing in the house, he only had a kettle and a toaster. No carpets, furniture he had absolutely nothing. He had to leave another area of Northumberland because his ex-partner was harassing him after they had split up. She had set their house on fire, with their baby in it and he was fighting for custody of his son who was 18-months old at the time. ESCAPE provided practical support and assisted P with donated furniture and carpets, we gave P encouragement to make his house a home with the help and support of people from the community. ESCAPE provided a family support worker who gave emotional support, helped him to talk through his problems and concerns and develop positive coping strategies. Many of ESCAPE's carers, staff, volunteers and friends rallied around, making donations and supported P to make his house into a home as he only had 4 weeks to make his empty shell into a home to be able to gain full custody of his child. P now has full custody of his child and is coping well as a single father.

Family Champions Project Work (June - Dec 24)

ESCAPE successfully applied for project funding which was secured by Northumberland County Council (NCC) from the UK Shared Prosperity Fund. The Northumberland Inclusive Economy Community Partnership, (NIECP) oversaw the programme. The funding was to support local organisations in the VCS to enable them to build capacity and offer impactful volunteering opportunities and social action projects to residents. Projects needed to be designed to include those who were economically inactive, to help address inequalities and deliver Inclusive Economy ambitions.

Project aims

This project aimed to inspire change through the development of Mutual Aid through introducing volunteer Family Champions (FC), our 'experts by experience' people who want to give something back and help others achieve positive change. We aspired to achieve 30 volunteer FC and we did, additionally we set a target of training 40 local residents, within the most deprived wards, in Ashington & Blyth. We achieved/over achieved on all required project outcomes by providing accessible soft skill and accredited training and family fun days/community events. 13% of participants moved into employment, 2 work at ESCAPE.

<u>The funding enabled us to:</u>

Run eight events, in Ashington & Blyth these included a **Well Being event** where people were able to get their blood pressure and quick health checks done, faces painted, there was advice on community banking, fire safety and crafts. We were joined by numerous local partners including Bedlington Ukulele Group, NCC Health Trainers, Northumberland Community Bank, Blossoming Communities, The Fire Service & Helen Lott from Tropiks. We ran an **International Day, Curry & Quiz night, Volunteers Celebration, ESCAPE 30 year Anniversary Event, Pumpkin Carving , Easter & Christmas Events.**

In total 363 adults & children attended these events and others we ran across the year.

We delivered accredited training, Supporting Families affected by addiction and Peer Mentoring at Level Two and Family Dynamics at Level Three. Additionally we delivered a suite of well being workshops: Self-Esteem, All about me, Sleep hygiene, Anxiety, Stress and Anger awareness, Communication, Listening & Assertiveness.

In total 52 individuals accessed training , and as a result we developed 30 Family Champions (FC) , many are operating within ESCAPE and we trained a group of 11 FC from Forget Me Not's who support and advocate for us in Blyth. Two FC moved into paid sessional work with ESCAPE and we have benefited from the input and support of Laura and Matt.

"I have been on a big journey with ESCAPE, they have helped me build my confidence and helped build my sobriety. I have gained accredited Level 2 and 3 qualifications through their training programmes which gave me belief in myself again. The ESCAPE team are caring and understanding. ESCAPE has changed my life, helped me realise I have a lot to offer, I am working now and have become a constructive member of society and our community. ESCAPE is a massive part of my recovery, is a massive positive in a sometimes hard world. When I came to ESCAPE, I felt like I came home, which is a feeling I never had before. Thank you ESCAPE".

Evaluation & Impact

Sample data analysis adult carer & family

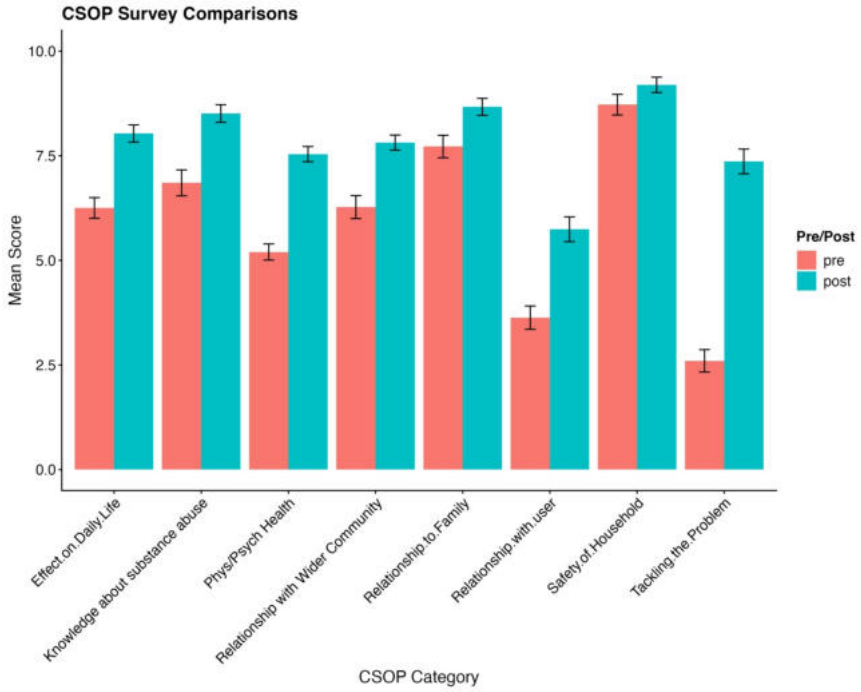
We capture improvement and transitional success for beneficiaries using a range of recognised and validated tools: **The Substance Misuse Carer Support Outcome Profile (CSOP)** is a tool developed by the Bridge Project in collaboration with the University of Bradford. It's designed to support carers of individuals with substance misuse issues. It is a nationally recognised survey used to measure the impact that caring has on carers, both physically and psychologically.

From all adult clients who finished evidenced based therapeutic programmes with ESCAPE's services this year, we randomly extracted 109 cases to be used in our data analysis to determine the effectiveness of our interventions. The workshops, training and interventions we use at ESCAPE all aim to help to improve clients' ability to cope with their caring role and therefore this should/would reflect through their scores on the CSOP. We used pre-intervention and post-intervention scores on this survey to determine whether the was an overall statistical improvement, and how big of an effect our interventions had.

The 8 sections of the CSOP cover these specific areas: Knowledge of substance misuse, Relationship with the User, Relationship with family, Safety of household, Relationship with Wider Community, Physical and Psychological Health, Aspects of daily life, Ability to tackle the problem.

We saw a significant ($p < .01$) increase in scores post intervention across 7 sections, the exception being "Safety of household" which had already displayed high scores pre-intervention.

Of these sections, the largest effects were seen in:



*** Ability to Tackle the Problem**

*** Relationship with User Physical**

*** Psychological Health**

These results give us confidence that the trauma informed interventions we offer work. Furthermore carers have increased their ability to provide appropriate support, they feel more able to discuss and address their feelings. That ESCAPE's interventions have **significantly improved** carers mental and physical wellbeing. And they are better equipped to understand their own health needs and make healthier lifestyle choices. They have improved their ability to tackle the problem and cope with aspects of daily life. Moreover carers have had the emotional and practical support that has enabled them to gain a level of knowledge that helps them understand and handle their circumstances better.

"You have shown me how to find me and how to deal with it all THANK YOU is so small a word for what you have given me." Female carer

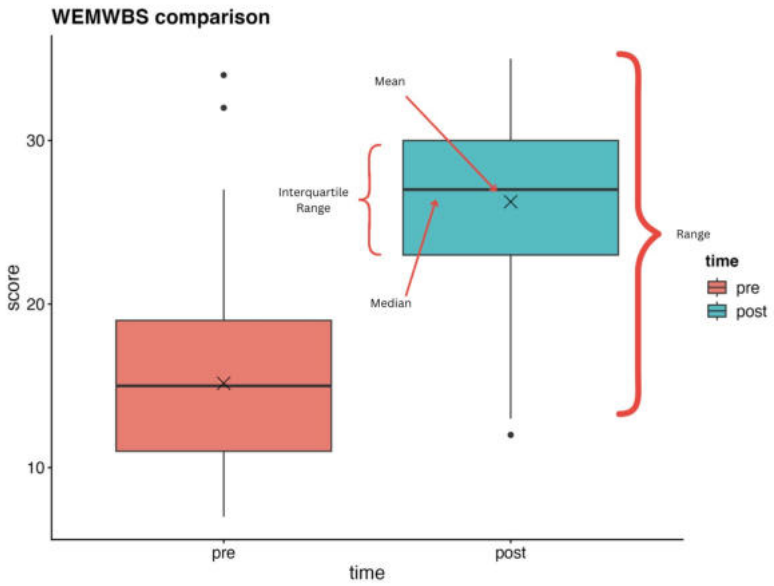
Evaluation & Impact Sample data analysis adult carer & family support

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

The WEMWBS. Survey is an internationally recognised tool for evaluating the effectiveness of programmes and interventions and their impact on the mental well-being of clients. The 7-item version of the scale was used for our clients, where each item is a 5-point scale ranging from "None of the time" to "All of the time", referring to the frequency of feelings felt by the clients such as "I've been dealing with problems well" and "I've been feeling close to other people". Each response was summed, giving a possible range of scores from 7 to 35, with higher scores being more positive.

215 closed cases with WEMWBS data were extracted from the ESCAPE database for analysis, however, 2 pre-intervention responses had to be removed due to incomplete data. A statistical analysis method (Analysis of Variance or ANOVA) was used to investigate the differences between pre- and post-intervention scores and therefore establish any effect of the intervention (see Figure 2.)

Figure 2.



Mental wellbeing' describes positive states of being, thinking, behaving and feeling, whilst 'mental health' is a term often used to incorporate a range of states from excellent mental health to severe mental health problems.

Our analysis showed that there was a statistically significant (p <.01) difference between pre-intervention, where the mean score was 15.2, and post-intervention, where the mean score was 26.3. Effect size was then calculated, and was found to be "extremely large" meaning the effect the ESCAPE had an extremely large part in the increase in scores from these surveys.

A large effect means that the intervention or change being measured has had a substantial impact on mental wellbeing, as measured by WEMWBS.

Supporting children in Northumberland

"Getting the right support early ensures better outcomes for children and young people."

We deliver Adult Adverse Childhood Experience (ACE) and our pioneering **Adverse Childhood Experience (ACE) Programme with children & Young People (YP)** helps "break the cycle" of harms within the families we work with and increases protective factors through therapeutic intervention. Outcomes include empowerment, resilience, coping strategies, reduced isolation, improved mental health/ wellbeing and family relationships.

Adverse Childhood Experiences (ACEs) are stressful events occurring in childhood including domestic violence, parental abandonment through separation, abuse (physical, sexual, neglect or emotional), a parent with a mental health condition, being exposed to substance misuse, or being emotionally neglected.

The Young Person ACE's project began the year with 23 cases carried forward (C/F) from 31/03/2024 and received 87 new referrals to 31/03/2025. We supported 110 Young People in 2024/25 up **57.14%** (70) on 2023/24.

C/F Cases 23 + **Appropriate referrals 87** = **Total 110 young people**

From 1st April 2024 to 31 March 2025 there were 42 closed cases of which 9 were either unplanned exits or moved out of area. **Of the 42 cases, 33 YP cases were closed with positive outcomes which equates to 78.57% of closed case load.**

Referral Source	Referrer	Volume
Children's Services	Social Workers/Social Work Assistants	38
Children's Services	Early Help Team	11
Children's Services	Family Hub	7
Sorted	YP Drug & Alcohol Worker	1
School Referrals	Pastoral & Safeguarding Leads	10
Health	0-19 Service	1
Mental Health Team	Primary Mental Health Worker	2
Crisis Team	Mental Health Worker	1
Health	General Practitioner	1
NCVA	NCVA voluntary worker	1
ESCAPE	Family Members	14
	TOTAL	**87**

Of all referrals, the highest volume referrer was Children's Services at 65.52 % , Education 11.5%, Health 5.75%, VCS Referrals 1.14% and 16.09% referred directly to ESCAPE by a family member.

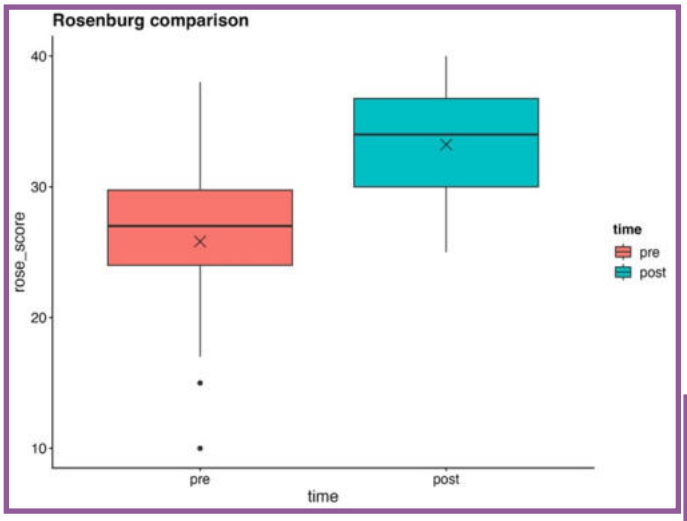
Evaluation & Impact Sample data analysis young people (YP) support

We utilised a number of measurement tools to assess the impact of our therapeutic interventions with children and young people (YP). The measurement tool is matched to the age of the child, for example we have utilised CSOP (detailed earlier in this report) this is because the YP are 17 plus years (in caring role). We randomly sampled 32 closed cases from the 42 total case closures across the year.

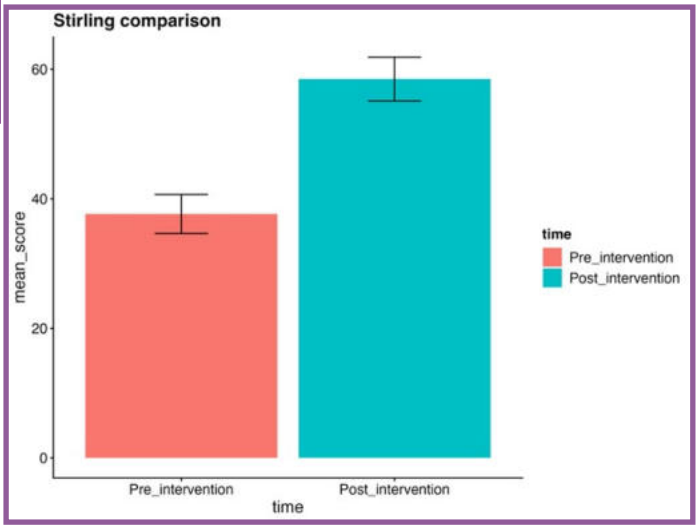
Category	Pre-intervention	Post-intervention	Point-increase
About Substance Abuse	32.5	38	5.5
Daily Life	26.25	38.25	12
Phys/Psych Health	24	33.5	9.5
Relationship with Family	34	37.25	3.25
Relationship with User	9.333333333	22	12.66666667
Safety of Household	33.5	38.5	5
Tackling the Problem	21	37.33333333	16.33333333
Wider Community	32	39	7

CSOP - Using 4 closed YP cases, average scores across all CSOP categories were calculated and compared. Across all indicators we saw improvement. Significant improvements in ability to tackle the problem , daily life & relationship with user.

The Rosenburg Self-esteem scale is a widely used tool for measuring self-esteem in Young people. It uses 10 items where respondents use a 4-point Likert scale ranging from "Strongly Disagree" to "Strongly Agree" when referring to statements such as "I feel I have a number of good qualities".



A sample of 22 closed cases were used to analyse the impact of ESCAPE's interventions on the self-efficacy of YP's (Figure x). The analysis revealed a significant ($p < .001$), "large" effect. Meaning that there was a significant difference between pre-intervention ($M = 25.82$) and post-intervention ($M = 33.23$) Rosenburg scores, of which the interventions delivered by ESCAPE played a large part in.



Stirling Scale. At ESCAPE, we are transitioning from using the Rosenburg Scale towards the use of the Stirling Children's Wellbeing Scale. This decision was made to allow a more holistic evaluation of our YP's mental wellbeing pre- and post-intervention. Rather than focussing only on self-esteem, the Stirling encompasses many aspects such as optimism, cheerfulness, and interpersonal relationships to assess mental wellbeing. Due to the recent change, only 6 closed cases were sampled.

"....at the end I found out who I was..." (male YP)

" Look at me now ..I'm working full time" (female YP)

" .. At the beginning it was horrendous I was getting bullied and in trouble all the time....now I'm more relaxed and chilled out" (female YP)

"off days are normal but I've had a lot less of them since coming here" "(female YP)

Professional feedback

" I just wanted to acknowledge your fabulous and vital work that you do. .. Very proud of you guys and your service"

Lisa-Jane Bell-Nevin, Substance and Alcohol (saAT) - Social Worker , Intensive Social Work Mental Health Team

"Escape Family Support provide assistance in a sector that is not only highly challenging and emotionally intense, but under-funded by Central Government, which makes their overall presence in that area even more invaluable.

The Northumberland Recovery College are honoured by Escape's decision to partner with us to deliver upcoming Wellbeing sessions in two rural, challenging areas of the County (Wooler and Haltwhistle) to help beneficiaries of both services to meet in-person, in a safe and inclusive environment and receive life-changing support. We hope that Escape decides to continue working side-by-side with us in the future, as I believe that they are saving people's lives and hope that we can contribute in some small way".

Pete Wolf, Northumberland Recovery College Coordinator

*"For three decades, Escape has been a lifeline in our **Northumberland** communities, delivering essential services that go beyond what public services alone can provide. From supporting individuals and families affected by addiction to promoting mental health and wellbeing, Escape's work fills a vital gap, offering the kind of personal, accessible support that can only be provided by people rooted in their own communities... organisations like Escape don't just tackle immediate needs; they build resilience, connection, and long-term wellbeing across our region".*

Martin Conway, Community Builder

"I'm really pleased with the support Escape has offered one of the families I am currently supporting. They have gone above and beyond offering support to children and mum which has been valuable in terms of progressing the plan. It is clear the children are really benefiting from the support - they also speak very positively about it which is great! ."

Danielle Hall, Social Worker, Northumberland Children's Social Care

Beneficiary feedback

"I just wanted to send you a message firstly to say thank you for the difference you have made to our family. This time two years ago I felt the bottom had fallen out my world and I couldn't see a way to make it better. It was the darkest of times. Then along came yourself and the ESCAPE team and with it hope and brighter days. I will never forget the support we received and will be forever grateful" (Female adult carer)

"I just wanted to say a proper thank you for the sessions I can't say it was easy to stop and look closely at the issues over the weeks, it's hard to judge progress and I know there is much work to do but despite still feeling emotional I was quite amazed when I compared my initial happiness scores to the ones in the last session. It was a lovely group to be with and although I know I'm quiet and not a great contributor it was probably the first time I have been able to share knowing I would be accepted and not judged." ***(Female adult carer)***

"I did not realise that there was others like me , I am not going mad . In fact the opposite now as you have shown me how to find me and how to deal with it all"

(Male adult carer)

"When I was all alone you were on the phone helping and listening…. I can really talk to my counsellor Rod. He is brilliant, I enjoy coming to see him"

(Male adult carer)

"ESCAPE made a massive difference to us, their advice was invaluable. Kindness - toys for Xmas – can't thank ESCAPE enough for their support"

(Female adult carer)

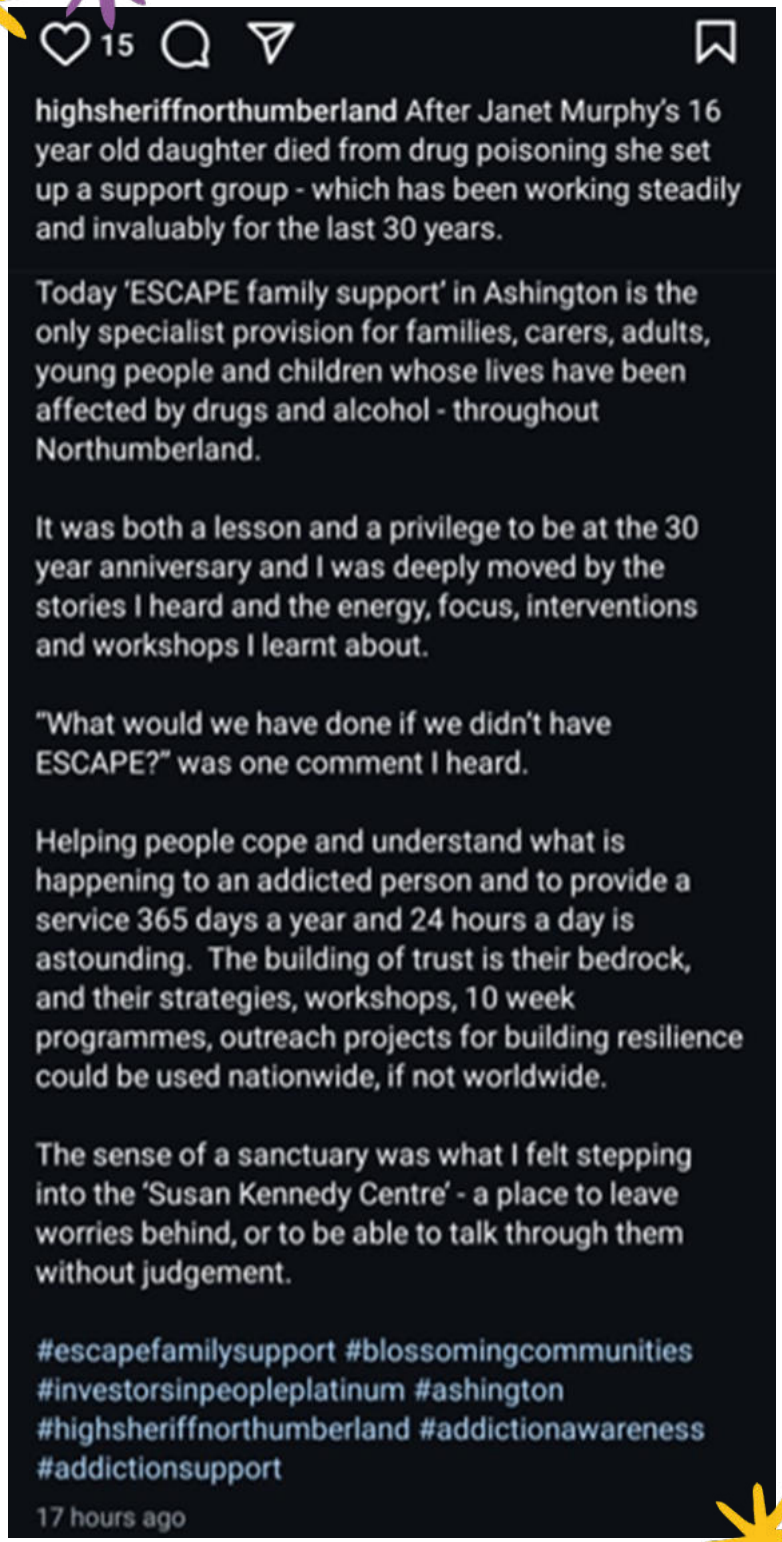
" Its like having a different daughter, its not a constant battle, thank you for working with our family. I've learned such a lot too and we are heading in the right direction…thankyou" ***(YP ACES parent/carer)***

"How vital these services are, its bad that the all the government cuts to support is happening"

(Male adult carer)

Highlights of the year

ESCAPE celebrated its 30th anniversary in style, with an event at the Susan Kennedy Centre on 08/11/24. The day started with our AGM, presentations from staff, volunteers, carers and service users. We were joined by professionals, partner organisations, beneficiaries, councillors and dignitaries. The day was filled with fun, lively debate, heartfelt stories and fabulous food prepared by our wonderful volunteers.



Highlights of the year

INVESTORS IN PEOPLE | Platinum

We are delighted to announce that we have been re - awarded the platinum accreditation by Investors in People. This is the highest level of accreditation possible to achieve. Only 2% of Investors in People's 50,000 accredited organisations around the word have achieved Platinum. IIP is a recognised benchmark of a good employer and because accreditation is renewable every 3 years it means standards have to be maintained in terms of investment in staff. ESCAPE began its IIP journey in 2003 and we have continued to commit our time and energy into the process. ESCAPE's culture is at the heart of all we do and our success is down to our fantastic, passionate team.

Organisations are reviewed against 9 performance indicators:

Leading & inspiring people, **Living the organisation's values & behaviours**, **Empowering and involving people**, **Managing Performance**, **Rewarding and recognising high performance**, **Structuring work, Building capability, Delivering continuous improvement**, **Creating sustainable success.**

Survey highlights

You (ESCAPE) were above the IIP average for every Indicator within the survey. You also exceed this benchmark for every Theme and statement within the survey. The maximum score for any Indicator is 7.0 and for five of the Indicators you scored 6.9. There were two Indicators at 6.8, one at 6.7 and one at 6.6. These were exceptionally high results. **Your results by indicator** You achieved a high performing level in 8 of the 9 indicators and 26 of the 27 Themes.

Living the organisation's values & behaviours - Scores in this area are uniformly high, demonstrating a strong alignment between staff and the charity's core mission and values. This is a key strength, as charities rely on deeply engaged employees who believe in their work. Given that securing funding is a challenge, maintaining strong values and mission-driven engagement is crucial for staff resilience and long-term sustainability.

On-Site Assessment

Staff described the values as fundamental to Escape's purpose and operations. Many cited the values as their primary reason for working at Escape—*"it's not for the money!"*

Escape's leaders emphasised that values are embedded in every decision made. Several compelling examples were provided:

- Exceeding the requirements of a funded project because it was the *right thing to do* for clients.
- Staff volunteering to fundraise throughout the year to support Escape's projects.
- A PhD researcher connecting with Escape's values and later starting as a volunteer and trustee.
- Clients becoming volunteers because they believed in the sincerity and mission of Escape.

Andrea's story

Andrea came to ESCAPE to join a course in August 2024 at St Marys church in Blyth. She has completed her accredited training in Peer Mentoring, Supporting Families with addiction (level 2) and her Family dynamics (level 3). Andrea has also volunteered within Escape supporting and assisting others through difficult times. As her confidence grew she was able to be involved with promoting programmes at ESCAPE within the Northumberland Recovery Partnership and has supported new learners on to these programmes.

Andrea has now moved into employment supporting other people with addiction on a part time basis.

"She is a credit to herself, and others and I feel blessed to have supported through this journey to develop her skills and become more confident every day. In the time that Andrea has attended courses at ESCAPE she found the confidence to send one of her poems and this has been published in a magazine."
Jenny Earle – Trainer and Volunteer Coordinator, ESCAPE

The Bride

He asks for her hand in marriage.
She wishes for a big white carriage.
A big house and a double garage.
The girl hopes for everything so lavish.
All too soon she notices he has become quite savage.
His bride all he wants to do is ravage.
This man is not good for her all he does is do her damage.
He convinces her she needs him that she cannot manage.
He demeans her and acts to her with cruelty and disparage.
He gaslights her and tells her, 'No one will want you with all your baggage.'
He beats her black blue. She suffers a painful miscarriage.
But with help out there, her life she can salvage.

© *Andrea Dawson, 2024*

Accounts

ESCAPE FAMILY SUPPORT LIMITED Charity Number 1063500

(A company limited by guarantee) Company Number 03256554

STATEMENT OF FINANCIAL ACTIVITIES (SoFA)

(Including Summary Income and Expenditure Account)

Income from	Notes	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Donations and Legacies	6	9,556	-	**9,556**	8,799
Charitable Activities					
Grants & statutory income	7	60,004	318,259	**378,263**	249,130
Other Trading activities	8	390	-	**390**	15,335
Investments	9	2,120	-	**2,120**	976
Total Income		**72,070**	**318,259**	**390,329**	**274,240**
Expenditure on					
Raising Funds	10	(5,000)	-	**(5,000)**	3,013
Charitable Activities					
Operations of the charity	11	42,640	317,277	**359,917**	280,803
Total expenditure		**37,640**	**317,277**	**354,917**	283,816
Net income/(expenditure)		34,430	982	**35,412**	(9,575)
Reconciliation of funds					
Total Funds Brought forward		244,037	220,067	**464104**	473,679
Total Funds Carried Forward		**278,467**	**221,049**	**499,516**	**464,104**

For the year ended 31 March 2025

(Notes are contained within the full set of audited accounts)

Thanks to our funders

ESCAPE are very grateful to commissioners , Town and Parish Councils, charitable and corporate funders, and our community fundraisers who support both front line services through revenue funding and the upgrades and maintenance of building through capital funding.

ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2025

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Annual Report and Financial Statements

For the year ended 31 March 2025

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ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Report of the Management Committee for the year ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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) (effective October 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 South View
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair to 07/11/2024. Vice Chair from 08/11/2024
H Scarfe	Treasurer and Vice Chair to 07/11/2024. Treasurer and Chair from 08/11/2024
J Murphy	Secretary (08/11/2024)
S J Murphy	
A Park	Vice Chair (08/11/2024)
N Furno	Resigned (08/11/2024)
L Keen	Appointed (30/01/2024)
T O'Fee	Appointed (01/08/2024)

Company Secretary

J Murphy	Appointed (08/11/2024)

Independent examiner
Connected Voice Business Services
One Strawberry Lane
Newcastle Upon Tyne
Tyne And Wear
NE1 4BX

Bank:
Lloyds Bank

Solicitors:- Employment Law
Helen Kay
CLR Law
Baltimore House,
Baltic Business Quarter
Gateshead
NE8 3DF

Solicitors:- Property
Cuthbertsons
3 Stanley Street
Blyth
Northumberland
NE24 2BS

OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress to drug, alcohol and solvent users' and their families who are or have been suffering from the misuse of substances, being any substance, which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, and mediation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work
Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one's addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member.
- Support to young people affected by a loved one's substance.
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

- Our funding and resources continue to focus our main service provision on residents of Northumberland, a county with a population of 321,600 as of 2025. The population is dispersed across rural areas and small towns with a significant concentration in the economically challenged south-east of the county. Northumberland remains a unitary authority and its demographic profile includes a predominantly white population (97.6%), a median age of 49.1 years and a working-age population (16-64,188,382**)** comprising 58.1% of residents (1).

Poverty and Inequality

Northumberland faces deep-rooted inequalities, particularly in income and child poverty. According to the North East Child Poverty Trust (2024), the North East has the second highest child poverty rate in the UK, with 35% of children living in relative poverty after housing costs, up from 26% in 2024/15 (2)

Over 100,000 children in the region are living in deep poverty and 60,000 in very deep poverty. Every local authority in the North East, including Northumberland, has a higher child poverty rate than the national average, with stark inequalities at the ward level (2).

Drug Misuse and Deaths

Drug misuse remains a critical public health issue in Northumberland and the wider North East. The Crime Survey for England and Wales (2024) found that 8.8% of people aged 16-59 and 16.5% of those aged 16-24 reported using drugs in the past year (3).

Class A drug use was reported by 3.0% of adults and 5.5% of young people, with cannabis remaining the most commonly used substance (3).

The North East continues to have the highest rates of drug-related deaths in England and Wales. In 2023, the region recorded:

- 174.3 deaths per million from drug poisoning
- 108.5 deaths per million from drug misuse

These figures are almost double the national average and represent the highest rates for the 11th consecutive year. Deaths involving opiates rose by 12.8% in 2023, and cocaine-related deaths increased by 30.5% compared to the previous year (4).

Alcohol-Specific Deaths

The North East also leads the country in alcohol-specific deaths, In 2023, the region recorded 25.7 deaths per 100,000 people, significantly higher than the national average of 15.9 per 100,000 (5). This marks a continued upward trend and reflects the region's vulnerability to alcohol-related harm.

References:

1 Northumberland Demographics | Age, Ethnicity, Religion, Wellbeing – Varbes varbes.com
2 NORTH EAST CHILD POVERTY TRUST 2024 REPORT- nechildpovertytrust.org.uk
3 Drug misuse in England and Wales - Office for National Statistics ons.gov.uk
4 Deaths related to drug poisoning in England and Wales: 2023 - nhsapa.org
5 Alcohol-specific deaths in the UK - ons.gov.uk

Public Benefit Statement

The trustees/directors have paid due regard to the Charity Commission guidance on public benefit and are confident that the organisation's aims, objectives and activities are in accordance with the guidance on public benefit. Our activities and achievements as outlined demonstrate our commitment to ensuring that the organisation's resources and activities maximise the potential benefit to our local community.

ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope.

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

We capture improvement and transitional success for beneficiaries using a range of tools: Carer Support Outcome Profile/CSOP, ACE's Tools, WEMWBS, Rosenberg and Stirling Questionnaires, Outcome Action Plans, focus groups and service questionnaires.

ESCAPE has provided intensive support to 414 beneficiaries (adults & YP) during the reporting period whose lives have been negatively impacted by a family member's substance use. 257 cases were closed during this year with 74.3% (191) of these people leaving service in a planned way reporting improved health and wellbeing and the skills to cope ongoing. A further 12.8% (33) were closed positively following brief intervention, advice and information. Only 4.66% (12) of closed cases left in an unplanned way after dropping out of service. Therefore, 87.1% of closed cases ended positively.

In addition, we worked with a further 11 people who completed parenting programmes, 29 recovering drug and alcohol users who completed accredited training and/or Wellbeing Workshops, and 52 community learners who completed accredited training.

This means we worked directly with 506 people in 2024/25.

An additional 135 Children and Young People within families we supported attended Easter, Halloween and Christmas events, receiving gifts for these occasions with a further 228 children attending the Elf School Christmas project we ran in partnership with Blossoming Communities.

Therefore, the total number of people we worked with and supported in 2024/25 is 869.

Our current caseload carried forward into 2025/26 is 157.

ESCAPE's confidential support services are person centred, evidence-based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

SPACE - Supporting Parents and Children Emotionally Parenting Programme

A trauma-informed, educational, relationship-based parenting programme empowering families to build resilience and emotional wellbeing. SPACE provides evidence-based trauma-informed group interventions which support parent/carers and, children and young people to meet the challenges of growing up in an ever-changing stressful world. The programme uses a trauma-informed approach to educate and inform participants on why children behave the way they do and how, as adults, we can support them.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas; the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

GOVERNANCE

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard until March 2022 when we achieved a rare Platinum Investor in People standard which we recently retained in March 2025 with even higher scores, a remarkable achievement for any small organisation.

Our Investor in People Insights Report dated March 2025 highlighted that we should be proud of:

- Inspirational leadership that has role modelling behaviours and performance
- An exceptionally strong and coherent culture that is authentic in its prioritising of clients and colleagues.
- Your team has never been so strong and connected.
- Outstanding survey results across all Indicators
- Your ability to adapt and embrace new ways of working – evidence in the work you have done on data analysis.
- The resilience of the organisation and its people which is achieved through empathetic management and a strong community.
- More than anything you should be proud of the lives you have changed and saved.
- 100% of staff believe ESCAPE is a great place to work.

We are delighted and proud to retain this award and to have been benchmarked so highly against other organisations delivering social work activities with a score of 876 out of 900 in comparison with an average industry benchmark score of 753 out of 900; with average IIP benchmark scores being 729.

Investor in People Insights Assessment and Health and Wellbeing Review Report March 2025.

The service is supported through grants from Public Health at Northumberland County Council, Adult Services at Northumberland County Council, NHS North East and North Cumbria Integrated Care Board, Northumberland Inclusive Economy Community Partnership Grant Fund, Blyth Town Council, Ashington Town Council, Prudhoe Town Council, Newbiggin Town Council, Ponteland Town Council, Seaton Valley Council, Amble Town Council. Greggs Foundation, Sir James Knott Trust; Forvis Mazars Foundation, Barbour Foundation, National Lottery Awards for All, Shears Foundation, Community Foundation North East, Blyth EDF Wind Farm Trust, Pea Green Boat Fund, Village Halls Fund, Ventient Sisters North Stead Wind Farm Community Benefit, Ted Weekes Fund, Joanies Fund, Joicey Trust, Hadrian Trust, Hospital of God at Greatham, High Sheriff Special Award, Percy Hedley 1990 Trust.

The Trustees are grateful to all of the funders who supported the work of the charity during 2024/25. Trustees would also like to thank individuals who have made personal donations this year.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2024/25. The charity continues to embed a stronger mutual aid approach to supporting carers and families and our trauma informed support programmes. We have worked hard in 2024/25 to extend its provision in rural Northumberland to address health inequalities, increasing our footprint and referrals from rural areas.

VOLUNTEERING AND PEER MENTORING

We have an amazing pool of volunteers who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups. Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, befriending, peer mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

We successfully recruited and trained a further 30 Family Champions and a further 22 volunteers totalling 52 community learners in 2024/25. They completed 23 Level 1, 29 Levels 2 and 15 Level 3 qualifications - totalling 67 accredited qualifications between them as most completed multiple courses. Despite having their own personal struggles our Family Champions again contributed to the support we have offered to families this year and our mutual aid provision continues.

5 Family Champions (16.66%) have now gained direct economic benefits from participating in the project as they have gained employment and are utilising the qualifications, skills and experience they gained through becoming Family Champions. 25 are now volunteering within ESCAPE, Northumberland Recovery Partnership, Full Circle Recovery, Forget Me Not and other organisations. These are excellent outcomes for the people that have trained as Family Champions. Family Champions have provided support in running our mutual aid groups for Carers including Kinship Carers, the Bereaved and CRAFT Maintenance groups. There has been a mix of face to face and online support delivered for carers in line with their needs and wishes.

It is worth noting that 10% of our volunteers this year were from ethnic minority groups. We opened our peer mentoring training to people from other organisations to ensure that all courses were filled and taught 52 Community Learners. 29 people who have been addicted to drugs and alcohol who are at a good place in their recovery journey gaining Level 1, 2 and 3 qualifications. The carers and service users who participated learnt a lot from each other on these courses, gaining an understanding of how addiction, associated behaviours and their coping strategies affect their own family members. We currently have 40 volunteers, Family Champions and peer mentors who have again made a significant contribution to provision this year providing 8,552 hours of work. This is in effect the equivalent of 4.45 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of Family Champions, volunteers/mentors (e.g., improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community. In addition to empowering and equipping volunteers and Family Champions with new skills, improved confidence, improved mental health etc. this approach has enabled ESCAPE to:

- Provide a connected network of peer support across the county
- Reach out into communities across the county and significantly increase support to those in rural areas.
- Support delivery of low threshold interventions and support the paid staff team.

- ❖ Provide community activities and events that help to address poverty

The difference our work has made this year:

- We have again supported more families and young people
- We have worked to rebuild our pool of Family Champions and trained community learners, upskilling place-based frontline staff and volunteers from other VCS organisations increasing our footprint.
- People have been able to 'give back' and 'help others' in similar situations and carers are clearly valuing the support received from peers.
- We have built on links between ESCAPE and other relevant agencies and organisations to maximise the benefits for our families and now have bases in West Northumberland, North Northumberland and Blyth.
- Carer feedback again demonstrates that families are more resilient and have better relationships
- Family Champions have again been empowered through developing skills and gaining qualifications and through helping others
- The children and adults we have worked with will have better life chances through addressing their Adverse Childhood Experiences.
- 74.3% of the closed cases we have worked with reported improvements to their health and wellbeing.
- 12.8% of cases were closed positively following brief intervention, advice and information.
- 87.1% of all closed cases ended positively.

We believe our support to families is much more holistic, trauma informed and accessible due to the new hybrid methods of working, improved rural service delivery and the ACE's programmes of support.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carer Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings. We in-reach into Northumberland Recovery Partnership encouraging carers and substance users to access relevant ESCAPE services and training. We have developed and undertaken projects in partnership with Blossoming Communities.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community settings.

FINANCIAL REVIEW

The charity, through sound financial management and the support of staff and volunteers generated a very positive financial outcome for this period and ended this financial year with a surplus of £36,396 after allowing for deprecation.

Principal Funding Sources

Principal funding sources for the charity during 2024/25 were: Public Health at Northumberland County Council, Adult Services at Northumberland County Council, NHS North East and North Cumbria Integrated Care Board, Northumberland Inclusive Economy Community Partnership Grant Fund, Blyth Town Council, Ashington Town Council, Prudhoe Town Council, Newbiggin Town Council, Ponteland Town Council, Seaton Valley Council, Amble Town Council. Greggs Foundation, Sir James Knott Trust; Forvis Mazars Foundation, Barbour Foundation, National Lottery Awards for All, Shears Foundation, Community Foundation North East, Blyth EDF Wind Farm Trust, Pea Green Boat Fund, Village Halls Fund, Ventient Sisters North Stead Wind Farm Community Benefit, Ted Weekes Fund, Joanies Fund, Joicey Trust, Hadrian Trust, Hospital of God at Greatham, High Sheriff Special Award, Percy Hedley 1990 Trust,

The Charity worked to become more environmentally sustainable and improved fuel efficiency by the installation of Solar Panels and a new heating system, and maintained the Susan Kennedy Centre facilities with funding from The Community Foundation VITAL Northumberland (Community First) Fund, BEST, The Duke of Northumberland Charity and the B&Q Foundation.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2024/25.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves Policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold a minimum of 4 months of operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity, and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons.

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e. unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, e.g. money may need to be spent before a funding grant or contract payment is received.

7. To prevent cashflow problems.

The amount of reserves we hold is reported to the board each quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year.

Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold between four and six months of reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between three to six months unrestricted reserves. We are presently holding 4.7 months operating costs.

Our annual budget is currently £411,936 for 2025/26. We have secured £395,329 towards this leaving us with a deficit of £16,607 as of 31/08/2025. Therefore, our current reserves more than cover the projected deficit should we fail to raise any further funds in 2025/26 which is unlikely. Trustees are confident that this is a realistic, achievable target for the charity.

Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2025/26 is £411,936 and therefore the minimum unrestricted cash reserves target is £102,984 to be retained in reserves. The charity held unrestricted cash reserves funds of £160,907, designated unrestricted funds of £17,281, and £23,067 of restricted cash funds at 31st March 2025. The charity also has £298,261 fixed assets at that date.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding for 2026/27. To sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity, it is imperative to secure significant funds. Funding also needs to be secured for a paid Chief Executive to facilitate succession planning and provide sustainability.

Going Concern

The Trustees have performed a robust analysis of budget, forecasts, reserve levels and cash flows taking into consideration potential scenarios that could impact the charity. After making appropriate enquiries, the Board of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

FUTURE PLANS

The charity will continue to work to consolidate, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. All of our activity will contribute towards the work outlined within the afore mentioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the three key priorities that have been identified:

1. Continuing to extend and embed a stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.

2. Continuing to extend and provide ACEs therapeutic support programme which is specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

3. Working to address inequalities by increasing our reach into rural areas of Northumberland and delivering initiatives to help address poverty.

A focus on our three priority areas, as identified above, will enable us to:

- reach and support more families including children and young people.
- build a stronger and connected network of support across the county.
- support people, including young people, to 'give back' and 'help others in similar situations'.
- help relieve poverty within our communities.

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996, and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee – Trustee Board.

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts.

A range of business, social work and caring skills are well represented on the Management Committee. In the event of particular skills being lost due to retirements, or new skills being required, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "The Essential Trustee".

The Management Committee seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken, and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives

RISK MANAGEMENT STATEMENT

Governance

Following a trustee skills audit and analysis, further recruitment of three more trustees will take place.

Operational

Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained and built upon if possible during 2025/26 and beyond.

Financial

Sustainability of the charity is a high priority.

Statutory funding from Public Health Northumberland has been secured for the 2023/24, 2024/25 and 2025/26 financial years following ESCAPE winning a contract to carryout work on their behalf. There is also a provision for the funding to continue for a further two years following this, but is not guaranteed at this time, which will also contribute significantly to sustainability. The charity will work to secure this two year roll on during 2025/26. The charity will work to secure funding for a paid Chief Executive to facilitate succession planning and secure sustainability.

The board has two working groups to strengthen its governance and aid sustainability – a Finance/Fundraising Group and an Operations, Policy and Safeguarding Group. Their work is ongoing.

External Risks

Trustees recognise that the last fifteen years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need and by seeking funds to March 2026 and beyond.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation

The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group and Operations, Policy and Safeguarding Group includes self-assessment to ensure compliance with the Charities Act 2011, Charities (Protection and Social Investment Act 2016 and the Charities Act 2022 which governs charity operations, trustee responsibilities and fundraising regulations, Statement of Recommended Practice (SORP) for accounting, and UK GDPR and Data Protection ACT 2018 for data processing and storing, and the Health and Safety at Work etc Act 1974 (HSWA).

Organisational Structure

The Management Committee (the board) has seven members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Voluntary Chief Executive. The Voluntary Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.

In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group, Carers Partnership Board and Young Carer Steering Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Northumberland Communities Thriving Together, Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service, Mental Health Concern, Northumberland Recovery College, Briardale House and other Community Groups. The charity initially achieved the Investors in People Gold Standard and retained this until March 2022 when a rare Investor in People Platinum standard was achieved which the charity has retained in March 2025 with even higher scores.

Related Parties

In so far as it is complementary to the charity’s objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies and the Inequalities Plan. The local Drug and Alcohol Steering Group, Carer Partnership Board, Young Carer Steering Group and VCSE Tackling Inequalities Taskforce are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services were re-appointed as the charities Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the board of trustees on 28th October 2025 and signed on its behalf by:

.....

H Scarfe - Treasurer

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2025

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2025, which are set out on pages 18 to 36.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2022("the Charities Act) and that an independent examination is needed.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a Fellow Member of the Association of Accounting Technicians.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Doug Maltman FMAAT
Fellow Member of the Association of Accountancy Technicians
Connected Voice Business Services
One Strawberry Lane
Newcastle upon Tyne
NE1 4BX
Date: 12.11.2025

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Income from:					
Donations and legacies	6	9,556	-	**9,556**	8,799
Charitable activities					
Grants and statutory funding	7	60,004	318,259	**378,263**	249,130
Other trading activities	8	390	-	**390**	15,335
Investments	9	2,120	-	**2,120**	976
Total income		72,070	318,259	**390,329**	274,240
Expenditure on:					
Raising funds	10	(5,000)	-	**(5,000)**	3,013
Charitable activities					
Operation of the charity	11	42,640	317,277	**359,917**	280,802
Total expenditure		37,640	317,277	**354,917**	283,815
Net movement of funds		34,430	982	**35,412**	(9,575)
Reconciliation of funds					
Total funds brought forward		244,037	220,067	**464,104**	473,679
Total funds carried forward		278,467	221,049	**499,516**	464,104

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 20 to 36 form an integral part of these financial statements.

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

BALANCE SHEET
As at 31 March 2025

	Notes	2025 £	2025 Total £	2024 £	2024 Total £
Fixed assets					
Tangible assets	18		286,261		285,609
Intangible assets	19		12,000		12,000
Total fixed assets			**298,261**		**297,609**
Current assets					
Debtors	20	9,417		7,098	
Cash at bank and in hand	21	336,582		265,686	
Total current assets		**345,999**		**272,784**	
Creditors: amounts falling due within one year	22	**(144,744)**		**(106,289)**	
Net current assets			**201,255**		**166,495**
Total assets less current liabilities			**499,516**		**464,104**
Total net assets or liabilities			**499,516**		**464,104**
Funds of the charity					
Unrestricted income funds			278,467		244,037
Restricted income funds			221,049		220,067
Total funds			**499,516**		**464,104**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 20 to 36 form an integral part of these financial statements.

These financial statements were approved by the Board on: 11.11.2025

and are signed on its behalf by: H Scarfe
Treasurer

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (issued in October 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2022, the Companes Act 206 and the Uk Generally Accepted Accounting Practice .

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 of income recognition are met.

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 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.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

All expenditure is accounted for on an accrual baisis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 **Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

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

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.7 **Pensions**

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and computer equipment	25 % Straight Line
Caravan	10 % Straight Line
Solar Panels	5 % Straight Line
Other equipment	25 % Straight Line

5.2 **Intangible fixed assets**

Development costs that are directly attributable to the design and testing of identifiable and unique software products controlled by the charity are recognised as intangible assets when the following criteria are met:

- It is technically feasible to complete the software so that it will be available for use.
- The charity intends to complete the software and to use it.
- It can be demonstrated how the osftware will generate probable future economic benefits Adequate technical, financial and other resources to complete the development and to use the
- software are available.
- The expenditure attributable to the software during its development can be reliably measured.

Development costs are not amortised until the software is brought into use.

5.3 **Debtors**

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

Analysis of income

		Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
6	**Donations and legacies**				
	Donations and grants	9,556	-	**9,556**	8,799
		9,556	-	**9,556**	8,799

7	**Charitable activities**	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
	Grant income				
	National Lottery Reaching Communities Fund	-	-	**-**	24,851
	Greggs Foundation	-	20,800	**20,800**	20,000
		-	12,500	**12,500**	15,000
	Sir James Knott Foundation				
	Bernicia Foundation	-	-	**-**	10,000
	The Shears Foundation	-	5,750	**5,750**	5,500
	The Barbour Foundation	-	10,000	**10,000**	5,000
	Coalfields	-	-	**-**	5,000
	Ridley Family Trust	-	-	**-**	5,000
	Banks Community Fund	-	-	**-**	4,176
	Albert Hunt	-	-	**-**	4,000
	The Duke of Northumberland Charity	-	-	**-**	2,250
	R W Mann Trust	-	-	**-**	1,500
	Freemasons of Northumberland	-	-	**-**	1,000
	Hadrian Trust	-	500	**500**	1,000
	Community Chest	-	-	**-**	750
	The Percy Hedley Trust	-	500	**500**	500
	Bentley's	-	-	**-**	500
	Tesco community fund	-	-	**-**	500
	J H Burn Charity Trust	-	-	**-**	300
	EDF Blyth Wind Farm	-	10,000	**10,000**	5,000
	Cost of Living	-	-	**-**	5,000
	Garfield Weston	-	25,000	**25,000**	-
	Forvis Mazars	-	13,300	**13,300**	-
	Big Lottery Awards for All	-	9,885	**9,885**	-
	The B&Q Foundation	-	10,000	**10,000**	-
	The Joicey Trust	-	2,000	**2,000**	-
	Carried forward balance	-	120,235	120,235	116,827

Analysis of grant income
continued

	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Brought forward balance	-	120,235	**120,235**	116,827
Public Health at Northumberland County Council	55,000	-	**55,000**	81,291
BEST	-	5,516	**5,516**	-
Cash 4 Kids	-	3,500	**3,500**	-
Northumbria Intern Funding	-	2,860	**2,860**	-
Hospital of God at Grantham	-	2,000	**2,000**	-
Joanies Fund	-	2,000	**2,000**	-
Northumberland Village Hall	-	5,000	**5,000**	-
Ventient Sisters Wind Farm	-	5,000	**5,000**	-
1989 Willian Charitable Trust	-	5,000	**5,000**	-
Squires	-	5,000	**5,000**	-
Ted Weekes	-	2,150	**2,150**	-
High Sheriff of Northumberland	-	1,000	**1,000**	-
NEIC Partnership	-	19,874	**19,874**	-
Northumberland County Council - FSW Blyth Project	-	34,282	**34,282**	-
Northumberland County Council - FSP & Trainer Grant	-	45,000	**45,000**	-
Northumberland County Council - H&A Programme	-	5,000	**5,000**	-
The Pea Green Boat	-	5,000	**5,000**	-
Communbity First VITAL Northumberland (Community First)	-	10,000	**10,000**	-
Northumberland County Council - Carers' Grant	-	26,487	**26,487**	25,000
Blyth Town Council	-	5,000	**5,000**	5,000
Ashington Town Council	-	3,000	**3,000**	8,000
Prudhoe Town Council	-	1,000	**1,000**	1,000
Newbiggin Town Council	-	600	**600**	-
Ponteland Town Council	-	500	**500**	500
Seaton Valley Parish Council	-	500	**500**	-
Choppington Parish Council	-	-	**-**	500
Haltwhistle Town Council	-	-	**-**	500
Amble Town Council	-	250	**250**	160
	55,000	315,754	370,754	238,778

Other income				
Other income	4	2,505	**2,509**	5,352
NI Employment allowance	5,000	-	**5,000**	5,000
	60,004	318,259	378,263	249,130

8 **Other trading activities**

Room hire	-	-	**-**	1,275
Other sales	390	-	**390**	14,060
	390	-	**390**	15,335

9 **Income from investments**

	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Bank interest	2,120	-	**2,120**	976
	2,120	-	**2,120**	976

Income was £390,329 (2024: £274,240) of which £72,070 was unrestricted or designated (2024: £78,192) and £318,259 was restricted (2024: £196,048)

Analysis of expenditure on charitable activities

		Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
10	**Raising funds**				
	Fundraising costs	(5,000)	-	**(5,000)**	3,013
		(5,000)	-	**(5,000)**	3,013

The negative expenditure relates to an expenditure in 2022/23 which guaranteed the return of this amount if it did not result in additional income of at least this total in the year following the payment. This guarantee was sent during 2024/25 from the supplier and has since been returned.

		Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
11	**Charitable activities**				
	Direct costs				
	Staff costs	11,537	180,935	**192,472**	131,061
	Training costs	594	2,984	**3,578**	4,165
	Respite costs (caravan)	-	7,785	**7,785**	1,116
	Travel costs	23	2,506	**2,529**	776
	Volunteer costs including travel	1,449	569	**2,018**	2,138
	Client costs	-	300	**300**	-
	Helpline and outreach	557	1,468	**2,025**	2,383
	Stationery and copying costs	2,008	2,247	**4,255**	-
	Cost of living grants	22	3,500	**3,522**	-
	Support costs				
	Staff costs	5,178	40,475	**45,653**	48,125
	Travel costs	25	-	**25**	-
	Utilities	6,628	13,630	**20,258**	17,594
	General running costs	2,275	5,543	**7,818**	2,658
	Insurance	1,873	5,000	**6,873**	5,999
	Repairs and renewals	1,108	2,490	**3,598**	6,453
	Cleaning	518	301	**819**	341
	Telephone	-	-	**-**	317
	Internet and ICT costs	5,655	12,048	**17,703**	11,409
	Stationery and printing	477	554	**1,031**	10,935
	Sundry expenses	-	-	**-**	3,950
	Refreshments	363	2,583	**2,946**	588
	Room Hire	100	2,518	**2,618**	4,635
	Professional fees	1,364	8,060	**9,424**	4,014
	Bank charges	174	-	**174**	124
	Small equipment	358	1,938	**2,296**	368
	Depreciation	354	18,805	**19,159**	20,699
	Carried forward balance	42,640	316,239	358,879	279,848

Charitable activities continued	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Governance costs				
Brought forward balance	42,640	316,239	**358,879**	279,848
Independent examiner's fees for reporting on the accounts	-	1,008	**1,008**	954
Trustee costs	-	30	**30**	-
	42,640	317,277	**359,917**	280,802

Expenditure on charitable activities was £354,917 (2024: £283,815) of which £37,640 was unrestricted or designated (2024: £73,219) and £317,277 was restricted (2024: £210,596)

12 **Fees for examination of the accounts**

	2025 £	2024 £
Independent examiner's fees for reporting on the accounts	**1,008**	954

There were no other fees paid to the examiner (: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2025 £	**2024 £**
Salaries and wages	**212,170**	158,287
Social security costs	**15,099**	12,243
Pension costs (defined contribution pension plan)	**10,856**	7,645
Other employee benefits	**3,582**	1,011
	241,707	179,186

No employee received remuneration above £60,000 (: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2024: £0)

14 **Staff numbers**

The average monthly head count was 9 staff (2024: 9 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employees work	**2025 Number**	2024 Number
Charitable activities	**7.0**	5.2

15 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £10,856 (0: £7,645). There was £0 outstanding as at 31 March 2025 (2024: £0).

16 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

The following details the expenses incurred by the trustees.

	2025	2024
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,333**	1,126
Alice Park	**30**	-
	1,363	1,126

Transactions with related parties

As at 31 March 2024
There were no related party tranactions for the year ended 31 March 2024.

17 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

18 **Tangible fixed assets**

	Freehold property	Office and computer equipment	Caravan	Solar Panels	Other equipment	Total
	£	£	£	£	£	£
Cost						
At 1 April 2024	341,147	23,661	32,035	-	4,561	**401,404**
Additions	-		-	19,811	-	**19,811**
Disposals	-		-	-	-	**-**
At 31 March 2025	341,147	23,661	32,035	19,811	4,561	**421,215**
Depreciation						
Basis	SL	SL	SL	SL	SL	
Rate	5%	25%	10%	5%	25%	
At 1 April 2024	76,286	19,735	16,020	-	3,754	**115,795**
Depreciation charge for year	12,714	2,186	3,204	248	807	**19,159**
Disposals	-		-	-	-	**-**
At 31 March 2025	89,000	21,921	19,224	248	4,561	**134,954**
Net book value						
At 31 March 2024	264,861	3,926	16,015	-	807	**285,609**
At 31 March 2025	252,147	1,740	12,811	19,563	-	**286,261**

19 **Intangible fixed assets**

	Software Development	Total
	£	£
Cost		
At 1 April 2024	12,000	**12,000**
Additions	-	**-**
At 31 March 2024	12,000	**12,000**
Amortisation		
At 1 April 2024	-	**-**
Amortisation charge for year	-	**-**
At 31 March 2025	-	**-**
Net book value		
At 31 March 2024	12,000	**12,000**
At 31 March 2025	12,000	**12,000**

20 **Debtors and prepayments (receivable within 1 year)**

	2025	2024
	£	£
Debtors	**3,675**	1,500
Prepayments	**5,742**	5,598
	9,417	7,098

21 Cash at bank and in hand

	2025	2024
	£	£
Short term deposits	**134,374**	146,906
Cash at bank	**202,152**	118,534
Cash in hand	**56**	246
	336,582	265,686

22 Creditors and accruals (payable within 1 year)

	2025	2024
	£	£
Other creditors	**6,671**	265
Accruals		
Independent examination of accounts	**1,008**	954
Deferred income	**137,065**	105,070
	144,744	106,289

23 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2025	2024
	£	£
Balance brought forward	**105,070**	15,455
Amount released to income earned from charitable activities	**(105,070)**	(15,455)
Amount deferred in year	**137,065**	105,070
Balance carried forward	**137,065**	105,070

24 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

25 Analysis of charitable funds

Analysis of movements in unrestricted funds
As at 31 March 2025

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	124,374	77,070	(40,537)	-	**160,907**
Designated funds					
Unrestricted fixed assets	100,633	-	(354)	-	**100,279**
Contingency	10,405	-	(1,749)	-	**8,656**
System upgrade	8,625	-	-	-	**8,625**
Totals	244,037	77,070	(42,640)	-	**278,467**

As at 31 March 2024

Unrestricted funds	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
General unrestricted fund	118,530	78,192	(72,561)	213	**124,374**
Designated funds					
Unrestricted fixed assets	95,291	-	(658)	6,000	**100,633**
Contingency	10,618	-	-	(213)	**10,405**
System upgrade	14,625	-	-	(6,000)	**8,625**
Totals	239,064	78,192	(73,219)	-	**244,037**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

Analysis of movement in restricted funds
As at 31 March 2025

Restricted fixed assets	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Susan Kennedy Centre refurbishment	177,992	-	(12,714)	-	**165,278**
Restricted office, computer and other equipment	4,733	-	(2,993)	-	**1,740**
Caravan upgrade	14,250	-	(2,850)	-	**11,400**
Solar panels	-	-	(248)	19,812	**19,564**
Restricted funds			-		
Susan Kennedy Centre	1,315	-	-	(656)	**659**
Respite project	2,680	2,505	(7,822)	2,637	**-**
Centre running costs	733	-	-	-	**733**
Santander Foundation	-	2,860	(2,860)	-	**-**
Northumberland County Council - Public Health FSW Blyth	86	34,282	(34,368)	-	**-**
Northumberland County Council - Carers Grant	2	26,487	(26,487)	-	**2**
Northumberland County Council - ICB Funding	-	45,000	(44,660)	-	**340**
Northumberland County Council - Activities programme	-	5,000	(253)	-	**4,747**
Northumberland County Council - NEIC Partnership	-	19,874	(19,874)	-	**-**
Balance C/fwd	201,791	136,008	(155,129)	21,793	204,463

Balance B/fwd	201,791	136,008	(155,129)	21,793	204,463
Blyth Town Council	-	5,000	(5,000)	-	**-**
Small equipment	206	-	-	-	**206**
Awards for all	52	9,885	(8,353)	-	**1,584**
The Joicey Trust	-	2,000	(2,000)	-	**-**
The Shears Foundation	-	5,750	(5,750)	-	**-**
The Percy Hedley Trust	-	500	(500)	-	**-**
Garfield Weston	-	25,000	(23,019)	(1,981)	**-**
Ashington Town Council	-	3,000	(3,000)	-	**-**
Asda Foundation	25	-	(25)	-	**-**
Greggs Foundation	9,016	20,800	(22,088)	-	**7,728**
Sir James Knott	7,000	12,500	(18,406)	-	**1,094**
Forvis Mazars	-	13,300	(13,300)	-	**-**
Squires	-	5,000	(5,000)	-	**-**
The Barbour Foundation	-	10,000	(10,000)	-	**-**
Joanies Fund	-	2,000	(2,000)	-	**-**
Hospital of God at Grantham	-	2,000	(2,000)	-	**-**
Cash 4 Kids	-	3,500	(3,500)	-	**-**
BEST	-	5,516	-	(5,516)	**-**
Hadrian Trust	-	500	(500)	-	**-**
Newbiggin Town Council	-	600	(600)	-	**-**
Seaton Valley Parish Council	-	500	(439)	-	**61**
Prudhoe Town Council	-	1,000	(1,000)	-	**-**
Ponteland Town Council	-	500	(500)	-	**-**
Amble Town Council	-	250	(250)	-	**-**
Tesco community fund	392	-	(233)	-	**159**
B&Q Foundation	-	10,000	-	(4,296)	**5,704**
The Duke of Northumberland Charity	1,585	-	(1,535)	-	**50**
Community Foundation serving Tyne and Wear and Northumberland		-	-		
EDF Blyth Wind Farm	-	10,000	(10,000)	-	**-**
Vital Northumberland (Community First)	-	10,000	-	(10,000)	**-**
Ted Weekes Fund	-	2,150	(2,150)	-	**-**
1989 Willian Charitable Trust	-	5,000	(5,000)	-	**-**
Ventilient SistersWind Farm	-	5,000	(5,000)	-	**-**
Northumberland Village Hall	-	5,000	(5,000)	-	**-**
The Pea Green Boat Community First	-	5,000	(5,000)	-	**-**
High Sheriff of Northumberland	-	1,000	(1,000)	-	**-**
	220,067	**318,259**	**(317,277)**	**-**	**221,049**

Analysis of movement in restricted funds
As at 31 March 2024

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
Restricted fixed assets	£	£	£	£	**£**
Susan Kennedy Centre refurbishment	190,706	-	(12,714)	-	**177,992**
Restricted office, computer and other equipment	9,210	-	(4,477)	-	**4,733**
Caravan upgrade	17,100	-	(2,850)	-	**14,250**
Restricted funds					
Susan Kennedy Centre	1,315	-	-	-	**1,315**
Respite project	(1,524)	5,320	(1,116)	-	**2,680**
Centre running costs	715	-	-	18	**733**
National lottery Reaching Communities	110	24,851	(24,961)	-	**-**
Northumberland County Council - Public Health FSW Blyth	-	26,291	(26,205)	-	**86**
Northumberland County Council - Carers Grant	-	25,000	(24,998)	-	**2**
Mental Health concern	191	-	(191)	-	**-**
Blyth Town Council	-	5,000	(4,996)	(4)	**-**
Small equipment	206	-	-	-	**206**
Donations in Kind	-	3,950	(3,950)	-	**-**
Awards for all	1,164	-	(1,112)	-	**52**
RW Mann	1,035	1,500	(2,535)	-	**-**
The Joicey Trust	3,387	-	(3,387)	-	**-**
The Shears Foundation	638	5,500	(6,138)	-	**-**
The Percy Hedley Trust	460	500	(960)	-	**-**
Garfield Weston	1,918	-	(1,918)	-	**-**
Northumberland County Council Jubilee Fund	4	-	-	(4)	**-**
Ashington Town Council	-	8,000	(7,990)	(10)	**-**
Asda Foundation	333	-	(308)	-	**25**
Ballinger Trust	3,620	-	(3,620)	-	**-**
Greggs Foundation	-	20,000	(10,984)	-	**9,016**
Sir James Knott	-	15,000	(8,000)	-	**7,000**
Bernicia Foundation	-	10,000	(10,000)	-	**-**
The Barbour Foundation	-	5,000	(5,000)	-	**-**
Coalfields	-	5,000	(5,000)	-	**-**
Ridley Family Trust	-	5,000	(5,000)	-	**-**
Albert Hunt	-	4,000	(4,000)	-	**-**
Karbon Homes	-	3,000	(3,000)	-	**-**
Freemasons of Northumberland	-	1,000	(1,000)	-	**-**
Hadrian Trust	-	1,000	(1,000)	-	**-**
Prudhoe Town Council	-	1,000	(1,000)	-	**-**
Balance C/fwd	230,588	175,912	(188,410)	-	218,090

Balance B/fwd	230,588	175,912	(188,410)	-	218,090
Ponteland Town Council	-	500	(500)	-	-
Choppington Parish Council	-	500	(500)	-	-
Haltwhistle Town Council	-	500	(500)	-	-
Amble Town Council	-	160	(160)	-	-
Bentley's	-	500	(500)	-	-
Tesco community fund	-	500	(108)	-	**392**
J H Burn Charity Trust	-	300	(300)	-	-
EDF Blyth Wind Farm	-	5,000	(5,000)	-	-
Cost of Living	-	5,000	(5,000)	-	-
Centre maintenance and new equipment					
The Cloth Workers Foundation	4,027	-	(4,027)	-	-
Banks Community Fund	-	4,176	(4,176)	-	-
The Duke of Northumberland Charity	-	2,250	(665)	-	**1,585**
Community Chest	-	750	(750)	-	-
	234,615	196,048	(210,596)	-	220,067

Purpose of restricted funds

Restricted Funds represent income resources used for a specific purpose by the charity in line with requirements set down by the donor. These have been bought together into other restricted balances in total because there should only be a small amount of funds carried forward between financial years and will only be spend on areas specified by the donor in the financial year of the initial grant.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Northumberland County Council - Public Health FSW Blyth	Restricted to costs associated with the Family Support Worker in Blyth.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Respite Project	Restricted for the respite project.
Centre Running Costs	Restricted to centre running costs.
Santander Foundation	Restricted to intern's salary costs.
Sir James Knott	Restricted to Family Support Worker (FSW) salary and associated costs.
Northumberland County Council – Carers Grant	Restricted to Family Support Worker (FSW) salary costs.
- Public HealthFSW Blyth	Restricted to costs associated to the Blyth Project
- ICB Funding	Restricted to Rural FSW salary costs
- NEIC Partnership	Restricted to costs associated with the NEIC Partnership
- Activities Programme	Costs related to the Activities Program
The Joicey Trust	Restricted to core costs
The Shears Foundation	Restricted to core costs
Garfield Weston	Restricted to core costs
Sir James Knott	Restricted to core costs
Blyth Town Council	Restricted to running costs within the Blyth area

Purpose of restricted funds (continued)

Awards for all	Restricted to Training Officer costs
Small equipment	Restricted to the purchase of small equipment or contributions towards the purchase of larger items
Tesco Community Fund	Restricted to items to support the work done with young people
Cash 4 Kids	Restricted to payment of hardship grants
The Pea Green Boat Community First	Restricted to costs relating to the work done with young people
Northumberland Village hall	Restricted to costs relating to the work done with young people
Forvis Mazars	Restricted to costs relating to the work done with young people
Squires	Restricted to core costs
The Barbour Foundation	Restricted to core costs
Asda Foundation	Restricted to items to support the work done with young people
Joanies Fund	Restricted to items to support the work done with young people
Ballinger Trust	Restricted to Family Support Worker salary costs
Greggs Foundation	Restricted to Service Manager Salary Costs
B&Q Foundation	Restricted to building maintenance/refurbishment and cost of Solar Panel installation
Duke of Northumberland Charity	Restricted to cost of replacing central heating boiler
BEST	Restricted to the cost of SOLAR Panels installation
Vital Northumberland	Restricted to the cost of SOLAR Panels installation
All other funds	Restricted to core costs

26 Capital commitments

As at 31 March 2025, the charity had capital commitments of £0 relating to the refurbishment of the Susan Kennedy Centre (2024 - £0)

27 Analysis of net assets between funds

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2025 £**	**Total 2024 £**
Tangible fixed assets	-	100,279	197,982	**298,261**	**297,609**
Cash at bank and in hand	296,234	17,281	23,067	**336,582**	**265,686**
Other net current assets/(liabilities)	(135,327)	-	-	**(135,327)**	**(99,191)**
	160,907	117,560	221,049	**499,516**	**464,104**

ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2025

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Annual Report and Financial Statements

For the year ended 31 March 2025

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ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Report of the Management Committee for the year ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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) (effective October 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 South View
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair to 07/11/2024. Vice Chair from 08/11/2024
H Scarfe	Treasurer and Vice Chair to 07/11/2024. Treasurer and Chair from 08/11/2024
J Murphy	Secretary (08/11/2024)
S J Murphy	
A Park	Vice Chair (08/11/2024)
N Furno	Resigned (08/11/2024)
L Keen	Appointed (30/01/2024)
T O'Fee	Appointed (01/08/2024)

Company Secretary

J Murphy	Appointed (08/11/2024)

Independent examiner
Connected Voice Business Services
One Strawberry Lane
Newcastle Upon Tyne
Tyne And Wear
NE1 4BX

Bank:
Lloyds Bank

Solicitors:- Employment Law
Helen Kay
CLR Law
Baltimore House,
Baltic Business Quarter
Gateshead
NE8 3DF

Solicitors:- Property
Cuthbertsons
3 Stanley Street
Blyth
Northumberland
NE24 2BS

OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress to drug, alcohol and solvent users' and their families who are or have been suffering from the misuse of substances, being any substance, which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, and mediation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work
Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one's addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member.
- Support to young people affected by a loved one's substance.
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

- Our funding and resources continue to focus our main service provision on residents of Northumberland, a county with a population of 321,600 as of 2025. The population is dispersed across rural areas and small towns with a significant concentration in the economically challenged south-east of the county. Northumberland remains a unitary authority and its demographic profile includes a predominantly white population (97.6%), a median age of 49.1 years and a working-age population (16-64,188,382**)** comprising 58.1% of residents (1).

Poverty and Inequality

Northumberland faces deep-rooted inequalities, particularly in income and child poverty. According to the North East Child Poverty Trust (2024), the North East has the second highest child poverty rate in the UK, with 35% of children living in relative poverty after housing costs, up from 26% in 2024/15 (2)

Over 100,000 children in the region are living in deep poverty and 60,000 in very deep poverty. Every local authority in the North East, including Northumberland, has a higher child poverty rate than the national average, with stark inequalities at the ward level (2).

Drug Misuse and Deaths

Drug misuse remains a critical public health issue in Northumberland and the wider North East. The Crime Survey for England and Wales (2024) found that 8.8% of people aged 16-59 and 16.5% of those aged 16-24 reported using drugs in the past year (3).

Class A drug use was reported by 3.0% of adults and 5.5% of young people, with cannabis remaining the most commonly used substance (3).

The North East continues to have the highest rates of drug-related deaths in England and Wales. In 2023, the region recorded:

- 174.3 deaths per million from drug poisoning
- 108.5 deaths per million from drug misuse

These figures are almost double the national average and represent the highest rates for the 11th consecutive year. Deaths involving opiates rose by 12.8% in 2023, and cocaine-related deaths increased by 30.5% compared to the previous year (4).

Alcohol-Specific Deaths

The North East also leads the country in alcohol-specific deaths, In 2023, the region recorded 25.7 deaths per 100,000 people, significantly higher than the national average of 15.9 per 100,000 (5). This marks a continued upward trend and reflects the region's vulnerability to alcohol-related harm.

References:

1 Northumberland Demographics | Age, Ethnicity, Religion, Wellbeing – Varbes varbes.com
2 NORTH EAST CHILD POVERTY TRUST 2024 REPORT- nechildpovertytrust.org.uk
3 Drug misuse in England and Wales - Office for National Statistics ons.gov.uk
4 Deaths related to drug poisoning in England and Wales: 2023 - nhsapa.org
5 Alcohol-specific deaths in the UK - ons.gov.uk

Public Benefit Statement

The trustees/directors have paid due regard to the Charity Commission guidance on public benefit and are confident that the organisation's aims, objectives and activities are in accordance with the guidance on public benefit. Our activities and achievements as outlined demonstrate our commitment to ensuring that the organisation's resources and activities maximise the potential benefit to our local community.

ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope.

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

We capture improvement and transitional success for beneficiaries using a range of tools: Carer Support Outcome Profile/CSOP, ACE's Tools, WEMWBS, Rosenberg and Stirling Questionnaires, Outcome Action Plans, focus groups and service questionnaires.

ESCAPE has provided intensive support to 414 beneficiaries (adults & YP) during the reporting period whose lives have been negatively impacted by a family member's substance use. 257 cases were closed during this year with 74.3% (191) of these people leaving service in a planned way reporting improved health and wellbeing and the skills to cope ongoing. A further 12.8% (33) were closed positively following brief intervention, advice and information. Only 4.66% (12) of closed cases left in an unplanned way after dropping out of service. Therefore, 87.1% of closed cases ended positively.

In addition, we worked with a further 11 people who completed parenting programmes, 29 recovering drug and alcohol users who completed accredited training and/or Wellbeing Workshops, and 52 community learners who completed accredited training.

This means we worked directly with 506 people in 2024/25.

An additional 135 Children and Young People within families we supported attended Easter, Halloween and Christmas events, receiving gifts for these occasions with a further 228 children attending the Elf School Christmas project we ran in partnership with Blossoming Communities.

Therefore, the total number of people we worked with and supported in 2024/25 is 869.

Our current caseload carried forward into 2025/26 is 157.

ESCAPE's confidential support services are person centred, evidence-based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

SPACE - Supporting Parents and Children Emotionally Parenting Programme

A trauma-informed, educational, relationship-based parenting programme empowering families to build resilience and emotional wellbeing. SPACE provides evidence-based trauma-informed group interventions which support parent/carers and, children and young people to meet the challenges of growing up in an ever-changing stressful world. The programme uses a trauma-informed approach to educate and inform participants on why children behave the way they do and how, as adults, we can support them.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas; the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

GOVERNANCE

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard until March 2022 when we achieved a rare Platinum Investor in People standard which we recently retained in March 2025 with even higher scores, a remarkable achievement for any small organisation.

Our Investor in People Insights Report dated March 2025 highlighted that we should be proud of:

- Inspirational leadership that has role modelling behaviours and performance
- An exceptionally strong and coherent culture that is authentic in its prioritising of clients and colleagues.
- Your team has never been so strong and connected.
- Outstanding survey results across all Indicators
- Your ability to adapt and embrace new ways of working – evidence in the work you have done on data analysis.
- The resilience of the organisation and its people which is achieved through empathetic management and a strong community.
- More than anything you should be proud of the lives you have changed and saved.
- 100% of staff believe ESCAPE is a great place to work.

We are delighted and proud to retain this award and to have been benchmarked so highly against other organisations delivering social work activities with a score of 876 out of 900 in comparison with an average industry benchmark score of 753 out of 900; with average IIP benchmark scores being 729.

Investor in People Insights Assessment and Health and Wellbeing Review Report March 2025.

The service is supported through grants from Public Health at Northumberland County Council, Adult Services at Northumberland County Council, NHS North East and North Cumbria Integrated Care Board, Northumberland Inclusive Economy Community Partnership Grant Fund, Blyth Town Council, Ashington Town Council, Prudhoe Town Council, Newbiggin Town Council, Ponteland Town Council, Seaton Valley Council, Amble Town Council. Greggs Foundation, Sir James Knott Trust; Forvis Mazars Foundation, Barbour Foundation, National Lottery Awards for All, Shears Foundation, Community Foundation North East, Blyth EDF Wind Farm Trust, Pea Green Boat Fund, Village Halls Fund, Ventient Sisters North Stead Wind Farm Community Benefit, Ted Weekes Fund, Joanies Fund, Joicey Trust, Hadrian Trust, Hospital of God at Greatham, High Sheriff Special Award, Percy Hedley 1990 Trust.

The Trustees are grateful to all of the funders who supported the work of the charity during 2024/25. Trustees would also like to thank individuals who have made personal donations this year.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2024/25. The charity continues to embed a stronger mutual aid approach to supporting carers and families and our trauma informed support programmes. We have worked hard in 2024/25 to extend its provision in rural Northumberland to address health inequalities, increasing our footprint and referrals from rural areas.

VOLUNTEERING AND PEER MENTORING

We have an amazing pool of volunteers who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups. Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, befriending, peer mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

We successfully recruited and trained a further 30 Family Champions and a further 22 volunteers totalling 52 community learners in 2024/25. They completed 23 Level 1, 29 Levels 2 and 15 Level 3 qualifications - totalling 67 accredited qualifications between them as most completed multiple courses. Despite having their own personal struggles our Family Champions again contributed to the support we have offered to families this year and our mutual aid provision continues.

5 Family Champions (16.66%) have now gained direct economic benefits from participating in the project as they have gained employment and are utilising the qualifications, skills and experience they gained through becoming Family Champions. 25 are now volunteering within ESCAPE, Northumberland Recovery Partnership, Full Circle Recovery, Forget Me Not and other organisations. These are excellent outcomes for the people that have trained as Family Champions. Family Champions have provided support in running our mutual aid groups for Carers including Kinship Carers, the Bereaved and CRAFT Maintenance groups. There has been a mix of face to face and online support delivered for carers in line with their needs and wishes.

It is worth noting that 10% of our volunteers this year were from ethnic minority groups. We opened our peer mentoring training to people from other organisations to ensure that all courses were filled and taught 52 Community Learners. 29 people who have been addicted to drugs and alcohol who are at a good place in their recovery journey gaining Level 1, 2 and 3 qualifications. The carers and service users who participated learnt a lot from each other on these courses, gaining an understanding of how addiction, associated behaviours and their coping strategies affect their own family members. We currently have 40 volunteers, Family Champions and peer mentors who have again made a significant contribution to provision this year providing 8,552 hours of work. This is in effect the equivalent of 4.45 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of Family Champions, volunteers/mentors (e.g., improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community. In addition to empowering and equipping volunteers and Family Champions with new skills, improved confidence, improved mental health etc. this approach has enabled ESCAPE to:

- Provide a connected network of peer support across the county
- Reach out into communities across the county and significantly increase support to those in rural areas.
- Support delivery of low threshold interventions and support the paid staff team.

- ❖ Provide community activities and events that help to address poverty

The difference our work has made this year:

- We have again supported more families and young people
- We have worked to rebuild our pool of Family Champions and trained community learners, upskilling place-based frontline staff and volunteers from other VCS organisations increasing our footprint.
- People have been able to 'give back' and 'help others' in similar situations and carers are clearly valuing the support received from peers.
- We have built on links between ESCAPE and other relevant agencies and organisations to maximise the benefits for our families and now have bases in West Northumberland, North Northumberland and Blyth.
- Carer feedback again demonstrates that families are more resilient and have better relationships
- Family Champions have again been empowered through developing skills and gaining qualifications and through helping others
- The children and adults we have worked with will have better life chances through addressing their Adverse Childhood Experiences.
- 74.3% of the closed cases we have worked with reported improvements to their health and wellbeing.
- 12.8% of cases were closed positively following brief intervention, advice and information.
- 87.1% of all closed cases ended positively.

We believe our support to families is much more holistic, trauma informed and accessible due to the new hybrid methods of working, improved rural service delivery and the ACE's programmes of support.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carer Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings. We in-reach into Northumberland Recovery Partnership encouraging carers and substance users to access relevant ESCAPE services and training. We have developed and undertaken projects in partnership with Blossoming Communities.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community settings.

FINANCIAL REVIEW

The charity, through sound financial management and the support of staff and volunteers generated a very positive financial outcome for this period and ended this financial year with a surplus of £36,396 after allowing for deprecation.

Principal Funding Sources

Principal funding sources for the charity during 2024/25 were: Public Health at Northumberland County Council, Adult Services at Northumberland County Council, NHS North East and North Cumbria Integrated Care Board, Northumberland Inclusive Economy Community Partnership Grant Fund, Blyth Town Council, Ashington Town Council, Prudhoe Town Council, Newbiggin Town Council, Ponteland Town Council, Seaton Valley Council, Amble Town Council. Greggs Foundation, Sir James Knott Trust; Forvis Mazars Foundation, Barbour Foundation, National Lottery Awards for All, Shears Foundation, Community Foundation North East, Blyth EDF Wind Farm Trust, Pea Green Boat Fund, Village Halls Fund, Ventient Sisters North Stead Wind Farm Community Benefit, Ted Weekes Fund, Joanies Fund, Joicey Trust, Hadrian Trust, Hospital of God at Greatham, High Sheriff Special Award, Percy Hedley 1990 Trust,

The Charity worked to become more environmentally sustainable and improved fuel efficiency by the installation of Solar Panels and a new heating system, and maintained the Susan Kennedy Centre facilities with funding from The Community Foundation VITAL Northumberland (Community First) Fund, BEST, The Duke of Northumberland Charity and the B&Q Foundation.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2024/25.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves Policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold a minimum of 4 months of operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity, and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons.

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e. unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, e.g. money may need to be spent before a funding grant or contract payment is received.

7. To prevent cashflow problems.

The amount of reserves we hold is reported to the board each quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year.

Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold between four and six months of reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between three to six months unrestricted reserves. We are presently holding 4.7 months operating costs.

Our annual budget is currently £411,936 for 2025/26. We have secured £395,329 towards this leaving us with a deficit of £16,607 as of 31/08/2025. Therefore, our current reserves more than cover the projected deficit should we fail to raise any further funds in 2025/26 which is unlikely. Trustees are confident that this is a realistic, achievable target for the charity.

Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2025/26 is £411,936 and therefore the minimum unrestricted cash reserves target is £102,984 to be retained in reserves. The charity held unrestricted cash reserves funds of £160,907, designated unrestricted funds of £17,281, and £23,067 of restricted cash funds at 31st March 2025. The charity also has £298,261 fixed assets at that date.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding for 2026/27. To sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity, it is imperative to secure significant funds. Funding also needs to be secured for a paid Chief Executive to facilitate succession planning and provide sustainability.

Going Concern

The Trustees have performed a robust analysis of budget, forecasts, reserve levels and cash flows taking into consideration potential scenarios that could impact the charity. After making appropriate enquiries, the Board of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

FUTURE PLANS

The charity will continue to work to consolidate, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. All of our activity will contribute towards the work outlined within the afore mentioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the three key priorities that have been identified:

1. Continuing to extend and embed a stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.

2. Continuing to extend and provide ACEs therapeutic support programme which is specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

3. Working to address inequalities by increasing our reach into rural areas of Northumberland and delivering initiatives to help address poverty.

A focus on our three priority areas, as identified above, will enable us to:

- reach and support more families including children and young people.
- build a stronger and connected network of support across the county.
- support people, including young people, to 'give back' and 'help others in similar situations'.
- help relieve poverty within our communities.

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996, and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £10.

Recruitment and Appointment of Management Committee – Trustee Board.

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts.

A range of business, social work and caring skills are well represented on the Management Committee. In the event of particular skills being lost due to retirements, or new skills being required, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "The Essential Trustee".

The Management Committee seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken, and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives

RISK MANAGEMENT STATEMENT

Governance

Following a trustee skills audit and analysis, further recruitment of three more trustees will take place.

Operational

Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained and built upon if possible during 2025/26 and beyond.

Financial

Sustainability of the charity is a high priority.

Statutory funding from Public Health Northumberland has been secured for the 2023/24, 2024/25 and 2025/26 financial years following ESCAPE winning a contract to carryout work on their behalf. There is also a provision for the funding to continue for a further two years following this, but is not guaranteed at this time, which will also contribute significantly to sustainability. The charity will work to secure this two year roll on during 2025/26. The charity will work to secure funding for a paid Chief Executive to facilitate succession planning and secure sustainability.

The board has two working groups to strengthen its governance and aid sustainability – a Finance/Fundraising Group and an Operations, Policy and Safeguarding Group. Their work is ongoing.

External Risks

Trustees recognise that the last fifteen years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need and by seeking funds to March 2026 and beyond.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation

The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group and Operations, Policy and Safeguarding Group includes self-assessment to ensure compliance with the Charities Act 2011, Charities (Protection and Social Investment Act 2016 and the Charities Act 2022 which governs charity operations, trustee responsibilities and fundraising regulations, Statement of Recommended Practice (SORP) for accounting, and UK GDPR and Data Protection ACT 2018 for data processing and storing, and the Health and Safety at Work etc Act 1974 (HSWA).

Organisational Structure

The Management Committee (the board) has seven members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Voluntary Chief Executive. The Voluntary Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.

In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group, Carers Partnership Board and Young Carer Steering Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Northumberland Communities Thriving Together, Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service, Mental Health Concern, Northumberland Recovery College, Briardale House and other Community Groups. The charity initially achieved the Investors in People Gold Standard and retained this until March 2022 when a rare Investor in People Platinum standard was achieved which the charity has retained in March 2025 with even higher scores.

Related Parties

In so far as it is complementary to the charity’s objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies and the Inequalities Plan. The local Drug and Alcohol Steering Group, Carer Partnership Board, Young Carer Steering Group and VCSE Tackling Inequalities Taskforce are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services were re-appointed as the charities Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the board of trustees on 28th October 2025 and signed on its behalf by:

.....

H Scarfe - Treasurer

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2025

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2025, which are set out on pages 18 to 36.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2022("the Charities Act) and that an independent examination is needed.

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a Fellow Member of the Association of Accounting Technicians.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Doug Maltman FMAAT
Fellow Member of the Association of Accountancy Technicians
Connected Voice Business Services
One Strawberry Lane
Newcastle upon Tyne
NE1 4BX
Date: 12.11.2025

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Income from:					
Donations and legacies	6	9,556	-	**9,556**	8,799
Charitable activities					
Grants and statutory funding	7	60,004	318,259	**378,263**	249,130
Other trading activities	8	390	-	**390**	15,335
Investments	9	2,120	-	**2,120**	976
Total income		72,070	318,259	**390,329**	274,240
Expenditure on:					
Raising funds	10	(5,000)	-	**(5,000)**	3,013
Charitable activities					
Operation of the charity	11	42,640	317,277	**359,917**	280,802
Total expenditure		37,640	317,277	**354,917**	283,815
Net movement of funds		34,430	982	**35,412**	(9,575)
Reconciliation of funds					
Total funds brought forward		244,037	220,067	**464,104**	473,679
Total funds carried forward		278,467	221,049	**499,516**	464,104

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 20 to 36 form an integral part of these financial statements.

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

BALANCE SHEET
As at 31 March 2025

	Notes	2025 £	2025 Total £	2024 £	2024 Total £
Fixed assets					
Tangible assets	18		286,261		285,609
Intangible assets	19		12,000		12,000
Total fixed assets			**298,261**		**297,609**
Current assets					
Debtors	20	9,417		7,098	
Cash at bank and in hand	21	336,582		265,686	
Total current assets		**345,999**		**272,784**	
Creditors: amounts falling due within one year	22	**(144,744)**		**(106,289)**	
Net current assets			**201,255**		**166,495**
Total assets less current liabilities			**499,516**		**464,104**
Total net assets or liabilities			**499,516**		**464,104**
Funds of the charity					
Unrestricted income funds			278,467		244,037
Restricted income funds			221,049		220,067
Total funds			**499,516**		**464,104**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 20 to 36 form an integral part of these financial statements.

These financial statements were approved by the Board on: 11.11.2025

and are signed on its behalf by: H Scarfe
Treasurer

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (issued in October 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2022, the Companes Act 206 and the Uk Generally Accepted Accounting Practice .

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 of income recognition are met.

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 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.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

All expenditure is accounted for on an accrual baisis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 **Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

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

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.7 **Pensions**

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and computer equipment	25 % Straight Line
Caravan	10 % Straight Line
Solar Panels	5 % Straight Line
Other equipment	25 % Straight Line

5.2 **Intangible fixed assets**

Development costs that are directly attributable to the design and testing of identifiable and unique software products controlled by the charity are recognised as intangible assets when the following criteria are met:

- It is technically feasible to complete the software so that it will be available for use.
- The charity intends to complete the software and to use it.
- It can be demonstrated how the osftware will generate probable future economic benefits Adequate technical, financial and other resources to complete the development and to use the
- software are available.
- The expenditure attributable to the software during its development can be reliably measured.

Development costs are not amortised until the software is brought into use.

5.3 **Debtors**

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

Analysis of income

		Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
6	**Donations and legacies**				
	Donations and grants	9,556	-	**9,556**	8,799
		9,556	-	**9,556**	8,799

7	**Charitable activities**	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
	Grant income				
	National Lottery Reaching Communities Fund	-	-	**-**	24,851
	Greggs Foundation	-	20,800	**20,800**	20,000
		-	12,500	**12,500**	15,000
	Sir James Knott Foundation				
	Bernicia Foundation	-	-	**-**	10,000
	The Shears Foundation	-	5,750	**5,750**	5,500
	The Barbour Foundation	-	10,000	**10,000**	5,000
	Coalfields	-	-	**-**	5,000
	Ridley Family Trust	-	-	**-**	5,000
	Banks Community Fund	-	-	**-**	4,176
	Albert Hunt	-	-	**-**	4,000
	The Duke of Northumberland Charity	-	-	**-**	2,250
	R W Mann Trust	-	-	**-**	1,500
	Freemasons of Northumberland	-	-	**-**	1,000
	Hadrian Trust	-	500	**500**	1,000
	Community Chest	-	-	**-**	750
	The Percy Hedley Trust	-	500	**500**	500
	Bentley's	-	-	**-**	500
	Tesco community fund	-	-	**-**	500
	J H Burn Charity Trust	-	-	**-**	300
	EDF Blyth Wind Farm	-	10,000	**10,000**	5,000
	Cost of Living	-	-	**-**	5,000
	Garfield Weston	-	25,000	**25,000**	-
	Forvis Mazars	-	13,300	**13,300**	-
	Big Lottery Awards for All	-	9,885	**9,885**	-
	The B&Q Foundation	-	10,000	**10,000**	-
	The Joicey Trust	-	2,000	**2,000**	-
	Carried forward balance	-	120,235	120,235	116,827

Analysis of grant income
continued

	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Brought forward balance	-	120,235	**120,235**	116,827
Public Health at Northumberland County Council	55,000	-	**55,000**	81,291
BEST	-	5,516	**5,516**	-
Cash 4 Kids	-	3,500	**3,500**	-
Northumbria Intern Funding	-	2,860	**2,860**	-
Hospital of God at Grantham	-	2,000	**2,000**	-
Joanies Fund	-	2,000	**2,000**	-
Northumberland Village Hall	-	5,000	**5,000**	-
Ventient Sisters Wind Farm	-	5,000	**5,000**	-
1989 Willian Charitable Trust	-	5,000	**5,000**	-
Squires	-	5,000	**5,000**	-
Ted Weekes	-	2,150	**2,150**	-
High Sheriff of Northumberland	-	1,000	**1,000**	-
NEIC Partnership	-	19,874	**19,874**	-
Northumberland County Council - FSW Blyth Project	-	34,282	**34,282**	-
Northumberland County Council - FSP & Trainer Grant	-	45,000	**45,000**	-
Northumberland County Council - H&A Programme	-	5,000	**5,000**	-
The Pea Green Boat	-	5,000	**5,000**	-
Communbity First VITAL Northumberland (Community First)	-	10,000	**10,000**	-
Northumberland County Council - Carers' Grant	-	26,487	**26,487**	25,000
Blyth Town Council	-	5,000	**5,000**	5,000
Ashington Town Council	-	3,000	**3,000**	8,000
Prudhoe Town Council	-	1,000	**1,000**	1,000
Newbiggin Town Council	-	600	**600**	-
Ponteland Town Council	-	500	**500**	500
Seaton Valley Parish Council	-	500	**500**	-
Choppington Parish Council	-	-	**-**	500
Haltwhistle Town Council	-	-	**-**	500
Amble Town Council	-	250	**250**	160
	55,000	315,754	370,754	238,778

Other income				
Other income	4	2,505	**2,509**	5,352
NI Employment allowance	5,000	-	**5,000**	5,000
	60,004	318,259	378,263	249,130

8 **Other trading activities**

Room hire	-	-	**-**	1,275
Other sales	390	-	**390**	14,060
	390	-	**390**	15,335

9 **Income from investments**

	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Bank interest	2,120	-	**2,120**	976
	2,120	-	**2,120**	976

Income was £390,329 (2024: £274,240) of which £72,070 was unrestricted or designated (2024: £78,192) and £318,259 was restricted (2024: £196,048)

Analysis of expenditure on charitable activities

		Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
10	**Raising funds**				
	Fundraising costs	(5,000)	-	**(5,000)**	3,013
		(5,000)	-	**(5,000)**	3,013

The negative expenditure relates to an expenditure in 2022/23 which guaranteed the return of this amount if it did not result in additional income of at least this total in the year following the payment. This guarantee was sent during 2024/25 from the supplier and has since been returned.

		Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
11	**Charitable activities**				
	Direct costs				
	Staff costs	11,537	180,935	**192,472**	131,061
	Training costs	594	2,984	**3,578**	4,165
	Respite costs (caravan)	-	7,785	**7,785**	1,116
	Travel costs	23	2,506	**2,529**	776
	Volunteer costs including travel	1,449	569	**2,018**	2,138
	Client costs	-	300	**300**	-
	Helpline and outreach	557	1,468	**2,025**	2,383
	Stationery and copying costs	2,008	2,247	**4,255**	-
	Cost of living grants	22	3,500	**3,522**	-
	Support costs				
	Staff costs	5,178	40,475	**45,653**	48,125
	Travel costs	25	-	**25**	-
	Utilities	6,628	13,630	**20,258**	17,594
	General running costs	2,275	5,543	**7,818**	2,658
	Insurance	1,873	5,000	**6,873**	5,999
	Repairs and renewals	1,108	2,490	**3,598**	6,453
	Cleaning	518	301	**819**	341
	Telephone	-	-	**-**	317
	Internet and ICT costs	5,655	12,048	**17,703**	11,409
	Stationery and printing	477	554	**1,031**	10,935
	Sundry expenses	-	-	**-**	3,950
	Refreshments	363	2,583	**2,946**	588
	Room Hire	100	2,518	**2,618**	4,635
	Professional fees	1,364	8,060	**9,424**	4,014
	Bank charges	174	-	**174**	124
	Small equipment	358	1,938	**2,296**	368
	Depreciation	354	18,805	**19,159**	20,699
	Carried forward balance	42,640	316,239	358,879	279,848

Charitable activities continued	Unrestricted Funds £	Restricted Funds £	**Total 2025 £**	Total 2024 £
Governance costs				
Brought forward balance	42,640	316,239	**358,879**	279,848
Independent examiner's fees for reporting on the accounts	-	1,008	**1,008**	954
Trustee costs	-	30	**30**	-
	42,640	317,277	**359,917**	280,802

Expenditure on charitable activities was £354,917 (2024: £283,815) of which £37,640 was unrestricted or designated (2024: £73,219) and £317,277 was restricted (2024: £210,596)

12 **Fees for examination of the accounts**

	2025 £	2024 £
Independent examiner's fees for reporting on the accounts	**1,008**	954

There were no other fees paid to the examiner (: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2025 £	**2024 £**
Salaries and wages	**212,170**	158,287
Social security costs	**15,099**	12,243
Pension costs (defined contribution pension plan)	**10,856**	7,645
Other employee benefits	**3,582**	1,011
	241,707	179,186

No employee received remuneration above £60,000 (: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2024: £0)

14 **Staff numbers**

The average monthly head count was 9 staff (2024: 9 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employees work	**2025 Number**	2024 Number
Charitable activities	**7.0**	5.2

15 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £10,856 (0: £7,645). There was £0 outstanding as at 31 March 2025 (2024: £0).

16 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

The following details the expenses incurred by the trustees.

	2025	2024
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,333**	1,126
Alice Park	**30**	-
	1,363	1,126

Transactions with related parties

As at 31 March 2024
There were no related party tranactions for the year ended 31 March 2024.

17 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

18 **Tangible fixed assets**

	Freehold property	Office and computer equipment	Caravan	Solar Panels	Other equipment	Total
	£	£	£	£	£	£
Cost						
At 1 April 2024	341,147	23,661	32,035	-	4,561	**401,404**
Additions	-		-	19,811	-	**19,811**
Disposals	-		-	-	-	**-**
At 31 March 2025	341,147	23,661	32,035	19,811	4,561	**421,215**
Depreciation						
Basis	SL	SL	SL	SL	SL	
Rate	5%	25%	10%	5%	25%	
At 1 April 2024	76,286	19,735	16,020	-	3,754	**115,795**
Depreciation charge for year	12,714	2,186	3,204	248	807	**19,159**
Disposals	-		-	-	-	**-**
At 31 March 2025	89,000	21,921	19,224	248	4,561	**134,954**
Net book value						
At 31 March 2024	264,861	3,926	16,015	-	807	**285,609**
At 31 March 2025	252,147	1,740	12,811	19,563	-	**286,261**

19 **Intangible fixed assets**

	Software Development	Total
	£	£
Cost		
At 1 April 2024	12,000	**12,000**
Additions	-	**-**
At 31 March 2024	12,000	**12,000**
Amortisation		
At 1 April 2024	-	**-**
Amortisation charge for year	-	**-**
At 31 March 2025	-	**-**
Net book value		
At 31 March 2024	12,000	**12,000**
At 31 March 2025	12,000	**12,000**

20 **Debtors and prepayments (receivable within 1 year)**

	2025	2024
	£	£
Debtors	**3,675**	1,500
Prepayments	**5,742**	5,598
	9,417	7,098

21 Cash at bank and in hand

	2025	2024
	£	£
Short term deposits	**134,374**	146,906
Cash at bank	**202,152**	118,534
Cash in hand	**56**	246
	336,582	265,686

22 Creditors and accruals (payable within 1 year)

	2025	2024
	£	£
Other creditors	**6,671**	265
Accruals		
Independent examination of accounts	**1,008**	954
Deferred income	**137,065**	105,070
	144,744	106,289

23 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2025	2024
	£	£
Balance brought forward	**105,070**	15,455
Amount released to income earned from charitable activities	**(105,070)**	(15,455)
Amount deferred in year	**137,065**	105,070
Balance carried forward	**137,065**	105,070

24 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

25 Analysis of charitable funds

Analysis of movements in unrestricted funds
As at 31 March 2025

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	124,374	77,070	(40,537)	-	**160,907**
Designated funds					
Unrestricted fixed assets	100,633	-	(354)	-	**100,279**
Contingency	10,405	-	(1,749)	-	**8,656**
System upgrade	8,625	-	-	-	**8,625**
Totals	244,037	77,070	(42,640)	-	**278,467**

As at 31 March 2024

Unrestricted funds	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
General unrestricted fund	118,530	78,192	(72,561)	213	**124,374**
Designated funds					
Unrestricted fixed assets	95,291	-	(658)	6,000	**100,633**
Contingency	10,618	-	-	(213)	**10,405**
System upgrade	14,625	-	-	(6,000)	**8,625**
Totals	239,064	78,192	(73,219)	-	**244,037**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

Analysis of movement in restricted funds
As at 31 March 2025

Restricted fixed assets	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Susan Kennedy Centre refurbishment	177,992	-	(12,714)	-	**165,278**
Restricted office, computer and other equipment	4,733	-	(2,993)	-	**1,740**
Caravan upgrade	14,250	-	(2,850)	-	**11,400**
Solar panels	-	-	(248)	19,812	**19,564**
Restricted funds			-		
Susan Kennedy Centre	1,315	-	-	(656)	**659**
Respite project	2,680	2,505	(7,822)	2,637	**-**
Centre running costs	733	-	-	-	**733**
Santander Foundation	-	2,860	(2,860)	-	**-**
Northumberland County Council - Public Health FSW Blyth	86	34,282	(34,368)	-	**-**
Northumberland County Council - Carers Grant	2	26,487	(26,487)	-	**2**
Northumberland County Council - ICB Funding	-	45,000	(44,660)	-	**340**
Northumberland County Council - Activities programme	-	5,000	(253)	-	**4,747**
Northumberland County Council - NEIC Partnership	-	19,874	(19,874)	-	**-**
Balance C/fwd	201,791	136,008	(155,129)	21,793	204,463

Balance B/fwd	201,791	136,008	(155,129)	21,793	204,463
Blyth Town Council	-	5,000	(5,000)	-	**-**
Small equipment	206	-	-	-	**206**
Awards for all	52	9,885	(8,353)	-	**1,584**
The Joicey Trust	-	2,000	(2,000)	-	**-**
The Shears Foundation	-	5,750	(5,750)	-	**-**
The Percy Hedley Trust	-	500	(500)	-	**-**
Garfield Weston	-	25,000	(23,019)	(1,981)	**-**
Ashington Town Council	-	3,000	(3,000)	-	**-**
Asda Foundation	25	-	(25)	-	**-**
Greggs Foundation	9,016	20,800	(22,088)	-	**7,728**
Sir James Knott	7,000	12,500	(18,406)	-	**1,094**
Forvis Mazars	-	13,300	(13,300)	-	**-**
Squires	-	5,000	(5,000)	-	**-**
The Barbour Foundation	-	10,000	(10,000)	-	**-**
Joanies Fund	-	2,000	(2,000)	-	**-**
Hospital of God at Grantham	-	2,000	(2,000)	-	**-**
Cash 4 Kids	-	3,500	(3,500)	-	**-**
BEST	-	5,516	-	(5,516)	**-**
Hadrian Trust	-	500	(500)	-	**-**
Newbiggin Town Council	-	600	(600)	-	**-**
Seaton Valley Parish Council	-	500	(439)	-	**61**
Prudhoe Town Council	-	1,000	(1,000)	-	**-**
Ponteland Town Council	-	500	(500)	-	**-**
Amble Town Council	-	250	(250)	-	**-**
Tesco community fund	392	-	(233)	-	**159**
B&Q Foundation	-	10,000	-	(4,296)	**5,704**
The Duke of Northumberland Charity	1,585	-	(1,535)	-	**50**
Community Foundation serving Tyne and Wear and Northumberland		-	-		
EDF Blyth Wind Farm	-	10,000	(10,000)	-	**-**
Vital Northumberland (Community First)	-	10,000	-	(10,000)	**-**
Ted Weekes Fund	-	2,150	(2,150)	-	**-**
1989 Willian Charitable Trust	-	5,000	(5,000)	-	**-**
Ventilient SistersWind Farm	-	5,000	(5,000)	-	**-**
Northumberland Village Hall	-	5,000	(5,000)	-	**-**
The Pea Green Boat Community First	-	5,000	(5,000)	-	**-**
High Sheriff of Northumberland	-	1,000	(1,000)	-	**-**
	220,067	**318,259**	**(317,277)**	**-**	**221,049**

Analysis of movement in restricted funds
As at 31 March 2024

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
Restricted fixed assets	£	£	£	£	**£**
Susan Kennedy Centre refurbishment	190,706	-	(12,714)	-	**177,992**
Restricted office, computer and other equipment	9,210	-	(4,477)	-	**4,733**
Caravan upgrade	17,100	-	(2,850)	-	**14,250**
Restricted funds					
Susan Kennedy Centre	1,315	-	-	-	**1,315**
Respite project	(1,524)	5,320	(1,116)	-	**2,680**
Centre running costs	715	-	-	18	**733**
National lottery Reaching Communities	110	24,851	(24,961)	-	**-**
Northumberland County Council - Public Health FSW Blyth	-	26,291	(26,205)	-	**86**
Northumberland County Council - Carers Grant	-	25,000	(24,998)	-	**2**
Mental Health concern	191	-	(191)	-	**-**
Blyth Town Council	-	5,000	(4,996)	(4)	**-**
Small equipment	206	-	-	-	**206**
Donations in Kind	-	3,950	(3,950)	-	**-**
Awards for all	1,164	-	(1,112)	-	**52**
RW Mann	1,035	1,500	(2,535)	-	**-**
The Joicey Trust	3,387	-	(3,387)	-	**-**
The Shears Foundation	638	5,500	(6,138)	-	**-**
The Percy Hedley Trust	460	500	(960)	-	**-**
Garfield Weston	1,918	-	(1,918)	-	**-**
Northumberland County Council Jubilee Fund	4	-	-	(4)	**-**
Ashington Town Council	-	8,000	(7,990)	(10)	**-**
Asda Foundation	333	-	(308)	-	**25**
Ballinger Trust	3,620	-	(3,620)	-	**-**
Greggs Foundation	-	20,000	(10,984)	-	**9,016**
Sir James Knott	-	15,000	(8,000)	-	**7,000**
Bernicia Foundation	-	10,000	(10,000)	-	**-**
The Barbour Foundation	-	5,000	(5,000)	-	**-**
Coalfields	-	5,000	(5,000)	-	**-**
Ridley Family Trust	-	5,000	(5,000)	-	**-**
Albert Hunt	-	4,000	(4,000)	-	**-**
Karbon Homes	-	3,000	(3,000)	-	**-**
Freemasons of Northumberland	-	1,000	(1,000)	-	**-**
Hadrian Trust	-	1,000	(1,000)	-	**-**
Prudhoe Town Council	-	1,000	(1,000)	-	**-**
Balance C/fwd	230,588	175,912	(188,410)	-	218,090

Balance B/fwd	230,588	175,912	(188,410)	-	218,090
Ponteland Town Council	-	500	(500)	-	-
Choppington Parish Council	-	500	(500)	-	-
Haltwhistle Town Council	-	500	(500)	-	-
Amble Town Council	-	160	(160)	-	-
Bentley's	-	500	(500)	-	-
Tesco community fund	-	500	(108)	-	**392**
J H Burn Charity Trust	-	300	(300)	-	-
EDF Blyth Wind Farm	-	5,000	(5,000)	-	-
Cost of Living	-	5,000	(5,000)	-	-
Centre maintenance and new equipment					
The Cloth Workers Foundation	4,027	-	(4,027)	-	-
Banks Community Fund	-	4,176	(4,176)	-	-
The Duke of Northumberland Charity	-	2,250	(665)	-	**1,585**
Community Chest	-	750	(750)	-	-
	234,615	196,048	(210,596)	-	220,067

Purpose of restricted funds

Restricted Funds represent income resources used for a specific purpose by the charity in line with requirements set down by the donor. These have been bought together into other restricted balances in total because there should only be a small amount of funds carried forward between financial years and will only be spend on areas specified by the donor in the financial year of the initial grant.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Northumberland County Council - Public Health FSW Blyth	Restricted to costs associated with the Family Support Worker in Blyth.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Respite Project	Restricted for the respite project.
Centre Running Costs	Restricted to centre running costs.
Santander Foundation	Restricted to intern's salary costs.
Sir James Knott	Restricted to Family Support Worker (FSW) salary and associated costs.
Northumberland County Council – Carers Grant	Restricted to Family Support Worker (FSW) salary costs.
- Public HealthFSW Blyth	Restricted to costs associated to the Blyth Project
- ICB Funding	Restricted to Rural FSW salary costs
- NEIC Partnership	Restricted to costs associated with the NEIC Partnership
- Activities Programme	Costs related to the Activities Program
The Joicey Trust	Restricted to core costs
The Shears Foundation	Restricted to core costs
Garfield Weston	Restricted to core costs
Sir James Knott	Restricted to core costs
Blyth Town Council	Restricted to running costs within the Blyth area

Purpose of restricted funds (continued)

Awards for all	Restricted to Training Officer costs
Small equipment	Restricted to the purchase of small equipment or contributions towards the purchase of larger items
Tesco Community Fund	Restricted to items to support the work done with young people
Cash 4 Kids	Restricted to payment of hardship grants
The Pea Green Boat Community First	Restricted to costs relating to the work done with young people
Northumberland Village hall	Restricted to costs relating to the work done with young people
Forvis Mazars	Restricted to costs relating to the work done with young people
Squires	Restricted to core costs
The Barbour Foundation	Restricted to core costs
Asda Foundation	Restricted to items to support the work done with young people
Joanies Fund	Restricted to items to support the work done with young people
Ballinger Trust	Restricted to Family Support Worker salary costs
Greggs Foundation	Restricted to Service Manager Salary Costs
B&Q Foundation	Restricted to building maintenance/refurbishment and cost of Solar Panel installation
Duke of Northumberland Charity	Restricted to cost of replacing central heating boiler
BEST	Restricted to the cost of SOLAR Panels installation
Vital Northumberland	Restricted to the cost of SOLAR Panels installation
All other funds	Restricted to core costs

26 Capital commitments

As at 31 March 2025, the charity had capital commitments of £0 relating to the refurbishment of the Susan Kennedy Centre (2024 - £0)

27 Analysis of net assets between funds

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2025 £**	**Total 2024 £**
Tangible fixed assets	-	100,279	197,982	**298,261**	**297,609**
Cash at bank and in hand	296,234	17,281	23,067	**336,582**	**265,686**
Other net current assets/(liabilities)	(135,327)	-	-	**(135,327)**	**(99,191)**
	160,907	117,560	221,049	**499,516**	**464,104**

ESCAPE FAMILY SUPPORT GROUP

England & Wales - Charity number 1063500

Accounts

ESCAPE Family Support

Annual Report 2023/24

unsung heroes

Investors in People | Health & Wellbeing Award

INVESTORS IN PEOPLE | Platinum

SMALL CHARITY OF THE YEAR
WINNER
ESCAPE Family Support Ltd

Artwork from a young person accessing ESCAPE Adverse Childhood Experiences ACES) Programme

Artwork by a beneficiary for Carers week 2020

Contents

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ESCAPE in brief

Our vision

ESCAPE's focus for the future is on ensuring we continue to be a sustainable organisation capable of ensuring our unique service offer is available to those people who need it, when they need it.

Our values

We strive to be the best we can be

We are respectful

We care

We innovate and learn

We work together

What we stand for

Empowering families, carers, adults, young people and children and the communities of Northumberland to improve their mental and physical health and well-being to reduce the impact of addictions, social and lifestyle pressures, and risky behaviours.

What we do

ESCAPE is the only specialist provision for families, carers, adults, young people, and children of substance users throughout Northumberland. Founded in 1995 in Blyth by Janet Murphy MBE after her daughter died from drug poisoning. With nowhere to go for support ESCAPE was set up by carers for carers.

Why we do it

The lives of families we support are ravaged by drug or alcohol misuse. Parents, grandparents, partners, siblings, children and kinship carers suffer multiple factors of disadvantage and deprivation, particularly health, social and economic inequality as well as damaged relationships/chaotic lifestyles , characterised by social determinants of inequalities including children taken into care, domestic violence, family breakdown, truancy, poor educational attainment, crime, antisocial behaviour, unemployment, trauma, mental health issues etc. Families suffer from negative attitudes, stigmatisation and prejudice within society that impacts on their daily lives, on community cohesion resulting in social isolation and financial hardship.

Who we are

A team of committed trustees, staff, volunteers, family champions and supporters who believe everyone can make a difference.

Message from the Chair

It is with great pleasure that we present ESCAPE Family Support's Annual Report and Accounts 2023/2024.

Yet again, the demand on our services has increased and the charity has risen to the challenge. This Annual Report describes in detail the range of services we have offered, the numbers of people accessing services and the amazing results that have been achieved. I think you will be impressed when you read what we have done to help the people of Northumberland in 2023/2024.

Feedback from our commissioners and funders gives testament to the quality of the services we have provided and the fantastic results we have achieved. This is only made possible with the continued support we receive from all of them, many of whom we have had relationships with over many years and some more recently. We are grateful for the confidence you have shown in us and **on behalf of ESCAPE I say 'Thank You'.**

Our beneficiaries tell us time and time again how invaluable the support from ESCAPE has been to them, their families and friends. You will read about this in the pages which follow. We listen to what help our beneficiaries tell us they need and we strive to provide services tailored to meet their needs.

Many beneficiaries go on to volunteer and provide support in many ways, for example befriending, becoming Family Champions, helping with events for carers and families, admin support, tending our garden and general maintenance of the building. ESCAPE could not function without its volunteers. **'Thank You' for all you do.**

Our staff are at the heart of ESCAPE. They keep the show on the road, so to speak, and work tirelessly to deliver and continually improve the services that ESCAPE is famous for. Following consultation, there was a restructuring exercise in 2023/2024. Some new staff were appointed and many existing staff changed or adapted their roles enabling them to use their skills and experience to progress within the organisation. **'Well Done and Thank You' to the staff '.**

The charity has faced many challenges and changes during some turbulent times since it was established almost 30 years ago. It has been adept at coping with uncertainty and has regularly refreshed its strategic plans to ensure it stays relevant and responsive. There is no doubt that we can expect challenge and change to continue but be assured, ESCAPE will continue to focus on delivering its Vision which was created following much consultation within the organisation and with our stakeholders:

Ensuring we continue to be a sustainable organisation capable of ensuring our unique service offer is available to those people who need it, when they need it.

Jackie

Jackie L M Axelby

Strategy and performance

In 2023 - 24 our focus was on ensuring the organisation achieved financial security and organisational sustainability, this continues to remain our focus going forward. Mission critical for the charity is planning for the retirement of the voluntary CEO both in terms of securing funding for the CEO post and identifying a successor. This would ensure future sustainability and continuity of specialist services for families and young people impacted by a loved ones addiction in Northumberland.

The senior team worked to ensure we made our case to charitable funders and commissioners and while we look forward to expanded service provision through new contracts and tenders, we are mindful that going forward into 2024 - 27 we must continue to work with commissioners to ensure the value of our work is recognised and funded where appropriate.

Family Fun Day Blyth Aug 2023

Our trauma informed interventions are aligned with Adfam's 'We Count Too: Good Practice Guide and Quality Standards'. We deliver: 24/7 telephone helpline; crisis support; educational information; 1-1 support; counselling; support groups; Health & Wellbeing Workshops to address anxiety, anger, self-esteem, sleep hygiene etc.; respite breaks in our caravan; personal learning opportunities; diversionary activities (arts, crafts); support for grandparents/kinship carers, partners, people with a family member going through the court system or in prison; those bereaved through substance use; and programmes for young people, children and siblings. We deliver both adult and children ACE's and CRAFT (detailed later).

ESCAPE's confidential support services are low threshold, person centred, tailored to needs of individuals. Through comprehensive assessment and personalised care planning we help beneficiaries identify their priorities, achieve their goals, and improve their lives.

Beneficiaries last year

"ESCAPE is a much needed organisation and the only one supporting families living with the chaos of addiction in their families that I know in the area "

Well known for its coast, castles and hills, Northumberland has a population of 323,820 spread over 5013KM2, 96.7% of this identified as rural, with 49% of the population living rural areas and 51% residing in the 3% of urban land, mainly in the South East of the county.

38,178 people in Northumberland live in areas within the 10% most deprived decile of the Index Multiple Deprivation (IMD) 2019, an increase of 59.9% on 2015 when 23,877 people lived in the most deprived 10% of Lower Supper Output Areas.

We began the year with 124 cases carried forward from 31/03/2023 and received 225 new referrals across the year ending on 31/03/2024. (51 YP and 174 Adults). We had 19 inappropriate referrals, who we either signposted to services in their own geographic area or on to the treatment service provider or other partners countywide.

124 carried Forward

206 referrals

45 parenting Programme

375 worked directly with plus 163 accessing respite caravan (72 Adults and 91 children)

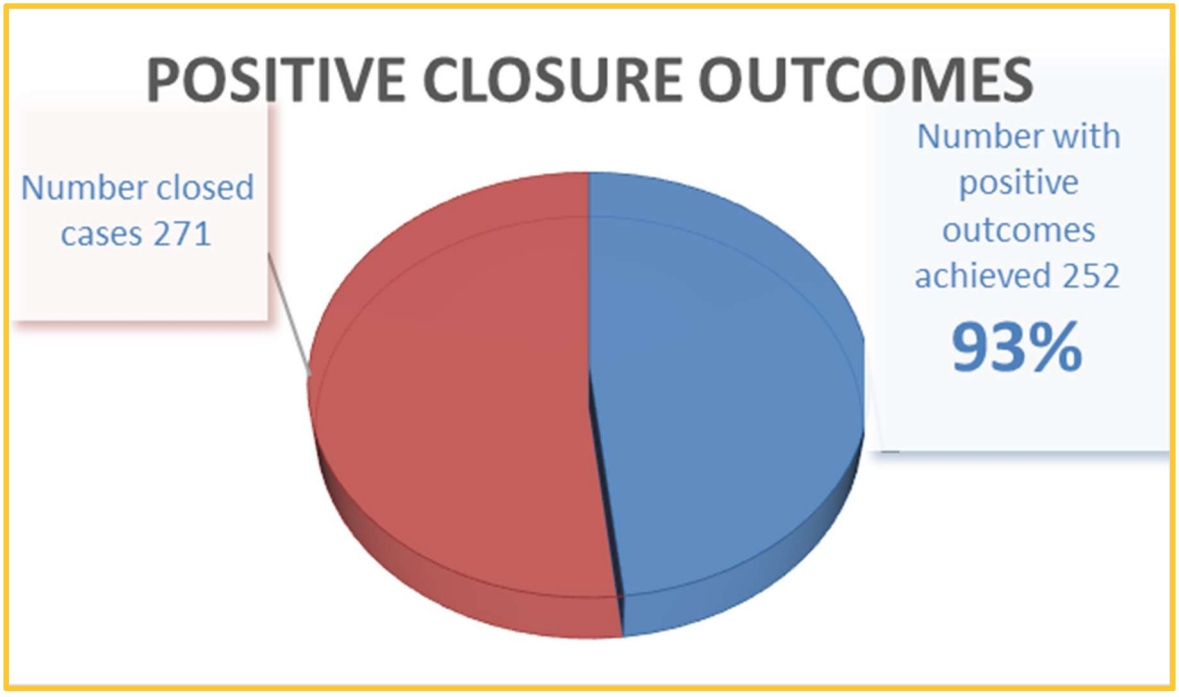
Of the 375 people we worked with directly

54 (siblings) receiving Cash for Kids Xmas gifts

375 + 163 + 54 = **592 people supported in total during 2023/24**

271 cases have been closed as follows:

207 Support Completed and mutually agreed exits
45 Parenting Programmes completed and successfully exited
7 Dropped out of service
5 Declined Support
4 Moved Away



Interventions and impact

We provide improved rapid response to carers in times of crisis via the Helpline

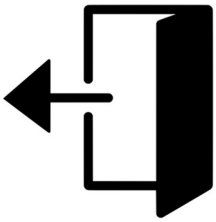
The 24/7 Helpline is used by many clients as a means to self-refer into ESCAPE and is their sole source of advice, information and support out of hours. The calls we receive out of hours are often in relation to serious issues such as: overdose and harm reduction advice, self-harm, suicidal ideation, mental health crisis, family crisis, domestic violence, Hidden Harm, child protection concerns, bereavement, etc.

This year we averaged 28.58 calls per month to the helpline, receiving a total of 343 calls across the year. This exceeded our target of 24 calls per month, we do not include in these figures the calls made by professionals for referral/advice.

We provide access to specialist befriending provision for carers

ESCAPE volunteers our "experts by experience" often become Family Champions and have opportunities to become directly involved in delivery, providing support through developing powerful mutual relationship through befriending. General volunteers are involved in supporting other areas of the charity's operations, general maintenance, administration, gardening, fundraising, planning events etc.

- à **31 carers accessed the befriending service**
- à **19 of them accessing on a short term to mid-term basis**
- à **15 accessing 3 month or longer.**



We provide access to specialist support services for carers

Community Reinforcement and Family Training (CRAFT), is a behaviour modification programme for carers to help their resistant loved ones get into treatment. **Throughout the year we delivered 7 group CRAFT programmes to a total of 63 individuals, this was in addition to delivery of 1-1 to all other adult carers in service, who preferred non-group delivery.**

Supporting Parents and Children Emotionally (SPACE) is a relationship-based delivery model which actively advocates and promotes working in partnership alongside parents. Supporting parents and carers to recognise the impact of adult behaviours on children, and how they can develop the protective behaviours to support both themselves and their children.

We delivered 3 programmes with 23 individuals successfully completing.

Delivery of Teen Triple P Parenting Programme is a toolbox of ideas designed to enhance parenting skills. Rather than prescribing a one-size-fits-all approach, it empowers parents to choose strategies that suit their unique family dynamics.

We delivered 3 programmes with 22 individuals successfully completing.

We provide access to support that reduces isolation and improvement in social integration for carers

We provide a number of respite activities and opportunities for beneficiaries to learn and support each other online and face to face. These include carer coffee mornings, art group, yoga sessions, CRAFT maintenance and bereavement groups and family events throughout the year. Our caravan offers family respite breaks.

We provide access to training, and respite activities to improve health and wellbeing of carers

Wellbeing Workshops were delivered at Briardale House including Anger Awareness, Stress Awareness, Sleep Hygiene, Anxiety and Stress Awareness, Self Esteem and Assertiveness.

Based on 375 beneficiaries

252 (67%) reported improved health and wellbeing.

247 (66%) attended group work with improved skills and confidence

272 (73%) showing improved social isolation.

240 carers (64%) accessed respite activities last year.

Family fun activities throughout the year Easter, Summer, Halloween and Christmas.

Online support, training and maintenance groups. Monthly: bereavement & kinship carer groups. CRAFT maintenance groups.

A qualified volunteer ran our weekly yoga sessions

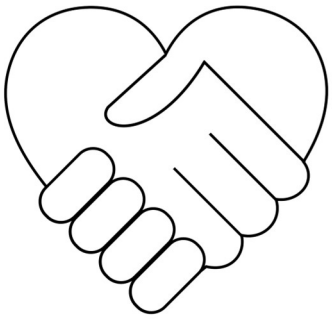
Our 8 berth caravan based at Berwick offered low cost family breaks with leisure and park facilities included.

Family & young people interventions

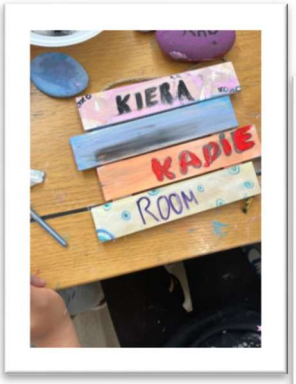
The project offers positive family intervention work, and tailored support packages to families and children. Including but not limited to: Children & Adult Adverse Childhood Experience (ACE), Parenting Programmes including, Supporting Parents and Children Emotionally (SPACE) and Community Reinforcement and Family Training (CRAFT), a behaviour modification programme for carers to help their resistant loved ones get into treatment. Care plans support individuals towards their personal goals, aspirations. With support to improve relationships with family and friends and navigate relationships with other agencies (e.g. school, health visitors and social workers). Practical and individual support to families with a loved one in/wanting to or overcome addiction. Practical help with any other problems a parent/family is facing to keep them and their children safe. Our trained and mentored Family Champion volunteers, "our experts through experience" help us support families wanting to make positive change.

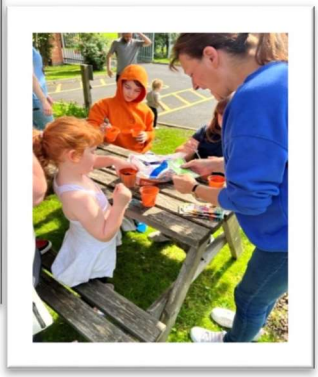
Children experience Hidden Harm within family settings when impacted by chaotic behaviours. We work with YP by raising awareness of risks and increasing protective factors through training & therapeutic programmes to address Adverse Childhood Experiences (ACEs). Our work is trauma informed and our YP ACEs, is a pioneering therapeutic intervention support programme designed for, and targeting, children and young people in Northumberland whose lives are blighted by the drug or alcohol dependency of others within the family setting. Most of these children and young people have multiple vulnerabilities (low self-esteem, mental health issues).

Aims of our interventions



Family members have introduced sustainable behaviours and are better placed to find their own solutions to problems and increase the likelihood of a loved one entering the treatment system. They feel positive about their role as parents and their family's future. The project has reduced the social isolation and stigma that families and relatives of addicts face daily and throughout their lifetimes by breaking down the barriers (i.e., feelings of embarrassment and shame) that prevent people asking for and accessing support. Children and young people are able to maintain the improvements in their mental health and wellbeing , and continue to utilise the learned coping strategies. In doing so release their potential by developing, resilience, confidence, self-esteem, and Independence.





The Young Person ACE's project began the year with 19 cases carried forward from 31/03/2023 and received 51 new referrals to 31/03/2024.

Young People ACE's programme performance

19 cases carried Forward

51 referrals

70 young people

Referral source	Number
Children Services	27
Early Help HUB	10
Schools	12
Family member	8
ESCAPE team/helpline/internet	7
Commissioned D& A (NRP)	1
Internet	1
Carers Northumberland	1
NCC Health & Wellbeing Officer	1
Places For People	1
Silx Teen Bar	1
Total 23/24	**70**

Of the 51 referrals, 7 were unfortunately inappropriate referrals (5 x Children's Services 2 x Schools). A further 4 YP did not access the project, 3 due to out of area moves and 1 unplanned exit. We referred 2 YP on.

From the 53 individuals we offered service to last year 30 young people cases were closed during the reporting period, with support completed. We carried a case load forward of 23 young people.

30 YP showing improved social isolation

30 YP with improved mental health

30 YP improved confidence/coping strategies

Figure 1 ACES (pre intervention)– Girl, 11 yrs.

The ACE's Recovery Toolkit is used with the Young People accessing service provision, it is a proven intervention programme which we use to help children and young people come to terms with their experiences, develop a positive lifestyle and coping strategies.

The programme includes topics including, How abuse affects our thinking, Self-esteem – what is it? Who's my family?

Talking positive, Ways to handle difficult feelings and Healthy relationships and trust.

Figure 2 ACES (post intervention) – Girl, 11 yrs.

Volunteering training project

We provide access to training that supports delivery of ESCAPE services. As beneficiaries move through their journey, they are given opportunities to formally gain the skills and competencies that will equip them to work as facilitators, peer mentors, befrienders, and to equip them with skills to progress towards employability and or further learning.

ESCAPE is an AIM registered centre providing personal learning, accredited training and volunteering opportunities including:

- Befriending Level 1
- Peer Mentoring Level 2
- Support Skills Training Level 2
- Supporting Families Affected by Addiction Level 2
- Family Dynamics Level 3

Volunteers add an immense amount of value and contribute greatly to supporting staff and beneficiaries at ESCAPE. We have volunteers who provide support through befriending, counselling, fundraising, family fun days, administration, cleaning and general maintenance.

We delivered accredited courses and trained 9 new volunteers / peer mentors last year. They completed 19 accredited qualifications between them as most did multiple courses.

- 1 person is now employed at Full Circle Recovery.
- 8 are now volunteering within ESCAPE, NRP - the treatment system and other organisations.

It is worth noting that 33% of the volunteers/course participants were from ethnic minority groups. The trainer provided support with English to develop understanding of course materials. We opened up our peer mentoring programme to people from other organisation to ensure that all courses were filled. This led to people who have been addicted to substances who are at a good place in their recovery journey gaining Level 2 and Level 3 qualifications. The carers and service users who participated learnt a lot from each other on these courses gaining an understanding of how addiction and their behaviours and coping strategies affect their own family members.

Last year 22 volunteers provided 5,568 hours of support, equal to 2.9 Full time staff members!!

Aims of our family champions

In addition to empowering and equipping volunteers and family champions, with new skills, improved confidence, improved mental health etc. this approach enables ESCAPE to:

- To provide a connected' network of peer support across the county
- reach out into our communities across the county and significantly increase the number of families and young people supported
- support delivery low threshold interventions and support the paid staff team

How people accessed our services

Referral source	Total
Children Services/social workers	36
Family hub – parenting referrals	45
Early Help Hub	13
Family member	36
ESCAPE team/helpline/internet	63
Commissioned D& A (NRP)	34
Returning beneficiaries	22
Friend/word of mouth	16
General Hospital	13
NSEC/A&E	1
Internet/leaflet	12
Schools	17
SORTED	11
Carers Northumberland	9
Mental Health Team	7
Adult Services	4
Crisis Team	6
NCC Health & Wellbeing Officer	2
Probation	2
Greenacres	2
Recovery College	2
Northumberland Domestic Abuse Service	1
Places For People	1
Silx Teen Bar	1
PROPS	9
Total 23/24	**375**

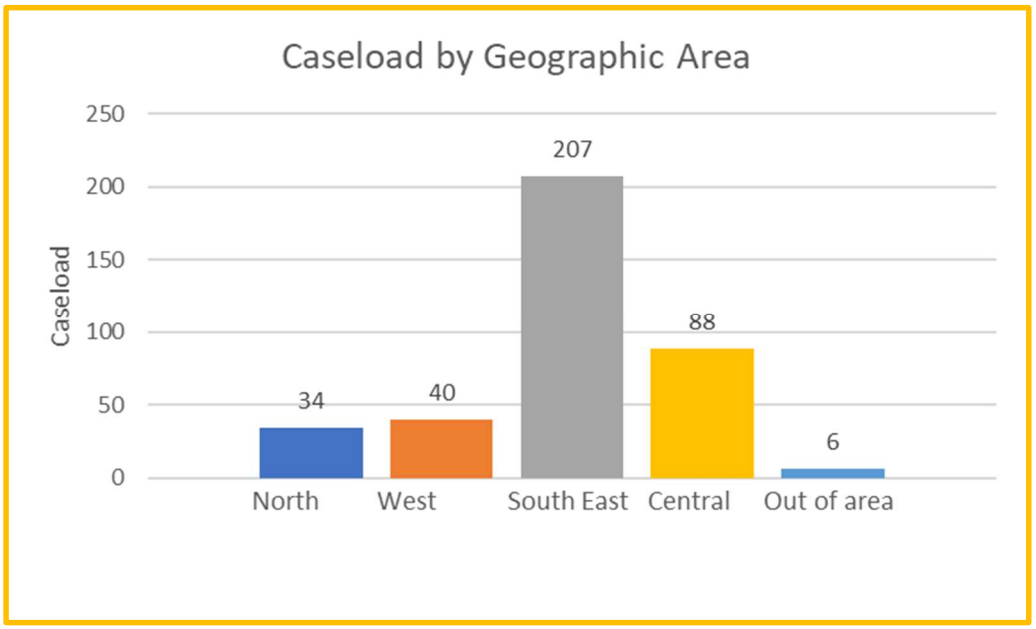
Young Person (YP) Tom (not real name).

Tom was 12 years old when referred into service by his social worker who has since successfully closed the case. Referral information stated that Tom would benefit from specialist support to address the impact of Dad's harmful drinking on him in his early years. At the start of engagement dad was 7 months sober.

Mum was contacted and told us it was a constant battle to get Tom to go to school, his attendance was very poor. School had excluded him on a number of occasions citing "defiant and obnoxious behaviour" to his parents. Everyone was struggling with the conflict at home. School were aware of ESCAPE support.

Following 1-2 Ace's support, Tom developed healthy coping strategies, recognising when he was getting frustrated and learning how to redirect his focus when struggling. Building resilience which helped him manage stressful situations better, his confidence and ability to concentrate in lessons improved. The issues at school reduced.

At parents evening mum, teachers reported Tom was doing great in lessons, good attendance and less anger. Tom is a happy, confident young man and all members of the family reported positive outcomes.

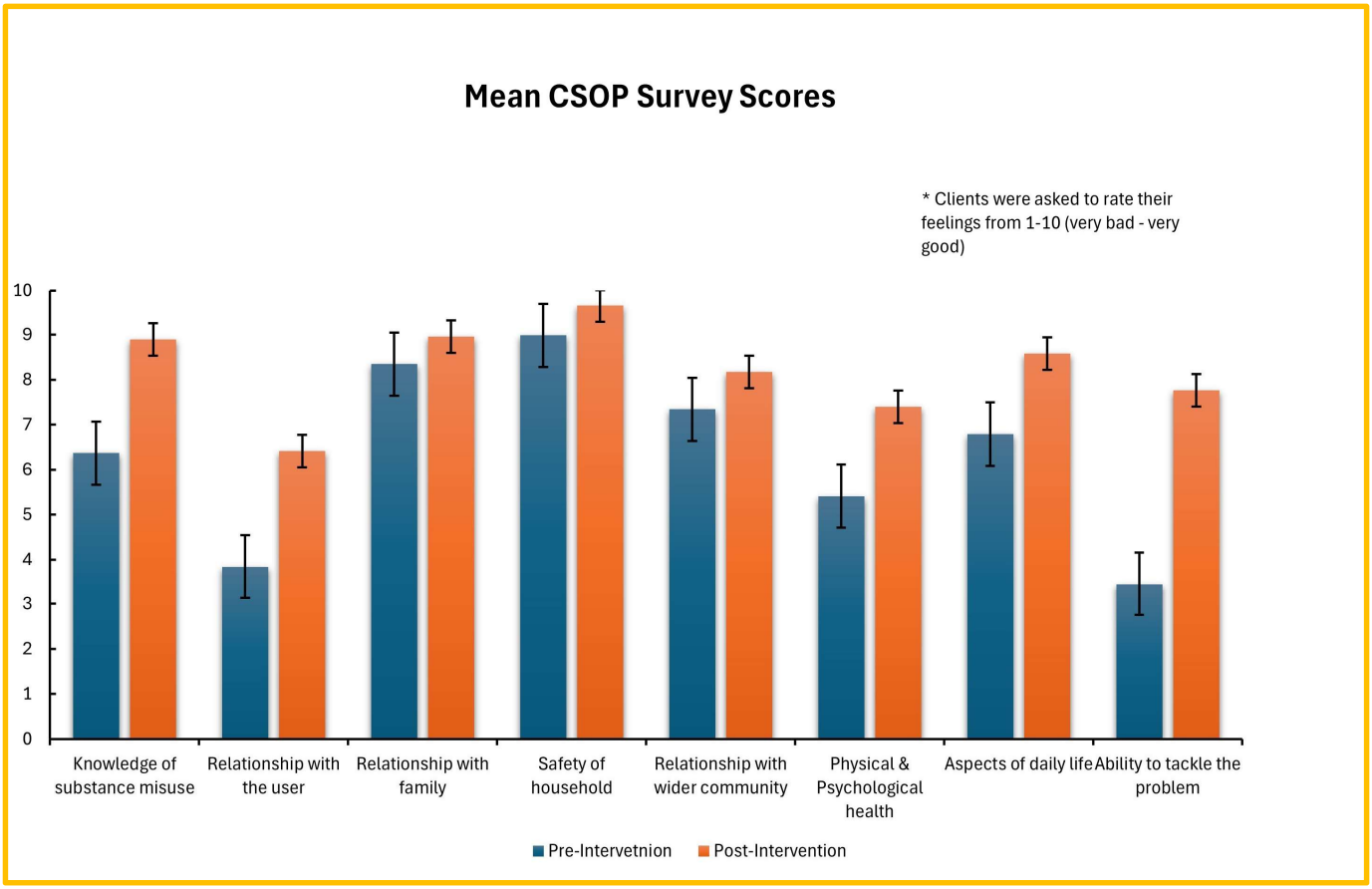


Sample data analysis carer & family support

We capture improvement and transitional success for beneficiaries using a range of recognised and validated tools: Carer Support Outcome Profile CSOP, ACE's Tools, Rosenberg Questionnaires, Outcome Action Plans, focus groups and service questionnaires. Broadly speaking, outcome measures aim to quantify changes that occur in a beneficiary's status over a course of treatment and social support. The commonest strategy involves the use of standardised outcome measures, based on pre-set questions administered to a group of beneficiaries. The standardised structure of these measures allows for mechanisation of the outcome measurement process, since all individuals are presented with the same pre-determined questions (OECD 2013).

The Substance Misuse Carer Support Outcome Profile (CSOP) is a tool developed by the Bridge Project in collaboration with the University of Bradford. It's designed to support carers of individuals with substance misuse issues. It is a nationally recognised survey used to measure the impact that caring has on carers, both physically and psychologically.

From the 271 closed cases last year we extracted 109 cases to be used in our data analysis to determine the effectiveness of our intervention's, against the 8 sections the CSOP covers. **We saw a significant ($p < .01$) increase in scores post intervention across all 8 areas with three "small medium" effects and five large effects.**



The 8 sections of the CSOP cover these specific areas:

Knowledge of substance misuse - **Large change effect.**

ESCAPE interventions significantly increased beneficiary knowledge and helped carers have a better understanding of their situation, helping reduce anxieties around a loved one's substance use behaviours

Relationship with the User - **Large change effect.**

ESCAPE interventions significantly increased carer understanding of the challenges their loved one faced, & increased their ability to provide appropriate support. Carers feel more able to discuss and address their feelings.

Relationship with family/Safety of household/ Relationship with Wider Community - **Small/medium effect.**

ESCAPE interventions increased protected factors leading to carers feeling improvement across all 3 areas. Carers have strategies in place that can help minimise collusion and manipulation within the family/ community. In reality even a small effect can have large and meaningful impacts, within complex settings.

Physical and Psychological Health - **Large change effect.**

ESCAPE interventions significantly improved carer's mental and physical wellbeing. Carers are better equipped to understand their own health needs and make healthier lifestyle choices.

Aspects of daily life & Ability to tackle the problem - **Large change effect.**

ESCAPE interventions significantly improved carer's ability to tackle the problem and cope with aspects of daily life. Carers have had the emotional and practical support that has enabled them to gain a level of knowledge that helps them understand and handle their circumstances better.

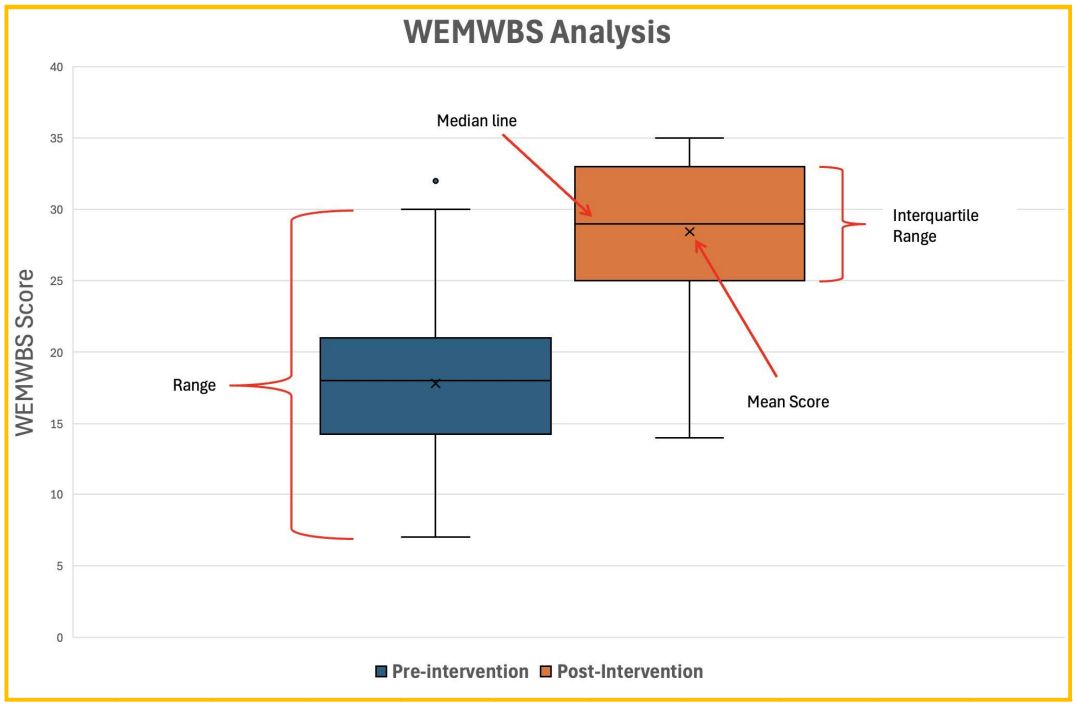
"ESCAPE changed my life as I did my education courses through ESCAPE, not only do I work in Recovery now, I also volunteer when I can at ESCAPE. I can't speak highly enough of all the staff and the services they provide." **2024 Family Champion Rob H.**

"The Alcohol Care Team, Northumbria Healthcare Trust have established an effective partnership over numerous years with ESCAPE to facilitate a cohesive approach to the care pathway between primary and secondary care, thereby providing continuity of care for families. ACT are extremely grateful for their continued commitment and dedication to the families of Northumberland".
Linda Sample, Advanced Alcohol Specialist Nurse, Alcohol Care Team, Gastroenterology, Northumbria Specialist Emergency Care Hospital

Sample data analysis carer & family support

The WEMWBS survey is an internationally recognised tool for evaluating the effectiveness of programmes and interventions and their impact on the mental well-being of clients. The 14-item scale WEMWBS has 5 response categories, summed to provide a single score. The items are all worded positively and cover both feeling and functioning aspects of mental wellbeing, thereby making the concept more accessible.

From the 271 closed cases last year we extracted 224 cases to be used in our data analysis to determine the effectiveness of our interventions, pre- and post-intervention scores were statistically compared to look for differences.



Our statistical analysis discovered a significant ($p < .001$) increase in scores post-intervention compared to scores before intervention. The effect of our interventions was also calculated to be "extremely large", showing that our services at ESCAPE made a great contribution to the improved mental wellbeing of our clients. Our interventions were found to have especially large effects on clients in areas such as optimism, relaxation, ability to deal with problems, and ability to think clearly.

"ESCAPE Family Support were really fantastic at supporting me when I needed it the most. My workers patience, regular calls and advice saw me through some tough situations and I'll be forever grateful for that". ***(Female carer)***

"My daughter has taken a lot from her counselling sessions and has come a long way mentally and emotionally since. Thank you so much you have really made a difference in our lives." ***(YP ACE's mother)***

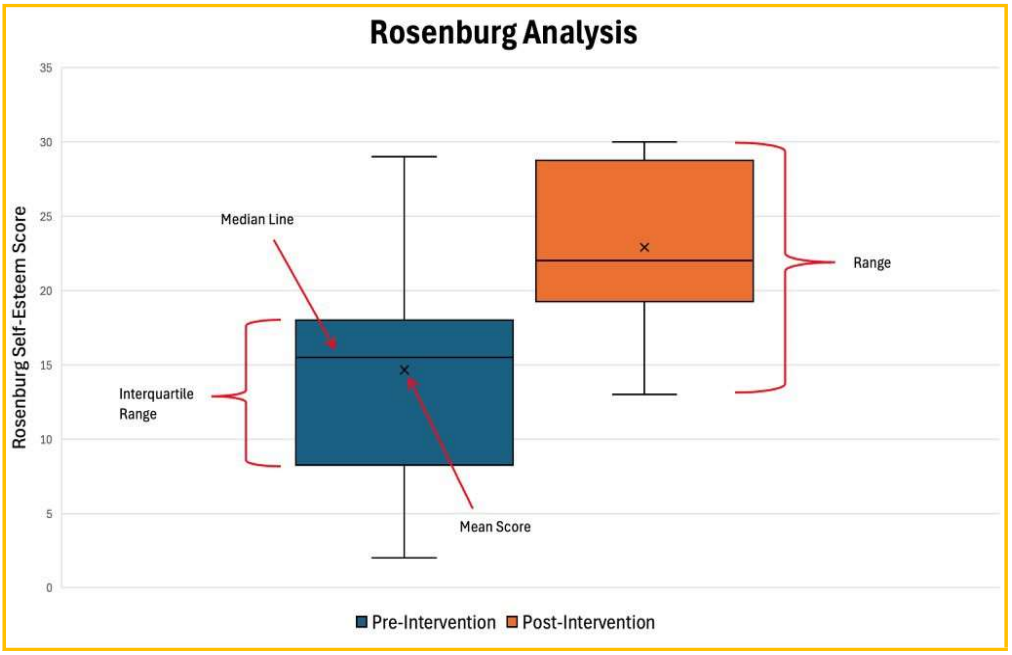
Escape has been very helpful in aiding me to change my life through my recovery and providing me with opportunities to better myself professionally. Escape has a great team that does not get the credit it deserves for the work they do in the community. Without Escape I would not be where I am today. ***(Family Champion Matt)***

Sample data analysis YP ACEs project

The Rosenberg Self-Esteem Scale (RSE) is a widely used self-esteem measure in social science research. Developed by sociologist Morris Rosenberg, it consists of 10 statements related to overall feelings of self-worth or self-acceptance. Participants rate these statements on a **four-point scale**, from "strongly agree" to "strongly disagree." The RSE provides insights into an individual's self-esteem/self- efficacy and a score below 15 may indicate problematic low self-esteem.

Young People ACEs

The project worked with 53 x individuals (8-18 yrs.), we extracted 20 closed cases with pre and post intervention Rosenberg Self-Esteem **Scale** (RSE) assessments. We used these scores to determine whether the interventions provided through ESCAPE' support led to a statistically significant improvement in self-efficacy/self-esteem.



The results of these tests, demonstrated a significant difference in scores and a "large effect" (p < .001). Meaning that our interventions significantly improved the self-esteem of our YP clients. The results of the paired t-test showed post-intervention scores were significantly higher than scores pre-intervention. It also demonstrated ESCAPE's interventions have had a "large" effect on the result.

"The children find the service useful because for most of them it's the first time someone is there for them to talk about their parents' addiction who is not a social worker. This helps a lot because the relationship with a social worker is usually strained because we say that we are there to keep them safe but then, we remove them (this is not all of them of course), or we put safety plans in place and disrupt their day to day living and family time (contact) arrangements and for some, that knock by the social worker changed their life forever. It's often very difficult to build this relationship so when you come in to ESCAPE and say you are there to listen to them and to support them, they build that relationship easily. You also have an in-depth understanding of how they are feeling, and you give them that one to one time each week which we cannot do." **Nomsa Ndweni - Social Worker (Northumberland County Council)**

Accounts

ESCAPE FAMILY SUPPORT LIMITED Charity Number 1063500

(A company limited by guarantee) Company Number 03256554

STATEMENT OF FINANCIAL ACTIVITIES (SoFA)

(Including Summary Income and Expenditure Account**)**

For the year ended 31 March 2024

Income From	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Donations and Legacies	6	4,849	3,950	**8,799**	6,226
Charitable Activities					
Grants and Statutory Funding	7	60,032	189,098	**249,130**	305,293
Other Trading Activities	8	12,335	3,000	**15,335**	3,638
Investments	9	976	-	**976**	125
Total Income		78,192	196,048	**274,240**	315,282

Expenditure on	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
Raising Funds	10	851	2,162	**3,013**	7,540
Charitable Activities					
Operations of the charity	11	72,368	208,434	**280,803**	312,862
Total Expenditure		73,219	210,596	**283,816**	320,402
Net Income/(Expenditure) and		4,973	(14,548)	**(9,575)**	(5,120)
Reconciliation of funds					
Total Funds Brought forward		239,064	234,615	**473,679**	478,799
Total Funds Carried Forward		244,037	220,067	**464,104**	473,679

The Statement of Financial Activities (SoFA) includes all grants and losses recognised during the year. All income and expenditure derive from continuing activities.

Thanks to our funders

ESCAPE are very grateful to commissioners, Town and Parish Councils, charitable and corporate funders, and our community fundraisers who support both front line services through revenue funding and the upgrades and maintenance of the building through capital funding.

ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2024

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Annual Report and Financial Statements

For the year ended 31 March 2024

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ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Report of the Management Committee for the year ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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) (effective October 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 Southview
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair
H Scarfe (previously Madin)	Vice Chair & also Treasurer from 17/10/23
N Furno	Treasurer until 17/10/2023
T Devine	Company Secretary
J Murphy	
S J Murphy	
A Park	
Laura Keen	Appointed 30/01/2024

Company Secretary
T Devine

Independent examiner
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle Upon Tyne
Tyne And Wear
NE1 8AF

Bank:
Lloyds Bank

Solicitors:- Employment Law
Helen Kay
HMK Legal Ltd
Clavering House
Clavering Place
Newcastle upon Tyne
NE1 3NG

Solicitors:- Property
Cuthbertson's
3 Stanley Street
Blyth
Northumberland
NE24 2BS

OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress to drug, alcohol and solvent users' and their families who are or have been suffering from the misuse of substances, being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, and mediation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one's addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member
- Support to young people affected by a loved one's substance use (ACE's trauma informed)
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 326,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration lives in the southeast of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

The North East has had the highest rate of drug misuse for the past nine consecutive years (between 2013 and 2021), before this Wales had a higher rate than all English regions (between 2010 and 2012). The North East continues to be statistically significantly higher than all other regions of England as well as Wales. (ONS 3 August 2022).

The statistics for deaths by drug misuse and figures for death by drug poisoning both show that the North East region has the highest death rate in England and Wales, at almost twice the national average. There were 1,123 deaths linked to drug misuse in the North East between 2019 and 2021, which works out at an average annual rate of 204.1 per 1,000,000 people, almost twice as high as England's average rate of 102.8 for the same period (ONS 3 August 2022).

The North East also has the highest rate of deaths for drug poisoning, which include the misuse figures along with statistics for deaths caused by complications such as deep vein thrombosis or septicaemia from intravenous drug use, drug-induced suicides and deaths caused by prescription and over the counter medicines, obtained illegally or legally (ONS 3 August 2022).

Figures released in December 2021 by the Office of National Statistics (ONS) show that alcohol-specific deaths in the North-East rose by more than 20.5%.

Public Benefit Statement

The trustees/directors have paid due regard to the Charity Commission guidance on public benefit and are confident that the organisation’s aims, objectives and activities are in accordance with the guidance on public benefit. Our activities and achievements as outlined demonstrate our commitment to ensuring that the organisation’s resources and activities maximise the potential benefit to our local community.

ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope.

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

ESCAPE has supported 375 beneficiaries directly during 2023/24, including 70 young people/children, whose lives have been negatively impacted by a family member's substance use. 271 cases were closed during this year with 93% of these people leaving service in a planned way reporting improved health and wellbeing and the skills to cope ongoing. Our current caseload is 104. Of these, 18 are receiving Tier 1 support (Low level support), 22 are receiving Tier 2 interventions (Intermediate) with 64 people receiving Tier 3 (Intensive) services.

ESCAPE's confidential support services are person centred, evidence based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e., partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role.

All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas, the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

GOVERNANCE

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard until March 2022 when we achieved a rare Platinum Investor in People standard, a remarkable achievement for any small organisation.

Our Investor in People Insights Report dated March 2022 highlighted that we should be proud of:

- Inspirational leadership that is influencing how people behave with the organisation (role modelling) as well as motivating them to perform at their best.
- ESCAPE is a value driven organisation, where people make decisions based on what they feel is the right thing to do rather than necessarily the easiest.
- You genuinely consult your people and involve them in decision-making. This leads to people feeling

empowered and connected to your plans and strategies.

- You have a range of people processes that provide people with support and focus for their work.

- You are constantly exploring and introducing improvements to your people practices. We saw new activities such as peer support meetings and the development of services in response to the pandemic, that indicated your dedication to continually improve.

- Your people are passionate about the work they do and the communities they serve.

- Your IIP survey results were exceptional and included all of your people either agreeing or strongly agreeing that the organisation was a great place to work.

We are delighted and proud to achieve this award and to have been benchmarked so highly against other organisations delivering social work activities with a score of 861 out of 900 in comparison with an average industry benchmark score of 748 out of 900; with average IIP benchmark scores being 727.
Investor in People Insights Assessment and Health and Wellbeing Review Report March 2022.

The service is supported through grants from Public Health at Northumberland County Council, Adult Services at Northumberland County Council, National Lottery Reaching Communities Fund, Greggs Foundation, Sir James Knott Trust, Bernicia Foundation, Ashington Town Council, NCC Children's Services Family Hubs, Shears Foundation, Blyth Town Council, Barbour Trust, ERDF Energy Blyth Wind Farm, Community Foundation, Coalfields Regeneration Trust, Ridley Family Trust, Squires Foundation, 1989 Willan Trust, Albert Hunt Trust, Karbon Homes, Coop Local Community Fund, RW Mann Trust, Hadrian Trust, Joicey Trust, Prudhoe Town Council, Freemasons of Northumberland, Northumberland High Sheriff, Haltwhistle Town Council, Choppington Parish Council, Ponteland Town Council, Percy Hedley 1990 Trust, Tesco Community Grants, The Bentley Advancing Life Chances Trust, J H Burn Charity Trust and Amble Town Council.

The Trustees are grateful to all of the funders who supported the work of the charity during 2023/24. Trustees would also like to thank individuals who have made personal donations this year.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2023/24. The charity continues to embed a stronger mutual aid approach to supporting carers and families and our trauma informed support programme and interventions for young people whose lives are affected by the drug or alcohol dependency of others.

VOLUNTEERING AND PEER MENTORING:

We have an amazing pool of who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, befriending, peer mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

We successfully recruited and trained a further 9 Family Champions in 2023/24. They completed 19 accredited qualifications between them as most completed multiple courses. Despite having their own personal struggles our Family Champions again contributed to the support we have offered to families this year and our mutual aid provision continues. 1 Family Champions has now gained direct economic benefits from participating in the project as they have gained employment at Full Circle Recovery and are utilising the qualifications, skills and experience they gained through becoming Family Champions. 8 are now volunteering within ESCAPE, Northumberland Recovery Partnership and other organisations. These are excellent outcomes for the people that have trained as family champions.

Family Champions have provided support in running our mutual aid groups for Carers including Kinship Carers, the Bereaved and CRAFT Maintenance groups. There has been a mix of face to face and online support delivered for carers in line with their needs and wishes.

It is worth noting that 33% of the volunteers recruited this year were from ethnic minority groups. Our trainer provided support with English to develop understanding of course materials/ We opened our peer mentoring training to people from other organisations to ensure that all courses were filled. This led to people who have been addicted to drugs and alcohol who are at a good place in their recovery journey gaining Level 1, 2 and 3 qualifications. The carers and service users who participated learnt a lot from each other on these courses, gaining an understanding of how addiction, associated behaviours and their coping strategies affect their own family members.

We currently have 22 volunteers, family champions and peer mentors who have again made a significant contribution to provision this year providing 5,568 hours of work. This is in effect the equivalent of 2.9 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of family champions, volunteers/mentors (e.g., improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups. The stigmas' associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

In addition to empowering and equipping volunteers and family champions with new skills, improved confidence, improved mental health etc. this approach has enabled ESCAPE to:

- Provide a connected network of peer support across the county
- Reach out into communities across the county and significantly increase support to those in rural areas.
- Support delivery of low threshold interventions and support the paid staff team.

The difference our work has made this year:

- We have again supported families and young people throughout Northumberland

- We have worked to continually rebuild our pool of Family Champions as people leave to move on into further education, training or work

- People have been able to 'give back' and 'help others in similar situations and both carers and service users are clearly valuing the support received from each other

- Carer and Young People feedback again demonstrates that families are more resilient and have better relationships

- Family Champions have again been empowered through developing skills and gaining qualifications and through helping others

- The children and adults we have worked with will have better life chances through addressing their Adverse Childhood Experience's.

We believe our support to families is holistic and accessible due to our hybrid methods of working, service delivery, CRAFT and the ACE's programmes of support.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Inequalities Task Force, Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, Regional Carers of Substance Users Forum, and Adfam's steering group and newly formed Family Support Alliance. We are a valued partner in these settings.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community settings.

FINANCIAL REVIEW

The charity, through sound financial management and the support of staff and volunteers generated a very positive financial outcome for this period and ended this financial year with deferred income which comprises of advance payments of grants relating to future periods. We carry forward £105,070.

Principal Funding Sources

Principal funding sources for the charity during 2023/24 Public Health at Northumberland County Council, Adult Services at Northumberland County Council, National Lottery Reaching Communities Fund, Greggs Foundation, Sir James Knott Trust, Bernicia Foundation, Ashington Town Council, NCC Children's Services Family Hubs, Shears Foundation, Blyth Town Council, Barbour Trust, ERDF Energy Blyth Wind Farm, Community Foundation, Coalfields Regeneration Trust, Ridley Family Trust, Squires Foundation, 1989 Willan Trust, Albert Hunt Trust, Karbon Homes, Coop Local Community Fund, RW Mann Trust, Hadrian Trust, Joicey Trust, Prudhoe Town Council, Freemasons of Northumberland, Northumberland High Sheriff, Haltwhistle Town Council, Choppington Parish Council, Ponteland Town Council, Percy Hedley 1990 Trust, Tesco Community Grants, The Bentley Advancing Life Chances Trust, J H Burn Charity Trust and Amble Town Council.

The charity was able to improve and maintain the Susan Kennedy Centre facilities thanks to grants from The Clothworkers Foundation, Albert Hunt Trust Screwfix Foundation, Bernard Sunley Foundation and the B&Q Foundation, duke of Northumberland charity, community Chest and Banks Community Fund.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2023/24.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves Policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold 4 months of operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e., unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g., employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, e.g., money may need to be spent before a funding grant is received.

7. To prevent cashflow problems.

The amount of reserves we hold is reported to the board each quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year.

Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold four months of reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between four to six months unrestricted reserves. We are currently holding 4 months operating costs.

Our annual budget for 2024/25 is £414,981 and this has been secured.

Our annual budget for 2025/26 is currently £380,455, we have secured £175,255.00 of this, leaving us with a starting deficit of £205,170 to find before 31/03/26. We are holding £124,374 in unrestricted reserves. Should the Drug Strategy and ICB funding totalling almost 95k not be renewed for 2025/26 we have a contingency plan in place to reduce the budget and staffing team to resolve this problem. Therefore, our current reserves more than cover the projected deficit should we fail to raise the further funds we require in 2025/26. Trustees are confident that this is a realistic, achievable target for the charity.

Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2024/25 is £380,455 and therefore the minimum unrestricted cash reserves target is £126,818 to be retained in reserves plus tangible fixed assets. Unrestricted cash reserves funds of £124,374; designated unrestricted funds of £19,030; and £23,090 of restricted cash funds apply on 31st March 2024. The charity also has £285,409 fixed assets.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding until 31st March 2025 and beyond. To sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity, it is imperative to secure significant funds.

The budget for 2024/25 is £380,455 and therefore the minimum unrestricted cash reserves target is £126,818 to be retained in reserves plus tangible fixed assets.

Going Concern

The Trustees have performed a robust analysis of budget, forecasts, reserve levels and cash flows taking into consideration potential scenarios could have on the charity. After making appropriate enquiries, the Board of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

FUTURE PLANS

The charity will continue to work to sustain, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. Our Family Champions Programme delivers more mutual aid for carers and our trauma informed work to address the needs of Young People will continue. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, young people, peer mentors, volunteers, staff and trustees. Our plans are based around five key priorities that have been identified:

1. Identify and assess the service needs of our target populations and the best ways of delivering high quality services to meet those needs.
2. Explore new and existing funding streams and sources to maximise income to ensure a sustainable future for the organisation.
3. Finalise the review of our information management systems, implement agreed changes and embed new systems.
4. Support staff and volunteers to maximise their contribution, and personal and professional fulfilment in their roles within the organisation.
5. Ensure continuing good governance and control of the organisation.

A focus on our five priority areas, as identified above, will enable us to:

- Reach and support more families including children and young people.
- Build a stronger and connected network of support across the county.
- Support staff, volunteers and trustees to maximise their contribution, and personal and professional fulfilment in their roles within the organisation.
- Support people, including young people, to 'give back' and 'help others in similar situations.
- Improve impact measurement
- Ensure sustainability of the organisation.
- Ensure continued good governance.

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th, 1996, and registered as a Charity on July 18th, 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts. There have been no trustee resignations this year and we have appointed one new trustee who strengthens the board with their External Marketing and Communications Skills. The more traditional business, social work and nursing skills are well represented on the Management Committee. In the event of particular skills being

lost due to retirements, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "The Essential Trustee".

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken, and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

RISK MANAGEMENT STATEMENT

Governance

Following a trustee skills audit and analysis, further recruitment of at least two more trustees will take place as we have one trustee who will retire in November 2024 after completing nine years of service.

Operational

Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained during 2024/25 and beyond. The staff will increase in size during 2024/25 due to two short term 12-month projects to be undertaken in that year.

Financial

Sustainability of the charity is a high priority. Securing a tender from Northumberland County Council for delivery of support services to Families of Substance User and three-year grants from Greggs Foundation and Sir James Knott Trust commencing 1st April 2023 and lasting until 31st March 2026 covers 33% of our organisational budget and contributes to financial viability of the charity for the next two years. The charity will continue work to build on this in 2024/25 onwards.

The board has two working groups to strengthen its governance and aid sustainability – a Finance Group and an Operations, Policies and Safeguarding Group. Their work is ongoing.

External Risks

Trustees recognise that more than ten years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue as the new government work to undertake a spending review and balance national budgets. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need. All funds required to March 2025 has been secured and funding applications to cover the budget for 2025/26 are now being submitted.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation

The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group includes self-assessment against Charity Commission guidelines and models of best practice.

Organisational Structure

The Management Committee (the board) has eight members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Chief Executive. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.

In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Inequalities Task Force, Drug and Alcohol Steering Group, Carers Partnership Board and Young Carer Steering Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Northumberland Communities Thriving Together, Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service, Mental Health Concern, Northumberland Recovery College,

Briardale House and other Community Groups. The charity initially achieved the Investors in People Gold Standard and retained this until March 2022 when a rare Investor in People Platinum standard was achieved which the charity continues to hold until March 2025.

Related Parties

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies. The local Drug and Alcohol Steering Group, Carer Partnership Board and Young Carer Steering Group are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services Ltd were re-appointed as the charities Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the board of trustees on 8 November 2024 and signed on its behalf by:

Holly Scarfe (Nov 14, 2024 09:55 GMT)

H Scarfe - Trustee

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2024

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2024, which are set out on pages 17 to 33.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2022 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

L Hetherington

Lilian Hetherington (Nov 14, 2024 10:20 GMT)

Lilian Hetherington FCA
Fellow of the Institute of Chartered Accountants in England & Wales
Connected Voice Business Services Ltd
One Strawberry Lane
Newcastle upon Tyne
NE1 4BX

Date: 14/11/2024

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2024

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Income from:					
Donations and legacies	6	4,849	3,950	**8,799**	6,226
Charitable activities					
Grants and statutory funding	7	60,032	189,098	**249,130**	305,293
Other trading activities	8	12,335	3,000	**15,335**	3,638
Investments	9	976	-	**976**	125
Total income		78,192	196,048	**274,240**	315,282
Expenditure on:					
Raising funds	10	851	2,162	**3,013**	7,540
Charitable activities					
Operation of the charity	11	72,368	208,434	**280,802**	312,862
Total expenditure		73,219	210,596	**283,815**	320,402
Net movement of funds		4,973	(14,548)	**(9,575)**	(5,120)
Reconciliation of funds					
Total funds brought forward		239,064	234,615	**473,679**	478,799
Total funds carried forward		244,037	220,067	**464,104**	473,679

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 19 to 33 form an integral part of these financial statements.

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

BALANCE SHEET
As at 31 March 2024

	Notes	2024 £	2024 Total £	2023 £	2023 Total £
Fixed assets					
Tangible assets	18		285,609		306,308
Intangible assets	19		12,000		6,000
Total fixed assets			**297,609**		**312,308**
Current assets					
Debtors	20	7,098		1,665	
Cash at bank and in hand	21	265,686		177,382	
Total current assets		**272,784**		**179,047**	
Creditors: amounts falling due within one year	22	**(106,289)**		**(17,676)**	
Net current assets			**166,495**		**161,371**
Total assets less current liabilities			**464,104**		**473,679**
Total net assets or liabilities			**464,104**		**473,679**
Funds of the charity					
Unrestricted income funds			244,037		239,064
Restricted income funds			220,067		234,615
Total funds			**464,104**		**473,679**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 19 to 33 form an integral part of these financial statements.

These financial statements were approved by the Board on: 8 November 2024

and are signed on its behalf by:

H Scarfe
Treasurer

Holly Scarfe (Nov 14, 2024 09:55 GMT)

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (issued in October 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2022, the Companes Act 206 and the Uk Generally Accepted Accounting Practice .

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 of income recognition are met.

3.4 **Donated goods and services**

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 **Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 **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.

3.7 **Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 **Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 **Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 **Expenditure and liabilities**

4.1 **Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 **Charitable activities**

All expenditure is accounted for on an accrual baisis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 **Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

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

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.7 **Pensions**

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and computer equipment	25 % Straight Line
Caravan	10 % Straight Line
Other equipment	25 % Straight Line

5.2 **Intangible fixed assets**

Development costs that are directly attributable to the design and testing of identifiable and unique software products controlled by the charity are recognised as intangible assets when the following criteria are met:

- It is technically feasible to complete the software so that it will be available for use.
- The charity intends to complete the software and to use it.
- It can be demonstrated how the osftware will generate probable future economic benefits Adequate technical, financial and other resources to complete the development and to use the
- software are available.
- The expenditure attributable to the software during its development can be reliably measured.

Development costs are not amortised until the software is brought into use.

5.3 **Debtors**

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

Analysis of income

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
6 **Donations and legacies**				
Donations and grants	4,849	3,950	**8,799**	6,226
	4,849	3,950	**8,799**	6,226

7 **Charitable activities**	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Grant income				
National Lottery Reaching Communities Fund	-	24,851	**24,851**	85,170
Greggs Foundation	-	20,000	**20,000**	-
Sir James Knott Foundation	-	15,000	**15,000**	-
Bernicia Foundation	-	10,000	**10,000**	-
The Shears Foundation	-	5,500	**5,500**	-
The Barbour Foundation	-	5,000	**5,000**	-
Coalfields	-	5,000	**5,000**	-
Ridley Family Trust	-	5,000	**5,000**	-
Banks Community Fund	-	4,176	**4,176**	-
Albert Hunt	-	4,000	**4,000**	-
The Duke of Northumberland Charity	-	2,250	**2,250**	-
R W Mann Trust	-	1,500	**1,500**	-
Freemasons of Northumberland	-	1,000	**1,000**	-
Hadrian Trust	-	1,000	**1,000**	-
Community Chest	-	750	**750**	-
The Percy Hedley Trust	-	500	**500**	-
Bentley's	-	500	**500**	-
Tesco community fund	-	500	**500**	-
J H Burn Charity Trust	-	300	**300**	-
EDF Blyth Wind Farm	-	5,000	**5,000**	-
Cost of Living	-	5,000	**5,000**	
The Clothworkers' Foundation	-	-	**-**	27,500
Garfield Weston	-	-	**-**	25,000
The Ballinger Trust	-	-	**-**	9,996
Big Lottery Awards for All	-	-	**-**	9,984
The Shears Foundation	-	-	**-**	5,000
Albert Hunt	-	-	**-**	5,000
The Screwfix Foundation	-	-	**-**	5,000
Bernard Sunley Foundation	-	-	**-**	5,000
The B&Q Foundation	-	-	**-**	5,000
The Joicey Trust	-	-	**-**	3,400
RW Mann	-	-	**-**	1,500
Santander Foundation	-	-	**-**	998
The Asda Foundation	-	-	**-**	700
The Percy Hedley Trust	-	-	**-**	500
Northumberland County Council Jubilee Fund	-	-	**-**	500
Carried forward balance	-	116,827	116,827	190,248

Analysis of grant income
continued

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Brought forward balance	-	116,827	**116,827**	190,248
Statutory income				
Public Health at Northumberland County Council	55,000	26,291	**81,291**	55,000
Northumberland County Council - Carers' Grant	-	25,000	**25,000**	25,000
Mental Health Concern	-	-	**-**	12,935
Blyth Town Council	-	5,000	**5,000**	6,650
Ashington Town Council	-	8,000	**8,000**	6,000
Prudhoe Town Council	-	1,000	**1,000**	-
Ponteland Town Council	-	500	**500**	-
Choppington Parish Council	-	500	**500**	-
Haltwhistle Town Council	-	500	**500**	-
Amble Town Council	-	160	**160**	-
	55,000	183,778	238,778	295,833
Other income				
Other income	32	5,320	**5,352**	3,960
NI Employment allowance	5,000	-	**5,000**	5,000
Sponsorship Blyth Harbour Commission	-	-	**-**	500
	60,032	189,098	249,130	305,293

8 **Other trading activities**

Room hire	1,275	-	**1,275**	2,745
Other sales	11,060	3,000	**14,060**	773
Carers' Feedback Survey	-	-	**-**	120
	12,335	3,000	**15,335**	3,638

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
9 **Income from investments**				
Bank interest	976	-	**976**	125
	976	-	**976**	125

Income was £274,240 (2023: £315,282) of which £78,192 was unrestricted or designated (2023: £14,989) and £196,048 was restricted (2023: £300,293)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
10 **Raising funds**				
Fundraising costs	851	2,162	**3,013**	7,540
	851	2,162	**3,013**	7,540

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
11 **Charitable activities**				
Direct costs				
Staff costs	15,779	115,282	**131,061**	143,964
Training costs	-	4,165	**4,165**	2,498
Respite costs (caravan)	-	1,116	**1,116**	6,617
Travel costs	117	659	**776**	2
Volunteer costs including travel	692	1,446	**2,138**	2,759
Helpline and outreach	2,342	41	**2,383**	3,453
Support costs				
Staff costs	26,689	21,436	**48,125**	51,673
Utilities	9,102	8,492	**17,594**	5,498
General running costs	1,167	1,491	**2,658**	1,773
Insurance	99	5,900	**5,999**	-
Repairs and renewals	349	6,104	**6,453**	930
Cleaning	78	263	**341**	216
Telephone	279	38	**317**	-
Internet and ICT costs	6,494	4,915	**11,409**	6,953
Stationery and printing	4,504	6,431	**10,935**	4,388
Sundry expenses	-	3,950	**3,950**	-
Refreshments	204	384	**588**	385
Room Hire	-	4,635	**4,635**	6,105
Professional fees	2,492	1,522	**4,014**	8,217
Bank charges	124	-	**124**	222
Small equipment	245	123	**368**	10,838
Depreciation	658	20,041	**20,699**	19,972
Furniture replacement costs	-	-	**-**	8,325
Building maintenance costs	-	-	**-**	22,332
Small equipment hire	-	-	**-**	288
Evaluation fees	-	-	**-**	4,500
Carried forward balance	71,414	208,434	279,848	311,908

Charitable activities continued	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Governance costs				
Brought forward balance	71,414	208,434	**279,848**	311,908
Independent examiner's fees for reporting on the accounts	954	-	**954**	954
	72,368	208,434	**280,802**	312,862

Expenditure on charitable activities was £283,815 (2023: £320,402) of which £73,219 was unrestricted or designated (2023: £13,297) and £210,596 was restricted (2023: £307,105)

12 **Fees for examination of the accounts**

	2024 £	2023 £
Independent examiner's fees for reporting on the accounts	**954**	954

There were no other fees paid to the examiner (2023: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2024 £	**2023 £**
Salaries and wages	**158,287**	172,905
Social security costs	**12,243**	13,727
Pension costs (defined contribution pension plan)	**7,645**	7,863
Other employee benefits	**1,011**	1,141
	179,186	195,636

No employee received remuneration above £60,000 (2023: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2023: £0)

14 **Staff numbers**

The average monthly head count was 9 staff (2023: 9 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employees work	**2024 Number**	2023 Number
Charitable activities	**5.2**	5.6

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £7,645 (2023: £7,863). There was £0 outstanding as at 31 March 2024 (2023: £0).

16 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

The following details the expenses incurred by the trustees.

	2024	2023
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,126**	1,627
Tom Devine	**-**	84
	1,126	1,711

Transactions with related parties

As at 31 March 2024
There were no related party tranactions for the year ended 31 March 2024 (2023: £nil).

17 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

18 **Tangible fixed assets**

	Freehold property	**Office and computer equipment**	**Caravan**	**Other equipment**	**Total**
	£	**£**	**£**	**£**	**£**
Cost					
At 1 April 2023	341,147	23,661	32,035	4,561	**401,404**
Additions	-		-	-	**-**
Disposals	-		-	-	**-**
At 31 March 2024	341,147	23,661	32,035	4,561	**401,404**
Depreciation					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2023	63,571	16,096	12,816	2,613	**95,096**
Depreciation charge for year	12,715	3,639	3,204	1,141	**20,699**
Disposals	-		-	-	**-**
At 31 March 2024	76,286	19,735	16,020	3,754	**115,795**
Net book value					
At 31 March 2023	277,576	7,565	19,219	1,948	**306,308**
At 31 March 2024	264,861	3,926	16,015	807	**285,609**

19 **Intangible fixed assets**

	Software Development	Total
	£	**£**
Cost		
At 1 April 2023	6,000	**6,000**
Additions	6,000	**6,000**
At 31 March 2023	12,000	**12,000**
Amortisation		
At 1 April 2023	-	**-**
Amortisation charge for year	-	**-**
At 31 March 2024	-	**-**
Net book value		
At 31 March 2023	6,000	**6,000**
At 31 March 2024	12,000	**12,000**

20 **Debtors and prepayments (receivable within 1 year)**

	2024	2023
	£	£
Debtors	**1,500**	1,665
Prepayments	**5,598**	-
	7,098	1,665

21 **Cash at bank and in hand**

	2024	2023
	£	£
Short term deposits	**146,906**	65,930
Cash at bank	**118,534**	111,426
Cash in hand	**246**	26
	265,686	177,382

22 **Creditors and accruals (payable within 1 year)**

	2024	2023
	£	£
Other creditors	**265**	1,267
Accruals		
Independent examination of accounts	**954**	954
Deferred income	**105,070**	15,455
	106,289	17,676

23 **Deferred income**

Deferred income comprises of advance payments from grants that relate to future periods

	2024	2023
	£	£
Balance brought forward	**15,455**	20,384
Amount released to income earned from charitable activities	**(15,455)**	(20,384)
Amount deferred in year	**105,070**	15,455
Balance carried forward	**105,070**	15,455

24 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

25 **Analysis of charitable funds**

Analysis of movements in unrestricted funds
As at 31 March 2024

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	118,530	78,192	(72,561)	213	**124,374**
Designated funds					
Unrestricted fixed assets	95,291	-	(658)	6,000	**100,633**
Contingency	10,618	-	-	(213)	**10,405**
System upgrade	14,625	-	-	(6,000)	**8,625**
Totals	239,064	78,192	(73,219)	-	**244,037**

As at 31 March 2023

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	116,165	14,989	(12,624)	-	**118,530**
Designated funds					
Unrestricted fixed assets	89,964	-	(673)	6,000	**95,291**
Contingency	10,618	-	-	-	**10,618**
System upgrade	20,625	-	-	(6,000)	**14,625**
Totals	237,372	14,989	(13,297)	-	**239,064**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

Analysis of movement in restricted funds
As at 31 March 2024

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
Restricted fixed assets	£	£	£	£	**£**
Susan Kennedy Centre refurbishment	190,706	-	(12,714)	-	**177,992**
Restricted office, computer and other equipment	9,210	-	(4,477)	-	**4,733**
Caravan upgrade	17,100	-	(2,850)	-	**14,250**
Restricted funds					
Susan Kennedy Centre	1,315	-	-	-	**1,315**
Respite project	(1,524)	5,320	(1,116)	-	**2,680**
Centre running costs	715	-	-	18	**733**
National lottery Reaching Communities	110	24,851	(24,961)	-	**-**
	-	26,291	(26,205)	-	**86**
Northumberland County Council - Public Health FSW Blyth	-	25,000	(24,998)	-	**2**
Northumberland County Council - Carers Grant					
Mental Health concern	191	-	(191)	-	**-**
Blyth Town Council	-	5,000	(4,996)	(4)	**-**
Small equipment	206	-	-	-	**206**
Donations in Kind	-	3,950	(3,950)	-	**-**
Awards for all	1,164	-	(1,112)	-	**52**
RW Mann	1,035	1,500	(2,535)	-	**-**
The Joicey Trust	3,387	-	(3,387)	-	**-**
The Shears Foundation	638	5,500	(6,138)	-	**-**
The Percy Hedley Trust	460	500	(960)	-	**-**
Garfield Weston	1,918	-	(1,918)	-	**-**
Northumberland County Council Jubilee Fund	4	-	-	(4)	**-**
Ashington Town Council	-	8,000	(7,990)	(10)	**-**
Asda Foundation	333	-	(308)	-	**25**
Ballinger Trust	3,620	-	(3,620)	-	**-**
Greggs Foundation	-	20,000	(10,984)	-	**9,016**
Sir James Knott	-	15,000	(8,000)	-	**7,000**
Bernicia Foundation	-	10,000	(10,000)	-	**-**
The Barbour Foundation	-	5,000	(5,000)	-	**-**
Coalfields	-	5,000	(5,000)	-	**-**
Ridley Family Trust	-	5,000	(5,000)	-	**-**
Albert Hunt	-	4,000	(4,000)	-	**-**
Karbon Homes	-	3,000	(3,000)	-	**-**
Freemasons of Northumberland	-	1,000	(1,000)	-	**-**
Hadrian Trust	-	1,000	(1,000)	-	**-**
Prudhoe Town Council	-	1,000	(1,000)	-	**-**
Ponteland Town Council	-	500	(500)	-	**-**
Choppington Parish Council	-	500	(500)	-	**-**
Haltwhistle Town Council	-	500	(500)	-	**-**
Amble Town Council	-	160	(160)	-	**-**
Bentley's	-	500	(500)	-	**-**
Tesco community fund	-	500	(108)	-	**392**
J H Burn Charity Trust	-	300	(300)	-	**-**
EDF Blyth Wind Farm	-	5,000	(5,000)	-	**-**
Cost of Living	-	5,000	(5,000)	-	**-**
Centre maintenance and new equipment					
The Cloth Workers Foundation	4,027	-	(4,027)	-	**-**
Banks Community Fund	-	4,176	(4,176)	-	**-**
The Duke of Northumberland Charity	-	2,250	(665)	-	**1,585**
Community Chest	-	750	(750)	-	**-**
Totals	234,615	196,048	(210,596)	-	**220,067**

Analysis of movement in restricted funds
As at 31 March 2023

Restricted fixed assets	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Susan Kennedy Centre refurbishment	203,420	-	(12,714)	-	**190,706**
Restricted office, computer and other equipment	9,148	-	(3,735)	3,797	**9,210**
Caravan upgrade	19,950	-	(2,850)	-	**17,100**
Restricted funds					
Susan Kennedy Centre	1,315	-	-	-	**1,315**
Respite project	1,133	3,960	(6,617)	-	**(1,524)**
Centre running costs	721	-	(6)	-	**715**
National lottery Reaching Communities	2,161	85,170	(87,221)	-	**110**
Public Health	601	55,000	(55,601)	-	**-**
Mental Health concern	2,768	12,935	(15,512)	-	**191**
Small equipment	206	-	-	-	**206**
Santander Foundation	-	998	(998)	-	**-**
Blyth Town Council	-	6,650	(6,650)	-	**-**
Awards for all	-	9,984	(8,820)	-	**1,164**
RW Mann	-	1,500	(465)	-	**1,035**
The Joicey Trust	-	3,400	(13)	-	**3,387**
The Shears Foundation	-	5,000	(4,362)	-	**638**
The Percy Hedley Trust	-	500	(40)	-	**460**
Garfield Weston	-	25,000	(23,082)	-	**1,918**
Northumberland County Council Carers' Grant	-	25,000	(25,000)	-	**-**
Northumberland County Council Jubilee Fund	4	500	(500)	-	**4**
Ashington Town Council	-	6,000	(6,000)	-	**-**
Asda Foundation	-	700	(367)	-	**333**
Port of Blyth Commissioners	-	500	(500)	-	**-**
Ballinger Trust	-	9,996	(6,376)	-	**3,620**
Centre maintenance and new equipment					
The Cloth Workers Foundation	-	27,500	(19,676)	(3,797)	**4,027**
Albert Hunt	-	5,000	(5,000)	-	**-**
Bernard Sunley Foundation	-	5,000	(5,000)	-	**-**
B&Q Foundation	-	5,000	(5,000)	-	**-**
Screwfix Foundation	-	5,000	(5,000)	-	**-**
	241,427	300,293	(307,105)	-	**234,615**

Purpose of restricted funds

Restricted Funds represent income resources used for a specific purpose by the charity in line with requirements set down by the donor. These have been bought together into other restricted balances in total because there should only be a small amount of funds carried forward between financial years and will only be spend on areas specified by the donor in the financial year of the initial grant.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Northumberland County Council - Public Health FSW Blyth	Restricted to costs associated with the Family Support Worker in Blyth
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Respite Project	Restricted for the respite project.
Centre Running Costs	Restricted to centre running costs.
National Lottery Reaching Communities	Restricted to reaching communities
Santander Foundation	Restricted to intern's salary costs
Northumbria NHS Health Trust	Restricted to Service Manager salary costs
Northumberland County Council – Carers Grant	Restricted to Family Support Worker salary costs
Blyth Town Council	Restricted to running costs within the Blyth area
Small equipment	Restricted to the purchase of small equipment or contributions towards the purchase of larger items
Tesco community fund	Restricted to items to support the work done with young people
Asda Foundation	Restricted to items to support the work done with young people
Ballinger Trust	Restricted to Family Support Worker salary costs
Greggs Foundation	Restricted to Service Manager Salary Costs
The Clothworkers Foundation	Restricted to the building maintenance project and purchase of equipment for the same
Albert Hunt	Restricted to building maintenance/refurbishment costs
Screwfix Foundation	Restricted to building maintenance/refurbishment costs
Bernard Sunley Foundation	Restricted to building maintenance/refurbishment costs
B&Q Foundation	Restricted to building maintenance/refurbishment costs
Duke of Northumberland Charity	Restricted to cost of replacing central heating boiler
Community Chest	Restricted to cost of replacing central heating boiler
Banks Community Fund	Restricted to work on the roof of the Susan Kennedy Centre
All other funds	Restricted to running costs

Transfers between funds

As at 31 March 2024	**Reason for transfer**	**Amount £**
		0

As at 31 March 2023	**Reason for transfer**	**Amount £**
Transfer between The Clothworkers' Foundation and fixed assets	Amount to cover the depreciation of items bought as part of the refurbishment.	**3,797**

26 **Capital commitments**

As at 31 March 2024, the charity had capital commitments of £0 relating to the refurbishment of the Susan Kennedy Centre (2023 - £4,027)

27 **Analysis of net assets between funds**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2024 £**	**Total 2023 £**
Tangible fixed assets	-	100,633	196,976	**297,609**	**312,308**
Cash at bank and in hand	225,149	19,030	21,507	**265,686**	**177,382**
Other net current assets/(liabilities)	(100,775)	-	1,584	**(99,191)**	**(16,011)**
	124,374	119,663	220,067	**464,104**	**473,679**

Escape accounts 23-24 Final

Final Audit Report 2024-11-14

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By:	Lilian Hetherington (lilian.hetherington@connectedvoice.org.uk)
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ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2024

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Annual Report and Financial Statements

For the year ended 31 March 2024

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ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Report of the Management Committee for the year ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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) (effective October 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 Southview
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair
H Scarfe (previously Madin)	Vice Chair & also Treasurer from 17/10/23
N Furno	Treasurer until 17/10/2023
T Devine	Company Secretary
J Murphy	
S J Murphy	
A Park	
Laura Keen	Appointed 30/01/2024

Company Secretary
T Devine

Independent examiner
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle Upon Tyne
Tyne And Wear
NE1 8AF

Bank:
Lloyds Bank

Solicitors:- Employment Law
Helen Kay
HMK Legal Ltd
Clavering House
Clavering Place
Newcastle upon Tyne
NE1 3NG

Solicitors:- Property
Cuthbertson's
3 Stanley Street
Blyth
Northumberland
NE24 2BS

OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress to drug, alcohol and solvent users' and their families who are or have been suffering from the misuse of substances, being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, and mediation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one's addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member
- Support to young people affected by a loved one's substance use (ACE's trauma informed)
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 326,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration lives in the southeast of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

The North East has had the highest rate of drug misuse for the past nine consecutive years (between 2013 and 2021), before this Wales had a higher rate than all English regions (between 2010 and 2012). The North East continues to be statistically significantly higher than all other regions of England as well as Wales. (ONS 3 August 2022).

The statistics for deaths by drug misuse and figures for death by drug poisoning both show that the North East region has the highest death rate in England and Wales, at almost twice the national average. There were 1,123 deaths linked to drug misuse in the North East between 2019 and 2021, which works out at an average annual rate of 204.1 per 1,000,000 people, almost twice as high as England's average rate of 102.8 for the same period (ONS 3 August 2022).

The North East also has the highest rate of deaths for drug poisoning, which include the misuse figures along with statistics for deaths caused by complications such as deep vein thrombosis or septicaemia from intravenous drug use, drug-induced suicides and deaths caused by prescription and over the counter medicines, obtained illegally or legally (ONS 3 August 2022).

Figures released in December 2021 by the Office of National Statistics (ONS) show that alcohol-specific deaths in the North-East rose by more than 20.5%.

Public Benefit Statement

The trustees/directors have paid due regard to the Charity Commission guidance on public benefit and are confident that the organisation’s aims, objectives and activities are in accordance with the guidance on public benefit. Our activities and achievements as outlined demonstrate our commitment to ensuring that the organisation’s resources and activities maximise the potential benefit to our local community.

ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope.

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

ESCAPE has supported 375 beneficiaries directly during 2023/24, including 70 young people/children, whose lives have been negatively impacted by a family member's substance use. 271 cases were closed during this year with 93% of these people leaving service in a planned way reporting improved health and wellbeing and the skills to cope ongoing. Our current caseload is 104. Of these, 18 are receiving Tier 1 support (Low level support), 22 are receiving Tier 2 interventions (Intermediate) with 64 people receiving Tier 3 (Intensive) services.

ESCAPE's confidential support services are person centred, evidence based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e., partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role.

All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas, the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

GOVERNANCE

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard until March 2022 when we achieved a rare Platinum Investor in People standard, a remarkable achievement for any small organisation.

Our Investor in People Insights Report dated March 2022 highlighted that we should be proud of:

- Inspirational leadership that is influencing how people behave with the organisation (role modelling) as well as motivating them to perform at their best.
- ESCAPE is a value driven organisation, where people make decisions based on what they feel is the right thing to do rather than necessarily the easiest.
- You genuinely consult your people and involve them in decision-making. This leads to people feeling

empowered and connected to your plans and strategies.

- You have a range of people processes that provide people with support and focus for their work.

- You are constantly exploring and introducing improvements to your people practices. We saw new activities such as peer support meetings and the development of services in response to the pandemic, that indicated your dedication to continually improve.

- Your people are passionate about the work they do and the communities they serve.

- Your IIP survey results were exceptional and included all of your people either agreeing or strongly agreeing that the organisation was a great place to work.

We are delighted and proud to achieve this award and to have been benchmarked so highly against other organisations delivering social work activities with a score of 861 out of 900 in comparison with an average industry benchmark score of 748 out of 900; with average IIP benchmark scores being 727.
Investor in People Insights Assessment and Health and Wellbeing Review Report March 2022.

The service is supported through grants from Public Health at Northumberland County Council, Adult Services at Northumberland County Council, National Lottery Reaching Communities Fund, Greggs Foundation, Sir James Knott Trust, Bernicia Foundation, Ashington Town Council, NCC Children's Services Family Hubs, Shears Foundation, Blyth Town Council, Barbour Trust, ERDF Energy Blyth Wind Farm, Community Foundation, Coalfields Regeneration Trust, Ridley Family Trust, Squires Foundation, 1989 Willan Trust, Albert Hunt Trust, Karbon Homes, Coop Local Community Fund, RW Mann Trust, Hadrian Trust, Joicey Trust, Prudhoe Town Council, Freemasons of Northumberland, Northumberland High Sheriff, Haltwhistle Town Council, Choppington Parish Council, Ponteland Town Council, Percy Hedley 1990 Trust, Tesco Community Grants, The Bentley Advancing Life Chances Trust, J H Burn Charity Trust and Amble Town Council.

The Trustees are grateful to all of the funders who supported the work of the charity during 2023/24. Trustees would also like to thank individuals who have made personal donations this year.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2023/24. The charity continues to embed a stronger mutual aid approach to supporting carers and families and our trauma informed support programme and interventions for young people whose lives are affected by the drug or alcohol dependency of others.

VOLUNTEERING AND PEER MENTORING:

We have an amazing pool of who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, befriending, peer mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

We successfully recruited and trained a further 9 Family Champions in 2023/24. They completed 19 accredited qualifications between them as most completed multiple courses. Despite having their own personal struggles our Family Champions again contributed to the support we have offered to families this year and our mutual aid provision continues. 1 Family Champions has now gained direct economic benefits from participating in the project as they have gained employment at Full Circle Recovery and are utilising the qualifications, skills and experience they gained through becoming Family Champions. 8 are now volunteering within ESCAPE, Northumberland Recovery Partnership and other organisations. These are excellent outcomes for the people that have trained as family champions.

Family Champions have provided support in running our mutual aid groups for Carers including Kinship Carers, the Bereaved and CRAFT Maintenance groups. There has been a mix of face to face and online support delivered for carers in line with their needs and wishes.

It is worth noting that 33% of the volunteers recruited this year were from ethnic minority groups. Our trainer provided support with English to develop understanding of course materials/ We opened our peer mentoring training to people from other organisations to ensure that all courses were filled. This led to people who have been addicted to drugs and alcohol who are at a good place in their recovery journey gaining Level 1, 2 and 3 qualifications. The carers and service users who participated learnt a lot from each other on these courses, gaining an understanding of how addiction, associated behaviours and their coping strategies affect their own family members.

We currently have 22 volunteers, family champions and peer mentors who have again made a significant contribution to provision this year providing 5,568 hours of work. This is in effect the equivalent of 2.9 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of family champions, volunteers/mentors (e.g., improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups. The stigmas' associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

In addition to empowering and equipping volunteers and family champions with new skills, improved confidence, improved mental health etc. this approach has enabled ESCAPE to:

- Provide a connected network of peer support across the county
- Reach out into communities across the county and significantly increase support to those in rural areas.
- Support delivery of low threshold interventions and support the paid staff team.

The difference our work has made this year:

- We have again supported families and young people throughout Northumberland

- We have worked to continually rebuild our pool of Family Champions as people leave to move on into further education, training or work

- People have been able to 'give back' and 'help others in similar situations and both carers and service users are clearly valuing the support received from each other

- Carer and Young People feedback again demonstrates that families are more resilient and have better relationships

- Family Champions have again been empowered through developing skills and gaining qualifications and through helping others

- The children and adults we have worked with will have better life chances through addressing their Adverse Childhood Experience's.

We believe our support to families is holistic and accessible due to our hybrid methods of working, service delivery, CRAFT and the ACE's programmes of support.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Inequalities Task Force, Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, Regional Carers of Substance Users Forum, and Adfam's steering group and newly formed Family Support Alliance. We are a valued partner in these settings.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community settings.

FINANCIAL REVIEW

The charity, through sound financial management and the support of staff and volunteers generated a very positive financial outcome for this period and ended this financial year with deferred income which comprises of advance payments of grants relating to future periods. We carry forward £105,070.

Principal Funding Sources

Principal funding sources for the charity during 2023/24 Public Health at Northumberland County Council, Adult Services at Northumberland County Council, National Lottery Reaching Communities Fund, Greggs Foundation, Sir James Knott Trust, Bernicia Foundation, Ashington Town Council, NCC Children's Services Family Hubs, Shears Foundation, Blyth Town Council, Barbour Trust, ERDF Energy Blyth Wind Farm, Community Foundation, Coalfields Regeneration Trust, Ridley Family Trust, Squires Foundation, 1989 Willan Trust, Albert Hunt Trust, Karbon Homes, Coop Local Community Fund, RW Mann Trust, Hadrian Trust, Joicey Trust, Prudhoe Town Council, Freemasons of Northumberland, Northumberland High Sheriff, Haltwhistle Town Council, Choppington Parish Council, Ponteland Town Council, Percy Hedley 1990 Trust, Tesco Community Grants, The Bentley Advancing Life Chances Trust, J H Burn Charity Trust and Amble Town Council.

The charity was able to improve and maintain the Susan Kennedy Centre facilities thanks to grants from The Clothworkers Foundation, Albert Hunt Trust Screwfix Foundation, Bernard Sunley Foundation and the B&Q Foundation, duke of Northumberland charity, community Chest and Banks Community Fund.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2023/24.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves Policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold 4 months of operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e., unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g., employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, e.g., money may need to be spent before a funding grant is received.

7. To prevent cashflow problems.

The amount of reserves we hold is reported to the board each quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year.

Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold four months of reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between four to six months unrestricted reserves. We are currently holding 4 months operating costs.

Our annual budget for 2024/25 is £414,981 and this has been secured.

Our annual budget for 2025/26 is currently £380,455, we have secured £175,255.00 of this, leaving us with a starting deficit of £205,170 to find before 31/03/26. We are holding £124,374 in unrestricted reserves. Should the Drug Strategy and ICB funding totalling almost 95k not be renewed for 2025/26 we have a contingency plan in place to reduce the budget and staffing team to resolve this problem. Therefore, our current reserves more than cover the projected deficit should we fail to raise the further funds we require in 2025/26. Trustees are confident that this is a realistic, achievable target for the charity.

Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2024/25 is £380,455 and therefore the minimum unrestricted cash reserves target is £126,818 to be retained in reserves plus tangible fixed assets. Unrestricted cash reserves funds of £124,374; designated unrestricted funds of £19,030; and £23,090 of restricted cash funds apply on 31st March 2024. The charity also has £285,409 fixed assets.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding until 31st March 2025 and beyond. To sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity, it is imperative to secure significant funds.

The budget for 2024/25 is £380,455 and therefore the minimum unrestricted cash reserves target is £126,818 to be retained in reserves plus tangible fixed assets.

Going Concern

The Trustees have performed a robust analysis of budget, forecasts, reserve levels and cash flows taking into consideration potential scenarios could have on the charity. After making appropriate enquiries, the Board of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

FUTURE PLANS

The charity will continue to work to sustain, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. Our Family Champions Programme delivers more mutual aid for carers and our trauma informed work to address the needs of Young People will continue. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, young people, peer mentors, volunteers, staff and trustees. Our plans are based around five key priorities that have been identified:

1. Identify and assess the service needs of our target populations and the best ways of delivering high quality services to meet those needs.
2. Explore new and existing funding streams and sources to maximise income to ensure a sustainable future for the organisation.
3. Finalise the review of our information management systems, implement agreed changes and embed new systems.
4. Support staff and volunteers to maximise their contribution, and personal and professional fulfilment in their roles within the organisation.
5. Ensure continuing good governance and control of the organisation.

A focus on our five priority areas, as identified above, will enable us to:

- Reach and support more families including children and young people.
- Build a stronger and connected network of support across the county.
- Support staff, volunteers and trustees to maximise their contribution, and personal and professional fulfilment in their roles within the organisation.
- Support people, including young people, to 'give back' and 'help others in similar situations.
- Improve impact measurement
- Ensure sustainability of the organisation.
- Ensure continued good governance.

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th, 1996, and registered as a Charity on July 18th, 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts. There have been no trustee resignations this year and we have appointed one new trustee who strengthens the board with their External Marketing and Communications Skills. The more traditional business, social work and nursing skills are well represented on the Management Committee. In the event of particular skills being

lost due to retirements, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "The Essential Trustee".

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken, and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

RISK MANAGEMENT STATEMENT

Governance

Following a trustee skills audit and analysis, further recruitment of at least two more trustees will take place as we have one trustee who will retire in November 2024 after completing nine years of service.

Operational

Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained during 2024/25 and beyond. The staff will increase in size during 2024/25 due to two short term 12-month projects to be undertaken in that year.

Financial

Sustainability of the charity is a high priority. Securing a tender from Northumberland County Council for delivery of support services to Families of Substance User and three-year grants from Greggs Foundation and Sir James Knott Trust commencing 1st April 2023 and lasting until 31st March 2026 covers 33% of our organisational budget and contributes to financial viability of the charity for the next two years. The charity will continue work to build on this in 2024/25 onwards.

The board has two working groups to strengthen its governance and aid sustainability – a Finance Group and an Operations, Policies and Safeguarding Group. Their work is ongoing.

External Risks

Trustees recognise that more than ten years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue as the new government work to undertake a spending review and balance national budgets. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need. All funds required to March 2025 has been secured and funding applications to cover the budget for 2025/26 are now being submitted.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation

The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group includes self-assessment against Charity Commission guidelines and models of best practice.

Organisational Structure

The Management Committee (the board) has eight members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Chief Executive. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.

In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Inequalities Task Force, Drug and Alcohol Steering Group, Carers Partnership Board and Young Carer Steering Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Northumberland Communities Thriving Together, Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service, Mental Health Concern, Northumberland Recovery College,

Briardale House and other Community Groups. The charity initially achieved the Investors in People Gold Standard and retained this until March 2022 when a rare Investor in People Platinum standard was achieved which the charity continues to hold until March 2025.

Related Parties

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies. The local Drug and Alcohol Steering Group, Carer Partnership Board and Young Carer Steering Group are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services Ltd were re-appointed as the charities Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the board of trustees on 8 November 2024 and signed on its behalf by:

Holly Scarfe (Nov 14, 2024 09:55 GMT)

H Scarfe - Trustee

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2024

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2024, which are set out on pages 17 to 33.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2022 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

L Hetherington

Lilian Hetherington (Nov 14, 2024 10:20 GMT)

Lilian Hetherington FCA
Fellow of the Institute of Chartered Accountants in England & Wales
Connected Voice Business Services Ltd
One Strawberry Lane
Newcastle upon Tyne
NE1 4BX

Date: 14/11/2024

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2024

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Income from:					
Donations and legacies	6	4,849	3,950	**8,799**	6,226
Charitable activities					
Grants and statutory funding	7	60,032	189,098	**249,130**	305,293
Other trading activities	8	12,335	3,000	**15,335**	3,638
Investments	9	976	-	**976**	125
Total income		78,192	196,048	**274,240**	315,282
Expenditure on:					
Raising funds	10	851	2,162	**3,013**	7,540
Charitable activities					
Operation of the charity	11	72,368	208,434	**280,802**	312,862
Total expenditure		73,219	210,596	**283,815**	320,402
Net movement of funds		4,973	(14,548)	**(9,575)**	(5,120)
Reconciliation of funds					
Total funds brought forward		239,064	234,615	**473,679**	478,799
Total funds carried forward		244,037	220,067	**464,104**	473,679

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 19 to 33 form an integral part of these financial statements.

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

BALANCE SHEET
As at 31 March 2024

	Notes	2024 £	2024 Total £	2023 £	2023 Total £
Fixed assets					
Tangible assets	18		285,609		306,308
Intangible assets	19		12,000		6,000
Total fixed assets			**297,609**		**312,308**
Current assets					
Debtors	20	7,098		1,665	
Cash at bank and in hand	21	265,686		177,382	
Total current assets		**272,784**		**179,047**	
Creditors: amounts falling due within one year	22	**(106,289)**		**(17,676)**	
Net current assets			**166,495**		**161,371**
Total assets less current liabilities			**464,104**		**473,679**
Total net assets or liabilities			**464,104**		**473,679**
Funds of the charity					
Unrestricted income funds			244,037		239,064
Restricted income funds			220,067		234,615
Total funds			**464,104**		**473,679**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 19 to 33 form an integral part of these financial statements.

These financial statements were approved by the Board on: 8 November 2024

and are signed on its behalf by:

H Scarfe
Treasurer

Holly Scarfe (Nov 14, 2024 09:55 GMT)

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (issued in October 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2022, the Companes Act 206 and the Uk Generally Accepted Accounting Practice .

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 of income recognition are met.

3.4 **Donated goods and services**

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 **Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 **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.

3.7 **Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 **Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 **Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 **Expenditure and liabilities**

4.1 **Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 **Charitable activities**

All expenditure is accounted for on an accrual baisis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 **Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

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

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.7 **Pensions**

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and computer equipment	25 % Straight Line
Caravan	10 % Straight Line
Other equipment	25 % Straight Line

5.2 **Intangible fixed assets**

Development costs that are directly attributable to the design and testing of identifiable and unique software products controlled by the charity are recognised as intangible assets when the following criteria are met:

- It is technically feasible to complete the software so that it will be available for use.
- The charity intends to complete the software and to use it.
- It can be demonstrated how the osftware will generate probable future economic benefits Adequate technical, financial and other resources to complete the development and to use the
- software are available.
- The expenditure attributable to the software during its development can be reliably measured.

Development costs are not amortised until the software is brought into use.

5.3 **Debtors**

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

Analysis of income

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
6 **Donations and legacies**				
Donations and grants	4,849	3,950	**8,799**	6,226
	4,849	3,950	**8,799**	6,226

7 **Charitable activities**	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Grant income				
National Lottery Reaching Communities Fund	-	24,851	**24,851**	85,170
Greggs Foundation	-	20,000	**20,000**	-
Sir James Knott Foundation	-	15,000	**15,000**	-
Bernicia Foundation	-	10,000	**10,000**	-
The Shears Foundation	-	5,500	**5,500**	-
The Barbour Foundation	-	5,000	**5,000**	-
Coalfields	-	5,000	**5,000**	-
Ridley Family Trust	-	5,000	**5,000**	-
Banks Community Fund	-	4,176	**4,176**	-
Albert Hunt	-	4,000	**4,000**	-
The Duke of Northumberland Charity	-	2,250	**2,250**	-
R W Mann Trust	-	1,500	**1,500**	-
Freemasons of Northumberland	-	1,000	**1,000**	-
Hadrian Trust	-	1,000	**1,000**	-
Community Chest	-	750	**750**	-
The Percy Hedley Trust	-	500	**500**	-
Bentley's	-	500	**500**	-
Tesco community fund	-	500	**500**	-
J H Burn Charity Trust	-	300	**300**	-
EDF Blyth Wind Farm	-	5,000	**5,000**	-
Cost of Living	-	5,000	**5,000**	
The Clothworkers' Foundation	-	-	**-**	27,500
Garfield Weston	-	-	**-**	25,000
The Ballinger Trust	-	-	**-**	9,996
Big Lottery Awards for All	-	-	**-**	9,984
The Shears Foundation	-	-	**-**	5,000
Albert Hunt	-	-	**-**	5,000
The Screwfix Foundation	-	-	**-**	5,000
Bernard Sunley Foundation	-	-	**-**	5,000
The B&Q Foundation	-	-	**-**	5,000
The Joicey Trust	-	-	**-**	3,400
RW Mann	-	-	**-**	1,500
Santander Foundation	-	-	**-**	998
The Asda Foundation	-	-	**-**	700
The Percy Hedley Trust	-	-	**-**	500
Northumberland County Council Jubilee Fund	-	-	**-**	500
Carried forward balance	-	116,827	116,827	190,248

Analysis of grant income
continued

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Brought forward balance	-	116,827	**116,827**	190,248
Statutory income				
Public Health at Northumberland County Council	55,000	26,291	**81,291**	55,000
Northumberland County Council - Carers' Grant	-	25,000	**25,000**	25,000
Mental Health Concern	-	-	**-**	12,935
Blyth Town Council	-	5,000	**5,000**	6,650
Ashington Town Council	-	8,000	**8,000**	6,000
Prudhoe Town Council	-	1,000	**1,000**	-
Ponteland Town Council	-	500	**500**	-
Choppington Parish Council	-	500	**500**	-
Haltwhistle Town Council	-	500	**500**	-
Amble Town Council	-	160	**160**	-
	55,000	183,778	238,778	295,833
Other income				
Other income	32	5,320	**5,352**	3,960
NI Employment allowance	5,000	-	**5,000**	5,000
Sponsorship Blyth Harbour Commission	-	-	**-**	500
	60,032	189,098	249,130	305,293

8 **Other trading activities**

Room hire	1,275	-	**1,275**	2,745
Other sales	11,060	3,000	**14,060**	773
Carers' Feedback Survey	-	-	**-**	120
	12,335	3,000	**15,335**	3,638

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
9 **Income from investments**				
Bank interest	976	-	**976**	125
	976	-	**976**	125

Income was £274,240 (2023: £315,282) of which £78,192 was unrestricted or designated (2023: £14,989) and £196,048 was restricted (2023: £300,293)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
10 **Raising funds**				
Fundraising costs	851	2,162	**3,013**	7,540
	851	2,162	**3,013**	7,540

	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
11 **Charitable activities**				
Direct costs				
Staff costs	15,779	115,282	**131,061**	143,964
Training costs	-	4,165	**4,165**	2,498
Respite costs (caravan)	-	1,116	**1,116**	6,617
Travel costs	117	659	**776**	2
Volunteer costs including travel	692	1,446	**2,138**	2,759
Helpline and outreach	2,342	41	**2,383**	3,453
Support costs				
Staff costs	26,689	21,436	**48,125**	51,673
Utilities	9,102	8,492	**17,594**	5,498
General running costs	1,167	1,491	**2,658**	1,773
Insurance	99	5,900	**5,999**	-
Repairs and renewals	349	6,104	**6,453**	930
Cleaning	78	263	**341**	216
Telephone	279	38	**317**	-
Internet and ICT costs	6,494	4,915	**11,409**	6,953
Stationery and printing	4,504	6,431	**10,935**	4,388
Sundry expenses	-	3,950	**3,950**	-
Refreshments	204	384	**588**	385
Room Hire	-	4,635	**4,635**	6,105
Professional fees	2,492	1,522	**4,014**	8,217
Bank charges	124	-	**124**	222
Small equipment	245	123	**368**	10,838
Depreciation	658	20,041	**20,699**	19,972
Furniture replacement costs	-	-	**-**	8,325
Building maintenance costs	-	-	**-**	22,332
Small equipment hire	-	-	**-**	288
Evaluation fees	-	-	**-**	4,500
Carried forward balance	71,414	208,434	279,848	311,908

Charitable activities continued	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	Total 2023 £
Governance costs				
Brought forward balance	71,414	208,434	**279,848**	311,908
Independent examiner's fees for reporting on the accounts	954	-	**954**	954
	72,368	208,434	**280,802**	312,862

Expenditure on charitable activities was £283,815 (2023: £320,402) of which £73,219 was unrestricted or designated (2023: £13,297) and £210,596 was restricted (2023: £307,105)

12 **Fees for examination of the accounts**

	2024 £	2023 £
Independent examiner's fees for reporting on the accounts	**954**	954

There were no other fees paid to the examiner (2023: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2024 £	**2023 £**
Salaries and wages	**158,287**	172,905
Social security costs	**12,243**	13,727
Pension costs (defined contribution pension plan)	**7,645**	7,863
Other employee benefits	**1,011**	1,141
	179,186	195,636

No employee received remuneration above £60,000 (2023: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2023: £0)

14 **Staff numbers**

The average monthly head count was 9 staff (2023: 9 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employees work	**2024 Number**	2023 Number
Charitable activities	**5.2**	5.6

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £7,645 (2023: £7,863). There was £0 outstanding as at 31 March 2024 (2023: £0).

16 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

The following details the expenses incurred by the trustees.

	2024	2023
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,126**	1,627
Tom Devine	**-**	84
	1,126	1,711

Transactions with related parties

As at 31 March 2024
There were no related party tranactions for the year ended 31 March 2024 (2023: £nil).

17 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

18 **Tangible fixed assets**

	Freehold property	**Office and computer equipment**	**Caravan**	**Other equipment**	**Total**
	£	**£**	**£**	**£**	**£**
Cost					
At 1 April 2023	341,147	23,661	32,035	4,561	**401,404**
Additions	-		-	-	**-**
Disposals	-		-	-	**-**
At 31 March 2024	341,147	23,661	32,035	4,561	**401,404**
Depreciation					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2023	63,571	16,096	12,816	2,613	**95,096**
Depreciation charge for year	12,715	3,639	3,204	1,141	**20,699**
Disposals	-		-	-	**-**
At 31 March 2024	76,286	19,735	16,020	3,754	**115,795**
Net book value					
At 31 March 2023	277,576	7,565	19,219	1,948	**306,308**
At 31 March 2024	264,861	3,926	16,015	807	**285,609**

19 **Intangible fixed assets**

	Software Development	Total
	£	**£**
Cost		
At 1 April 2023	6,000	**6,000**
Additions	6,000	**6,000**
At 31 March 2023	12,000	**12,000**
Amortisation		
At 1 April 2023	-	**-**
Amortisation charge for year	-	**-**
At 31 March 2024	-	**-**
Net book value		
At 31 March 2023	6,000	**6,000**
At 31 March 2024	12,000	**12,000**

20 **Debtors and prepayments (receivable within 1 year)**

	2024	2023
	£	£
Debtors	**1,500**	1,665
Prepayments	**5,598**	-
	7,098	1,665

21 **Cash at bank and in hand**

	2024	2023
	£	£
Short term deposits	**146,906**	65,930
Cash at bank	**118,534**	111,426
Cash in hand	**246**	26
	265,686	177,382

22 **Creditors and accruals (payable within 1 year)**

	2024	2023
	£	£
Other creditors	**265**	1,267
Accruals		
Independent examination of accounts	**954**	954
Deferred income	**105,070**	15,455
	106,289	17,676

23 **Deferred income**

Deferred income comprises of advance payments from grants that relate to future periods

	2024	2023
	£	£
Balance brought forward	**15,455**	20,384
Amount released to income earned from charitable activities	**(15,455)**	(20,384)
Amount deferred in year	**105,070**	15,455
Balance carried forward	**105,070**	15,455

24 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

25 **Analysis of charitable funds**

Analysis of movements in unrestricted funds
As at 31 March 2024

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	118,530	78,192	(72,561)	213	**124,374**
Designated funds					
Unrestricted fixed assets	95,291	-	(658)	6,000	**100,633**
Contingency	10,618	-	-	(213)	**10,405**
System upgrade	14,625	-	-	(6,000)	**8,625**
Totals	239,064	78,192	(73,219)	-	**244,037**

As at 31 March 2023

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	116,165	14,989	(12,624)	-	**118,530**
Designated funds					
Unrestricted fixed assets	89,964	-	(673)	6,000	**95,291**
Contingency	10,618	-	-	-	**10,618**
System upgrade	20,625	-	-	(6,000)	**14,625**
Totals	237,372	14,989	(13,297)	-	**239,064**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

Analysis of movement in restricted funds
As at 31 March 2024

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
Restricted fixed assets	£	£	£	£	**£**
Susan Kennedy Centre refurbishment	190,706	-	(12,714)	-	**177,992**
Restricted office, computer and other equipment	9,210	-	(4,477)	-	**4,733**
Caravan upgrade	17,100	-	(2,850)	-	**14,250**
Restricted funds					
Susan Kennedy Centre	1,315	-	-	-	**1,315**
Respite project	(1,524)	5,320	(1,116)	-	**2,680**
Centre running costs	715	-	-	18	**733**
National lottery Reaching Communities	110	24,851	(24,961)	-	**-**
	-	26,291	(26,205)	-	**86**
Northumberland County Council - Public Health FSW Blyth	-	25,000	(24,998)	-	**2**
Northumberland County Council - Carers Grant					
Mental Health concern	191	-	(191)	-	**-**
Blyth Town Council	-	5,000	(4,996)	(4)	**-**
Small equipment	206	-	-	-	**206**
Donations in Kind	-	3,950	(3,950)	-	**-**
Awards for all	1,164	-	(1,112)	-	**52**
RW Mann	1,035	1,500	(2,535)	-	**-**
The Joicey Trust	3,387	-	(3,387)	-	**-**
The Shears Foundation	638	5,500	(6,138)	-	**-**
The Percy Hedley Trust	460	500	(960)	-	**-**
Garfield Weston	1,918	-	(1,918)	-	**-**
Northumberland County Council Jubilee Fund	4	-	-	(4)	**-**
Ashington Town Council	-	8,000	(7,990)	(10)	**-**
Asda Foundation	333	-	(308)	-	**25**
Ballinger Trust	3,620	-	(3,620)	-	**-**
Greggs Foundation	-	20,000	(10,984)	-	**9,016**
Sir James Knott	-	15,000	(8,000)	-	**7,000**
Bernicia Foundation	-	10,000	(10,000)	-	**-**
The Barbour Foundation	-	5,000	(5,000)	-	**-**
Coalfields	-	5,000	(5,000)	-	**-**
Ridley Family Trust	-	5,000	(5,000)	-	**-**
Albert Hunt	-	4,000	(4,000)	-	**-**
Karbon Homes	-	3,000	(3,000)	-	**-**
Freemasons of Northumberland	-	1,000	(1,000)	-	**-**
Hadrian Trust	-	1,000	(1,000)	-	**-**
Prudhoe Town Council	-	1,000	(1,000)	-	**-**
Ponteland Town Council	-	500	(500)	-	**-**
Choppington Parish Council	-	500	(500)	-	**-**
Haltwhistle Town Council	-	500	(500)	-	**-**
Amble Town Council	-	160	(160)	-	**-**
Bentley's	-	500	(500)	-	**-**
Tesco community fund	-	500	(108)	-	**392**
J H Burn Charity Trust	-	300	(300)	-	**-**
EDF Blyth Wind Farm	-	5,000	(5,000)	-	**-**
Cost of Living	-	5,000	(5,000)	-	**-**
Centre maintenance and new equipment					
The Cloth Workers Foundation	4,027	-	(4,027)	-	**-**
Banks Community Fund	-	4,176	(4,176)	-	**-**
The Duke of Northumberland Charity	-	2,250	(665)	-	**1,585**
Community Chest	-	750	(750)	-	**-**
Totals	234,615	196,048	(210,596)	-	**220,067**

Analysis of movement in restricted funds
As at 31 March 2023

Restricted fixed assets	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Susan Kennedy Centre refurbishment	203,420	-	(12,714)	-	**190,706**
Restricted office, computer and other equipment	9,148	-	(3,735)	3,797	**9,210**
Caravan upgrade	19,950	-	(2,850)	-	**17,100**
Restricted funds					
Susan Kennedy Centre	1,315	-	-	-	**1,315**
Respite project	1,133	3,960	(6,617)	-	**(1,524)**
Centre running costs	721	-	(6)	-	**715**
National lottery Reaching Communities	2,161	85,170	(87,221)	-	**110**
Public Health	601	55,000	(55,601)	-	**-**
Mental Health concern	2,768	12,935	(15,512)	-	**191**
Small equipment	206	-	-	-	**206**
Santander Foundation	-	998	(998)	-	**-**
Blyth Town Council	-	6,650	(6,650)	-	**-**
Awards for all	-	9,984	(8,820)	-	**1,164**
RW Mann	-	1,500	(465)	-	**1,035**
The Joicey Trust	-	3,400	(13)	-	**3,387**
The Shears Foundation	-	5,000	(4,362)	-	**638**
The Percy Hedley Trust	-	500	(40)	-	**460**
Garfield Weston	-	25,000	(23,082)	-	**1,918**
Northumberland County Council Carers' Grant	-	25,000	(25,000)	-	**-**
Northumberland County Council Jubilee Fund	4	500	(500)	-	**4**
Ashington Town Council	-	6,000	(6,000)	-	**-**
Asda Foundation	-	700	(367)	-	**333**
Port of Blyth Commissioners	-	500	(500)	-	**-**
Ballinger Trust	-	9,996	(6,376)	-	**3,620**
Centre maintenance and new equipment					
The Cloth Workers Foundation	-	27,500	(19,676)	(3,797)	**4,027**
Albert Hunt	-	5,000	(5,000)	-	**-**
Bernard Sunley Foundation	-	5,000	(5,000)	-	**-**
B&Q Foundation	-	5,000	(5,000)	-	**-**
Screwfix Foundation	-	5,000	(5,000)	-	**-**
	241,427	300,293	(307,105)	-	**234,615**

Purpose of restricted funds

Restricted Funds represent income resources used for a specific purpose by the charity in line with requirements set down by the donor. These have been bought together into other restricted balances in total because there should only be a small amount of funds carried forward between financial years and will only be spend on areas specified by the donor in the financial year of the initial grant.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Northumberland County Council - Public Health FSW Blyth	Restricted to costs associated with the Family Support Worker in Blyth
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Respite Project	Restricted for the respite project.
Centre Running Costs	Restricted to centre running costs.
National Lottery Reaching Communities	Restricted to reaching communities
Santander Foundation	Restricted to intern's salary costs
Northumbria NHS Health Trust	Restricted to Service Manager salary costs
Northumberland County Council – Carers Grant	Restricted to Family Support Worker salary costs
Blyth Town Council	Restricted to running costs within the Blyth area
Small equipment	Restricted to the purchase of small equipment or contributions towards the purchase of larger items
Tesco community fund	Restricted to items to support the work done with young people
Asda Foundation	Restricted to items to support the work done with young people
Ballinger Trust	Restricted to Family Support Worker salary costs
Greggs Foundation	Restricted to Service Manager Salary Costs
The Clothworkers Foundation	Restricted to the building maintenance project and purchase of equipment for the same
Albert Hunt	Restricted to building maintenance/refurbishment costs
Screwfix Foundation	Restricted to building maintenance/refurbishment costs
Bernard Sunley Foundation	Restricted to building maintenance/refurbishment costs
B&Q Foundation	Restricted to building maintenance/refurbishment costs
Duke of Northumberland Charity	Restricted to cost of replacing central heating boiler
Community Chest	Restricted to cost of replacing central heating boiler
Banks Community Fund	Restricted to work on the roof of the Susan Kennedy Centre
All other funds	Restricted to running costs

Transfers between funds

As at 31 March 2024	**Reason for transfer**	**Amount £**
		0

As at 31 March 2023	**Reason for transfer**	**Amount £**
Transfer between The Clothworkers' Foundation and fixed assets	Amount to cover the depreciation of items bought as part of the refurbishment.	**3,797**

26 **Capital commitments**

As at 31 March 2024, the charity had capital commitments of £0 relating to the refurbishment of the Susan Kennedy Centre (2023 - £4,027)

27 **Analysis of net assets between funds**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2024 £**	**Total 2023 £**
Tangible fixed assets	-	100,633	196,976	**297,609**	**312,308**
Cash at bank and in hand	225,149	19,030	21,507	**265,686**	**177,382**
Other net current assets/(liabilities)	(100,775)	-	1,584	**(99,191)**	**(16,011)**
	124,374	119,663	220,067	**464,104**	**473,679**

Escape accounts 23-24 Final

Final Audit Report 2024-11-14

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ESCAPE FAMILY SUPPORT GROUP

England & Wales - Charity number 1063500

Accounts

ESCAPE

Family Support

Annual Report

2022/23

unsung heroes

Investors in People | Health & Wellbeing Award

SMALL CHARITY OF THE YEAR
WINNER
ESCAPE
Family Support Ltd

INVESTORS IN PEOPLE | Platinum

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ESCAPE Family Support
Susan Kennedy Centre
63 South View
Ashington
NE63 0SF

Charity No. 1063500 Registered in England No. 3256554

CHAIRS REPORT

The last year has passed so fast I can hardly believe it is time to present our Annual Report for 2022/2023 - such a lot has happened! 2022/2023 has been a momentous year for ESCAPE in more ways than one. This Report tells the story of our work serving our beneficiaries – the families, carers, adults, children and young people, and the communities of Northumberland who have all been adversely affected one way or another by the addictive behaviours of their loved ones.

The number of people supported by ESCAPE in 2022/2023 outstripped the number supported in 2021/2022, beyond our expectations. The need for the support we provide in its various ways never goes away. ESCAPE continues to be the only specialist provider of support services to people in Northumberland adversely affected by the addictive behaviour of their loved ones and we are committed to continuing to provide this service. We listen to what our beneficiaries tell us about their experiences of using our services and their hopes for the future and we respond to their feedback to the best of our ability. We keep in close contact with our commissioners and funders to ensure we are responding to their needs. Without their support, we would not be able to function and I thank them.

Our work has been recognised in some special ways in 2022/2023. We were enormously honoured and totally bowled over to win the North-East Small Charity of the Year Award 2022. The finalists presented us with extremely stiff competition and our congratulations go to them for their achievements. Following our award of the Platinum level of Investors in People, we were shortlisted in the category for the National Winner at Platinum level; another level of achievement we had not expected. All of this was only possible due to the unfailing dedication and excellent work of every member of staff, our army of willing volunteers, and the leadership and guidance of the board of trustees and notably, our Founder and Chief Executive.

Our third major cause for celebration in 2022 was ESCAPE's 25th Anniversary. We celebrated the event in September 2022 at our headquarters and invited colleagues old and new; public and private, local and regional partner organisations; and funders to share reminiscences and congratulations for the joint effort in reaching this milestone event and to look forward to a future working together. We have come a very long way over the years and are proud to still be a vital source of support for so many people in the County. Long may it continue.

As we look forward to 2023/2024, we know we face increasing demands on our service which is unfortunately matched by reducing funding sources with ever- stricter funding criteria. This presents us with an increasingly difficult challenge to manage, which we are tackling with determination and imagination. We are immensely grateful to our current funders, many of which have supported us over the years, and to our more recent funders with whom we hope to develop ongoing relationships.

I do hope you enjoy reading this Annual Report and find it both informative and uplifting.

J Axelby

Jackie L M Axelby

Chair, ESCAPE Family Support Ltd

VISION

ESCAPE's focus for the future is on ensuring we continue to be a sustainable organisation capable of ensuring our unique service offer is available to those people who need it, when they need it.

MISSION STATEMENT

Empowering families, carers, adults, young people and children and the communities of Northumberland to improve their mental and physical health and well-being to reduce the impact of addictions, social and lifestyle pressures, and risky behaviours.

AIMS & OBJECTIVES

To provide services and support, counselling, mediation, education and training to improve the mental and physical health and well-being of children, adults, families and communities in Northumberland, and elsewhere as the Association may determine.

Services will be provided to those individuals, families and communities who are vulnerable due to poverty and hardship or are affected by their own or others' misuse of substances detrimental to health and well-being, or who are impacted by their own or others' risky behaviours.

Services will be of consistently high quality and tailored to meet the needs of the individuals, families and communities served.

To work in partnership with statutory and non-statutory organisations in Northumberland and elsewhere as the Association may determine in the furtherance of developing strategic relationships and service delivery routes and mechanisms to promote and sustain service delivery.

KEY PRIORITIES FOR 2023/24

- Identify and assess the service needs of our target populations and the best ways of delivering high quality services to meet those needs.
- Explore new and existing funding streams and sources to maximise income to ensure a sustainable future for the organisation.
- Finalise the review of our information management systems, implement agreed changes and embed new systems.
- Support staff, trustees, family champions and volunteers to maximise their contribution, and personal and professional fulfilment in their roles within the organisation.
- Ensure continuing good governance and control of the organisation.

VALUES

As an organisation, and as individuals who are involved with ESCAPE in any capacity, we all uphold the Values below:

WE STRIVE TO BE THE BEST WE CAN BE

⇒ We aim to do all we do.
⇒ We welcome constructive feedback to enable us to improve.
⇒ We base our decision-making on evidence-based materials.
⇒ We are passionate about what we do.
⇒ We strive for service excellence.

WE ARE RESPECTFUL

⇒ We show respect and dignity to everyone we interact with.
⇒ We are inclusive and welcome diversity in all its forms.
⇒ We are tolerant and understanding of people's different needs.
⇒ We are fair and non-judgmental.
⇒ We work to address stigma.

CARE

⇒ We care about the health and well-being of families, including adults, young people, children, and communities.
⇒ We recognise the important role that families and carers play in their loved one's recovery journey.
⇒ We recognise and promote the families and carers need for support in their own right.
⇒ We are committed to working to improve people's lives in any ways that are tailored to them.
⇒ We show empathy and compassion.
⇒ We have integrity.
⇒ We care for each other and provide mutual support.

WE INNOVATE AND LEARN

⇒ We search out best practice to guide our improvements in service delivery.
⇒ We are aspirational and innovative.
⇒ We understand the short and long-term impact that addictive behaviours have.
⇒ We share our experiences and learning with others.

WE WORK TOGETHER

⇒ We embrace working in partnership with other organisations to improve service delivery.
⇒ We seek out new pathways and new partners to develop partnership working.
⇒ We strive to break down barriers and communication problems across organisations.
⇒ We applaud the massive contribution by paid and volunteer workers, carers and trustees.
⇒ We support and sustain one another within the organisation.

THE NEED FOR OUR SERVICES

Information taken from Northumberland Substance Misuse Health Needs Assessment, 2020 unless otherwise stated.

Mortality related to substance misuse has been increasing in Northumberland. From 2008 to 2018 there was an average of 166 alcohol related deaths every year in the county. In 2018, there were 180 alcohol related deaths, this equates to a rate of 51.2 deaths per 100,000 population and is the highest annual rate of alcohol related deaths since 2012. Since 2008, the rate of alcohol related deaths has remained relatively stable and has not been significantly higher than England. New ONS data shows that the North East has seen an increase in alcohol related deaths (from 16.6 to 20.0 deaths per 100,000 people, an increase of 20.5%, 2020).

Drug related mortality is the third most common cause of death among people aged 15-49 in the UK. Drug related deaths are significantly higher in the North East than all other English regions. New ONS figures (2020) show there were 36 drug-related deaths recorded in the area in 2020 – up from 28 the year before and a further 37 deaths in 2021 (2021).

Substance misuse is associated with many social impacts including crime, domestic abuse and adverse childhood experiences.

ESCAPE Family Support is Northumberland's community led response to drug and alcohol use, founded 1995 in Blyth by Janet Murphy MBE, after her 16-year-old daughter died from drug poisoning. The charity is a well-established service delivering support across the county to families and carers of substance users through our Family Team, Young People (YP) through our YP Team, volunteering, peer mentoring and befriending opportunities through our Training Projects. ESCAPE has developed services filling gaps in local provision and adding value to commissioned services.

ESCAPE seeks to improve negative impacts experienced by families including shame, guilt, psychological distress, ill-health, social isolation, reduced quality of life, damaged/ difficult family relationships, financial impacts, caring for children of substance users.

Additionally, children experience Hidden Harm within family settings when impacted by chaotic behaviours. We work with children by raising awareness of risks and increasing protective factors through training.

ESCAPE's confidential support services are low threshold, person centred, tailored to needs of individuals. Through comprehensive assessment and personalised care planning we help beneficiaries identify their priorities, achieve their goals and improve their lives. The Family Team's work is aligned with Adfam's 'We Count Too: Good Practice Guide and Quality Standards' we deliver 24/7 helpline, crisis support, advice, information, advocacy, 1-1 support, counselling, bereavement support, befriending, peer support, family therapy, support groups, help family members work together and support people with a family member going through the court system or in prison. Respite provision includes, arts/crafts, coffee mornings, gardening, caravan breaks, family fun days and wellbeing activities.

Therapeutic trauma informed interventions we use are evidence based: Community Reinforcement and Family Training (CRAFT) including maintenance groups, Adult and Young People Adverse Childhood Experience (ACE) training, Health and Wellbeing Workshops, Drug and Alcohol Awareness, Overdose Prevention training. Parenting programmes include Teen Triple P and Supporting Parents & Children Emotionally (SPACE trauma).

Mandatory training for Volunteers, Peer Mentors, Family Champions is accredited. ESCAPE is a NOCN & AIM registered training centre providing personal learning, accredited training including:

Level 1: Befriending,

Level 2: Peer Mentoring, Support Skills, Supporting Families Affected by Addiction, Family Dynamics. Soft Skills Training (motivation, boundaries etc.).

ESCAPE deliver impartial, stand-alone services but work in partnership with statutory & voluntary agencies/groups engaging in multi-agency work, developing pathways, sustainable approaches. We also sign-post and make onward referrals to other relevant organisations. As a community led organisation, our provision is shaped and informed by our involvement in multi-agency partnership working and intelligence, referral, and analysis of own data/information.

ESCAPE recognise the need for equity of access and fairness in the standard of service delivery for all. ESCAPE values cultural diversity: people have different needs, beliefs, values, abilities and diversity needs to be respected and promoted. We have an Equality and Diversity Policy which is the foundation of our services. Our team is trained to ensure no-one will be discriminated against on grounds of gender, age, ethnicity, disability, religion, sexual orientation, or any other characteristic.

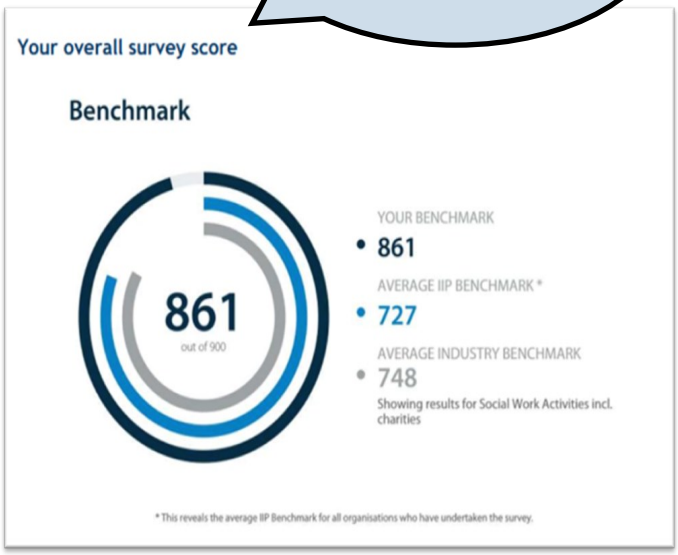
Substance misuse affects all social classes, the project integrates individuals from diverse backgrounds, works to reduce stigma including black, ethnic minority, lesbian, gay, bisexual, and transgender communities, refugees, and those affected by mental or emotional health.

RECOGNITION

INVESTORS IN PEOPLE®
We invest in people Platinum

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2003, gaining Investor in People Gold in January 2010 and we are especially proud to have achieved Investor in People Platinum Standard in March 2022. Our Investor in People Insights Report highlighted that we should be proud of:

Your people are passionate about the work they do and the communities they serve



You are constantly exploring and introducing improvements to your people practices. We saw new activities such as peer support meetings and the development of services in response to the pandemic, that indicated your dedication to continually improve

Inspirational leadership that is influencing how people behave with the organisation (role modelling) as well as motivating them to perform at their best

ESCAPE'S most recent accolades include winning Small Charity of the Year at the prestigious NorthEast Charity Awards in October 2022. "The Annual Northeast Charity Awards celebrate charities, the voluntary sector and the people and companies that support them". They celebrate, showcase, and shine a light on the region's top charities, as well as charity leaders and individual fundraisers. ESCAPE was up against some outstanding organisations in the final and winning this award is a testament to the dedication of our staff, volunteers, trustees, and stakeholders.

We were shortlisted from the Top 20 Investor in People Platinum organisations in the UK to the Top 10 and were delighted to be a finalist in the Investor in People Platinum UK Employer of the Year Awards 2022.

25 YEARS IN SERVICE

We held a 25th Anniversary event in September 2022 to celebrate 25 years of being a registered charity. We invited a wide range of stakeholders including funders, statutory and VCSE partner agencies, carers, young people. We showcased an exhibition of our history and work and Professor Chris Hartworth gave a presentation on the work we have undertaken on the YP and Family Champions projects and the findings of his evaluation ensuring that we have disseminated the results widely. Copies of the evaluation were placed within the information packs for the day for people to take away.

(Burying the time capsule)

Adfam

Many congratulations to Margaret Walker, winner of this year's ADFAM Family Voices Competition 2022 with her poem "Where The Birds With Broken Wings Go", a wonderful piece which reflets the help and support she's had from ESCAPE over the years. It was read out live on radio by UK Eurovision star Sam Ryder. Such a beautiful piece of poetry, here it is....

Where the Birds With Broken Wings Go

It began with a heart broken
& nowhere to turn
now there's a place of comfort
where we can all come to learn.

Opening the door, that we couldn't find
helping hands reaching backwards
to those struggling behind
isolated, fearful, worn out & low
yet a look was all it took
to feel yes they know.

No judgements, no stigma
they know how we feel
trying to cope with impossible lifestyles
that for us became to real.

Where the birds with broken wings go
Looking for a way
To understand what is needed
To get us through another day.

"Birds with broken wings often try to help each other fly"

ESCAPE Family Support

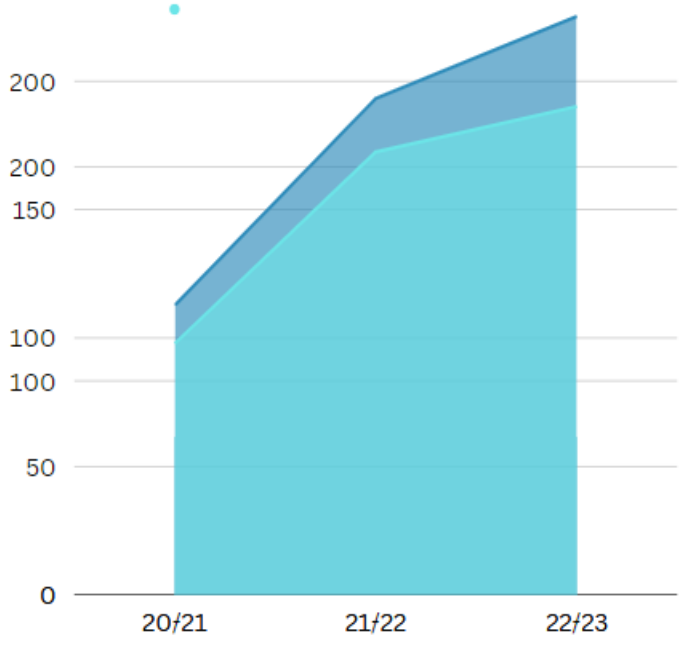
ESCAPE IMPACT

Beneficiaries of the service

ESCAPE worked with 390 individuals, adults and young people (YP) across the reporting period. The year started with 162 cases carried over from the previous year, 74 of these open cases were Tier 3 with intensive needs. An Increase of 94.74% on 31/03/21.

We received a total of 228 new referrals (22/23) which is a 10.14 % increase on the previous year (21/22 - 207 individuals), which was also a 57.24% increase in caseload from 20/21.

NEW REFERRALS



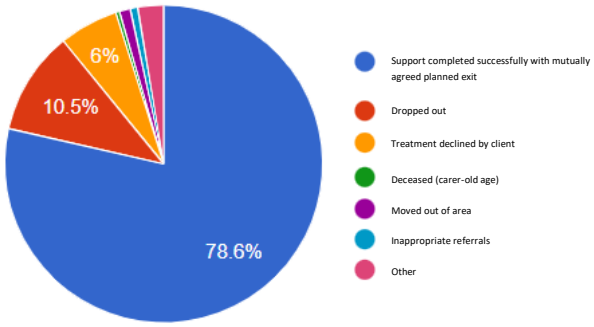
INTENSITY OF SERVICE & DESCRIPTION

Level of Intensity	Service Description
Tier One	Advice, information, newsletter, art groups, coffee morning
Tier Two	One-to-one support, advocacy, befriending, structured mutual aid groups such as Bereavement, Kinship or CRAFT Maintenance, Health and Wellbeing workshops and Respite
Tier Three	Keyworker Crisis support, Counselling and CRAFT, Adverse Childhood Experiences and Parenting Programmes

Of the 390 total individuals, 266 have been closed as follows:

209 Support completed successfully with mutually agreed planned exit.
28 Dropped out
16 Treatment declined by client
1 Deceased (carer – old age)
3 Moved out of area
2 Inappropriate referrals
7 Other

Closed Cases



This resulted in **78.57%** (209) of the 266 closed cases having **reported positive outcomes with improvements in their health and wellbeing and lives.** We capture improvement and transitional success for beneficiaries using a range of tools: Carer Support Outcome Profile/CSOP, ACE's Tools, Rosenberg Questionnaires, Outcome Action Plans, focus groups and service questionnaires.

SUCCESS MEASURE: Reduction in isolation and improvement in social integration

292 beneficiaries reported improved social isolation

64 accessed respite provision

278 attended group work (including training)

CRAFT TRAINING

ESCAPE provide a number of training opportunities for carers, from accredited courses such as befriending and mentoring, to general non-accredited training such as relaxation or well-being. A cornerstone of the training program is delivering the community reinforcement and family training, or CRAFT., which is an 8 week course intended to improve outcomes for all family members. CRAFT is taken by most service users and is reported to have had a significantly beneficial impact on relationships across the family.

All courses and especially CRAFT helped me to understand my son and his actions. I volunteer now because I wanted to give back

CRAFT had a huge difference in the way I communicated with my son and has had an enormous benefit to us both

Client Success

Cath (not real name) 19 years, had been misusing cocaine regularly, lost her job and relationships with family and friends were broken. In denial about the substance use, and the wider impacts on the family Cath refused to access treatment services. Her behaviours were very unpredictable, and her parents and siblings were struggling to cope with the chaos of home life.

Mum was referred to ESCAPE via GP. At this point mum, a medical professional who loved her job, had become so worried and overwhelmed she had to take time off. At the beginning of ESCAPE's involvement, the mother presented as exhausted, frustrated, angry, unsure of what to do or say and desperate for guidance and understanding. At first assessment her emotional and physical wellbeing was low.

It was agreed weekly 1-2-1 support calls, and the Community Reinforcement and Family Training (CRAFT) approach would enable this client to develop the skills she needed to manage her daughter's chaotic behaviours, help her to look after herself and hopefully enable her to motivate her daughter to seek support for their recovery. The client began CRAFT in a group setting with 8 other members, quite quickly there was a mutual understanding and supportive atmosphere, mum met others who were going through something similar and felt relaxed enough to listen to and put into place the techniques encouraged in CRAFT. Mum became confident in her ability to change the way she coped with the situation and was able to use her communication skills daily to change the atmosphere in the home. The impact of this was huge, the family were able to communicate regularly without things ending in arguments, both dad and sibling came into service with ESCAPE too, and this allowed the whole family to approach the situation in a similar manner.

Mum supported Cath into treatment and with weekly psychologist support, the drug use stopped. Several changes have been reported including, less aggression, positive communication, improved mental wellbeing, self-care, and family relationships.

Mum has returned to work and reports she feels relaxed in her own home and is able to approach situations in a calm supportive and positive manner. Mum is now part of monthly CRAFT maintenance group and active in our CRAFT WhatsApp support group both environments where mutual learning and experience is shared.

TEEN TRIPLE P TRAINING

Delivery of Teen Triple P parenting programmes x 2 resulted in 8 successful completions.

TEEN TRIPLE P
Triple P
Positive Parenting Program

TESTIMONIALS

ESCAPE Family Support, and in particular their lead practitioner Elaine Toopchizadagan, have been invaluable as a support for a number of our higher need students at Bede. Everyday we see the consequences of ACEs for too many of the students we teach. Their access to learning and therefore their future life chances are significantly impacted by both past and on-going harms in their home lives. Schools require access to expertise in these areas to enable and promote the well-being, learning and opportunities for these students. Without ESCAPE and Elaine, many of our students would not be managing and making the progress they are. We see Elaine go above and beyond in her work with our young people, from meetings in school, holiday activities and emergency out-reach. She is highly respected by our Welfare Team and we are grateful not only for the guidance and support she gives to our students, but also for the support she is to us as a Welfare Team who need to be able to link with experts in order to provide the best opportunities to children in greatest need.

ESCAPE is a much needed organisation and the only one supporting families living with the chaos of addiction in their families that I know in the area

I just want to say that without the support of Deb and Jennie I know for sure that I would not have been able to continue supporting my brother in the way that I have to do. At times I have been at breaking point and without ESCAPE, I think I would have been completely broken.

Thank you for all that you do!

I have had the pleasure of working with the team at ESCAPE Family Support on a number of occasions recently. I have referred 3 young people to ESCAPE over the past 18 months from our service as during our work with them, it was apparent their emotional health was impacted by complex and challenging life experiences. The referral process was easy and the support offered to these young people was swift and flexible to meet the needs of each young person. I received feedback from the team at ESCAPE around each case following their input and they have always been helpful when needing to seek information about their service. I have also had positive feedback from parents who have reported that they can see the impact the 1-1 sessions and group sessions have had on their children. ESCAPE is a valued partner to our service (Growing Healthy 0-19 Northumberland Service).

Ginelle Clough, Northumberland Community Anchor, Growing Healthy 0-19 Northumberland Service

Only one who ever listened to me or tried to help before. Only one

YOUNG PEOPLE PILOT PROJECT (ACE'S)

The experiences we have early in our lives and particularly in our early childhoods have a huge impact on how we grow and develop, our physical and mental health, and our thoughts, feelings and behaviour

Adverse Childhood Experiences (ACEs) are:
"highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person's safety, security, trust or bodily integrity." (Young Minds, 2018).

Examples of ACEs:

⇒ Physical/sexual abuse
⇒ Emotional abuse
⇒ Physical neglect
⇒ Emotional neglect
⇒ Mental illness
⇒ Divorce
⇒ Substance abuse
⇒ Violence against your mother
⇒ Mental illness
⇒ Having a relative sent to prison

For the past three years ESCAPE have been funded by the Lottery to run a pilot *Young People ACEs Project (Adverse Childhood Experience Recovery Toolkit)*.

Most of these children and young people have multiple vulnerabilities and are traumatised due to adverse childhood experiences (ACEs) because of their family circumstances. Our project offers often marginalised and overlooked children and young people vital support and a pathway to improving their mental health and realising their potential by developing, resilience, confidence, self-esteem, and independence.

This year 50 Young People were supported this year through the YP programme. This brings the total number supported to date across 3-year Lottery funded pilot to **111 in total** to March 31, as we supported 19 in Year 1 and 42 in Year 2. Our external evaluation report evidenced that **all YP completing ACEs programme have reported improvements to mental health and wellbeing and self-esteem.**

Client Success

ESCAPE Young People (YP) service was promoted to Jen's (not real name) mother after she came to an appointment with her worker for bereavement support after recently losing her husband. Mum stated her daughter was really struggling as well. ESCAPE YP worker gave advice and offer of support was extended, mum agreed to discuss offer of support from ESCAPE with her daughter on her return home.

Shortly after this conversation mum responded confirming her daughter Jen would like support so a meeting was set up shortly afterwards and a combination of bereavement counselling as well as ACE intervention was agreed. At the beginning of her support Jen was struggling in all aspects of her functioning and self-care, she often neglected her needs and lacked motivation. Her education was suffering, and she had taken time off her college course, was isolating herself and couldn't see a way forward.

After 4 weeks of support Jen's presentation began to improve, she was actively practicing self-care and had returned to college. Gradually her confidence began to increase as the sessions continued and Jen learned more coping strategies. Her engagement at ESCAPE attendance at college was excellent, never missing an appointment. As she gained more confidence, she joined an after-school activity where she volunteered weekly.

Jen recently discharged from ESCAPE and completed a Rosenberg self-esteem scale before and after support ALL scores had improved positively. Jen was asked to complete a young person's feedback form during her last session. Her feedback is below (0 = the lowest, 10 = the highest).

Please rate your wellbeing from 0=10 *before* support at ESCAPE and explain in a few words why. **Jen rated herself 0 stating 'I just couldn't pick myself up.'**

Please rate your wellbeing from 0=10 *after* support at ESCAPE and explain in a few words why. **Jen rated herself 9 stating 'I use my coping strategies and I've learnt to love myself more'.**

On discharge Jen left achieving in her education, managing the impact of losing a parent and with hopes and dreams for her future.

"These skills have given me coping strategies with my personal life, to safeguard my opinions of others, to be assertive and understand the needs of others and difficulties that can affect them"

FAMILY CHAMPIONS, VOLUNTEERING & PEER MENTORING

***Family Champions* our "experts by experience" –** During this period we trained 13 individuals and across the three-year pilot, 34 were trained in total. We delivered 2 Programmes of Level 2 Peer Mentoring with 10 individuals achieving this qualification; 1 programme of Level 3 Family Dynamics delivered with 3 individuals gaining this qualification; Level 1 Support Skills was delivered twice with 10 successfully achieving the qualification. The befriending programme was completed by 10 individuals. Running alongside accredited training soft skill training sessions included Health & Safety, Safeguarding, lone working, professional boundaries and Trauma Informed Education (ACE's).

This year, 26 carers with Tier 2/1 needs which have lower-level needs were supported by **our Family Champions who delivered 312 hours of voluntary support.** Of the 34 trained during the 3-year pilot, 12 Family Champions are active within service delivery at ESCAPE and 22 have moved on with positive outcomes including:

- 11 gaining employment
- 5 into further education (3 attending college and 2 starting university)
- 6 volunteering in the wider community.

We have learned that training Family Champions supports the work of our paid staff team but also contributes significantly to the positive onward journey of beneficiaries with **33% of those trained moving on into paid employment.** Family Champions will therefore be transient, and we will need to be perpetually identifying and training new Champions to benefit from their support.

Client Success

Charley [not real name] came into our service as a carer when her son was taking drugs and self-harming. Charley felt like they were all walking on eggshells within their own home. Through working one to one with a family Support worker then accessing the CRAFT course this enabled Charley to use different strategies and techniques which helped within her own circumstances. Charley then moved on to do her level 2 in peer mentoring to support others going through what she was going through. After also completing Skills for those Affected by Addiction and Level 3 in Family Dynamics as she progressed through her journey, Charley became a volunteer as she wanted to help others who are going through the same experiences with their loved ones. Charley has supported many carers through her family champion role and has been involved with representing ESCAPE at community events. Charley has also co-supported CRAFT group maintenance groups and is now supporting parenting workshops. Charley gained employment as a peer link worker and is now promoting the work of ESCAPE and the Recovery College.

(Excerpt from external evaluation Barefoot Research 2022)

The Family Champions and befriending service increases access and ensures interventions are appropriate and engaging to families: service users responded to support from people who understood what they were going through. These experts by experience, backed up by training and support, have been able to provide support in an accessible way to other vulnerable groups. For example, service users reported the following:

Befrienders simply understand because they have been through it all. They are friends who understand, they listen. You can offload all your crap and you aren't judged and it never goes further.

You often doubt yourself and decisions but befrienders reassure you. I wouldn't get through all this without them.

As well as Family champions ESCAPE benefits from additional peer mentors and volunteers who support a whole range of functions, including administration, telephone support, gardening, maintenance etc.

This year they provided a whopping **5,491 hours of support**

We are thankful to the contribution each and every volunteer gives.

This has been a road I am pleased I have taken and would do it all again. I am looking forward to doing more

AN ACTION PACKED YEAR

APR

- ⇒ 1st - Bellweather (Bait project)
- ⇒ 5th - Managing Misbehaviour (online Parenting Workshop)
- ⇒ 7th & 28th - Art Project
- ⇒ 8th & 22nd - Carer Coffee Morning
- ⇒ 13th - CRAFT Maintenance Group (online)
- ⇒ 25th -CRAFT Maintenance Group (Group Session)
- ⇒ 26th - Sibling rivalry (online Parenting Workshop)
- ⇒ 27th - Peer Mentoring
- ⇒ **EASTER FUN DAY**

MAY

- ⇒ 3rd - Creating Confident Children (parenting workshop)
- ⇒ 4th, 11th, 18th & 25th - Peer Mentoring
- ⇒ 06th & 20th - Carer Coffee Morning
- ⇒ 7th - Bellweather (Bait project)
- ⇒ 10th - Setting Boundaries
- ⇒ 12th - Art Project
- ⇒ 17th - Parenting a Teenager
- ⇒ 18th - CRAFT Maintenance Group (online)
- ⇒ **27th - QUEENS JUBILEE PARTY**

JUN

- ⇒ 1st to 7th - Volunteers Week
- ⇒ 6th to 12th - Carers Week
- ⇒ 7th & 14th - Peer Mentoring
- ⇒ 8th - Befriending—Level 1 (1st session)
- ⇒ 8th - Peer Mentoring—Level 2 (1st session)
- ⇒ 13th - Communication Workshop (Wellbeing)
- ⇒ 15th - CRAFT Maintenance Group
- ⇒ 16th - Bereavement Group Ashington
- ⇒ 20th - Listening Workshop (Wellbeing)
- ⇒ 21th - Kinship Group Online
- ⇒ 24th - Carer Coffee Morning and carer consultation event
- ⇒ 27th - Understanding Assertiveness (Wellbeing)
- ⇒ 30th Art Project

JUL

- ⇒ 4th - Anger Awareness Workshop (Wellbeing)
- ⇒ 6th, 13th & 20th - Peer Mentoring
- ⇒ 7th - Bereavement Group
- ⇒ 7th - ART Project trip Hauxley reservoir
- ⇒ 7th , 15th, 22nd & 29th - ACES Programme (Oak Trees)
- ⇒ 8th - OAKTREES Family event
- ⇒ 8th - Befriending—Level 1 (1st session)
- ⇒ 8th - Peer Mentoring—Level 2 (1st session)
- ⇒ 8th & 22nd - Carer Coffee Morning
- ⇒ 11th - Stress Awareness (Wellbeing)
- ⇒ 13th - CRAFT Maintenance Group
- ⇒ 17th & 28th—Art Project
- ⇒ 18th - Anxiety Awareness Workshop (Wellbeing)
- ⇒ 19th Kinship Group Online

AUG

- ⇒ Family Fun Day at Blyth Park & trip to Airbox Trampoline Park
- ⇒ 1st - All About Me Workshop (Wellbeing)
- ⇒ 3rd - Peer Mentoring
- ⇒ 5th, 12th & 19th - ACES Programme (Oak Trees)
- ⇒ 8th - Self-Esteem Workshop (Wellbeing)
- ⇒ 5th & 18th Carer Coffee Morning
- ⇒ 11th Bereavement Group Ashington (10.30am – 12pm)
- ⇒ 11th & 25th—Art Group
- ⇒ 12th Woodhouse Exhibition—Bellweather (BAIT) Project
- ⇒ 17th CRAFT Maintenance Group (10am – 11.30)
- ⇒ 23rd Kinship Group Online (10.30am – 12pm)

SEP

- ⇒ 2nd - ACES Programme (Oak Trees)
- ⇒ 2nd & 16th - Carer Coffee Morning
- ⇒ 8th, 16th & 20th - Art Group
- ⇒ 8th - Bereavement Group Ashington (10.30am – 12pm)
- ⇒ 14th - CRAFT Maintenance Group (10am – 11.30)
- ⇒ 23th - Kinship Group Online (10.30am – 12pm)
- ⇒ 2nd & 16th - Coffee Morning
- ⇒ 21st & 23rd - Northumberland College Refreshers Week
- ⇒ **30th - ESCAPE 25th ANNIVERSARY CELEBRATION DAY**

OCT

- ⇒ **Halloween family fun day,** children were given gifts from Cash 4 Kids and families in need were given food parcels
- ⇒ 6th - Bereavement Group Ashington (10.30am – 12pm)
- ⇒ 12th - CRAFT Maintenance Group (10am – 11.30)
- ⇒ 14th & 28th - Carer Coffee Morning
- ⇒ 17th , 24th & 31st - Teen Triple P (10am-12pm)
- ⇒ 18th - Kinship Group Online (10.30am – 12pm)
- ⇒ 19th - Skills for Supporting Families Level 3 (10am-2pm)
- ⇒ 19rh - Family Dynamics
- ⇒ "Soft Skills" Training (Health & Safety, Lone Working, Professional Boundaries, Safeguarding, Trauma Enforced Education and ACES)

NOV

- ⇒ 8th - Anger Awareness
- ⇒ 7th, 14th, 21st & 28th - Teen Triple P (10am-12pm)
- ⇒ 9th, 16th, & 23rd - Family Dynamics
- ⇒ 11th & 25th - Coffee Mornings
- ⇒ 15th - Self Esteem
- ⇒ 10th - Bereavement Group Ashington (10.30am – 12pm)
- ⇒ 11th & 25th - Carer Coffee Morning
- ⇒ 16th - CRAFT Maintenance Group (10am – 11.30)
- ⇒ 22nd - Kinship Group Online (10.30am – 12pm)
- ⇒ 22nd - Understanding Assertive-ness
- ⇒ 25th - Family Day at Oaktrees
- ⇒ YP ACE's Programme
- ⇒ Art Groups
- ⇒ Well Being Workshops (1pm-2.30pm) Online sessions 1- 7

- ⇒ 1st - Alnwick Garden Light Trail
- ⇒ 6th - Stress Awareness
- ⇒ 13th - Sleep Hygiene
- ⇒ 20th - Anxiety Awareness
- ⇒ 15th - ESCAPE Family Christmas Event 10am – 1pm – activities, buffet lunch, games etc.
- ⇒ 8th - Bereavement Group Ashington (10.30am – 12pm)
- ⇒ 8th & 23rd - Carer Coffee Morning
- ⇒ 15th - CRAFT Maintenance Group (10am – 11.30)
- ⇒ 20th - Kinship Group Online (10.30am – 12pm)
- ⇒ **CASH FOR KIDS GIFT DONATIONS**
- ⇒ **ALNWICK ELDERBERRIES FOOD PARCEL DISTRIBUTION**

- ⇒ 12th - Bereavement Group Ashington (10.30am – 12pm)
- ⇒ 18th - CRAFT Maintenance Group (10am – 11.30)
- ⇒ 18th, 25th - Family Dynamics
- ⇒ 20th & 24th - Kinship Group Online (10.30am – 12pm)
- ⇒ 13th & 27th - Carer Coffee Morning
- ⇒ Wellbeing Workshops
- ⇒ 20th & 27th - Peer Mentoring Programme Level 2
- ⇒ 31st - CRAFT Group 1 (10am -12pm) Ashington
- ⇒ 31st - Adult Aces Programme (1pm – 2pm) Online Session 1

- ⇒ 1st - Family Dynamics
- ⇒ 8th - Teen Triple P Programme (Blyth)
- ⇒ 7th, 14th & 28th - Adult Aces Programme (1pm – 2pm) Online Session 1
- ⇒ 7th, 14th & 28th CRAFT Group 1 (10am -12pm) Ashington
- ⇒ 3rd, 10th, 17th & 24th - CRAFT Group 2 Online Group 2 (5pm – 7pm)
- ⇒ 7th, 14th, 21st & 28th - Adult Aces Programme (1pm – 2pm) Online Sessions 2 - 5
- ⇒ 9th - Bereavement Group Ashington (10.30am – 12pm)
- ⇒ 10th & 24th - Carer Coffee Morning
- ⇒ 14th - Drug Awareness Workshop (am)
- ⇒ 14th - Alcohol Awareness Workshop (pm)
- ⇒ 15th - CRAFT Maintenance Group (10am – 11.30)
- ⇒ 21st - Kinship Group online (10.30am – 12pm)
- ⇒ 3rd, 10th & 17th - Peer Mentoring Programme Level 2

- ⇒ 3rd, 10th, 17th & 24th - CRAFT Group 2 Online Group 2 (5pm – 7pm)
- ⇒ 3rd, 10th, 17th, 24th & 31st - 20th & 27th - Peer Mentoring Programme Level 2
- ⇒ 7th, 14th, 21st & 28th - CRAFT Group 1 (10am -12pm) Ashington
- ⇒ 7th, 14th, 21st & 28th - Adult Aces Programme (1pm – 2pm) Online Sessions 6 - 9
- ⇒ 9th - Bereavement Group Ashington (10.30am – 12pm)
- ⇒ 10th & 24th - Carer Coffee Morning
- ⇒ 15th CRAFT Maintenance Group (10am – 11.30)
- ⇒ 21st - Kinship Group online (10.30am – 12pm)

PARTNERSHIP WORK

Our CEO attended the Northumberland Inequalities Summit in March 2022 and is now a member of the Inequalities Task Force and involved in strategic planning to address inequalities. We have joined the Thriving Together Network and CARE (Northumberland ACEs) network.

We will continue to work with schools and colleges to raise awareness of our work. In September 2022, 22 staff attended freshers week at Kirkley Hall to raise awareness of our drug/ alcohol service and to educate young people with our toolkit, beer goggles and games aimed at raising awareness in a fun way.

THE FUTURE

We continue to work hard to build good relationships with Northumberland County Council Senior Managers and Commissioners and have secured a £55,000 Public Health tender for 3-5 years and a £25,000 non-recurrent grant from Adult Services Carer budget for 2023/24 to support the families and carers of substance users. Public Health have also funded a Blyth Family Support Worker post from 01/07/2023 – 31/03/2025 through new Drug Strategy funding. Children's Services have also commissioned parenting courses from ESCAPE for 2023/24 to be delivered within the family hubs. This demonstrates that we have built relationships and secured funds from a difficult to engage statutory funder and are making progress to sustainability via contracts which we hope to build upon in the next three years.

The charity will continue work to consolidate, maintain, and expand its existing service provision for carers and families in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities.

> The skills I have learnt will benefit me in the future because I am aware of how to approach addiction and what support to offer

THE FUTURE

A new Drug and Alcohol Treatment System Tender was issued by Northumberland County Council in May/June 2023 which started on 1st October 2023. ESCAPE will actively promote YP ACEs programme to bidding providers and develop referral routes into YP Project for the Children/YP of drug and alcohol users on treatment system caseload to address Hidden Harm.

We will continue to promote Peer Mentoring Training & other accredited training to families of those in treatment to increase input of Family Champions throughout the treatment system building on a recent development in yr. 3 of year Lottery funded YP pilot project when we trained 3 recovering drug/alcohol users as Peer Mentors and Family Champions to support others in the treatment system.

We will continue to utilise and embed a mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.

THANKS TO OUR VOLUNTEERS

We'd like to thank all of our volunteers for all their hard work and commitment. All of your volunteer work is greatly appreciated. To celebrate we had a buffet get together at our venue at Briardale House in Blyth. It was open to all our volunteers so they could sit back and enjoy some time together.

Thank You!

THANKS TO OUR FUNDERS

Our grant from National Lottery Reaching Communities for our Inspiring Communities project has again been instrumental in year 3, enabling ESCAPE to sustain, adapt, and enhance its services during 2022/23. This grant provided 27.5% of the costs of the whole organisation throughout the past year, providing stability and continuity of our specialist service provision

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

REPORT AND FINANCIAL STATEMENTS
For the year ended 31 March 2023

Charity Number 1063500
Company Number 03256554

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
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Annual Report and Financial Statements

For the year ended 31 March 2023

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Report of the Management Committee for the year ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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) (effective October 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 Southview
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair
T Devine	Vice chair
H Madin	Treasurer
J Murphy	
S J Murphy	
A Park	
N Furno	

Company Secretary
T Devine

Independent examiner
Connected Voice Business Services Ltd
One Strawberry Lane
Newcastle upon Tyne
Tyne and Wear
NE1 4BX

Bank:
Lloyds Bank

Solicitors:- Employment Law
Helen Kay
HMK Legal Ltd
Clavering House
Clavering Place
Newcastle upon Tyne
NE1 3NG

Solicitors:- Property
Cuthbertsons
3 Stanley Street
Blyth
Northumberland
NE24 2BS

OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress to drug, alcohol and solvent users' and their families who are or have been suffering from the misuse of substances, being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, and mediation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one's addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member
- Support to young people affected by a loved one's substance use (pilot programme)
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 320,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

The North East has had the highest rate of drug misuse for the past ten consecutive years (between 2013 and 2022), before this Wales had a higher rate than all English regions (between 2010 and 2012). The North East continues to be statistically significantly higher than all other regions of England as well as Wales. (ONS 3 August 2022).

The statistics for deaths by drug misuse and figures for death by drug poisoning both show that the North East region has the highest death rate in England and Wales, at almost twice the national average. There were 1,123 deaths linked to drug misuse in the North East between 2019 and 2021, which works out at an average annual rate of 204.1 per 1,000,000 people, almost twice as high as England's average rate of 102.8 for the same period (ONS 3 August 2022).

The North East also has the highest rate of deaths for drug poisoning, which include the misuse figures along with statistics for deaths caused by complications such as deep vein thrombosis or septicaemia from intravenous drug use, drug-induced suicides and deaths caused by prescription and over the counter medicines, obtained illegally or legally (ONS 3 August 2022).

Figures released in December 2021 by the Office of National Statistics (ONS) show that alcohol-specific deaths in the North-East rose by more than 20.5%.

Public Benefit Statement

The trustees/directors have paid due regard to the Charity Commission guidance on public benefit and are confident that the organisation’s aims, objectives and activities are in accordance with the guidance on public benefit. Our activities and achievements as outlined demonstrate our commitment to ensuring that the organisation’s resources and activities maximise the potential benefit to our local community.

ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope. ESCAPE continues to provide Northumberland’s

only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

ESCAPE worked with 390 individuals, adults and young people (YP) across the reporting period. The year started with 162 cases carried over from the previous year, almost 50% of these open cases were Tier 3 with intensive needs. We received a total of 228 new referrals (22/23) which is a 10.14 % increase on the previous year (21/22 - 207 individuals), which was also a 57.24% increase in caseload from 20/21.

Of the 390 total individuals, 266 have been closed as follows:

209 Support completed successfully with mutually agreed planned exit.
28 Dropped out
16 Treatment declined by client
1 Deceased (carer – old age)
3 Moved out of area
2 Inappropriate referrals
7 Other

This resulted in 78.57% (209) of the 266 closed cases having reported positive outcomes with improvements in their health and wellbeing and lives. We capture improvement and transitional success for beneficiaries using a range of tools: Carer Support Outcome Profile/CSOP, ACE's Tools, Rosenberg Questionnaires, Outcome Action Plans, focus groups and service questionnaires.

ESCAPE's confidential support services are person centred, evidence based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role.

All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas, the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

GOVERNANCE

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard until March 2022 when we achieved a rare Platinum Investor in People standard, a remarkable achievement for any small organisation.

Our Investor in People Insights Report dated March 2022 highlighted that we should be proud of:

- Inspirational leadership that is influencing how people behave with the organisation (role modelling) as well as motivating them to perform at their best.

- ESCAPE is a value driven organisation, where people make decisions based on what they feel is the right thing to do rather than necessarily the easiest.

- You genuinely consult your people and involve them in decision-making. This leads to people feeling empowered and connected to your plans and strategies.

- You have a range of people processes that provide people with support and focus for their work.

- You are constantly exploring and introducing improvements to your people practices. We saw new activities such as peer support meetings and the development of services in response to the pandemic, which indicated your dedication to continually improve.

- Your people are passionate about the work they do and the communities they serve.

- Your IIP survey results were exceptional and included all of your people either agreeing or strongly agreeing that the organisation was a great place to work.

We are delighted and proud to achieve this award and to have been benchmarked so highly against other organisations delivering social work activities with a score of 861 out of 900 in comparison with an average industry benchmark score of 748 out of 900; with average IIP benchmark scores being 727.

Investor in People Insights Assessment and Health and Wellbeing Review Report March 2022.

The service is supported through grants from National Lottery Reaching Communities Fund; Sir James Knott Trust; Barbour Foundation, Freemasons of Northumberland, Arnold Clark Foundation, Santander Foundation, J H Burn Charity Trust, Coalfields Regeneration Trust, Greggs Foundation, National Lottery Awards for All, Joicey Trust, Percy Hedley 1990 Trust, Hadrian Trust, Draeger, Public Health at Northumberland County Council, Northumbria Healthcare Trust, Mental Health Concern, Blyth Town Council, and Northumberland County Council. The Trustees are grateful to all of the funders who supported the work of the charity during 2021/22. Trustees would also like to thank individuals who have made personal donations this year.

Our staff adapted services during Covid and as restrictions have lifted, we are delivering more services face to face. However, we have retained digital service delivery as this had given far more reach into rural areas and some people prefer to access online.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2021/22. The charity continues to embed a stronger mutual aid approach to supporting carers and families and the new support programme and interventions for young people whose lives are affected by the drug or alcohol dependency of others.

The difference our work has made this year:

- We have again supported more families and young people
- We have worked to rebuild our pool of Family Champions and retained our much improved online service provision alongside a resumption of face to face delivery
- People have been able to 'give back' and 'help others in similar situations' and carers are clearly valuing the support received from peers
- We have built on links between ESCAPE and other relevant agencies and organisations to maximise the benefits for our families as Covid restrictions have lifted and now have a permanent base in Blyth at Briardale Summer House
- Carer feedback again demonstrates that families are more resilient and have better relationships
- Family Champions have again been empowered through developing skills and gaining qualifications and through helping others
- The children and adults we have worked with will have better life chances through addressing their Adverse Childhood Experience's.

We believe our support to families is much more holistic and accessible due to the new hybrid methods of working, service delivery and the ACE's programmes of support.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings. These meetings have all taken place online during this difficult period.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community setting

FINANCIAL REVIEW

The charity, through sound financial management and the support of staff and volunteers generated a very positive financial outcome for this period and ended this financial year with a deficit of £5,120 after allowing for depreciation, which was covered by funds carried forward from the previous year 2021/22.

Principal Funding Sources

Principal funding sources for the charity during 2022/23 were National Lottery Reaching Communities Fund, R W Mann Trust, Santander Foundation, The Shears Foundation, National Lottery Awards for All, Joicey Trust, Percy Hedley 1990 Trust, Garfield Weston Foundation, Public Health at Northumberland

County Council, Northumbria Healthcare Trust, Mental Health Concern, Blyth Town Council, Ashington Town Council, Blyth Harbour Commission, Asda Foundation, and Northumberland County Council.

The Charity was able to improve and maintain the Susan Kennedy Centre facilities with funding from The Clothworkers Foundation, Albert Hunt, Screwfix, Bernard Sunley and the B&Q Foundation.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2022/23.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves Policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold between 4 and 6 months of operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e. unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, e.g. money may need to be spent before a funding grant is received.

7. To prevent cash flow problems.

The amount of reserves we hold is reported to the board each quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year.

Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold between four and six months of reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between four to six months unrestricted reserves. We are presently holding 5.3 months operating costs.

Our annual budget is currently £266,749 for 2023/24. We had secured £226,357 towards this leaving us with a starting deficit of £40,392. Therefore, our current reserves more than cover the projected deficit should we fail to raise any funds in 2023/24 which is unlikely. Trustees are confident that this is a realistic, achievable target for the charity.

Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2023/24 is £266,749 and therefore the minimum unrestricted cash reserves target is £88,917 to £133,375 to be retained in reserves plus tangible fixed assets. Unrestricted cash reserves funds of £118,530; designated unrestricted funds of £25,243 and £17,599 of restricted cash funds apply at 31st March 2023. The charity also has £312,308 of fixed assets. The Trustees believe that COVD-19 has not had a significant impact on the levels of reserves held by ESCAPE.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding until 31st March 2024. To sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity, it is imperative to secure significant funds.

Going Concern

The Trustees have performed a robust analysis of budget, forecasts, reserve levels and cash flows taking into consideration potential scenarios and the impact of COVID-19 could have on the charity. After making appropriate enquiries, the Board of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

FUTURE PLANS

The charity will continue to work to consolidate, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. Our Family Champions Programme delivers more mutual aid for carers and our work to address the needs of Young People will continue thanks to funding from National Lottery Reaching Communities Fund until 30/06/2023. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1. introducing and embedding a new, stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.
2. piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

A focus on our two priority areas, as identified above, will enable us to:

- reach and support more families including children and young people
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996, and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts. The more traditional business, social work and nursing skills are well represented on the Management Committee. In the event of particular skills being lost due to retirements, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "The Essential Trustee".

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

RISK MANAGEMENT STATEMENT

Governance

Following a trustee skills audit and analysis, further recruitment of at least one more trustee will take place.

Operational

Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained during 2023/24 and beyond.

Financial

Sustainability of the charity is a high priority. Securing National Lottery funding commencing 1st April 2023 and lasting until 30th June 2023 covers 9% of our organisational budget for 2023/24.

Statutory funding from Public Health Northumberland has been secured for the 2023/24, 2024/25 and 2025/26 financial years following ESCAPE winning a contract to carryout work on their behalf, there is also a provision for the funding to continue for a further two years following this, but is not guaranteed at this time, which will also contribute significantly to sustainability. The charity will work to build on this for 2023/24 onwards.

The board has two working groups to strengthen its governance and aid sustainability – a Fundraising and Marketing Group and a Finance Group. Their work is ongoing.

External Risks

Trustees recognise that the last ten years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need and by seeking funds to March 2024 and beyond.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation

The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group includes self-assessment against Charity Commission guidelines and models of best practice.

Organisational Structure

The Management Committee (the board) has seven members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Voluntary Chief Executive. The voluntary Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.

In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group; Carers Partnership Board and Young Carer Steering Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Northumberland Communities Thriving Together, Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service, Mental Health Concern, Northumberland Recovery College, Briardale House and other Community Groups. The charity initially achieved the Investors in People Gold Standard and retained this until March 2022 when a rare Investor in People Platinum standard was achieved which the charity continues to hold.

Related Parties

In so far as it is complementary to the charity’s objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies. The local Drug and Alcohol Steering Group, Carer Partnership Board and Young Carer Steering Group are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services Ltd were re-appointed as the charity's Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the board of trustees on 18th October 2023 and signed on its behalf by:

H Madin - Treasurer

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2023

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2023, which are set out on pages 15 to 31.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a ‘true and fair’ view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Lilian Hetherington FCA
Connected Voice Business Services Ltd
One Strawberry Lane
Newcastle upon Tyne
NE1 4BX

Date: 22 November 2023

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

STATEMENT OF FINANCIAL ACTIVITIES (SoFA)

(Including Summary Income and Expenditure Account**)**

For the year ended 31 March 2023

Income From	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
Donations and Legacies	6	6,226	-	**6,226**	2,850
Charitable Activities					
Grants and Statutory Funding	7	5,000	300,293	**305,293**	217,967
Other Trading Activities	8	3,638	-	**3,638**	-
Investments	9	125	-	**125**	7
Total Income		14,989	300,293	**315,282**	220,824

Expenditure on		Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
Raising Funds	10	5,110	2,430	**7,540**	6,063
Charitable Activities					
Operations of the charity	11	8,187	304,675	**312,862**	238,385
Total Expenditure		13,297	307,105	**320,402**	244,448
Net Income/(Expenditure) and net movement of funds		1,692	(6,812)	**(5,120)**	(23.624)
Reconciliation of funds					
Total Funds Brought forward		237,372	241,427	**478,799**	502,423
Total Funds Carried Forward		239,064	234,615	**473,679**	478,799

The Statement of Financial Activities (SoFA) includes all grants and losses recognised during the year. All income and expenditure derive from continuing activities.

The notes on pages 17 to 31 form an integral part of these financial statements.

BALANCE SHEET

As at 31 March 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed Assets					
Tangible Assets	18	306,308		322,483	
Intangible Assets	19	6,000		-	
Total Fixed Assets			**312,308**		**322,483**
Current Assets					
Debtors	20	1,665		280	
Cash at bank and in hand	21	177,382		179,430	
Total current assets		**179,047**		**179,710**	
Current Liabilities					
Creditors:					
Due within one year	22	(17,676)		(23,394)	
Current Liabilities		**(17,676)**		**(23,394)**	
Net Current Assets			161,371		**156,316**
Total net assets			**473,679**		**478,799**
Funds of the charity					
Unrestricted Funds			239,064		237,372
Restricted Funds			234,615		241,427
Total Funds of the charity			**473,679**		**478,799**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts. These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 17 to 31 form an integral part of these financial statements.

These accounts were approved by the Board on: 18th October 2023

Signed on behalf of the Board by: H Madin

Treasurer

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2. Basis of Accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity is secure and that there are no material uncertainties around the fact that ESCAPE can continue to operate for the next twelve months and on that basis the charity is a going concern.

3. Income

3.1 Recognition of Income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received, and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income or expenses, unless required or permitted by FRS 102 SORP or FRS 102.

3.3 Grants and Donations

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 of income recognition are met.

3.4 Donated Goods and Services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the Statement of Financial Activities (SoFA) when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer Help

The value of volunteer help is not included within the accounts but is described within the Trustees Report.

3.6 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.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4. Expenditure and Liabilities

4.1 Liability Recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable Activities

All expenditure is accounted for on an accrual basis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and Support Costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

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

4.5 Creditors

The charity has creditors that are measured at settlement amounts less any trade discounts available.

4.6 Provision for Liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.7 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5. Assets

5.1 Tangible fixed assets used by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful life on a reducing value basis as follows:

Asset Type	Depreciation basis
Property improvement costs	5% straight line
Office and computer equipment	25% straight line
Caravan	10% straight line
Other	25% straight line

5.2 Intangible fixed assets used by the charity

Development costs that are directly attributable to the design and testing of identifiable and unique software products controlled by the charity are recognised as intangible assets when the following criteria are met:

- It is technically feasible to complete the software so that it will be available for use.
- The charity intends to complete the software and to use it.

- It can be demonstrated how the software will generate probable future economic benefits.
- Adequate technical, financial and other resources to complete the development and to use the software are available.
- The expenditure attributable to the software during its development can be reliably measured.

Development costs are not amortised until the software is brought into use.

5.3 Debtors

Debtors are measured at their receivable amounts, being the amount, the charity anticipates it will receive in settlement of the debt.

Analysis of income

	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
6 **Donations and legacies**				
Donations and grants	6,226	-	**6,226**	2,808
Release of retained cash		-	**-**	42
	6,226	-	**6,226**	2,850

7 **Charitable activities**	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
Grant income				
National Lottery Reaching Communities Fund	-	85,170	**85,170**	81,170
The Clothworkers' Foundation	-	27,500	**27,500**	-
Garfield Weston	-	25,000	**25,000**	-
The Ballinger Trust	-	9,996	**9,996**	
Big Lottery Awards for All	-	9,984	**9,984**	-
The Shears Foundation	-	5,000	**5,000**	-
Albert Hunt	-	5,000	**5,000**	-
The Screwfix Foundation	-	5,000	**5,000**	-
Bernard Sunley Foundation	-	5,000	**5,000**	-
The B&Q Foundation	-	5,000	**5,000**	-
The Joicey Trust	-	3,400	**3,400**	-
RW Mann	-	1,500	**1,500**	-
Santander Foundation	-	998	**998**	998
The Asda Foundation	-	700	**700**	-
The Percy Hedley Trust	-	500	**500**	-
Northumberland County Council Jubilee Fund	-	500	**500**	-
Sir James Knott Foundation	-	-	**-**	10,000
The Barbour Foundation	-	-	**-**	5,000
Arnold Clark Foundation	-	-	**-**	1,000
Freemasons of Northumberland	-	-	**-**	1,000
JH Burn Charity Trust	-	-	**-**	200
Statutory income				
Public Health at Northumberland County Council	-	55,000	**55,000**	55,000
Northumberland County Council - Carers' Grant	-	25,000	**25,000**	-
Mental Health Concern	-	12,935	**12,935**	15,185
Blyth Town Council	-	6,650	**6,650**	4,000
Ashington Town Council	-	6,000	**6,000**	-
Northumbria Healthcare NHS Foundation Trust	-	-	**-**	25,000
Public Health Covid-19 Funding	-	-	**-**	9,000
Northumberland County Council	-	-	**-**	4,794
Amounts c/f	-	295,833	295,833	212,347

	Analysis of income continued Other income	Unrestricted Funds	Restricted Funds	**Total 2023**	Total 2022
		£	£	**£**	£
	Amounts b/f	-	295,833	**295,833**	212,347
	Other income	-	3,960	**3,960**	5,620
	NI Employment allowance	5,000	-	**5,000**	-
	Sponsorship Blyth Harbour Commission	-	500	**500**	-
		5,000	300,293	**305,293**	217,967

		Unrestricted Funds	Restricted Funds	**Total 2023**	Total 2022
		£	£	**£**	£
8	**Other trading activities**				
	Room hire	2,745	-	**2,745**	-
	Other sales	773	-	**773**	-
	Carers' Feedback Survey	120	-	**120**	-
		3,638	-	**3,638**	-
9	**Income from investments**				
	Bank interest	125	-	**125**	7
		125	-	**125**	7

Income was £315,282 (2022: £220,824) of which £14,989 was unrestricted or designated (2022: £2,695) and £300,293 was restricted (2022: £218,129)

Analysis of expenditure on charitable activities

		Unrestricted Funds	Restricted Funds	**Total 2023**	Total 2022
		£	£	**£**	£
10	***Raising funds***				
	Fundraising costs	5,110	2,430	**7,540**	6,063
		5,110	2,430	**7,540**	6,063

	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
11 ***Charitable activities***				
Direct costs				
Staff costs	3,657	140,307	**143,964**	141,408
Training costs	-	2,498	**2,498**	2,986
Respite costs (caravan)	-	6,617	**6,617**	5,727
Travel costs	-	2	**2**	109
Volunteer costs including travel	-	2,759	**2,759**	1,293
Client costs	-	-	**-**	1,403
Helpline and outreach	-	3,453	**3,453**	1,951
Support costs				
Staff costs	419	51,254	**51,673**	21,822
Utilities	-	5,498	**5,498**	4,893
General running costs	63	1,710	**1,773**	117
Insurance	-	-	**-**	11,072
Repairs and renewals	-	930	**930**	1,625
Cleaning	-	216	**216**	-
Telephone	-	-	**-**	482
Internet and ICT costs	-	6,953	**6,953**	8,446
Stationery and printing	-	4,388	**4,388**	2,654
Sundry	-	-	**-**	163
Refreshments	-	385	**385**	250
Room Hire	-	6,105	**6,105**	-
Professional fees	3,153	5,064	**8,217**	4,220
Bank charges	222	-	**222**	164
Small equipment	-	10,838	**10,838**	6,790
Depreciation	673	19,299	**19,972**	19,815
Furniture replacement costs	-	8,325	**8,325**	-
Building maintenance costs	-	22,332	**22,332**	-
Small equipment hire	-	288	**288**	-
Evaluation fees	-	4,500	**4,500**	-
C/fwd balance	8,187	303,721	311,908	237,390
Governance costs				
B/fwd balance	8,187	303,721	**311,908**	237,390
Independent examiner's fees for reporting on the accounts	-	954	**954**	995
	8,187	304,675	**312,862**	238,385

Expenditure on charitable activities was £320,402 (2022: £244,448) of which £13,297 was unrestricted or designated (2022: £1,365) and £307,105 was restricted (2022: £243,083)

12 **Fees for examination of the accounts**

	2023	2022
	£	£
Independent examiner's fees for reporting on the accounts	**954**	995

There were no other fees paid to the examiner (2022: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2023	**2022**
	£	**£**
Salaries and wages	**172,905**	150,781
Social security costs	**13,727**	10,878
Pension costs (defined contribution pension plan)	**7,863**	6,787
Other employee benefits	**1,141**	846
	195,636	169,292

No employee received remuneration above £60,000 (2022: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2021: £0)

14 **Staff numbers**

The average monthly head count was 9 staff (2022: 6 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employees work	**2023** **Number**	2022 Number
Charitable activities	**5.6**	5.6

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £7,863 (2022: £6,787). There was £0 outstanding as at 31 March 2023 (2022: £0).

16 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

The following details the expenses incurred by the trustees.

	2023	2022
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,627**	1,148
Tom Devine	**84**	-
	1,711	1,148

Transactions with related parties

As at 31 March 2023

There were no related party tranactions for the year ended 31 March 2023.

As at 31 March 2022

Name of the trustee or related party	Relationship to charity	Description of the transaction	£
Trustee Stephen Murphy	Worked for a supplier to the charity, Vital Services North East Limited but has now resigned.	IT support contract and supply of computer equipment	**7,856**

17 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

18 **Tangible fixed assets**

	Freehold property	Office and computer equipment	Caravan	Other equipment	Total
	£	£	£	£	£
Cost					
At 1 April 2022	341,147	21,818	32,035	4,561	**399,561**
Additions	-	3,797	-	-	**3,797**
Disposals	-	(1,954)	-	-	**(1,954)**
At 31 March 2023	341,147	23,661	32,035	4,561	**401,404**
Depreciation					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2022	50,857	15,137	9,612	1,472	**77,078**
Depreciation charge for year	12,714	2,913	3,204	1,141	**19,972**
Disposals	-	(1,954)	-	-	**(1,954)**
At 31 March 2023	63,571	16,096	12,816	2,613	**95,096**
Net book value					
At 31 March 2022	290,290	6,681	22,423	3,089	**322,483**
At 31 March 2023	277,576	7,565	19,219	1,948	**306,308**

19 **Intangible fixed assets**

	Software Development	Total
	£	**£**
Cost		
At 1 April 2022	-	**-**
Additions	6,000	**6,000**
At 31 March 2023	6,000	**6,000**
Amortisation		
At 1 April 2022	-	**-**
Amortisation charge for year	-	**-**
At 31 March 2023	-	**-**
Net book value		
At 31 March 2022	-	**-**
At 31 March 2023	6,000	**6,000**

20 **Debtors and prepayments (receivable within 1 year)**

	2023	2022
	£	£
Debtors	**1,665**	280
	1,665	280

21 **Cash at bank and in hand**

	2023	2022
	£	£
Short term deposits	**65,930**	65,805
Cash at bank	**111,426**	113,549
Cash in hand	**26**	76
	177,382	179,430

22 **Creditors and accruals (payable within 1 year)**

	2023	2022
	£	£
Other creditors	**1,267**	528
Accruals		
Independent examination of accounts	**954**	2,483
Deferred income	**15,455**	20,384
	17,676	23,395

23 **Deferred income**

Deferred income comprises of advance payments from grants that relate to future periods

	2023	2022
	£	£
Balance brought forward	**20,384**	65,000
Amount released to income earned from charitable activities	**(20,384)**	(65,000)
Amount deferred in year	**15,455**	20,384
Balance carried forward	**15,455**	20,384

24 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

25 **Analysis of charitable funds**

Analysis of movements in unrestricted funds
As at 31 March 2023

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward £**
General unrestricted fund	116,165	14,989	(12,624)	-	**118,530**
Designated funds					
Unrestricted fixed assets	89,964	-	(673)	6,000	**95,291**
Contingency	10,618	-	-	-	**10,618**
System upgrade	20,625	-	-	(6,000)	**14,625**
Totals	237,372	14,989	(13,297)	-	**239,064**

As at 31 March 2022

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	119,787	2,695	(692)	(5,625)	**116,165**
Designated funds					
Unrestricted fixed assets	130,058	-	(673)	(39,421)	**89,964**
Contingency	10,618	-	-	-	**10,618**
System upgrade	15,000	-	-	5,625	**20,625**
Totals	275,463	2,695	(1,365)	(39,421)	**237,372**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

Analysis of movement in restricted funds
As at 31 March 2023

Restricted fixed assets	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Susan Kennedy Centre refurbishment	203,420	-	(12,714)	-	**190,706**
Restricted office, computer and other equipment	9,148	-	(3,735)	3,797	**9,210**
Caravan upgrade	19,950	-	(2,850)	-	**17,100**
Restricted funds					
Susan Kennedy Centre	1,315	-	-	-	**1,315**
Respite project	1,133	3,960	(6,617)	-	**(1,524)**
Centre running costs	725	-	(6)	-	**719**
National lottery Reaching Communities	2,161	85,170	(87,221)	-	**110**
Public Health	601	55,000	(55,601)	-	**-**
Mental Health concern	2,768	12,935	(15,512)	-	**191**
Small equipment	206	-	-	-	**206**
Santander Foundation	-	998	(998)	-	**-**
Blyth Town Council	-	6,650	(6,650)	-	**-**
Awards for all	-	9,984	(8,820)	-	**1,164**
RW Mann	-	1,500	(465)	-	**1,035**
The Joicey Trust	-	3,400	(13)	-	**3,387**
The Shears Foundation	-	5,000	(4,362)	-	**638**
The Percy Hedley Trust	-	500	(40)	-	**460**
Garfield Weston	-	25,000	(23,082)	-	**1,918**
Northumberland County Council Carers' Grant	-	25,000	(25,000)	-	**-**
Northumberland County Council Jubilee Fund	-	500	(500)	-	**-**
Ashington Town Council	-	6,000	(6,000)	-	**-**
Asda Foundation	-	700	(367)	-	**333**
Port of Blyth Commissioners	-	500	(500)	-	**-**
Ballinger Trust	-	9,996	(6,376)	-	**3,620**
Susan Kennedy Centre refurbishment					
The Cloth Workers Foundation	-	27,500	(19,676)	(3,797)	**4,027**
Albert Hunt	-	5,000	(5,000)	-	**-**
Bernard Sunley Foundation	-	5,000	(5,000)	-	**-**
B&Q Foundation	-	5,000	(5,000)	-	**-**
Screwfix Foundation	-	5,000	(5,000)	-	**-**
Totals	241,427	300,293	(307,105)	-	**234,615**

As at 31 March 2022

Restricted fixed assets	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Susan Kennedy Centre refurbishment	176,714	-	(12,715)	39,421	**203,420**
Restricted office, computer and other equipment	12,725	-	(3,577)	-	**9,148**
Caravan upgrade	22,800	-	(2,850)	-	**19,950**
Restricted funds					
Client activities	(1,365)	-	-	1,365	**-**
Susan Kennedy Centre	(1,647)	167	2,416	379	**1,315**
Peer mentor coordinator	71	-	-	(71)	**-**
Family Support	4,649	-	-	(4,649)	**-**
Training officer salary	2,461	-	(1,255)	(1,206)	**-**
Helpline /Outreach	352	-	-	(352)	**-**
Volunteer costs	2,831	-	-	(2,831)	**-**
Respite project	1,549	5,620	(5,727)	(309)	**1,133**
Senior practitioner salary	500	-	-	(500)	**-**
Centre running costs	2,377	-	(1,624)	(28)	**725**
Centre management costs	2,943	-	-	(2,943)	**-**
National lottery Reaching Communities	-	81,170	(84,454)	5,445	**2,161**
Sir James Knott Foundation	-	10,000	(10,967)	967	**-**
The Barbour Foundation	-	5,000	(5,000)	-	**-**
Freemasons of Northumberland	-	1,000	(1,000)	-	**-**
Arnold Clark Foundation	-	832	(832)	-	**-**
Santander Foundation	-	998	(998)	-	**-**
J H Burn Charity Trust	-	200	(200)	-	**-**
Public Health	-	55,000	(55,573)	1,174	**601**
Northumbria Healthcare NHS Trust	-	25,000	(25,000)	-	**-**
Mental Health Concern	-	15,185	(15,933)	3,516	**2,768**
Public Health COVID 19 Funding	-	9,000	(9,000)	-	**-**
Northumberland County Council	-	4,794	(4,794)	-	**-**
Blyth Town Council	-	4,000	(4,000)	-	**-**
Small equipment	-	163	-	43	**206**
Totals	226,960	218,129	(243,083)	39,421	**241,427**

Purpose of restricted funds

Restricted Funds represent income resources used for a specific purpose by the charity in line with requirements set down by the donor. These have been bought together into other restricted balances in total because there should only be a small amount of funds carried forward between financial years and will only be spend on areas specified by the donor in the financial year of the initial grant.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Peer Monitor Co-ordinator	Restricted to salary of Peer Mentor coordinators post.
Respite Project	Restricted for the respite project.
Centre Running Costs	Restricted to centre running costs.
National Lottery Reaching Communities	Restricted to reaching communities
Santander Foundation	Restricted to intern's salary costs
Public Health	Restricted to running costs
Northumbria NHS Health Trust	Restricted to Service Manager salary costs
Mental Health Concern	Restricted to Family Support Worker salary costs
Blyth Town Council	Restricted to running costs
Small equipment	Restricted to the purchase of small equipment or contributions towards the purchase of larger items
Awards for all	Restricted to running costs
RW Mann	Restricted to running costs
The Joicey Trust	Restricted to running costs
The Shears Foundation	Restricted to running costs
The Percy Hedley Foundation	Restricted to running costs
Garfield Weston	Restricted to running costs
Northumberland County Council	Restricted to costs associated with the Jubilee event
Ashington Town Council	Restricted to running costs
Asda Foundation	Restricted to items to support the work done with young people
Port of Blyth Commissioners	Restricted to running costs
Ballinger Trust	Restricted to Family Support Worker salary costs
The Clothworkers Foundation	Restricted to the building maintenance project and purchase of equipment for the same
Albert Hunt	Restricted to building maintenance/refurbishment costs
Screwfix Foundation	Restricted to building maintenance/refurbishment costs
Bernard Sunley Foundation	Restricted to building maintenance/refurbishment costs
B&Q Foundation	Restricted to building maintenance/refurbishment costs

Transfers between funds

As at 31 March 2023	**Reason for transfer**	**Amount £**
Transfer between The Clothworkers' Foundation and fixed assets	Amount to cover the depreciation of items bought as part of the refurbishment.	**3,797**

As at 31 March 2022	**Reason for transfer**	**Amount £**
Between un-restricted fixed assets and The Susan Kennedy Centre	Correction of funding received to the correct restricted fund.	**39,421**

26 **Capital commitments**

As at 31 March 2023, the charity had capital commitments of £4,027 relating to the refurbishment of the Susan Kennedy Centre (2022 - £nil)

27 **Analysis of net assets between funds**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2023 £**	**Total 2022 £**
Tangible fixed assets	-	95,291	217,017	**312,308**	**322,483**
Cash at bank and in hand	134,540	25,243	17,599	**177,382**	**179,430**
Other net current assets/(liabilities)	(13,636)	-	(2,375)	**(16,011)**	**(23,114)**
	120,904	120,534	232,241	**473,679**	**478,799**

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

REPORT AND FINANCIAL STATEMENTS
For the year ended 31 March 2023

Charity Number 1063500
Company Number 03256554

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

Annual Report and Financial Statements

For the year ended 31 March 2023

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Report of the Management Committee for the year ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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) (effective October 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 Southview
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair
T Devine	Vice chair
H Madin	Treasurer
J Murphy	
S J Murphy	
A Park	
N Furno	

Company Secretary
T Devine

Independent examiner
Connected Voice Business Services Ltd
One Strawberry Lane
Newcastle upon Tyne
Tyne and Wear
NE1 4BX

Bank:
Lloyds Bank

Solicitors:- Employment Law
Helen Kay
HMK Legal Ltd
Clavering House
Clavering Place
Newcastle upon Tyne
NE1 3NG

Solicitors:- Property
Cuthbertsons
3 Stanley Street
Blyth
Northumberland
NE24 2BS

OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress to drug, alcohol and solvent users' and their families who are or have been suffering from the misuse of substances, being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, and mediation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one's addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member
- Support to young people affected by a loved one's substance use (pilot programme)
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 320,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

The North East has had the highest rate of drug misuse for the past ten consecutive years (between 2013 and 2022), before this Wales had a higher rate than all English regions (between 2010 and 2012). The North East continues to be statistically significantly higher than all other regions of England as well as Wales. (ONS 3 August 2022).

The statistics for deaths by drug misuse and figures for death by drug poisoning both show that the North East region has the highest death rate in England and Wales, at almost twice the national average. There were 1,123 deaths linked to drug misuse in the North East between 2019 and 2021, which works out at an average annual rate of 204.1 per 1,000,000 people, almost twice as high as England's average rate of 102.8 for the same period (ONS 3 August 2022).

The North East also has the highest rate of deaths for drug poisoning, which include the misuse figures along with statistics for deaths caused by complications such as deep vein thrombosis or septicaemia from intravenous drug use, drug-induced suicides and deaths caused by prescription and over the counter medicines, obtained illegally or legally (ONS 3 August 2022).

Figures released in December 2021 by the Office of National Statistics (ONS) show that alcohol-specific deaths in the North-East rose by more than 20.5%.

Public Benefit Statement

The trustees/directors have paid due regard to the Charity Commission guidance on public benefit and are confident that the organisation’s aims, objectives and activities are in accordance with the guidance on public benefit. Our activities and achievements as outlined demonstrate our commitment to ensuring that the organisation’s resources and activities maximise the potential benefit to our local community.

ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope. ESCAPE continues to provide Northumberland’s

only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

ESCAPE worked with 390 individuals, adults and young people (YP) across the reporting period. The year started with 162 cases carried over from the previous year, almost 50% of these open cases were Tier 3 with intensive needs. We received a total of 228 new referrals (22/23) which is a 10.14 % increase on the previous year (21/22 - 207 individuals), which was also a 57.24% increase in caseload from 20/21.

Of the 390 total individuals, 266 have been closed as follows:

209 Support completed successfully with mutually agreed planned exit.
28 Dropped out
16 Treatment declined by client
1 Deceased (carer – old age)
3 Moved out of area
2 Inappropriate referrals
7 Other

This resulted in 78.57% (209) of the 266 closed cases having reported positive outcomes with improvements in their health and wellbeing and lives. We capture improvement and transitional success for beneficiaries using a range of tools: Carer Support Outcome Profile/CSOP, ACE's Tools, Rosenberg Questionnaires, Outcome Action Plans, focus groups and service questionnaires.

ESCAPE's confidential support services are person centred, evidence based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role.

All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas, the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

GOVERNANCE

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard until March 2022 when we achieved a rare Platinum Investor in People standard, a remarkable achievement for any small organisation.

Our Investor in People Insights Report dated March 2022 highlighted that we should be proud of:

- Inspirational leadership that is influencing how people behave with the organisation (role modelling) as well as motivating them to perform at their best.

- ESCAPE is a value driven organisation, where people make decisions based on what they feel is the right thing to do rather than necessarily the easiest.

- You genuinely consult your people and involve them in decision-making. This leads to people feeling empowered and connected to your plans and strategies.

- You have a range of people processes that provide people with support and focus for their work.

- You are constantly exploring and introducing improvements to your people practices. We saw new activities such as peer support meetings and the development of services in response to the pandemic, which indicated your dedication to continually improve.

- Your people are passionate about the work they do and the communities they serve.

- Your IIP survey results were exceptional and included all of your people either agreeing or strongly agreeing that the organisation was a great place to work.

We are delighted and proud to achieve this award and to have been benchmarked so highly against other organisations delivering social work activities with a score of 861 out of 900 in comparison with an average industry benchmark score of 748 out of 900; with average IIP benchmark scores being 727.

Investor in People Insights Assessment and Health and Wellbeing Review Report March 2022.

The service is supported through grants from National Lottery Reaching Communities Fund; Sir James Knott Trust; Barbour Foundation, Freemasons of Northumberland, Arnold Clark Foundation, Santander Foundation, J H Burn Charity Trust, Coalfields Regeneration Trust, Greggs Foundation, National Lottery Awards for All, Joicey Trust, Percy Hedley 1990 Trust, Hadrian Trust, Draeger, Public Health at Northumberland County Council, Northumbria Healthcare Trust, Mental Health Concern, Blyth Town Council, and Northumberland County Council. The Trustees are grateful to all of the funders who supported the work of the charity during 2021/22. Trustees would also like to thank individuals who have made personal donations this year.

Our staff adapted services during Covid and as restrictions have lifted, we are delivering more services face to face. However, we have retained digital service delivery as this had given far more reach into rural areas and some people prefer to access online.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2021/22. The charity continues to embed a stronger mutual aid approach to supporting carers and families and the new support programme and interventions for young people whose lives are affected by the drug or alcohol dependency of others.

The difference our work has made this year:

- We have again supported more families and young people
- We have worked to rebuild our pool of Family Champions and retained our much improved online service provision alongside a resumption of face to face delivery
- People have been able to 'give back' and 'help others in similar situations' and carers are clearly valuing the support received from peers
- We have built on links between ESCAPE and other relevant agencies and organisations to maximise the benefits for our families as Covid restrictions have lifted and now have a permanent base in Blyth at Briardale Summer House
- Carer feedback again demonstrates that families are more resilient and have better relationships
- Family Champions have again been empowered through developing skills and gaining qualifications and through helping others
- The children and adults we have worked with will have better life chances through addressing their Adverse Childhood Experience's.

We believe our support to families is much more holistic and accessible due to the new hybrid methods of working, service delivery and the ACE's programmes of support.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings. These meetings have all taken place online during this difficult period.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community setting

FINANCIAL REVIEW

The charity, through sound financial management and the support of staff and volunteers generated a very positive financial outcome for this period and ended this financial year with a deficit of £5,120 after allowing for depreciation, which was covered by funds carried forward from the previous year 2021/22.

Principal Funding Sources

Principal funding sources for the charity during 2022/23 were National Lottery Reaching Communities Fund, R W Mann Trust, Santander Foundation, The Shears Foundation, National Lottery Awards for All, Joicey Trust, Percy Hedley 1990 Trust, Garfield Weston Foundation, Public Health at Northumberland

County Council, Northumbria Healthcare Trust, Mental Health Concern, Blyth Town Council, Ashington Town Council, Blyth Harbour Commission, Asda Foundation, and Northumberland County Council.

The Charity was able to improve and maintain the Susan Kennedy Centre facilities with funding from The Clothworkers Foundation, Albert Hunt, Screwfix, Bernard Sunley and the B&Q Foundation.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2022/23.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves Policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold between 4 and 6 months of operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e. unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, e.g. money may need to be spent before a funding grant is received.

7. To prevent cash flow problems.

The amount of reserves we hold is reported to the board each quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year.

Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold between four and six months of reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between four to six months unrestricted reserves. We are presently holding 5.3 months operating costs.

Our annual budget is currently £266,749 for 2023/24. We had secured £226,357 towards this leaving us with a starting deficit of £40,392. Therefore, our current reserves more than cover the projected deficit should we fail to raise any funds in 2023/24 which is unlikely. Trustees are confident that this is a realistic, achievable target for the charity.

Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2023/24 is £266,749 and therefore the minimum unrestricted cash reserves target is £88,917 to £133,375 to be retained in reserves plus tangible fixed assets. Unrestricted cash reserves funds of £118,530; designated unrestricted funds of £25,243 and £17,599 of restricted cash funds apply at 31st March 2023. The charity also has £312,308 of fixed assets. The Trustees believe that COVD-19 has not had a significant impact on the levels of reserves held by ESCAPE.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding until 31st March 2024. To sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity, it is imperative to secure significant funds.

Going Concern

The Trustees have performed a robust analysis of budget, forecasts, reserve levels and cash flows taking into consideration potential scenarios and the impact of COVID-19 could have on the charity. After making appropriate enquiries, the Board of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

FUTURE PLANS

The charity will continue to work to consolidate, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. Our Family Champions Programme delivers more mutual aid for carers and our work to address the needs of Young People will continue thanks to funding from National Lottery Reaching Communities Fund until 30/06/2023. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1. introducing and embedding a new, stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.
2. piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

A focus on our two priority areas, as identified above, will enable us to:

- reach and support more families including children and young people
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996, and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts. The more traditional business, social work and nursing skills are well represented on the Management Committee. In the event of particular skills being lost due to retirements, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "The Essential Trustee".

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

RISK MANAGEMENT STATEMENT

Governance

Following a trustee skills audit and analysis, further recruitment of at least one more trustee will take place.

Operational

Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained during 2023/24 and beyond.

Financial

Sustainability of the charity is a high priority. Securing National Lottery funding commencing 1st April 2023 and lasting until 30th June 2023 covers 9% of our organisational budget for 2023/24.

Statutory funding from Public Health Northumberland has been secured for the 2023/24, 2024/25 and 2025/26 financial years following ESCAPE winning a contract to carryout work on their behalf, there is also a provision for the funding to continue for a further two years following this, but is not guaranteed at this time, which will also contribute significantly to sustainability. The charity will work to build on this for 2023/24 onwards.

The board has two working groups to strengthen its governance and aid sustainability – a Fundraising and Marketing Group and a Finance Group. Their work is ongoing.

External Risks

Trustees recognise that the last ten years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need and by seeking funds to March 2024 and beyond.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation

The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group includes self-assessment against Charity Commission guidelines and models of best practice.

Organisational Structure

The Management Committee (the board) has seven members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Voluntary Chief Executive. The voluntary Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.

In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group; Carers Partnership Board and Young Carer Steering Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Northumberland Communities Thriving Together, Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service, Mental Health Concern, Northumberland Recovery College, Briardale House and other Community Groups. The charity initially achieved the Investors in People Gold Standard and retained this until March 2022 when a rare Investor in People Platinum standard was achieved which the charity continues to hold.

Related Parties

In so far as it is complementary to the charity’s objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies. The local Drug and Alcohol Steering Group, Carer Partnership Board and Young Carer Steering Group are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services Ltd were re-appointed as the charity's Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the board of trustees on 18th October 2023 and signed on its behalf by:

H Madin - Treasurer

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2023

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2023, which are set out on pages 15 to 31.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a ‘true and fair’ view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Lilian Hetherington FCA
Connected Voice Business Services Ltd
One Strawberry Lane
Newcastle upon Tyne
NE1 4BX

Date: 22 November 2023

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

STATEMENT OF FINANCIAL ACTIVITIES (SoFA)

(Including Summary Income and Expenditure Account**)**

For the year ended 31 March 2023

Income From	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
Donations and Legacies	6	6,226	-	**6,226**	2,850
Charitable Activities					
Grants and Statutory Funding	7	5,000	300,293	**305,293**	217,967
Other Trading Activities	8	3,638	-	**3,638**	-
Investments	9	125	-	**125**	7
Total Income		14,989	300,293	**315,282**	220,824

Expenditure on		Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
Raising Funds	10	5,110	2,430	**7,540**	6,063
Charitable Activities					
Operations of the charity	11	8,187	304,675	**312,862**	238,385
Total Expenditure		13,297	307,105	**320,402**	244,448
Net Income/(Expenditure) and net movement of funds		1,692	(6,812)	**(5,120)**	(23.624)
Reconciliation of funds					
Total Funds Brought forward		237,372	241,427	**478,799**	502,423
Total Funds Carried Forward		239,064	234,615	**473,679**	478,799

The Statement of Financial Activities (SoFA) includes all grants and losses recognised during the year. All income and expenditure derive from continuing activities.

The notes on pages 17 to 31 form an integral part of these financial statements.

BALANCE SHEET

As at 31 March 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed Assets					
Tangible Assets	18	306,308		322,483	
Intangible Assets	19	6,000		-	
Total Fixed Assets			**312,308**		**322,483**
Current Assets					
Debtors	20	1,665		280	
Cash at bank and in hand	21	177,382		179,430	
Total current assets		**179,047**		**179,710**	
Current Liabilities					
Creditors:					
Due within one year	22	(17,676)		(23,394)	
Current Liabilities		**(17,676)**		**(23,394)**	
Net Current Assets			161,371		**156,316**
Total net assets			**473,679**		**478,799**
Funds of the charity					
Unrestricted Funds			239,064		237,372
Restricted Funds			234,615		241,427
Total Funds of the charity			**473,679**		**478,799**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts. These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 17 to 31 form an integral part of these financial statements.

These accounts were approved by the Board on: 18th October 2023

Signed on behalf of the Board by: H Madin

Treasurer

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2. Basis of Accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity is secure and that there are no material uncertainties around the fact that ESCAPE can continue to operate for the next twelve months and on that basis the charity is a going concern.

3. Income

3.1 Recognition of Income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received, and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income or expenses, unless required or permitted by FRS 102 SORP or FRS 102.

3.3 Grants and Donations

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 of income recognition are met.

3.4 Donated Goods and Services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the Statement of Financial Activities (SoFA) when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer Help

The value of volunteer help is not included within the accounts but is described within the Trustees Report.

3.6 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.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4. Expenditure and Liabilities

4.1 Liability Recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable Activities

All expenditure is accounted for on an accrual basis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and Support Costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

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

4.5 Creditors

The charity has creditors that are measured at settlement amounts less any trade discounts available.

4.6 Provision for Liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.7 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5. Assets

5.1 Tangible fixed assets used by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful life on a reducing value basis as follows:

Asset Type	Depreciation basis
Property improvement costs	5% straight line
Office and computer equipment	25% straight line
Caravan	10% straight line
Other	25% straight line

5.2 Intangible fixed assets used by the charity

Development costs that are directly attributable to the design and testing of identifiable and unique software products controlled by the charity are recognised as intangible assets when the following criteria are met:

- It is technically feasible to complete the software so that it will be available for use.
- The charity intends to complete the software and to use it.

- It can be demonstrated how the software will generate probable future economic benefits.
- Adequate technical, financial and other resources to complete the development and to use the software are available.
- The expenditure attributable to the software during its development can be reliably measured.

Development costs are not amortised until the software is brought into use.

5.3 Debtors

Debtors are measured at their receivable amounts, being the amount, the charity anticipates it will receive in settlement of the debt.

Analysis of income

	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
6 **Donations and legacies**				
Donations and grants	6,226	-	**6,226**	2,808
Release of retained cash		-	**-**	42
	6,226	-	**6,226**	2,850

7 **Charitable activities**	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
Grant income				
National Lottery Reaching Communities Fund	-	85,170	**85,170**	81,170
The Clothworkers' Foundation	-	27,500	**27,500**	-
Garfield Weston	-	25,000	**25,000**	-
The Ballinger Trust	-	9,996	**9,996**	
Big Lottery Awards for All	-	9,984	**9,984**	-
The Shears Foundation	-	5,000	**5,000**	-
Albert Hunt	-	5,000	**5,000**	-
The Screwfix Foundation	-	5,000	**5,000**	-
Bernard Sunley Foundation	-	5,000	**5,000**	-
The B&Q Foundation	-	5,000	**5,000**	-
The Joicey Trust	-	3,400	**3,400**	-
RW Mann	-	1,500	**1,500**	-
Santander Foundation	-	998	**998**	998
The Asda Foundation	-	700	**700**	-
The Percy Hedley Trust	-	500	**500**	-
Northumberland County Council Jubilee Fund	-	500	**500**	-
Sir James Knott Foundation	-	-	**-**	10,000
The Barbour Foundation	-	-	**-**	5,000
Arnold Clark Foundation	-	-	**-**	1,000
Freemasons of Northumberland	-	-	**-**	1,000
JH Burn Charity Trust	-	-	**-**	200
Statutory income				
Public Health at Northumberland County Council	-	55,000	**55,000**	55,000
Northumberland County Council - Carers' Grant	-	25,000	**25,000**	-
Mental Health Concern	-	12,935	**12,935**	15,185
Blyth Town Council	-	6,650	**6,650**	4,000
Ashington Town Council	-	6,000	**6,000**	-
Northumbria Healthcare NHS Foundation Trust	-	-	**-**	25,000
Public Health Covid-19 Funding	-	-	**-**	9,000
Northumberland County Council	-	-	**-**	4,794
Amounts c/f	-	295,833	295,833	212,347

	Analysis of income continued Other income	Unrestricted Funds	Restricted Funds	**Total 2023**	Total 2022
		£	£	**£**	£
	Amounts b/f	-	295,833	**295,833**	212,347
	Other income	-	3,960	**3,960**	5,620
	NI Employment allowance	5,000	-	**5,000**	-
	Sponsorship Blyth Harbour Commission	-	500	**500**	-
		5,000	300,293	**305,293**	217,967

		Unrestricted Funds	Restricted Funds	**Total 2023**	Total 2022
		£	£	**£**	£
8	**Other trading activities**				
	Room hire	2,745	-	**2,745**	-
	Other sales	773	-	**773**	-
	Carers' Feedback Survey	120	-	**120**	-
		3,638	-	**3,638**	-
9	**Income from investments**				
	Bank interest	125	-	**125**	7
		125	-	**125**	7

Income was £315,282 (2022: £220,824) of which £14,989 was unrestricted or designated (2022: £2,695) and £300,293 was restricted (2022: £218,129)

Analysis of expenditure on charitable activities

		Unrestricted Funds	Restricted Funds	**Total 2023**	Total 2022
		£	£	**£**	£
10	***Raising funds***				
	Fundraising costs	5,110	2,430	**7,540**	6,063
		5,110	2,430	**7,540**	6,063

	Unrestricted Funds £	Restricted Funds £	**Total 2023 £**	Total 2022 £
11 ***Charitable activities***				
Direct costs				
Staff costs	3,657	140,307	**143,964**	141,408
Training costs	-	2,498	**2,498**	2,986
Respite costs (caravan)	-	6,617	**6,617**	5,727
Travel costs	-	2	**2**	109
Volunteer costs including travel	-	2,759	**2,759**	1,293
Client costs	-	-	**-**	1,403
Helpline and outreach	-	3,453	**3,453**	1,951
Support costs				
Staff costs	419	51,254	**51,673**	21,822
Utilities	-	5,498	**5,498**	4,893
General running costs	63	1,710	**1,773**	117
Insurance	-	-	**-**	11,072
Repairs and renewals	-	930	**930**	1,625
Cleaning	-	216	**216**	-
Telephone	-	-	**-**	482
Internet and ICT costs	-	6,953	**6,953**	8,446
Stationery and printing	-	4,388	**4,388**	2,654
Sundry	-	-	**-**	163
Refreshments	-	385	**385**	250
Room Hire	-	6,105	**6,105**	-
Professional fees	3,153	5,064	**8,217**	4,220
Bank charges	222	-	**222**	164
Small equipment	-	10,838	**10,838**	6,790
Depreciation	673	19,299	**19,972**	19,815
Furniture replacement costs	-	8,325	**8,325**	-
Building maintenance costs	-	22,332	**22,332**	-
Small equipment hire	-	288	**288**	-
Evaluation fees	-	4,500	**4,500**	-
C/fwd balance	8,187	303,721	311,908	237,390
Governance costs				
B/fwd balance	8,187	303,721	**311,908**	237,390
Independent examiner's fees for reporting on the accounts	-	954	**954**	995
	8,187	304,675	**312,862**	238,385

Expenditure on charitable activities was £320,402 (2022: £244,448) of which £13,297 was unrestricted or designated (2022: £1,365) and £307,105 was restricted (2022: £243,083)

12 **Fees for examination of the accounts**

	2023	2022
	£	£
Independent examiner's fees for reporting on the accounts	**954**	995

There were no other fees paid to the examiner (2022: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2023	**2022**
	£	**£**
Salaries and wages	**172,905**	150,781
Social security costs	**13,727**	10,878
Pension costs (defined contribution pension plan)	**7,863**	6,787
Other employee benefits	**1,141**	846
	195,636	169,292

No employee received remuneration above £60,000 (2022: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2021: £0)

14 **Staff numbers**

The average monthly head count was 9 staff (2022: 6 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employees work	**2023** **Number**	2022 Number
Charitable activities	**5.6**	5.6

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £7,863 (2022: £6,787). There was £0 outstanding as at 31 March 2023 (2022: £0).

16 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

The following details the expenses incurred by the trustees.

	2023	2022
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,627**	1,148
Tom Devine	**84**	-
	1,711	1,148

Transactions with related parties

As at 31 March 2023

There were no related party tranactions for the year ended 31 March 2023.

As at 31 March 2022

Name of the trustee or related party	Relationship to charity	Description of the transaction	£
Trustee Stephen Murphy	Worked for a supplier to the charity, Vital Services North East Limited but has now resigned.	IT support contract and supply of computer equipment	**7,856**

17 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

18 **Tangible fixed assets**

	Freehold property	Office and computer equipment	Caravan	Other equipment	Total
	£	£	£	£	£
Cost					
At 1 April 2022	341,147	21,818	32,035	4,561	**399,561**
Additions	-	3,797	-	-	**3,797**
Disposals	-	(1,954)	-	-	**(1,954)**
At 31 March 2023	341,147	23,661	32,035	4,561	**401,404**
Depreciation					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2022	50,857	15,137	9,612	1,472	**77,078**
Depreciation charge for year	12,714	2,913	3,204	1,141	**19,972**
Disposals	-	(1,954)	-	-	**(1,954)**
At 31 March 2023	63,571	16,096	12,816	2,613	**95,096**
Net book value					
At 31 March 2022	290,290	6,681	22,423	3,089	**322,483**
At 31 March 2023	277,576	7,565	19,219	1,948	**306,308**

19 **Intangible fixed assets**

	Software Development	Total
	£	**£**
Cost		
At 1 April 2022	-	**-**
Additions	6,000	**6,000**
At 31 March 2023	6,000	**6,000**
Amortisation		
At 1 April 2022	-	**-**
Amortisation charge for year	-	**-**
At 31 March 2023	-	**-**
Net book value		
At 31 March 2022	-	**-**
At 31 March 2023	6,000	**6,000**

20 **Debtors and prepayments (receivable within 1 year)**

	2023	2022
	£	£
Debtors	**1,665**	280
	1,665	280

21 **Cash at bank and in hand**

	2023	2022
	£	£
Short term deposits	**65,930**	65,805
Cash at bank	**111,426**	113,549
Cash in hand	**26**	76
	177,382	179,430

22 **Creditors and accruals (payable within 1 year)**

	2023	2022
	£	£
Other creditors	**1,267**	528
Accruals		
Independent examination of accounts	**954**	2,483
Deferred income	**15,455**	20,384
	17,676	23,395

23 **Deferred income**

Deferred income comprises of advance payments from grants that relate to future periods

	2023	2022
	£	£
Balance brought forward	**20,384**	65,000
Amount released to income earned from charitable activities	**(20,384)**	(65,000)
Amount deferred in year	**15,455**	20,384
Balance carried forward	**15,455**	20,384

24 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

25 **Analysis of charitable funds**

Analysis of movements in unrestricted funds
As at 31 March 2023

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward £**
General unrestricted fund	116,165	14,989	(12,624)	-	**118,530**
Designated funds					
Unrestricted fixed assets	89,964	-	(673)	6,000	**95,291**
Contingency	10,618	-	-	-	**10,618**
System upgrade	20,625	-	-	(6,000)	**14,625**
Totals	237,372	14,989	(13,297)	-	**239,064**

As at 31 March 2022

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
General unrestricted fund	119,787	2,695	(692)	(5,625)	**116,165**
Designated funds					
Unrestricted fixed assets	130,058	-	(673)	(39,421)	**89,964**
Contingency	10,618	-	-	-	**10,618**
System upgrade	15,000	-	-	5,625	**20,625**
Totals	275,463	2,695	(1,365)	(39,421)	**237,372**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

Analysis of movement in restricted funds
As at 31 March 2023

Restricted fixed assets	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Susan Kennedy Centre refurbishment	203,420	-	(12,714)	-	**190,706**
Restricted office, computer and other equipment	9,148	-	(3,735)	3,797	**9,210**
Caravan upgrade	19,950	-	(2,850)	-	**17,100**
Restricted funds					
Susan Kennedy Centre	1,315	-	-	-	**1,315**
Respite project	1,133	3,960	(6,617)	-	**(1,524)**
Centre running costs	725	-	(6)	-	**719**
National lottery Reaching Communities	2,161	85,170	(87,221)	-	**110**
Public Health	601	55,000	(55,601)	-	**-**
Mental Health concern	2,768	12,935	(15,512)	-	**191**
Small equipment	206	-	-	-	**206**
Santander Foundation	-	998	(998)	-	**-**
Blyth Town Council	-	6,650	(6,650)	-	**-**
Awards for all	-	9,984	(8,820)	-	**1,164**
RW Mann	-	1,500	(465)	-	**1,035**
The Joicey Trust	-	3,400	(13)	-	**3,387**
The Shears Foundation	-	5,000	(4,362)	-	**638**
The Percy Hedley Trust	-	500	(40)	-	**460**
Garfield Weston	-	25,000	(23,082)	-	**1,918**
Northumberland County Council Carers' Grant	-	25,000	(25,000)	-	**-**
Northumberland County Council Jubilee Fund	-	500	(500)	-	**-**
Ashington Town Council	-	6,000	(6,000)	-	**-**
Asda Foundation	-	700	(367)	-	**333**
Port of Blyth Commissioners	-	500	(500)	-	**-**
Ballinger Trust	-	9,996	(6,376)	-	**3,620**
Susan Kennedy Centre refurbishment					
The Cloth Workers Foundation	-	27,500	(19,676)	(3,797)	**4,027**
Albert Hunt	-	5,000	(5,000)	-	**-**
Bernard Sunley Foundation	-	5,000	(5,000)	-	**-**
B&Q Foundation	-	5,000	(5,000)	-	**-**
Screwfix Foundation	-	5,000	(5,000)	-	**-**
Totals	241,427	300,293	(307,105)	-	**234,615**

As at 31 March 2022

Restricted fixed assets	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Susan Kennedy Centre refurbishment	176,714	-	(12,715)	39,421	**203,420**
Restricted office, computer and other equipment	12,725	-	(3,577)	-	**9,148**
Caravan upgrade	22,800	-	(2,850)	-	**19,950**
Restricted funds					
Client activities	(1,365)	-	-	1,365	**-**
Susan Kennedy Centre	(1,647)	167	2,416	379	**1,315**
Peer mentor coordinator	71	-	-	(71)	**-**
Family Support	4,649	-	-	(4,649)	**-**
Training officer salary	2,461	-	(1,255)	(1,206)	**-**
Helpline /Outreach	352	-	-	(352)	**-**
Volunteer costs	2,831	-	-	(2,831)	**-**
Respite project	1,549	5,620	(5,727)	(309)	**1,133**
Senior practitioner salary	500	-	-	(500)	**-**
Centre running costs	2,377	-	(1,624)	(28)	**725**
Centre management costs	2,943	-	-	(2,943)	**-**
National lottery Reaching Communities	-	81,170	(84,454)	5,445	**2,161**
Sir James Knott Foundation	-	10,000	(10,967)	967	**-**
The Barbour Foundation	-	5,000	(5,000)	-	**-**
Freemasons of Northumberland	-	1,000	(1,000)	-	**-**
Arnold Clark Foundation	-	832	(832)	-	**-**
Santander Foundation	-	998	(998)	-	**-**
J H Burn Charity Trust	-	200	(200)	-	**-**
Public Health	-	55,000	(55,573)	1,174	**601**
Northumbria Healthcare NHS Trust	-	25,000	(25,000)	-	**-**
Mental Health Concern	-	15,185	(15,933)	3,516	**2,768**
Public Health COVID 19 Funding	-	9,000	(9,000)	-	**-**
Northumberland County Council	-	4,794	(4,794)	-	**-**
Blyth Town Council	-	4,000	(4,000)	-	**-**
Small equipment	-	163	-	43	**206**
Totals	226,960	218,129	(243,083)	39,421	**241,427**

Purpose of restricted funds

Restricted Funds represent income resources used for a specific purpose by the charity in line with requirements set down by the donor. These have been bought together into other restricted balances in total because there should only be a small amount of funds carried forward between financial years and will only be spend on areas specified by the donor in the financial year of the initial grant.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Peer Monitor Co-ordinator	Restricted to salary of Peer Mentor coordinators post.
Respite Project	Restricted for the respite project.
Centre Running Costs	Restricted to centre running costs.
National Lottery Reaching Communities	Restricted to reaching communities
Santander Foundation	Restricted to intern's salary costs
Public Health	Restricted to running costs
Northumbria NHS Health Trust	Restricted to Service Manager salary costs
Mental Health Concern	Restricted to Family Support Worker salary costs
Blyth Town Council	Restricted to running costs
Small equipment	Restricted to the purchase of small equipment or contributions towards the purchase of larger items
Awards for all	Restricted to running costs
RW Mann	Restricted to running costs
The Joicey Trust	Restricted to running costs
The Shears Foundation	Restricted to running costs
The Percy Hedley Foundation	Restricted to running costs
Garfield Weston	Restricted to running costs
Northumberland County Council	Restricted to costs associated with the Jubilee event
Ashington Town Council	Restricted to running costs
Asda Foundation	Restricted to items to support the work done with young people
Port of Blyth Commissioners	Restricted to running costs
Ballinger Trust	Restricted to Family Support Worker salary costs
The Clothworkers Foundation	Restricted to the building maintenance project and purchase of equipment for the same
Albert Hunt	Restricted to building maintenance/refurbishment costs
Screwfix Foundation	Restricted to building maintenance/refurbishment costs
Bernard Sunley Foundation	Restricted to building maintenance/refurbishment costs
B&Q Foundation	Restricted to building maintenance/refurbishment costs

Transfers between funds

As at 31 March 2023	**Reason for transfer**	**Amount £**
Transfer between The Clothworkers' Foundation and fixed assets	Amount to cover the depreciation of items bought as part of the refurbishment.	**3,797**

As at 31 March 2022	**Reason for transfer**	**Amount £**
Between un-restricted fixed assets and The Susan Kennedy Centre	Correction of funding received to the correct restricted fund.	**39,421**

26 **Capital commitments**

As at 31 March 2023, the charity had capital commitments of £4,027 relating to the refurbishment of the Susan Kennedy Centre (2022 - £nil)

27 **Analysis of net assets between funds**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2023 £**	**Total 2022 £**
Tangible fixed assets	-	95,291	217,017	**312,308**	**322,483**
Cash at bank and in hand	134,540	25,243	17,599	**177,382**	**179,430**
Other net current assets/(liabilities)	(13,636)	-	(2,375)	**(16,011)**	**(23,114)**
	120,904	120,534	232,241	**473,679**	**478,799**

ESCAPE FAMILY SUPPORT GROUP

England & Wales - Charity number 1063500

Accounts

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

REPORT AND FINANCIAL STATEMENTS
For the year ended 31 March 2022

Charity Number 1063500
Company Number 03256554

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

ANNUAL REPORT AND FINANCIAL STATEMENTS
For the year ended 31 March 2022

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ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2022

Charity number 1063500

Company number 03256554

Report of the Management Committee for the year ended 31 March 2022

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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) (effective October 2019).

1. REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 Southview
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair
D Brown	Resigned as Vice Chair and Trustee 27th April 2021
T Devine	Vice Chair with effect from 27th April 2021
H Madin	Treasurer
J Murphy	
S J Murphy	
A Park	
P Critchlow	Resigned as Trustee 14th April 2021

Company Secretary
T Devine

Independent examiner
Doug Maltman FMAAT
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle Upon Tyne
Tyne and Wear
NE1 8AF

Bank:
Lloyds Bank

Solicitors:- Employment Law
Helen Kay
HMK Legal Ltd
Clavering House
Clavering Place
Newcastle upon Tyne
NE1 3NG

Reference and administrative details (continued)

Solicitors:- Property
Cuthbertsons
3 Stanley Street
Blyth
Northumberland
NE24 2BS

2. OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress to drug, alcohol and solvent users' and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, and mediation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one's addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member
- Support to young people affected by a loved one's substance use (pilot programme)
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 320,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

The North East has had the highest rate of drug misuse for the past nine consecutive years (between 2013 and 2021), before this Wales had a higher rate than all English regions (between 2010 and 2012). The North East continues to be statistically significantly higher than all other regions of England as well as Wales. (ONS 3 August 2022).

The statistics for deaths by drug misuse and figures for death by drug poisoning both show that the North East region has the highest death rate in England and Wales, at almost twice the national average. There were 1,123 deaths linked to drug misuse in the North East between 2019 and 2021, which works out at an average annual rate of 204.1 per 1,000,000 people, almost twice as high as England's average rate of 102.8 for the same period (ONS 3 August 2022).

The North East also has the highest rate of deaths for drug poisoning, which include the misuse figures along with statistics for deaths caused by complications such as deep vein thrombosis or septicaemia from intravenous drug use, drug-induced suicides and deaths caused by prescription and over the counter medicines, obtained illegally or legally (ONS 3 August 2022).

Figures released in December 2021 by the Office of National Statistics (ONS) show that alcohol-specific deaths in the North-East rose by more than 20.5%. In 2020, that figure increased to 382 over the same period. According to Balance, the North East Alcohol Office, these figures could be the tip of an iceberg.

Public Benefit Statement

The trustees/directors have paid due regard to the Charity Commission guidance on public benefit and are confident that the organisation’s aims, objectives and activities are in accordance with the guidance on public benefit.

Our activities and achievements as outlined demonstrate our commitment to ensuring that the organisation’s resources and activities maximise the potential benefit to our local community.

3. ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope. ESCAPE continues to provide Northumberland’s only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

ESCAPE has supported 586 beneficiaries during 2021/22, including 71 young people/children, whose lives have been negatively impacted by a family member's substance use. 353 cases were closed during this year with 86.1% of these people leaving service in a planned way reporting improved health and wellbeing and the skills to cope ongoing. Our current caseload is 162. Of these, 36 are receiving Tier 1 support (Low level support), 52 are receiving Tier 2 interventions (Intermediate) with 74 people receiving Tier 3 (Intensive) services.

ESCAPE's confidential support services are person centred, evidence based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role.
All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however; some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas; the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience

People can be helped and supported (continued): -

- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

4. GOVERNANCE

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard until March 2022 when we achieved a rare Platinum Investor in People standard, a remarkable achievement for any small organisation.

Our Investor in People Insights Report dated March 2022 highlighted that we should be proud of:

- Inspirational leadership that is influencing how people behave with the organisation (role modelling) as well as motivating them to perform at their best.
- ESCAPE is a value driven organisation, where people make decisions based on what they feel is the right thing to do rather than necessarily the easiest.
- You genuinely consult your people and involve them in decision-making. This leads to people feeling empowered and connected to your plans and strategies.
- You have a range of people processes that provide people with support and focus for their work.
- You are constantly exploring and introducing improvements to your people practices. We saw new activities such as peer support meetings and the development of services in response to the pandemic that indicated your dedication to continually improve.
- Your people are passionate about the work they do and the communities they serve.
- Your IIP survey results were exceptional and included all of your people either agreeing or strongly agreeing that the organisation was a great place to work.

We are delighted and proud to achieve this award and to have been benchmarked so highly against other organisations delivering social work activities with a score of 861 out of 900 in comparison with an average industry benchmark score of 748 out of 900; with average IIP benchmark scores being 727.

Investor in People Insights Assessment and Health and Wellbeing Review Report March 2022.

The service is supported through grants from National Lottery Reaching Communities Fund; Sir James Knott Trust; Barbour Foundation, Freemasons of Northumberland, Arnold Clark Foundation, Santander Foundation, J H Burn Charity Trust, Coalfields Regeneration Trust, Greggs Foundation, National Lottery Awards for All, Joicey Trust, Percy Hedley 1990 Trust, Hadrian Trust, Draeger, Public Health at Northumberland County Council, Northumbria Healthcare Trust, Mental Health Concern, Blyth Town Council, and Northumberland County Council. The Trustees are grateful to all of the funders who supported the work of the charity during 2021/22. Trustees would also like to thank individuals who have made personal donations this year.

Our staff adapted services during Covid and as restrictions have lifted, we are delivering more services face to face. However, we have retained digital service delivery as this had given far more reach into rural areas and some people prefer to access online.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2021/22. The charity continues to embed a stronger mutual aid approach to supporting carers and families and the new support programme and interventions for young people whose lives are affected by the drug or alcohol dependency of others.

5. VOLUNTEERING AND PEER MENTORING:

We have an amazing pool of who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, befriending, peer mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

We successfully recruited and trained 11 Family Champions in 2021/22. This has replenished our pool of family champions as 11 of the 21 we have trained since 01/04/2020 have now moved on and no longer volunteer. Despite having their own personal struggles our Family Champions again contributed to the support we have offered to families this year and our mutual aid provision continues. Four Family Champions have now gained direct economic benefits from participating tin the project as they have gained employment and are utilising the qualifications, skills and experience they gained through becoming Family Champions. Three further Family Champions are now attending college and are furthering their education. These are excellent outcomes for the people that have trained as family champions.

Family Champions have provided support in running our mutual aid groups for Kinship Carers, the Bereaved and CRAFT Maintenance groups. There has been a mix of face to face and online support delivered for carers in line with pandemic restrictions.

We currently have 20 volunteers, family champions and peer mentors who have again made a significant contribution to provision this year providing 4,202 hours of work. This is in effect the equivalent of 2.5 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of family champions, volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups. The stigmas' associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

The difference our work has made this year:

- We have again supported more families and young people
- We have worked to rebuild our pool of Family Champions and retained our much improved online service provision alongside a resumption of face to face delivery
- People have been able to 'give back' and 'help others in similar situations' and carers are clearly valuing the support received from peers
- We have built on links between ESCAPE and other relevant agencies and organisations to maximise the benefits for our families as Covid restrictions have lifted and now have a permanent base in Blyth at Briardale Summer House

The difference our work has made this year (continued):

- Carer feedback again demonstrates that families are more resilient and have better relationships

- Family Champions have again been empowered through developing skills and gaining qualifications and through helping others

- The children and adults we have worked with will have better life chances through addressing their Adverse Childhood Experience's.

We believe our support to families is much more holistic and accessible due to the new hybrid methods of working, service delivery and the ACE's programmes of support.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings. These meetings have all taken place online during this difficult period.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community settings.

6. FINANCIAL REVIEW

Review of the year
The results for the year and the company's financial position at the end of the year are shown in the attached financial statements.

During the year the Charity had income of £220,824 (2021: £185,455) of which £218,129 was restricted (2021: £182,372) and expenditure of £244,448 (2021: £176,332) of which £243,083 was restricted (2021: £173,961). There was an operating deficit of £23,624 (2021: surplus of £9,123) of which a surplus of £14,467 was restricted (2021: a surplus of £8,411).

At 31 March 2022 the Charity had net assets of £478,799 (2021: £502,423) of which £241,427 was restricted (2021: £226,960).

Principal Funding Sources

Principal funding sources for the charity during 2021/22 were National Lottery Reaching Communities Fund; Sir James Knott Trust; Barbour Foundation, Freemasons of Northumberland, Arnold Clark Foundation, Santander Foundation, J H Burn Charity Trust, Coalfields Regeneration Trust, Greggs Foundation, National Lottery Awards for All, Joicey Trust, Percy Hedley 1990 Trust, Hadrian Trust, Draeger, Public Health at Northumberland County Council, Northumbria Healthcare Trust, Mental Health Concern, Blyth Town Council, and Northumberland County Council.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2021/22.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves Policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold between 4 and 6 months of operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e. unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, e.g. money may need to be spent before a funding grant is received.

7. To prevent cashflow problems.

The amount of reserves we hold is reported to the board each quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year.

Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold between four and six months of reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between four to six months unrestricted reserves. We are presently holding 4.3 months operating costs.

Our annual budget is currently £318,336 for 2022/23. We had secured £274,495 towards this leaving us with a starting deficit of £43,841. Therefore, our current reserves more than cover the projected deficit should we fail to raise any funds in 2022/23, which is unlikely. Trustees are confident that this is a realistic, achievable target for the charity.

Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2022/23 is £318,336 and therefore the minimum unrestricted cash reserves target is £159,168 to be retained in reserves plus tangible fixed assets. Unrestricted cash reserves funds of £116,165; designated unrestricted funds of £31,243; and £8,909 of restricted cash funds apply at 31st March 2022. The charity also has £322,484 fixed assets. Trustees believe that COVD-19 has not had a significant impact on the levels of reserves held by ESCAPE.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding until 31st March 2024. To sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity, it is imperative to secure significant funds.

7. GOING CONCERN

The Trustees have performed a robust analysis of budget, forecasts, reserve levels and cash flows taking into consideration potential scenarios and the impact of COVID-19 could have on the charity. After making appropriate enquiries, the Board of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

8. FUTURE PLANS

The charity will continue to work to consolidate, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. Our Family Champions Programme delivers more mutual aid for carers and our work to address the needs of Young People will continue thanks to funding from National Lottery Reaching Communities Fund until 31/03/2023. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1. introducing and embedding a new, stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are ‘experts by experience’ and who have expressed their desire to give something back and help others to achieve positive change.

2. piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

A focus on our two priority areas, as identified above, will enable us to:

- reach and support more families including children and young people
- build a stronger and connected network of support across the county
- support people, including young people, to ‘give back’ and ‘help others in similar situations’

9. STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996, and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts. D. Brown resigned as Vice Chair and Trustee on 27th April 2021 and P Critchlow resigned as Trustee on 14th April 2021. The more traditional business, social work and nursing skills are well represented on the Management Committee. In the event of particular skills being lost due to retirements, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "the Essential Trustee".

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

10. RISK MANAGEMENT STATEMENT

Governance

Following a trustee skills audit and analysis, further recruitment of at least one more trustee will take place.

Operational

Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained during 2022/23 and beyond.

Financial

Sustainability of the charity is a high priority. Securing National Lottery funding commencing 1st April 2020 and lasting until 31st March 2023 covers 50% of our organisational budget and contributes significantly to financial viability of the charity for the next year.

Statutory funding from Public Health Northumberland has been secured for 2022/23, which will also contribute significantly to sustainability. The charity will work to build on this for 2023/24 onwards.

The board has two working groups to strengthen its governance and aid sustainability – a Fundraising and Marketing Group and a Finance Group. Their work is ongoing.

External Risks

Trustees recognise that the last ten years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need and by seeking funds to March 2023 and beyond.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation

The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group includes self-assessment against Charity Commission guidelines and models of best practice.

Organisational Structure

The Management Committee (the board) has seven members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Chief Executive. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.

In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group; Carers Partnership Board and Young Carer Steering Group. More widely, it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Northumberland Communities Thriving Together, Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service, Mental Health Concern, Northumberland Recovery College, Briardale House and other Community Groups. The charity initially achieved the Investors in People Gold Standard and retained this until March 2022 when a rare Investor in People Platinum standard was achieved.

Related Parties

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies. The local Drug and Alcohol Steering Group, Carer Partnership Board and Young Carer Steering Group are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustee Stephen Murphy worked for a supplier to the charity – Vital Services North East Limited. The charity undertook an arms-length process to ensure they chose the best provider; Stephen Murphy was not part of the decision making process. Stephen's employment with Vital Service ended in February 2022 so this conflict of interest has ended. Please see note 16 of the accounts for details of transactions with related parties.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

11. TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year, which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services Ltd were re-appointed as the charities Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the board of trustees on 18 October 2022 and signed on its behalf by:

H Madin (Nov 24, 2022 16:01 GMT)

H Madin - Treasurer

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2022

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2022, which are set out on pages 16 to 29.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Doug Maltman FMAAT
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF

Douglas Maltman

Douglas Maltman (Nov 25, 2022 09:12 GMT)

Date: 25 November 2022

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2022

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2022 £**	Total 2021 £
Income from:					
Donations and legacies	6	2,688	162	**2,850**	3,004
Charitable activities					
Grants and statutory funding	7	-	217,967	**217,967**	181,804
Other trading activities	8	-	-	**-**	630
Investments	9	7	-	**7**	17
Total income		2,695	218,129	**220,824**	185,455
Expenditure on:					
Raising funds	10	-	6,063	**6,063**	107
Charitable activities					
Operation of the charity	11	1,365	237,020	**238,385**	176,225
Total expenditure		1,365	243,083	**244,448**	176,332
Transfers between funds		(39,421)	39,421	**-**	-
Net movement of funds		(38,091)	14,467	**(23,624)**	9,123
Reconciliation of funds					
Total funds brought forward		275,463	226,960	**502,423**	493,300
Total funds carried forward		237,372	241,427	**478,799**	502,423

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 18 to 29 form an integral part of these accounts.

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

BALANCE SHEET
As at 31 March 2022

	Notes	£	Total 2022 £	£	Total 2021 £
Fixed assets					
Tangible assets	18		322,483		342,297
Total fixed assets			**322,483**		**342,297**
Current assets					
Debtors	19	280		-	
Cash at bank and in hand	20	179,430		226,487	
Total current assets		**179,710**		**226,487**	
Creditors: amounts falling due within one year	21	**(23,393)**		**(66,361)**	
Net current assets			**156,317**		**160,126**
Total assets less current liabilities			**478,800**		**502,423**
Total net assets or liabilities			**478,800**		**502,423**
Funds of the charity					
Unrestricted income funds			237,372		275,463
Restricted income funds			241,427		226,960
Total funds			**478,799**		**502,423**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 18 to 29 form an integral part of these accounts.

These financial statements were approved by the Board on: 24 November 2022

and are signed on its behalf by: H Madin
Treasurer

H Madin (Nov 24, 2022 16:01 GMT)

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (issued in October 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011, the Companes Act 206 and the Uk Generally Accepted Accounting Practice .

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 of income recognition are met.

3.4 **Donated goods and services**

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 **Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 **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.

3.7 **Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 **Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 **Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 **Expenditure and liabilities**

4.1 **Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 **Charitable activities**

All expenditure is accounted for on an accrual baisis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

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

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.7 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and computer equipment	25 % Straight Line
Caravan	10 % Straight Line
Other equipment	25 % Straight Line

5.2 Debtors

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Analysis of income

	Unrestricted Funds £	Restricted Funds £	**Total 2022 £**	Total 2021 £
6 **Donations and legacies**				
Donations and grants	2,688	120	**2,808**	3,004
Release of retained cash	-	42	**42**	-
	2,688	162	**2,850**	3,004
7 **Charitable activities**				
Grant income				
National Lottery Reaching Communities Fund	-	81,170	**81,170**	82,170
Greggs Foundation	-	-	**-**	15,000
Big Lottery Awards for All	-	-	**-**	10,000
Sir James Knott Foundation	-	10,000	**10,000**	10,000
The Coalfields Regeneration Trust	-	-	**-**	21,092
The Joicey Trust	-	-	**-**	4,000
The Percy Hedley 1990 Trust	-	-	**-**	500
Hadrian Trust	-	-	**-**	500
Draeger	-	-	**-**	500
The Barbour Foundation	-	5,000	**5,000**	-
Arnold Clark Foundation	-	1,000	**1,000**	-
Santander Foundation	-	998	**998**	-
J H Burn Charity Trust	-	200	**200**	-
Freemasons of Northumberland	-	1,000	**1,000**	-
Statutory income				
Blyth Town Council	-	4,000	**4,000**	8,000
Northumberland County Council	-	4,794	**4,794**	2,000
	-	25,000	**25,000**	25,000
Northumbria Healthcare NHS Foundation Trust	-	55,000	**55,000**	-
Public Health at northumberland County Council Mental Health Concern	-	15,185	**15,185**	-
Public Health Covid-19 Funding	-	9,000	**9,000**	-
Other income				
Other income	-	5,620	**5,620**	3,042
	-	217,967	**217,967**	181,804
8 **Other trading activities**				
Fundraising events	-	-	**-**	146
Other sales	-	-	**-**	484
	-	-	**-**	630

Analysis of income continued

		Unrestricted Funds £	Restricted Funds £	**Total 2022 £**	Total 2021 £
9	**Income from investments**				
	Bank interest	7	-	**7**	17
		7	-	**7**	17

Income was £220,824 (2021: £185,455) of which £2,695 was unrestricted or designated (2021: £3,083) and £218,129 was restricted (2021: £182,372)

Analysis of expenditure on charitable activities

		Unrestricted Funds £	Restricted Funds £	**Total 2022 £**	Total 2021 £
10	***Raising funds***				
	Fundraising costs	-	6,063	**6,063**	107
		-	6,063	**6,063**	107
11	***Charitable activities***				
	Direct costs				
	Staff costs	-	141,408	**141,408**	116,944
	Training costs	-	2,986	**2,986**	610
	Respite costs (caravan)	-	5,727	**5,727**	3,661
	Travel costs	-	109	**109**	622
	Volunteer costs including travel	-	1,293	**1,293**	1,508
	Client costs	-	1,403	**1,403**	316
	Helpline and outreach	-	1,951	**1,951**	1,902
	Support costs				
	Staff costs	-	21,822	**21,822**	-
	Utilities	-	4,893	**4,893**	4,537
	General running costs	-	117	**117**	308
	Insurance	-	11,072	**11,072**	5,111
	Repairs and renewals	-	1,625	**1,625**	1,075
	Cleaning	-	-	**-**	2,928
	Telephone	-	482	**482**	1,554
	Internet and ICT costs	-	8,446	**8,446**	4,564
	Stationery and copying	161	2,493	**2,654**	5,043
	Sundry	-	163	**163**	1,075
	Refreshments	-	250	**250**	-
	Professional fees	144	4,076	**4,220**	3,801
	Bank charges	164	-	**164**	100
	Small equipment	223	6,567	**6,790**	-
	Depreciation	673	19,142	**19,815**	19,204
	C/fwd balance	1,365	236,025	**237,390**	174,863

Governance costs

B/fwd balance	1,365	236,025	**237,390**	174,863
Independent examiner's fees for reporting on the accounts	-	995	**995**	1,362
	1,365	237,020	**238,385**	176,225

Expenditure on charitable activities was £244,448 (2021: £176,332) of which £1,365 was unrestricted or designated (2021: £2,371) and £243,083 was restricted (2021: £173,961)

12 **Fees for examination of the accounts**

	2022	2021
	£	£
Independent examiner's fees for reporting on the accounts	**995**	1,362
	995	1,362

There were no other fees paid to the examiner (2021: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2022	**2021**
	£	**£**
Salaries and wages	**150,781**	**105,791**
Social security costs	**10,878**	**8,314**
Pension costs (defined contribution pension plan)	**6,787**	**2,330**
Other employee benefits	**846**	**592**
	169,292	**117,027**

No employee received remuneration above £60,000 (2021: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2021: £0)

14 **Staff numbers**

The average monthly head count was 9 staff (2021: 6 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

The parts of the charity in which the employee's work	**2022** **Number**	2021 Number
Charitable activities	**5.6**	5.0
	5.6	5.0

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £6,787 (2021: £2,330). There was £0 outstanding as at 31 March 2022(2021: £0).

16 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

The following detail the expenses incurred by the trustees.

	2022	2021
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,148**	1,360
Thomas Devine	**-**	50
	1,148	1,410

Transaction(s) with related parties

The following detail the related party transactions in the reporting period.

As at 31 March 2022

Name of the trustee or related party	Relationship to charity	Description of the transaction	**£**
Trustee Stephen Murphy	Works for a supplier to the charity, Vital Services North East Limited	IT support contract and supply of computer equipment	**7,856**

As at 31 March 2021

Name of the trustee or related party	Relationship to charity	Description of the transaction	**£**
Former Trustee Stephen Murphy	Works for a supplier to the charity, Vital Services North East Limited	IT support contract and supply of computer equipment	**12,332**

The charity undertook an arm's length process to ensure they chose the best provider, Stephen Murphy was not part of the decision making process. As at 31 March 2022 there was a balance of £565 outstanding.

17 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

18 Tangible fixed assets

	Freehold property	Office and computer equipment	Caravan	Other equipment	Total
	£	£	£	£	£
Cost					
At 1 April 2020	341,147	21,818	32,035	4,561	**399,561**
Additions	-	-	-	-	**-**
Disposals	-	-	-	-	**-**
At 31 March 2022	341,147	21,818	32,035	4,561	**399,561**
Depreciation					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2020	38,142	12,382	6,408	331	**57,263**
Depreciation charge for year	12,715	2,755	3,204	1,141	**19,815**
Disposals	-	-	-	-	**-**
At 31 March 2021	50,857	15,137	9,612	1,472	**77,078**
Net book value					
At 31 March 2021	303,005	9,436	25,627	4,230	**342,298**
At 31 March 2022	290,290	6,681	22,423	3,089	**322,483**

19 Debtors and prepayments (receivable within 1 year)

	2022	2021
	£	£
Debtors	**280**	-
	280	-

20 Cash at bank and in hand

	2022	2021
	£	£
Short term deposits	**65,805**	65,799
Cash at bank	**113,549**	160,205
Cash in hand	**76**	483
	179,430	226,487

21 Creditors and accruals (payable within 1 year)

	2022	2021
	£	£
Other creditors	**526**	-
Accruals		
Independent examination of accounts	**2,483**	1,362
Deferred income	**20,384**	65,000
	23,393	66,362

22 **Deferred income**

Deferred income comprises of advance payments from grants that relate to future periods

	2022	2021
	£	£
Balance brought forward	**65,000**	-
Amount released to income earned from charitable activities	**(65,000)**	-
Amount deferred in year	**20,384**	65,000
Balance carried forward	**20,384**	65,000

23 **Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

24 **Analysis of charitable funds**

Analysis of movements in unrestricted funds
As at 31 March 2022

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	119,787	2,695	(692)	(5,625)	**116,165**
Designated funds					
Unrestricted fixed assets	130,058	-	(673)	(39,421)	**89,964**
Contingency	10,618	-	-	-	**10,618**
System upgrade	15,000	-	-	5,625	**20,625**
Totals	275,463	2,695	(1,365)	(39,421)	**237,372**

As at 31 March 2021

Unrestricted funds	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** **£**
General unrestricted fund	131,963	3,083	(259)	(15,000)	**119,787**
Designated funds					
Unrestricted fixed assets	132,170	-	(2,112)	-	**130,058**
Contingency	10,618	-	-	-	**10,618**
System upgrade	-	-	-	15,000	**15,000**
Totals	274,751	3,083	(2,371)	-	**275,463**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

Analysis of movement in restricted funds
As at 31 March 2022

Restricted fixed assets	**Fund balances brought forward** £	**Incoming resources** £	**Resources expended** £	**Transfers** £	**Fund balances carried forward** £
Susan Kennedy Centre refurbishment	176,714	-	(12,715)	39,421	**203,420**
Restricted office, computer and other equipment	12,725	-	(3,577)	-	**9,148**
Caravan upgrade	22,800	-	(2,850)	-	**19,950**
Restricted funds					
Client activities	(1,365)	-	-	1,365	**-**
Susan Kennedy Centre	(1,647)	167	2,416	379	**1,315**
Peer mentor coordinator	71	-	-	(71)	**-**
Family Support	4,649	-	-	(4,649)	**-**
Training officer salary	2,461	-	(1,255)	(1,206)	**-**
Helpline /Outreach	352	-	-	(352)	**-**
Volunteer costs	2,831	-	-	(2,831)	**-**
Respite project	1,549	5,620	(5,727)	(309)	**1,133**
Evaluation	-	-	-	-	**-**
Senior practitioner salary	500	-	-	(500)	**-**
Centre running costs	2,377	-	(1,624)	(28)	**725**
Centre management costs	2,943	-	-	(2,943)	**-**
National lottery Reaching Communities	-	81,170	(84,454)	5,445	**2,161**
Sir James Knott Foundation	-	10,000	(10,967)	967	**-**
The Barbour Foundation	-	5,000	(5,000)	-	**-**
Freemasons of Northumberland	-	1,000	(1,000)	-	**-**
Arnold Clark Foundation	-	832	(832)	-	**-**
Santander Foundation	-	998	(998)	-	**-**
J H Burn Charity Trust	-	200	(200)	-	**-**
Public Health	-	55,000	(55,573)	1,174	**601**
Northumbria Healthcare NHS Trust	-	25,000	(25,000)	-	**-**
Mental Health Concern	-	15,185	(15,933)	3,516	**2,768**
Public Health COVID 19 Funding	-	9,000	(9,000)	-	**-**
Northumberland County Council	-	4,794	(4,794)	-	**-**
Blyth Town Council	-	4,000	(4,000)	-	**-**
Small equipment	-	163	-	43	**206**
Totals	226,960	218,129	(243,083)	39,421	**241,427**

As at 31 March 2021

Restricted fixed assets	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Susan Kennedy Centre refurbishment	189,428	-	(12,714)	-	**176,714**
Restricted office, computer and other equipment	2,362	-	(1,529)	11,892	**12,725**
Caravan upgrade	25,650	-	(2,850)	-	**22,800**
Restricted funds					
Client activities	209	-	(375)	(1,199)	**(1,365)**
Susan Kennedy Centre	-	10,802	(12,449)	-	**(1,647)**
Peer mentor coordinator	-	3,005	(2,934)	-	**71**
Family Support	-	36,365	(31,716)	-	**4,649**
Training officer salary	-	11,771	(9,310)	-	**2,461**
Helpline /Outreach	616	1,638	(1,902)	-	**352**
Volunteer costs	284	4,000	(1,453)	-	**2,831**
Respite project	-	5,380	(3,831)	-	**1,549**
Evaluation	-	2,000	(2,000)	-	**-**
Senior practitioner salary	-	20,631	(20,131)	-	**500**
Centre running costs	-	38,635	(25,565)	(10,693)	**2,377**
Centre management costs	-	48,145	(45,202)	-	**2,943**
Totals	218,549	182,372	(173,961)	-	**226,960**

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Client Activities	Restricted for client activities delivery.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Peer Mentor Coordinator	Restricted to salary of Peer Mentor coordinators post.
Family Support	Restricted to Family Support, project staff salary and project costs.
Training Officer salary	Restricted to training, project cost and office salary.
Helpline /Outreach	Restricted to helpline delivery costs.
Volunteer costs	Restricted to volunteer expenses.
Respite project	Restricted for the respite project.
Evaluation	Restricted for the evaluation of the Big Lottery Reaching Communities Fund.
Senior practitioner salary	Restricted to salary of senior practitioner post.
Centre running costs	Restricted to centre running costs.
Centre management costs	Restricted to management costs.

24 **Analysis of charitable funds** continued

National Lottery Reaching Communities	Restricted to reaching communities.
The Barbour Foundation	Restricted to running costs.
Freemasons of Northumberland	Restricted to running costs.
Arnold Clark Foundation	Restricted to running costs.
Santander foundation	Restricted to intern's salary costs.
J H Burn Charity Trust	Restricted to running costs.
Northumbria NHS Health Trust	Restricted to Service Manager salary costs.
Northumberland County Council	Restricted to replacement of mobiles.
Blyth Town Council	Restricted to Family Support Staff costs.

Transfers between funds

As at 31 March 2022	**Reason for transfer**	**Amount £**
Between restricted assets and centre running costs /client activities	Balance spent on tangible fixed assets that will be depreciated over future periods.	**39,421**

As at 31 March 2021	**Reason for transfer**	**Amount £**
Between un-restricted fixed assets and The Susan Kennedy Centre	Correction of funding received to the correct restricted fund.	**11,892**

25 **Capital commitments**

As at 31 March 2022, the charity had no capital commitments (2021 -£nil)

26 **Analysis of net assets between funds**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2022 £**	**Total 2021 £**
Tangible fixed assets	-	89,964	232,518	**322,482**	**342,297**
Cash at bank and in hand	139,091	25,618	14,721	**179,430**	**226,487**
Other net current assets/(liabilities)	(23,113)	-	-	**(23,113)**	**(66,361)**
	115,978	115,582	247,239	**478,799**	**502,423**

Escape accounts 2021-22 - Draft

Final Audit Report 2022-11-25

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ESCAPE FAMILY SUPPORT GROUP

England & Wales - Charity number 1063500

Accounts

ESCAPE Family Support

Annual Report

2020/21

unsung heroes

Investors in People | Health & Wellbeing Award

INVESTORS IN PEOPLE | Gold Until 2022

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Chair's Report

Chair's Report 2020/2021

2020/2021 has been a year none of us at ESCAPE Family Support will forget. A truly memorable 12 months, with one word which drove much of everyone's actions, behaviours, worries and fears: COVID-19. Whilst ESCAPE has had its share of ups and downs since its inception in the 1990's, never before have we had to cope with the impact of an international health issue on the scale of this pandemic with its devastating death toll and disruption to normal family and working life. The longer -term effects on people's mental and physical health have yet to be fully realised and will no doubt feature prominently in ESCAPE's caseload in 2021/2022.

The last year then has been somewhat different to previous years for ESCAPE's staff, volunteers, and carers. Although our headquarters at Susan Kennedy Centre closed in March 2020, services continued with staff working from home. No staff were furloughed or let go, indeed new staff were appointed. Our usual face-to-face contacts, meetings and events were replaced with virtual experiences by telephone, e-mail, newsletters, the website, Facebook, WhatsApp, Zoom and Teams. The new arrangements enabled us to keep in contact with people and maintain service delivery. Innovation, ingenuity, and flexibility have been the order of the day.

I am immensely proud of our Chief Executive, Deputy Chief Executive and all staff and volunteers for finding ways through such challenging circumstances to not only keep ESCAPE afloat, but to see the charity thrive and deliver so well against the year's objectives and targets. During the year we recruited additional trustees who have brought new ideas, enthusiasm, and expertise into the charity. Due to the need for remote working, I have not met them in person yet and look forward to doing so soon.

I am very grateful to our funders who have been generous and supportive during the year, understanding the changed environment we have been working within and providing opportunities and flexibility to fit the new circumstances. Special thanks go to the BIG Lottery, our major benefactor in 2020/2021, which has enabled our innovative Family Champions project to be launched and which will run for another two years. ESCAPE would not be able to survive without the financial support from our many funders and partners in the statutory and non-statutory sectors and I am pleased to take this opportunity to publicly thank them.

I hope you enjoy reading this Annual Report and finding out what has been happening.

Jackie L M Axelby

Chair

ESCAPE Family Support Ltd

Our Objectives and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are now:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

The Need for Our Services

The following information is from Northumberland Substance Misuse Health Needs Assessment, 2020 unless otherwise stated.

Mortality related to substance misuse has been increasing in Northumberland. From 2008 to 2018 there was an average of 166 alcohol related deaths every year in the county. In 2018, there were 180 alcohol related deaths, this equates to a rate of 51.2 deaths per 100,000 population and is the highest annual rate of alcohol related deaths since 2012. Since 2008, the rate of alcohol related deaths has remained relatively stable and has not been significantly higher than England.

Drug related mortality is the third most common cause of death among people aged 15-49 in the UK. Drug related deaths are significantly higher in the North East than all other English regions. The rate of deaths due to drug misuse has increased in Northumberland since the 1990s. This is primarily due to increases in deaths related to opiate misuse, though deaths related to other substances have also increased, most notably cocaine. Over a 10 year period, the rate of deaths attributable to drug misuse increased by 46% among 15-49 year olds, and in 2017 drug use became the second leading risk factor for all-cause mortality after Alcohol in Northumberland.

There were 43 drug related deaths in Northumberland in 2019, 28 were from drug poisoning and 15 from drug misuse **(Office of National Statistics).**

Substance misuse is associated with many social impacts including crime, domestic abuse and adverse childhood experiences.

Children living with a parent or carer dependant on alcohol

Between 2014/15 to 2016/17 there were an estimated 653 adults with alcohol dependency who lived with children in Northumberland and an estimated 1153 children living with alcohol dependent adults. Comparing this with the numbers of people in treatment, 22% of those living with children are accessing treatment, indicating significant unmet need.

Children living with a parent or carer dependant on opioids

There were an estimated 299 adults with opioid dependency living with children from 2014/15 to 2016/17 in Northumberland, and an estimated 557 children living with opioid dependent adults. Compared to alcohol, a higher proportion of those with opioid dependency living with children are in treatment, though there is variation between males (63%) and females (88%).

Alcohol and drugs as a factor in children's social care assessments

Of 3002 referrals to children's social care that went onto assessment in 2018-19, alcohol misuse was identified as a factor in 25% and drugs in 26% of assessments. In the 12 month period there were 752 assessments where alcohol misuse and 789 where drug misuse were identified as factors. This is similar to the regional level but higher than the national level.

Numbers in treatment in Northumberland

Alcohol (Adults)

In 2018/19 there were a total of 530 people over 18, in substance misuse treatment services for alcohol. The latest estimated prevalence figures for alcohol (2017/18) suggest that 84% of need in relation to alcohol dependency is unmet by the current numbers of people in treatment.

Drugs (Adults)

In 2018/19 there were a total of 1035 people over 18, in substance misuse treatment services for drug misuse (excluding those with concurrent alcohol misuse), of those 90% accessed treatment primarily due to opiates. In Northumberland it is estimated that 27% of need in relation to opiate use is not met. Unmet need for crack cocaine use is higher at 86% in Northumberland based on 2016/17 prevalence estimates.

Young People

In 2018/19 there were 98 people under the age of 18 in substance misuse treatment services in Northumberland.

In 2018/19 67% of young people in treatment services in Northumberland were using at least two substances, this is higher than the 57% of young people nationally. Less than half of young people started using substances before the age of 15 (44%) which is much lower than the proportion that began using substances at an earlier age nationally (77%).

With at least three family members affected by a loved one's drug or alcohol use (Adfam) this means that there are at least 4989 people significantly affected by a loved one's substance use who are resident in Northumberland. It is therefore essential that ESCAPE Family Support continues to provide specialist family support services to those affected by addiction in Northumberland.

ESCAPE Family Support

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

ESCAPE's confidential support services are person-centred, tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups.

ESCAPE's Family Team delivers a range of services to the families and carers of substance users who include parents, grandparents, partners, siblings and children including 24/7 helpline, crisis support, telephone support, advice, information, advocacy, comprehensive carer assessments, personalised care plans, 1-1 support, counselling, befriending, family therapy, support groups, personal learning opportunities, arts and respite opportunities and support to help family members work together. The team also provides specific support for kinship carers; for those with a family member involved in the criminal justice system; and for those bereaved by substance use. We continue to work with family members whether their loved one is in treatment or not. The Family Team continue to offer a range of support where multiple complex issues occur, including children's safeguarding, domestic violence and offending.

During 2020/21 ESCAPE's services have been supported through grants from National Lottery Reaching Communities Fund; Northumbria Healthcare Trust, Public Health at Northumberland County Council, Blyth Town Council, Greggs Foundation, National Lottery Awards for All, Coalfields Regeneration Trust; Sir James Knott Trust; Barbour Foundation, Hospital of God at Greatham, Hadrian Trust, Joicey Trust, Percy Hedley 1990 Trust and the Freemasons of Northumberland. The Trustees are grateful to all of the funders who supported the work of the charity during 2020/21. Trustees would also like to thank individuals who have made personal donations this year.

Recognition

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard ever since; this achievement includes successful joint assessment against the new more robust Gold standard along with the new Health and Wellbeing Award in February 2019 demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social.

A 24-month review of Investor in People Standard in February 2021 was very positive and reinforced that:

- ESCAPE had inspirational leadership that built trust and commitment; there was a strong expression that leaders were inspiring trust and confidence.
- A robust approach to measuring its progress in managing and developing people using survey data and other metrics to see how well processes were working.
- There was a strong 'value–base' in the organisation which made people feel good about working at ESCAPE. Cultural values - those shared beliefs amongst ESCAPE's people, were strong and built good teams and individual motivation.
- Despite financial constraints, the organisation still invested in its people development and wellbeing using creative ways to support its people.
- There was an open culture that let ideas thrive and people feel empowered. ESCAPE made its people feel respected and encouraged to put forward ideas and take on responsibilities.
- Staff were particularly well supported in psychological and social wellbeing Given the nature of the work done by ESCAPE's people these aspects of wellbeing were particularly important.

We are very proud of our people and the feedback from our 24-month Review report achieved during the pandemic.

Investor in People Insights Assessment and Health and Wellbeing Review Report February 2021.

ESCAPE Impact 2020 – 2021

ESCAPE has supported 563 people during 2020/21 including 76 young people and children.

We received 167 new referrals in 2020/21.

Up 9.86% on 2019/20.

Over 400 telephone reassessment calls were delivered to ensure carers received the support they needed during the pandemic.

We closed 198 cases in 2020/21 following reassessment of need.

We were resilient and adapted our provision delivering services by telephone and online throughout the pandemic.

We did not furlough any staff.

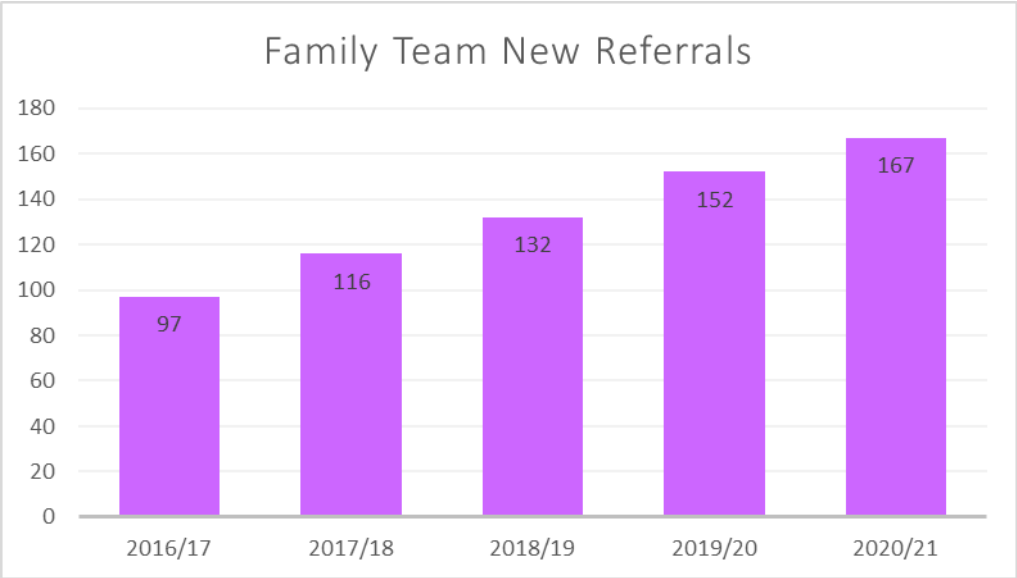
We currently have 24 volunteers, family champions and peer mentors who have completed 4153 hours of work despite Covid restrictions and lockdowns.

This is equivalent to 2.33 full time workers and brings significant added value.

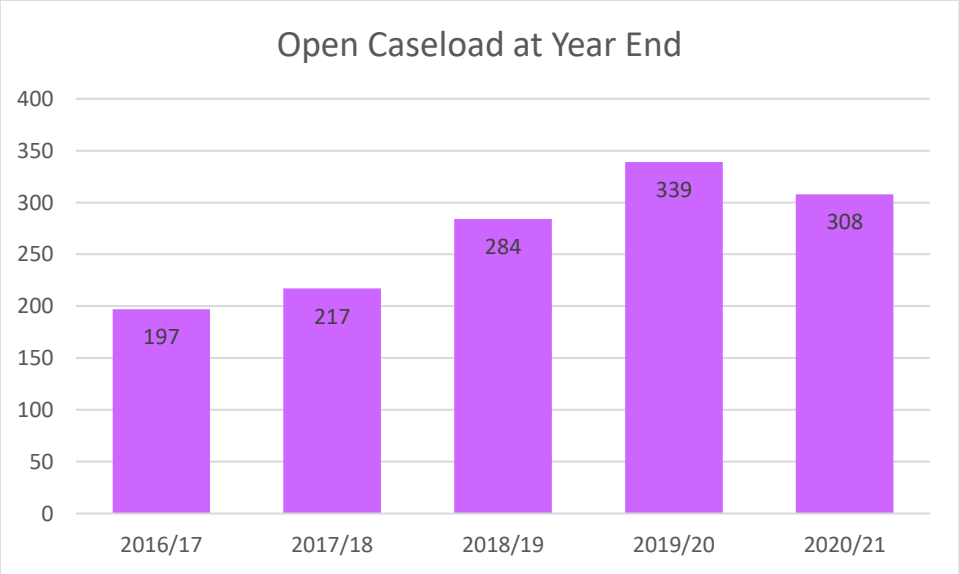
Many thanks go to all volunteers who have supported our work in 2020/21.

Caseload Statistics

The team received 167 new referrals during 2020/21 (up 9.86% on 2019/20).



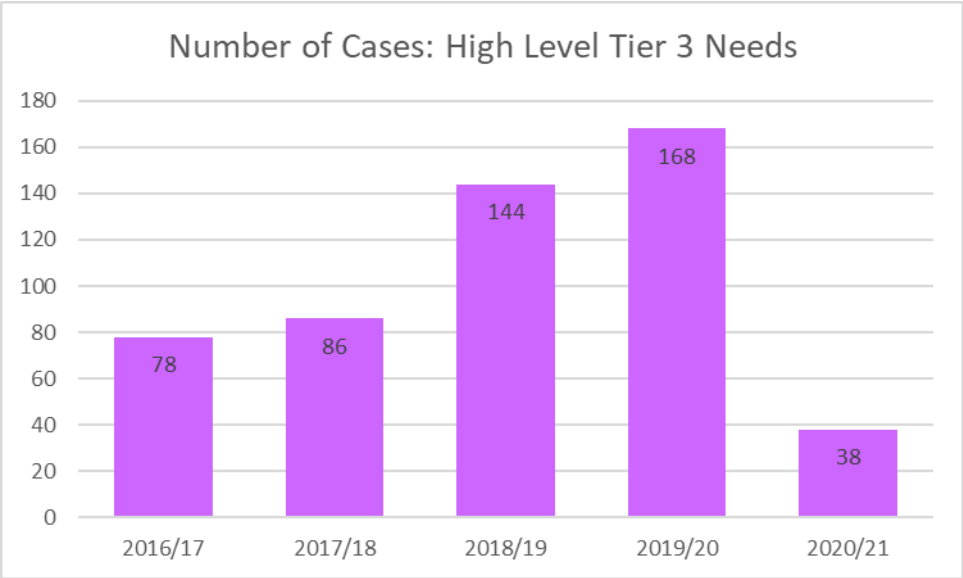
The team had an open caseload of 308 on 31st March 2021 (down 9.14 % on 31/03/20).



Of the 308 open cases, 38 have high level intensive Tier 3 support needs,

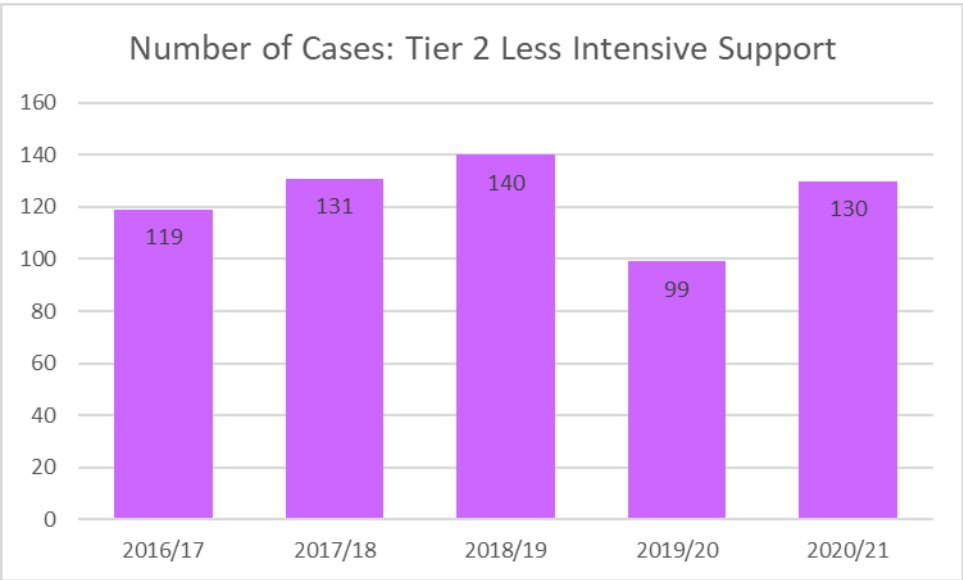
(down 77.38 % on 31/03/20)

(Keyworker Crisis support, Counselling and CRAFT, ACEs or Parenting Programmes).



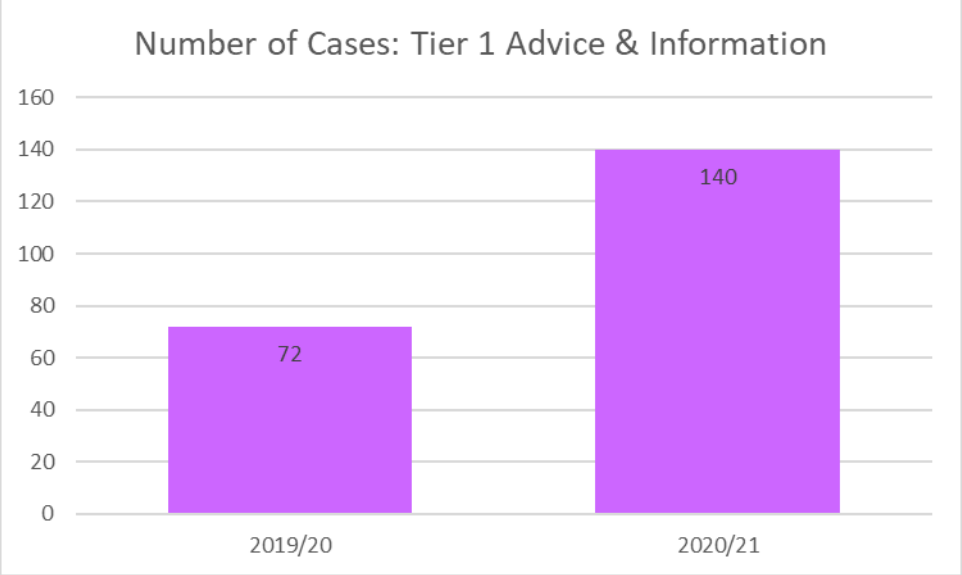
There are 130 cases sitting within Tier 2 intermediate support, (up 31.31% on 31/03/20)

(1-1 support, advocacy, befriending, structured mutual aid groups such as Bereavement, Kinship or CRAFT Maintenance, Health and Wellbeing workshops and Respite activities).



There were 140 cases sitting within Tier 1 support Low Level Informal Support, up by almost 100% on 2019/20

(Advice, Information, Newsletter, Art Groups, Coffee Morning)



We have expanded and enhanced our mutual aid offer through a pool of Family Champions. This has resulted in an expansion of what we can offer carers to address needs and move them through tiers of support. The above graphs are reflective of this and evidence the results of an opportunity to address needs through a variety of means. A caseload that was heavy in Tier 3 needs has successfully moved into lower Tier 2 and Tier 1 support this year. A thorough caseload review resulted in 198 people exiting the service.

Covid 19: Pandemic Response & Service Adaptation

We have delivered our services within a very different world during the past year and our organisation, services and people have had to adapt, change, and learn throughout what has been a difficult and challenging year for the whole country. With Covid-19 cases increasing quickly we commenced home working for the whole team a week prior to the government lockdown to safeguard beneficiaries, volunteers and staff. We did not furlough any staff throughout the pandemic.

Our staff have worked hard to adapt services and our usual face-to-face contacts, groups, meetings, and events were replaced with virtual experiences by telephone, e-mail, newsletters, the website, Facebook, WhatsApp, Zoom and Teams. The new arrangements enabled us to keep in contact with people, maintain service delivery throughout the pandemic and ensure onward referrals to other relevant agencies for support with Covid-19 associated issues.

Community Reinforcement Approach and Family Training

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

Most CRAFT during 2020/21 was delivered on a 1-1 basis via telephone due to the pandemic restrictions. However, we still managed to complete two group CRAFT programmes in 2020/21 with 13 attendees, commencing on site at SKC but finishing online due to Covid 19 restrictions. Feedback from the 13 individuals that attended the group programmes this year is very positive as follows:

Carer	Stress Levels Before CRAFT	Stress Levels After CRAFT	Happiness Before CRAFT	Happiness After CRAFT
1	2	8	3	9
2	2	6	1	6
3	2	9	4	10
4	3	5	4	6
5	2	8	3	8
6	2	8	5	7
7	4	8	4	8
8	6	9	9	9
9	3	6	3	6
10	3	8	3	9
11	1	7	3	7
12	2	6	2	5
13	6	9	5	9
Total	38	97	49	99
% Improved	155%		102%	

Carer Quote

'A big thank you to the staff who deliver CRAFT, the volunteers and all of the other family's struggling with their loved ones during their addiction. I remember my first day of assessment, what a mess. Couldn't think there was light at the end. Having an outsider suggest changes that were positive has been a God send. I feel positive about the future and hope I don't see that black hole. Keep up the great work that you do 😊'

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role. All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

We managed to complete a Teen Triple P Course in December 2020; the pandemic impacted greatly on course attendance with only 4 of the 8 starters finishing the course, but those who attended gained significantly improved wellbeing and gave positive feedback as follows:

WWEBS evaluation – measuring wellbeing

Parent	Pre	Post	Notes
Parent one	40	60	Wellbeing has improved significantly
Parent two	23	45	Wellbeing has improved significantly
Parent three	52	57	An improvement in wellbeing at end of programme
Parent four	33	56	Wellbeing has significantly improved

What have you gained from attending the Teen Triple P Programme?

- Learning new strategies, basically how to use them and put things in place, giving consequences and following them through
- Knowledge on how to manage and maintain behaviour
- Learnt a lot, how to change, how to behave and new strategies to help
- Learnt new strategies to help with behaviour, my daughter still hard work and respectful

How has it made a difference within your family?

- Calmer in the home and making a difference with her behaviour at school
- Giving me knowledge to manage misbehaviour when circumstances change
- Me and my wife working together and more relaxed with each other
- We are working together now it feels like we are supporting each other

Would you recommend it to others? And why?

- Definitely, meeting other parents and knowing you're not alone, helping each other and sharing problems and strategies to deal with behaviour
- Yes, because it gives you good examples of managing good and bad behaviour
- Yes, it will help them, you don't know(realise) how much it does help you, realising you are not alone
- Yes, very helpful and some good information
-

Any other feedback

- If any other courses come along, I'm interested
- Yes, interested in further courses
- Course was really good, really helpful and gave really good advice
- Would like information on further courses in the future

"I have gained knowledge and experience with ESCAPE, don't know where I would be without the support"

"ESCAPE has helped guide me in changing my life around and supported me with changing my future for the better"

Carer Respite and Diversionary Activities

Through 2020/21 the respite and diversionary activities along with Family Fun Days we normally provide have understandably been affected by national lockdowns and restrictions.

Our staff team and the family champions have been resilient and creative in finding ways to retain connections to our beneficiaries to keep them engaged, reduce their isolation, and bring fun and happiness to their lives as follows:

- **Coffee Mornings** - We moved these to WhatsApp with carers, Family champions and staff attending online, all safe logging in from their own homes with a coffee or tea close to hand.

- **Wellbeing Walks** - Some carer groups decided to meet outside whilst adhering to covid-19 rules and went for healthy walks instead at Newbiggin and Blyth beaches. This helped reduce isolation and provided a safe place for carers to meet and talk.

- **Carers Week (w/b 8th June)** - Our usual events during carers week could not take place. We decided to get carers involved in the theme 'Making Caring Visible' by promoting activities such as 'Positive Pebbles' and 'Caring Hands'.

  All pieces of art produced that were sent through to us were also displayed on our Facebook page. A virtual coffee morning and quiz also took place which was enjoyed by all who attended.

- **Virtual Art Project** - We began an art project prior to lock down with quotes being illustrated by a canvas. The intention was to give focus to art sessions taking place at SKC, encourage the thinking around ESCAPE values and allow us to display these values and motivational messages around the building once completed. With the onset of lockdown we continued with this project by ensuring those who wished to take part had access to materials to do this within their home. We collected pieces of work in and displayed art pieces with supporting statement each day w/b 13th July 2020 on our Facebook page.

- **Mrs Claus and Christmas Helpers Virtual Christmas Present Drop Offs**
  On 18.12.2020 everyone was asked to join Mrs Claus and her Christmas Helpers on Facebook for our Christmas Drop off Challenge. We started the day off with a video from Mrs Claus asking people to watch out for her Christmas Helpers while they drove across Northumberland delivering Christmas present to 60+ children and young people.

This was followed by various photos of helpers while they were out and about the county throughout the day and also quotes from those who received them. Our Mrs Claus Video reached 567 people and had 133 engagements.

Our Family Champions and volunteers also received gifts bought with donations from our Trustees for their dedication though a similar socially distanced Christmas 'drop off'.

- **Live Raffle -** We held our Christmas Raffle online on 14.12.2020 via Facebook Live (122 reached and 55 engagements)

- **Christmas Quiz** - An online Christmas Quiz took place via Microsoft Teams on 17th December to ensure that carers were able to get together and have some fun as we were unable to host our normal Christmas Events.

"It was an oasis in a time of major trauma for the family"

"I really appreciate the support I have received.

Prior to working with ESCAPE, I was constantly trying to control the addict in my life, and it made me so depressed, I felt worthless.

Now I have realised that I am in control of my own happiness and trying to control the addict doesn't work.

I can't thank ESCAPE enough for helping me through this time and helping to change my outlook".

New Services & Programmes

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2020/21. The charity commenced the introduction of a stronger mutual aid approach utilising Family Champions to support carers and families along with a pilot to introduce a new support programme and interventions for young people whose lives are affected by the drug or alcohol dependency of others.

Our Training and Volunteer Coordinator and the Advanced Practitioner for Young People and Families worker attended training to enable them to deliver Adverse Childhood Experience's (ACEs) courses to adults and to young people to help them heal from past trauma. The Training and Volunteer Coordinator also completed further training to enable her to facilitate this course online.

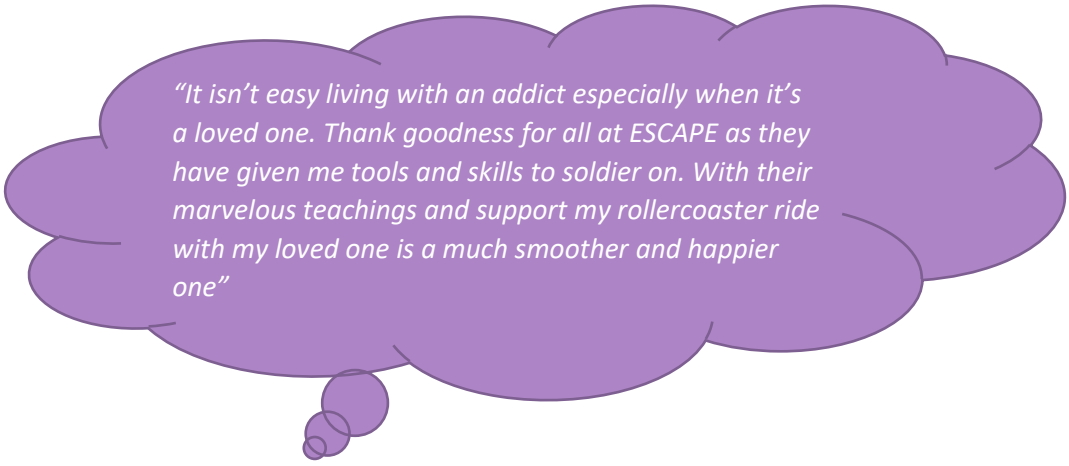
The Training and Volunteer Coordinator spent many hours adapting our courses and wellbeing programmes so that they could be delivered online to our beneficiaries, family champions and volunteers. This included the resources for the new course to address trauma due to Adverse Childhood Experiences, group facilitation skills for family champions, and a variety of wellbeing workshops.

We focused on adapting the Health and Wellbeing and Educational Workshops and ACEs courses for online delivery first to ensure that we could meet the needs of our beneficiaries throughout the pandemic. Online course development and delivery included: Adverse Childhood Experiences; Stress Awareness, Anxiety Awareness, Sleep Hygiene, Anger Awareness, All About Me Workshop, Self Esteem Workshop, Drug Awareness, Alcohol Awareness, Alcohol, Overdose and Withdrawal, Legal Rights for Kinship Carers.

We have explored several different ways this year to run workshops during the pandemic. When possible, we ran them from our own building and from Briardale House in Blyth, then during lockdowns through Facebook 'live' events and digitally via Teams.

In some respects, the pandemic lockdowns and restrictions have benefited our service provision as it has accelerated the development of online service delivery, closed Facebook groups for beneficiaries and for Family Champions/volunteers.

It is important to emphasise the long-lasting positive impact for beneficiaries of the time the Training Officer spent adapting our courses for online service delivery. This will enable us to reach more people throughout Northumberland, especially those living in the rural areas.



Family Champions, Volunteering and Peer Mentoring

We have an amazing pool of volunteers who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups. Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, befriending, peer mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

During this year we recruited and trained 10 Family Champions. Our Family Champions and volunteers received confirmation of their qualifications being approved and we felt it was important to celebrate their achievements. We did this by having a week of virtual celebrations during Volunteer Week (June 2020). We utilised our Facebook Page to complete this. Our Chair of Trustees took part by opening our celebrations with a message to our volunteers and we completed a 'Door Stop Challenge' where staff stayed socially distanced whilst dropping off certificates that were received through OCN, along with internal certificates from ESCAPE to recognise individual skills and achievements.

This was well received by volunteers and those people on Facebook that took part in congratulating them who joined in saying a big 'Thank You' to all the volunteers who support the charity.

Doorstep Challenge: Our Family Champions and other Volunteers

The Family Champions trained by the Training and Volunteer Coordinator have delivered support via telephone to beneficiaries that would not have been possible without her supervision and support. They have embraced their roles and delivered befriending and 1-1 support to carers.

Family Champions have also provided support in running our mutual aid groups for Kinship Carers, the Bereaved and CRAFT Maintenance groups. There has been a mix of face to face an online support delivered for carers in line with pandemic restrictions.

Our Family Champions also worked with a family support worker to help complete Covid-19 support calls to check in on our caseload, provide information on the Northumberland Communities Together Hub and complete questionnaires to reassess need. Over 400 carers received calls within this piece of work which has identified several beneficiaries who require befriending support, wellbeing workshops and counselling etc.

Throughout the pandemic the Training and Volunteer Coordinator delivered telephone support/supervision calls to Family Champions and volunteers. This ensured that they were supported with any struggles they were having throughout the pandemic, lockdowns and restrictions.

We currently have 24 volunteers, including our 10 family champions and peer mentors who have again made a significant contribution to provision this year providing 4153 hours of work despite Covid restrictions and lockdowns. This is in effect the equivalent of 2.33 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of family champions, volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

Family Champion Case Study

E came into service with concerns and needing support with her son's drug addiction and debt problems. E received one to one support from a family support worker then accessed the CRAFT programme to learn new skills to help cope with her loved one's addiction. E then accessed wellbeing events and workshops and through the support and learning decided she would like to do the peer mentoring programme level 2, after completing this she also completed level 2 in skills for those affected by addiction and level 3 in family dynamics. E's learning led her to become a family champion and she has successfully co-supported parenting and carers groups; level 2 in peer mentoring; and delivered one to one work with carers who are supporting loved ones with addictions. This is because she wants to give back to others; she values the support she has gained form ESCAPE family support and now enjoys supporting others.

I telephoned a carer during lockdown she was so pleased to hear a voice, she hadn't spoken or seen anyone in quite a while, she was over the moon to have someone to talk to and thanked me for caring This made me feel great as a person as well as a family champion and recognise why I do what I do because if you give a little you get a lot back.

"Being a family champion is extremely rewarding and you develop great relationships. You must be a good listener, offer support and offer advice when needed. It's a brilliant role based on mutual respect and friendship".

Quotes from Family Champions 2020/21

"Along with gaining level 2 and 3 qualifications, I have also gained more firsthand experience on the difficulties surrounding drug and alcohol addiction and the effect this can have on mental health and those closest to the individual. I feel I have achieved more varied knowledge I can transfer to my future in mental health. The staff and volunteers I have met along the way are all really lovely too. Thank you ESCAPE"

"ESCAPE has helped me develop a lot of my personal skills and is really welcoming and supportive place. Most of all it's helped me develop confidence, meet new people and feel better able to help others"

"There is only one thing makes a dream possible to achieve. 'Believe in yourself', you are braver than you think, more talented than you know, and capable of more than you can imagine. Whenever you find yourself doubting how far you can go, just remember, how far you have come, remember everything you have faced, all battles you have won and all the fears you have overcome. I am here now because of the help and support I get from ESCAPE without them I don't think I would be here today to say I am a volunteer and proud of it"

"I've personally gained amazing experience in counselling through ESCAPE, as well as feeling fully supported by staff and volunteers. The courses I've done with ESCAPE have been eye-opening and invaluable and I'm thankful for the opportunity"

"I am extremely grateful for ESCAPE giving me the opportunity to gain these qualifications and make me able to give back to my community"

Quotes from carers who received support from Family Champions

"Louise was a very helpful and supporting Peer mentor to me. It was lovely to be able to talk to someone who was not family and friends and that Louise was neutral. Louise gave me a good insight to my son`s addiction which allowed me to have a better understanding of what my son is going through, Louise is a good listener and Louise`s peer mentoring was very beneficial to me."

"I had an excellent peer mentoring relationship with Margaret and found her peer mentoring support to be very helpful. It was lovely to be able to talk to someone who really understands which made my situation feel less lonely! Margaret's support helped me gain my confidence in making my own decisions and not allowing myself to worry about what other people think! I was given some very helpful suggestions by Margaret one of them being the Police welfare check which I wasn't aware of until Margaret's guidance."

"Chris has been an excellent peer mentor support to me.
What I liked about Chris's mentoring was that she didn't try to fix it by allowing me to come to my own conclusions and decisions whilst supporting me at the same time. By being able to off load and talk easily to Chris has reduced a lot of conflict occurring between myself and my loved one with the addiction. I would highly recommend to other carers to seek support from the Family Champions at ESCAPE."

"Having a Family Champion to talk to was lovely it made me feel happy and not alone"

Journey of a Kinship carer

Mrs X initially obtained support from ESCAPE fifteen years ago due to the impact on her of her daughter's chronic alcohol misuse. She received a range of support including counselling as well as other therapeutic interventions and respite activities. Afterwards Mrs X circumstances improved as her daughter engaged with treatment services which she completed and made a full recovery. Mrs X was then discharged from our service.

Mrs X's daughter remained abstinent for several years by which time she was married with two young children when her husband unexpectedly died which was a shock to the whole family. Sadly, Mrs X's daughter relapsed at that time and her two children were removed from her care and placed with Mrs X who was subsequently awarded a Special Guardianship Order for her grandchildren. Mrs X returned to ESCAPE for support during this difficult time.

Throughout the legal proceedings for removal of her grandchildren and the award of the Special Guardianship Order, Mrs X received support and advice from ESCAPE and accessed the wellbeing workshops and kinship carer support group for much needed peer support from carer's who have been through the family assessment/care proceedings process and were able to share their experiences with her. Mrs X's daughter also received the support and care she needed from both primary mental health and addictions treatment services and is continuing her recovery.

Mrs X now has a Special Guardianship Order and continues to receive support from ESCAPE, she still attends the kinship carer support group monthly which at the current time runs online due to the Covid 19 restrictions.

Feedback from Mrs X (72 years old):

"I first accessed ESCAPE about 15 years ago when my daughter had problems with alcohol. I engaged with them for about 7 years and received excellent support. Before I started attending ESCAPE I felt suicidal. There was a carers group who met every week, I had 1-1 counselling from Elaine, we went on spiritual retreats, days out. It felt like a real family who understood what I was going through. My circumstances improved until about 2 years ago when my daughters husband died, and she again turned to alcohol.

I contacted ESCAPE again and they were there immediately giving me support. But not only that they helped me through the maze of social services with their expertise. I now have special guardianship of my 2 grandchildren and find it very hard but when I feel down or need support, I pick up the phone.

I am also grateful for the kinship carers group which is a great help and the carers group which provides companionship, courses on things like coping with stress and craft activities. I feel they are my crutch, always there when I need them, and I will be eternally grateful."

Carer Quotes on our Family Support Services

"ESCAPE have been amazing from the very beginning! I'm so glad my GP referred me a few years back. I now feel like I am part of the ESCAPE family and I have gained so much from spending time there! From doing different courses to meeting real friends for life and being able to receive support and advice whenever I feel I need it."

"ESCAPE provides maintenance support now for me rather than 'active' real time support. The ability to stay in touch is what keeps any anxieties down on an ongoing basis. always approachable and ready to give support when situations need it. Thank you"

"Counselling massively helped me to understand why I was feeling the way I did. Thank you so much for the wonderful support"

"Doing all the well-being courses has helped me a lot throughout COVID especially the stress courses and sleep hygiene."

"ESCAPE helped me more than they know. You are always listened to and never judged on anything you have to say."

"Excellent support, thank you. Cameron especially and Debbie made a massive difference to my life and ability to cope."

"I would not be able to deal with the anxiety I suffer, due to the issues raised by my brother's alcohol dependency, without the support of ESCAPE. The advice and support that Deb has offered to me has been invaluable. Thank you."

"The support has been invaluable and knowing I have another phone call booked in really helps with my anxiety."

"Although I still have times of anxiety, through the support, I received I have been given strategies on how to work through my worries".

"Amazing team.. invaluable service.. I do appreciate and need my phone calls.. brilliant help thankyou to you all at ESCAPE"

"ESCAPE's support has helped greatly & has taught me how to cope with my present situation."

"I was very happy with the help I received" *"It was excellent, very kind and caring, thank you"*

"The support has been valuable and very effective. Thank you" *"All been very good and helpful"*

"I really appreciate the reassurance the contact with your officers and fellow sufferers have given me."

"The people I spoke to were absolutely wonderful especially Rebecca"

"The help provided was appreciated and really to the point"

"Great team, great help"

"Fantastic service". *"ESCAPE is a vital resource for families of Addicts"*

Young People Pilot Project

When researching interventions and models of best practice we were seeking interventions that would address these adverse childhood experiences would greatly enhance the support we offer and address the need.

Through our previous experience of working with young people affected by another's substance use and review of our caseload we had already identified that the young people we are working with have been affected by a range adverse childhood experiences including poverty, neglect, emotional and/or physical abuse, exposure to domestic violence, imprisonment of a parent, mental ill health within the family, their own mental health difficulties, and taking on caring responsibilities.

We therefore decided to deliver this recognised evidence based intervention rather than develop a new programme ourselves. We secured funds to have the Training and Volunteer Coordinator and the Advanced Practitioner for Young People and Families trained to deliver the ACE's programme to young people accessing the service and also adults who access the service.

The parents of the young people we work with have often experienced ACE's themselves and need therapeutic support to recover and understand how their experiences impacts on their parenting. Delivering the Adult ACE's programme alongside the YP ACE's will enable delivery of holistic family support and interventions.

Living with ACE's results in individuals developing coping and lifestyle strategies that are based on poor parental attachment and the effects of trauma. ACE's have the potential to damage health across the life course. We are hoping that by providing interventions with both young people and adults we will be able to help "break the cycle" of harms within the families we work with.

Adverse childhood experiences children and young people (ACEs CYP)

ACEs CYP has been written to work with children/young people who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma but are able to take part in group activities.

The ACEs CYP provides an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides the children/young people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some of the children/young people that attend may need further interventions to recover from their trauma.

The programme runs for eight-weeks and has a range of techniques and self-help ideas, the programme provides the child/young person with the skills needed to take part in more in-depth therapy-concentration and understanding emotional regulation.

Children/young people can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living with traumatic communities of families.

Unfortunately, we have not been able to deliver this programme in group format due to Covid-19. We therefore utilised the materials within our 1-1 work with YP and have seen some positive outcomes achieved.

Young People Project

Activity	Total
No of Young People referred into the project in 2020/21	19
No of Young People who engaged in support	24
No of structured 1-1's delivered	123
No of attendances at Wellbeing Workshops	9

We have had limited opportunities this year to see young people face to face on a 1-1 basis. Therefore structured 1-1 support has been delivered via telephone. It was only in early 2021 that we could once again complete face to face work (in groups) to address needs and young people were encouraged to attend wellbeing workshops to address stress, anxiety and sleep hygiene needs. 3 of our young people attended 3 workshops during this period resulting in 9 interventions via this means. It worked well having the young people that we felt were suitable and who were happy to mix with adult carers attend wellbeing workshops together, they shared their perspectives and benefited from gaining an understanding of each other's positions and experiences.

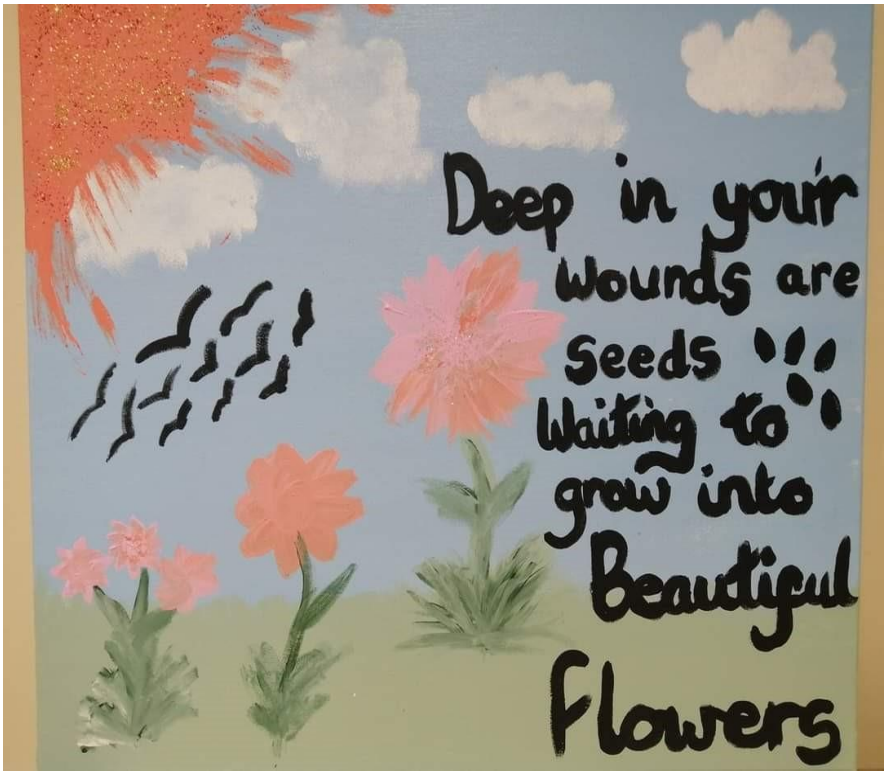
There has also been an integration of young people into the Art Project. This work began with two young people joining the group at Susan Kennedy Centre. These sessions were then impacted by lockdown, but work continued to include young people in art activities, we delivered arts materials to their homes so that they could progress pieces of art at home with three young people accessing this respite. The art pieces we received this year from the Young People who took part in the project were later incorporated into flyers for promotion of the service.

"I find support from ESCAPE really helpful - when I'm talking to you, I feel like a weight is lifted off my shoulders, I feel like I can open up to you and I am comfortable talking about things because I feel you are easy to talk too, and I feel I can trust you. I prefer 1-1 support and I enjoy your phone calls. I look forward to them and I enjoy the sessions.

I can see how the groups can help other young people who might not have the confidence to talk about themselves but might hear other young people talking in the group and that might help them. I don't mind coming to groups, but I prefer 1-2-1 support as I know I can talk about anything I need too like the personal stuff that's happened with my mam and that helps me whereas I wouldn't talk about that in a group". R.

Artwork & Quote from teenagers who accessed Young Project Project

"I just want to say how helpful Escape has been to me personally. The support has been very beneficial to me and helped me though quite a lot mentally, just having that support there and knowing u can just pick up the phone to Elaine really means a lot when I'm not in a very good place. I took part in the groups before lockdown and they helped a lot around stress and anxiety, I always felt like there was a weight lifted off my shoulders when I left the sessions. I can't wait for the groups to start up again because it is something I will definitively take part in again. Hope this explains how much ESCAPE and the staff have helped me. K.



Quote from a young person who accessed the Young People Project

"I really like ESCAPE as everyone is friendly. I like coming to the office as it's an inviting environment, really calming. Support from ESCAPE has helped me to be able to be more expressive and talk about my feelings more and I'm happier now since I started to come to ESCAPE. I used to feel panicky when I was in public places, especially if lots of people were around but I don't now and I go to Newcastle with my friends all the time.

I feel like my confidence has grown, I remember the first time I came to ESCAPE, I was wearing a black hoody and black leggings and now I'm able to wear clothes that express who I am like skirts and things, I enjoy doing my eyeliner which I never would have done before.

I enjoy the groups as well as I like talking to other people who come and hearing them talk about their lives. I hope there will be more groups on this summer as I will come to them all! ". L.

Quote from the Parent of a young person who accessed the YP projec

"ESCAPE has been fantastic in supporting L, and also myself and J,

Workshops have been great for L. and gave her something to look forward to and be around people of different ages.

L's mental health dipped during the pandemic and ESCAPE being there for her helped her in her dark times.

The smile on her face when invited to workshops was like winning the lottery,

I have had regular calls enquiring about all of my family.

Thank you to everyone involved". L.O.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings. These meetings have all taken place online during this difficult period.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community settings such as Briardale House when Covid restrictions have allowed.

The Future

The charity will continue to work to consolidate, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities.

A new Family Champions Programme to deliver more mutual aid for carers and a pilot project to develop our work to address the needs of Young People has commenced thanks to funding from National Lottery Reaching Communities Fund. All of our activity will contribute towards the work outlined within the National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1. introducing and embedding a new, stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.

2. piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

A focus on our two priority areas, as identified above, will enable us to:

- reach and support more families including children and young people
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'.

Thanks to our Funders

The Percy Hedley 1990 Charitable Trust

Summary Accounts

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)
For the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
Income from:					
Donations and legacies	6	2,445	559	**3,004**	7,539
Charitable activities					
Grants and statutory funding	7	-	181,804	**181,804**	101,847
Other trading activities	8	621	9	**630**	8,041
Investments	9	17	-	**17**	66
Total income		3,083	182,372	**185,455**	117,493
Expenditure on:					
Raising funds	10	96	11	**107**	207
Charitable activities					
Operation of the charity	11	2,275	173,950	**176,225**	174,325
Total expenditure		2,371	173,961	**176,332**	174,532
Net income/(expenditure) and net movement of funds		712	8,411	**9,123**	(57,039)
Reconciliation of funds					
Total funds brought forward		274,751	218,549	**493,300**	550,339
Total funds carried forward		275,463	226,960	**502,423**	493,300

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

Contact

Head Office Address:
Susan Kennedy Centre
63 South View
Ashington
Northumberland
NE63 0SF

Telephone/Fax: (01670) 544055
Helpline: 07702833944

ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2021

Charity number 1063500

Company number 03256554

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

TRUSTEES ANNUAL REPORT
For the year ended 31 March 21

Report of the Management Committee for the year ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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) (effective 1 January 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 Southview
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair
D Brown	Vice Chair
T Devine	
H Madin	Treasurer with effect from 1/10/2020
J Murphy	
S J Murphy	
N Furno	Appointed 21/7/2020
A Park	Appointed 26/1/2021
A Steward	Resigned as Treasurer and trustee 30/09/2020
P Critchlow	Appointed 26/1/2021

Company Secretary
N Furno

Independent examiner
Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle Upon Tyne
NE1 8AF

Bank:
Lloyds Bank

Solicitors
Helen Kay
HMK Legal Ltd
Clavering House
Clavering Place
Newcastle upon Tyne
NE1 3NG

Solicitors
Cuthbertsons
3 Stanley Street
Blyth
Northumberland
NE24 2BS

OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission’s general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one’s addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member
- Support to young people affected by a loved one's substance use (new pilot programme)
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 320,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

The North East has had the highest rate of drug misuse for the past seven consecutive years (between 2013 and 2019), before this Wales had a higher rate than all English regions (between 2010 and 2012). The North East continues to be statistically significantly higher than all other regions of England as well as Wales. (ONS 14 October 2020).

The statistics for deaths by drug misuse and figures for death by drug poisoning both show that the North East region has the highest death rate in England and Wales, at almost twice the national average. There were 679 deaths linked to drug misuse in the North East between 2017 and 2019, which works out at a rate of 9.1 per 100,000 people, almost twice as high as England's average rate of 4.7 for the same period (ONS 14 October 2020).

The North East also has the highest rate of deaths for drug poisoning, which include the misuse figures along with statistics for deaths caused by complications such as deep vein thrombosis or septicaemia from intravenous drug use, drug-induced suicides and deaths caused by prescription and over the counter medicines, obtained illegally or legally (ONS 14 October 2020).

The poisoning death figures have risen across the region over the years. The North East's drug poisoning death rate was 13.1 for 2017-19, compared to an England average of 7.1. The North East's rate rose from 10.7 in 2015-17 and 6.8 in 2009-11. It was 6.9 in 2001-03 (ONS 14 October 2020).

The ONS figures above only include data to 2019 so therefore do not include drug misuse death rates that have occurred during the Covid-19 pandemic.

Provisional figures released in February 2020 by the Office of National Statistics (ONS) show that alcohol-specific deaths in the North-East rose by more than 15% in 2020 revealing an alarming spike in the first

nine months of 2020 in the region, which was already suffering from the highest rates before the pandemic. From January to September 2019, 331 people in the North-East died from conditions 100% attributable to their alcohol consumption, many of them from alcoholic liver disease. In 2020, that figure increased to 382 over the same period. According to Balance, the North East Alcohol Office, these figures could be the tip of an iceberg. Furthermore, these figures may indicate increased levels of harmful drinking during the pandemic.

The Northumberland Substance Misuse Health Needs Assessment (Aug 2020) outlines the following landscape in the county:

Alcohol and drugs are the leading risk factors for all-cause mortality in those aged 15-49 in Northumberland. Substance misuse contributes to inequalities within all-cause mortality.

Substance misuse health related harms are increasing among the population in Northumberland, with increases in hospital admissions across a range of drug related and alcohol related conditions.

Drug related hospital admissions for young people aged 15-24 in Northumberland increased steeply in recent years. Northumberland now has the highest rate in the North-East. This follows increases in admission for self-harm and injury among young people in Northumberland.

Mortality related to substance misuse has been increasing over time. In Northumberland, there were 23,959 years of life lost prematurely from 2008-2018 due to alcohol. Whilst alcohol-related mortality rates are similar to England rates, the years of life lost are significantly higher, indicating that mortality in Northumberland impacts a younger demographic. In 2018, there were 180 alcohol related deaths in Northumberland, this equates to a rate of 51.2 deaths per 100,000 population and is the highest annual rate of alcohol related deaths since 2012.

Drug related deaths have also increased over time, with rates highest among males aged 15-49 in Northumberland. This is primarily due to increases in deaths related to opiate misuse, though deaths related to other substances have also increased, most notably cocaine.

Substance misuse is associated with many social impacts including crime, domestic abuse and adverse childhood experiences.

Young People in Treatment in Northumberland:
In 2018/19 there were 98 people under the age of 18 in substance misuse treatment services in Northumberland. The proportion in treatment with mental health needs, self-harm, offending behaviour and affected by the substance misuse of others is higher in Northumberland than the proportions seen nationally.

Over 18s in treatment for alcohol in Northumberland:
In 2018/19 there were a total of 530 people over 18, in substance misuse treatment services for alcohol. This is where alcohol is reported at the primary reason for accessing services. This represents over a third of people who are in specialist treatment services in Northumberland. The latest estimated prevalence figures for alcohol (2017/18) suggest that 84% of need in relation to alcohol dependency is unmet by the current numbers of people in treatment. This is similar to national levels, where unmet need in relation to alcohol dependency is estimated to be 82%. This suggests that there are a further 2782 people who require treatment but are not yet in service.

Over 18s in treatment for drug misuse:
In 2018/19 there were a total of 1035 people over 18, in substance misuse treatment services for drug misuse (excluding those with concurrent alcohol misuse), of those 90% accessed treatment primarily due to opiates. In Northumberland it is estimated that 27% of need in relation to opiate use is not met. This is

lower than levels of unmet need nationally at 46%. Unmet need for crack cocaine use is higher at 86% in Northumberland and 60% nationally based on 2016/17 prevalence estimates.

With a total of 1663 people in treatment in Northumberland in 2018/19, it is clear that with at least three family members affected by a loved one's drug or alcohol use (Adfam), this means that there are at least 4989 people significantly affected by a loved one's substance use who are resident in Northumberland. This figure does not take into consideration the significant levels of unmet need of those who are not in treatment whose families and loved ones are even more vulnerable (at least a further 9381 family members given data from the Northumberland Needs Assessment). It is therefore essential that ESCAPE Family Support continues to provide specialist family support services to those affected by addiction in Northumberland.

Experts blame drastic cuts to drug and alcohol treatment services across the North-East for the rise in deaths. They claim that figures provided to Freedom of Information requests show that of the region's councils that responded, £35.7million was being spent on helping those struggling with addiction in 2013, but this has dropped by a quarter to £27.2million in 2019 (UKAT).

In addition, it is very important to ensure that families and carers, partners and friends are included in a client's treatment journey as this support can make all the difference to a successful outcome. 18% of individuals coming into treatment live with children, and so it is very important that appropriate working practices are in place to safeguard those at risk from hidden harm. An important part of the individual's treatment journey is to ensure that they and their families, friends and children are supported in building and maintaining effective relationships with each other.

We work with families from all socio-economic backgrounds from both urban and rural areas of Northumberland but receive higher referrals from areas with higher levels of social deprivation. Our support services are provided free of charge. However, carers accessing the respite caravan pay a small contribution towards site fees and running costs. During 2020/21 we have delivered Covid- related support and onward referrals in tandem with our core support work to help ensure that the widest range of support was provided to meet client needs and improve outcomes.

The information below which provides a summary of achievements and performance over this financial period should be read in conjunction with the attached Financial Statements.

ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope. ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

ESCAPE has supported 563 beneficiaries during 2020/21, including 76 young people/children, whose lives have been negatively impacted by a family member's substance use. Our current caseload is 308. Of these, 140 are receiving Tier 1 support (Low level support), 130 are receiving Tier 2 interventions (Intermediate) with 38 people receiving Tier 3 (Intensive) services.

ESCAPE's confidential support services are person centred, evidence based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

ACHIEVEMENT AND PERFORMANCE – continued

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role.
All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas, the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010.

ACHIEVEMENT AND PERFORMANCE – continued

We are proud to have retained the Gold standard ever since; this achievement includes successful joint assessment against the new more robust Gold standard along with the new Health and Wellbeing Award in February 2019 demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social. A 24-month review of Investor in People Standard in February 2021 was very positive and reinforced that:

- ESCAPE had inspirational leadership that built trust and commitment; there was a strong expression that leaders were inspiring trust and confidence.
- A robust approach to measuring its progress in managing and developing people using survey data and other metrics to see how well processes were working.
- There was a strong 'value–base' in the organisation which made people feel good about working at ESCAPE. Cultural values - those shared beliefs amongst ESCAPE's people, were strong and built good teams and individual motivation.
- Despite financial constraints, the organisation still invested in its people development and wellbeing using creative ways to support its people.
- There was an open culture that let ideas thrive and people feel empowered. ESCAPE made its people feel respected and encouraged to put forward ideas and take on responsibilities.
- Staff were particularly well supported in psychological and social wellbeing Given the nature of the work done by ESCAPE's people these aspects of wellbeing were particularly important.

We are very proud of our people and the feedback from our 24-month Review report:

Investor in People Insights Assessment and Health and Wellbeing Review Report February 2021

The service is supported through grants from National Lottery Reaching Communities Fund; Northumbria Healthcare Trust, Public Health at Northumberland County Council, Blyth Town Council, Greggs Foundation, National Lottery Awards for All, Coalfields Regeneration Trust; Sir James Knott Trust; Barbour Foundation, Hospital of God at Greatham, Hadrian Trust, Joicey Trust, Percy Hedley 1990 Trust and the Freemasons of Northumberland. The Trustees are grateful to all of the funders who supported the work of the charity during 2020/21. Trustees would also like to thank individuals who have made personal donations this year.

We have delivered our services within a very different world during the past year and our organisation, services and people have had to adapt, change, and learn throughout what has been a difficult and challenging year for the whole country. With Covid-19 cases increasing quickly we commenced home working for the whole team a week prior to the government lockdown to safeguard beneficiaries, volunteers and staff. We did not furlough any staff throughout the pandemic.

The biggest risk of COVID-19 to ESCAPE, has been the risk of not being able to deliver the required or desired service to the charity's beneficiaries and being able to protect the wellbeing of our staff.
Our staff have worked hard to adapt services and our usual face-to-face contacts, groups, meetings, and events were replaced with virtual experiences by telephone, e-mail, newsletters, the website, Facebook, WhatsApp, Zoom and Teams. The new arrangements enabled us to keep in contact with people, maintain service delivery throughout the pandemic and ensure onward referrals to other relevant agencies for support with Covid-19 associated issues.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2020/21. The charity commenced the introduction of a stronger mutual aid approach to supporting carers and families and a pilot to introduce a new support programme and interventions for young people whose lives are affected by the drug or alcohol dependency of others.

ESCAPE has supported a total of 563 beneficiaries during 2020/2021.

We carried forward a caseload of 339 into 2020/21.

We had 167 new referrals in 2020/21 broken down as follows:

129	Adult Carers / Family Members
19	Young People
19	Parents for Parenting Programmes

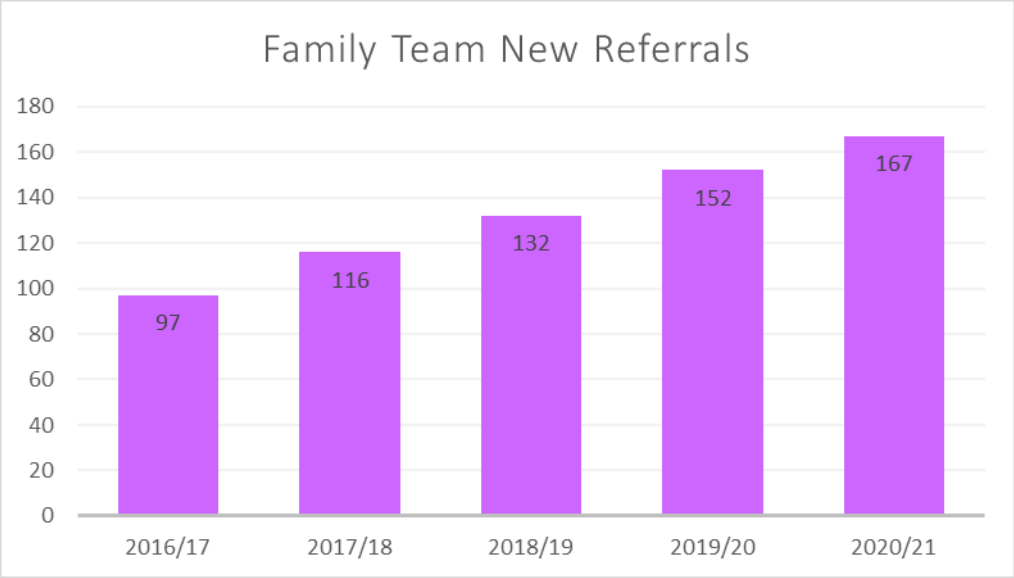
In addition, 57 additional children and young people within the families we worked with received Christmas presents which we received from Cash for Kids and the Bacmans and BIG Cell Resident Support distributed to our families.

We closed 198 cases during a caseload review which took place in 2020/21.

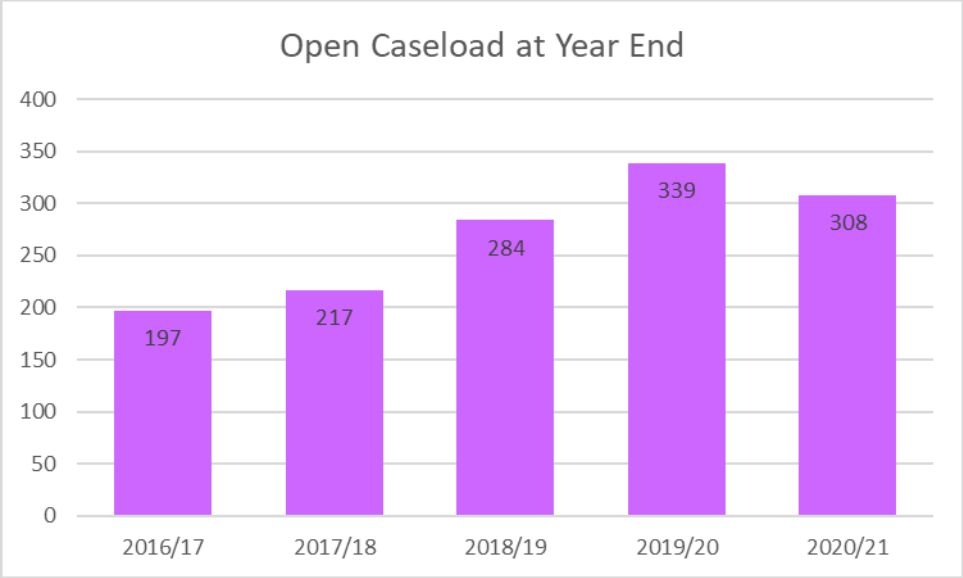
Our current caseload at 31/03/2021 for the team is 308. Of these, 140 are receiving Tier 1 support (low level), 130 are receiving Tier 2 (Intermediate) interventions with 38 people receiving Tier 3 (Intensive) services.

The following graphs show the increasing referrals over the past five years and the status of the caseload at each year end. They outline, year on year, the demand for our services has increased.

The team received 167 new referrals during 2020/21 (up 9.86% on 2019/20).

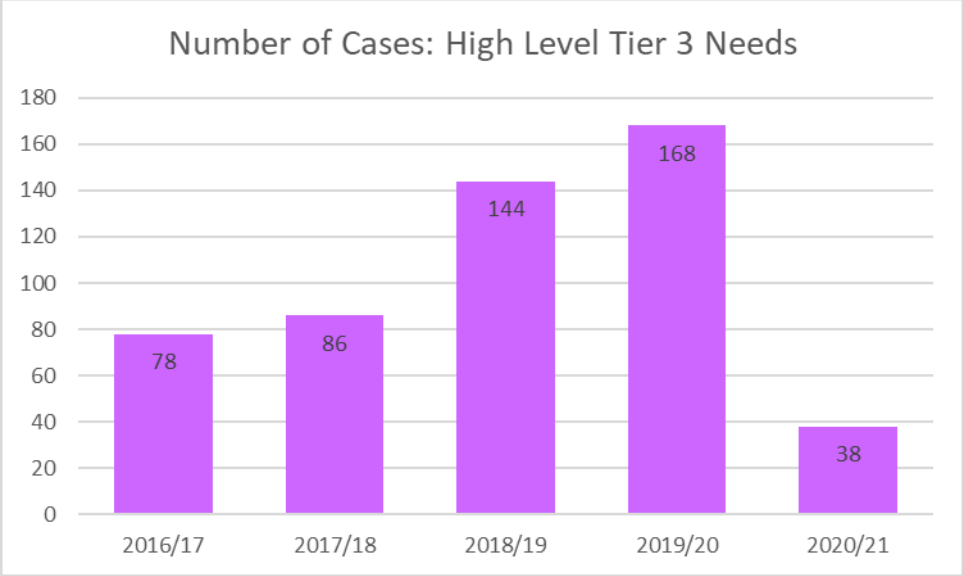


The team had an open caseload of 308 on 31st March 2021 (down 9.14 % on 31/03/20).

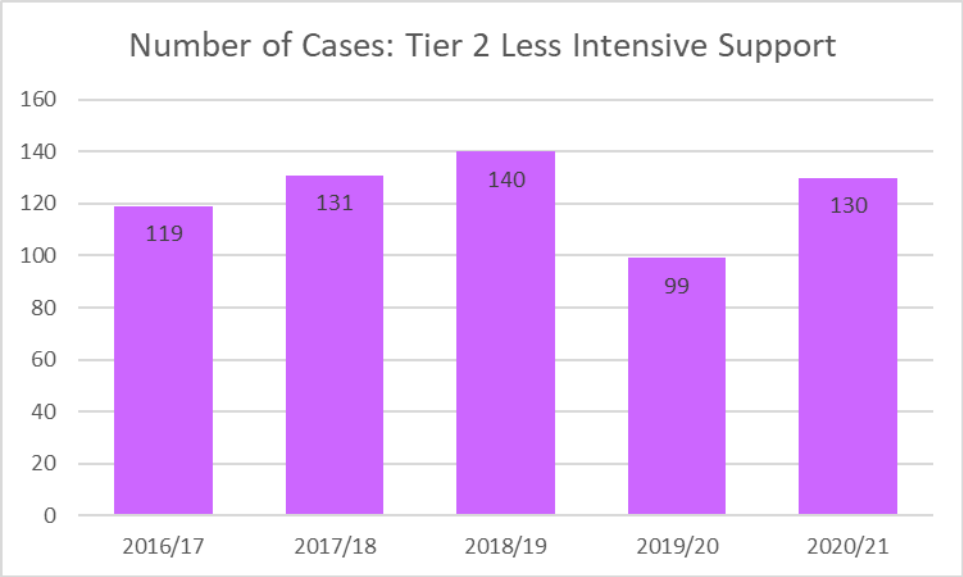


Of the 308 open cases, 38 have high level intensive Tier 3 support needs,
(down 77.38 % on 31/03/20)

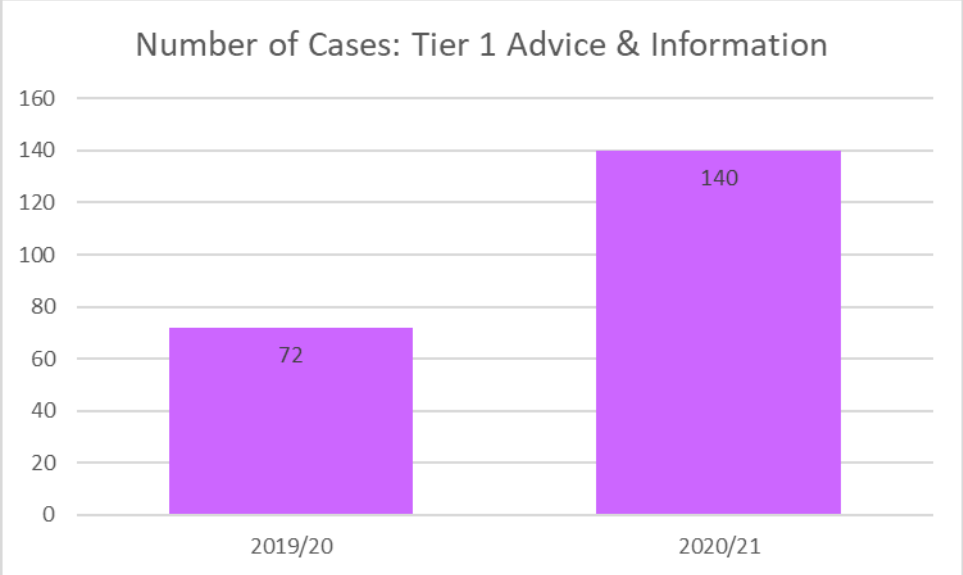
(Keyworker Crisis support, Counselling and CRAFT, ACEs or Parenting Programmes).



There are 130 cases sitting within Tier 2 intermediate support, (up 31.31% on 31/03/20) - (1-1 support, advocacy, befriending, structured mutual aid groups such as Bereavement, Kinship or CRAFT Maintenance, Health and Wellbeing workshops and Respite activities).



There were 140 cases sitting within Tier 1 support Low Level Informal Support, up by almost 100% on 2019/20 (Advice, Information, Newsletter, Art Groups, Coffee Morning)



We have expanded and enhanced our mutual aid offer through a pool of Family Champions. This has resulted in an expansion of what we can offer carers to address needs and move them through tiers of support. The above graphs are reflective of this and evidence the results of an opportunity to address

needs through a variety of means. A caseload that was heavy in Tier 3 needs has successfully moved into lower Tier 2 and Tier 1 support this year. A thorough caseload review resulted in 198 people exiting the service.

VOLUNTEERING AND PEER MENTORING:

We have an amazing pool of volunteers who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, befriending, peer mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

During this year our Family Champions/volunteers received confirmation of their qualifications being approved and we felt it was important to celebrate their achievements. We did this by having a week of virtual celebrations during Volunteer Week (June 2020). We utilised our Facebook Page to complete this. Our Chair of Trustees took part by opening our celebrations with a message to our volunteers and we completed a 'Door Stop Challenge' where staff socially distanced while dropping off certificates that were received through OCN, along with internal certificates from ESCAPE to recognise individual skills and achievements. This was well received by volunteers and those people on Facebook that took part in congratulating them who joined in saying a big 'Thank You' to all the volunteers who support the charity.

Throughout the pandemic the Training and Volunteer Coordinator delivered telephone support/supervision calls to Family Champions and volunteers. This ensured that they were supported with any struggles they were having throughout the pandemic, lockdowns and restrictions.

The Family Champions trained by the Training and Volunteer Coordinator have delivered support via telephone to beneficiaries that would not have been possible without her supervision and support. They have embraced their roles and delivered befriending and 1-1 support to carers.

Family Champions have also provided support in running our mutual aid groups for Kinship Carers, the Bereaved and CRAFT Maintenance groups. There has been a mix of face to face an online support delivered for carers in line with pandemic restrictions.

Our Family Champions also worked with a family support worker to help complete Covid-19 support calls to check in on our caseload, provide information on the Northumberland Communities Together Hub and complete questionnaires to reassess need. Over 400 carers received calls within this piece of work which has identified several beneficiaries who require befriending support, wellbeing workshops and counselling etc.

We currently have 24 volunteers, family champions and peer mentors who have again made a significant contribution to provision this year providing 4153 hours of work despite Covid restrictions and lockdowns. This is in effect the equivalent of 2.33 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of family champions, volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

New programmes, adaptation of existing courses and delivery of services online

Our Training and Volunteer Coordinator and the Advanced Practitioner for Young People and Families worker attended training to enable them to deliver Adverse Childhood Experience's (ACEs) courses to adults and to young people to help them heal from past trauma. The Training and Volunteer Coordinator also completed further training to enable her to facilitate this course online.

The Training and Volunteer Coordinator spent many hours adapting our courses and wellbeing programmes so that they could be delivered online to our beneficiaries, family champions and volunteers. This included the resources for the new course to address trauma due to Adverse Childhood Experiences, group facilitation skills for family champions, and a variety of wellbeing workshops.

We focused on adapting the Health and Wellbeing and Educational Workshops and ACEs courses for online delivery first to ensure that we could meet the needs of our beneficiaries throughout the pandemic. Online course development and delivery included: Adverse Childhood Experiences; Stress Awareness, Anxiety Awareness, Sleep Hygiene, Anger Awareness, All About Me Workshop, Self Esteem Workshop, Drug Awareness, Alcohol Awareness, Alcohol, Overdose and Withdrawal, Legal Rights for Kinship Carers.

We have explored several different ways this year to run workshops during the pandemic. When possible, we ran them from our own building and from Briardale House in Blyth, then during lockdowns through Facebook 'live' events and digitally via Teams.

In some respects, the pandemic lockdowns and restrictions have benefited our service provision as it has accelerated the development of online service delivery, closed Facebook groups for beneficiaries and for Family Champions/volunteers.
It is important to emphasise the long-lasting positive impact for beneficiaries of the time the Training Officer spent adapting our courses for online service delivery. This will enable us to reach more people throughout Northumberland, especially those living in the rural areas.

Covid-19 restrictions have prevented delivery of other support such as Complementary Therapies throughout 2020/21.

Bookings for the respite caravan have been affected by site closures and Covid-19 restrictions so numbers accessing respite breaks are down.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings. These meetings have all taken place online during this difficult period.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community settings when Covid restrictions have allowed.

FINANCIAL REVIEW

The charity, through sound financial management and the support of staff and volunteers generated a very positive financial outcome for this period and ended this financial year with a surplus of £9,123.

Principal Funding Sources

Principal funding sources for the charity during 2020/21 were National Lottery Reaching Communities Fund; Northumbria Healthcare Trust, Public Health at Northumberland County Council, Blyth Town Council, Greggs Foundation, National Lottery Awards for All, Coalfields Regeneration Trust; Sir James Knott Trust; Barbour Foundation, Hospital of God at Greatham, Hadrian Trust, Joicey Trust, Percy Hedley 1990 Trust and the Freemasons of Northumberland.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2020/21.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold around 6 months operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons:

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e. unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, eg money may need to be spent before a funding grant is received.

7. To prevent cashflow problems.

The level of reserves we hold is reported to the board each Quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

Reserves policy - continued

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year. Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold around 6 months reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between four to six months unrestricted reserves.

Our annual budget is currently £253,904 for 2021/22. We have secured £229,266 towards this to date leaving a deficit of £24,638 to be found. This budget includes £15,000 to upgrade our information system and £4,200 to replace and upgrade mobile phones. The board have designated £15,000 from unrestricted reserves to fund the upgrade of the information system. Trustees have committed to spend this £15,000 to maintain our agreed level of reserves. This designation reduces the deficit to £9,637.32. Bids to secure £4,200 capital funds to replace the mobile phones and £13,558 core costs have been submitted. Our current reserves more than cover the projected deficit should we fail to raise any funds in 2021/22 which is highly unlikely. Trustees are confident that this is a realistic, achievable target for the charity.

Holding more than 6 months reserves can be a drawback as some Charitable Trusts will not fund a charity that holds more than six months reserves. Others will not fund a charity with turnover greater than 150k per annum. Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2021/22 is £253,904 and therefore the minimum unrestricted cash reserves target is £126,952 to be retained in reserves plus tangible fixed assets. On 31st March 2021, the charity held unrestricted reserves of £145,405 of which £10,618 is designated as a contingency budget to cover redundancy costs of current staff should any need arise; and a further £15,000 has been designated to upgrade our information system. Unrestricted reserves, as at 31/03/2021, which have not been designated are £119,787 equates to 5.7 months operating costs.
The current balance of unrestricted reserves, which have not been designated, is £114,915 which equates to 5.4 months operating costs. Trustees believe that COVD-19 has not had a significant impact on the levels of reserves held by ESCAPE.

The charity has worked hard to sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity and was successful in securing £248,510 from National Lottery which covers almost 50% of the charity's running costs for the next two years, until 31st March 2023. As of 31st March 2021, £85,170 has been raised to date towards the budget of £219,519 for 2022/23, leaving the charity with a deficit of £134,349 to raise for that financial year. Trustees are optimistic that this target can be achieved. Trustees are confident that the charity is sustainable in its current form until at least 31/03/2023.

The National Lottery grant ends on 31/03/23, therefore other significant income streams need to be identified to ensure sustainability of the charity in its current form in 2023/24 and beyond. Work to achieve this is ongoing.

Going Concern

The Trustees have performed a robust analysis of budgets, forecasts, reserve levels and cash flows taking into account the potential impact of COVID-19 on the charity. After making appropriate enquiries, the Board

of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

COVID STATEMENT

The charity is entering 2021/22 with almost 50% of its funding secured for the next two years with a deficit of £95,000 to raise for 2021/22 – see ESCAPE's current financial position in the Financial Review section above.

COVID-19 has impacted ESCAPE's donation income significantly compared to the previous financial year due to fundraising events not being able to take place due to restrictions. Room hire income has also been significantly impacted due to it not being safe to have external visitors in the building. This may continue to impact ESCAPE's income if restrictions are ongoing, as protecting the wellbeing of ESCAPE's beneficiaries and staff is one of ESCAPE's highest priorities.

The charity did not furlough any staff during the pandemic. We put in place all necessary measures to enable staff to fulfil their roles and continue service provision from home. This enabled beneficiaries to continue to receive 1-1 support, counselling and other interventions via telephone, online video, and social media platforms as well as within community buildings as restrictions allow. Volunteers will continue to support the operations of the charity from their own homes and community buildings as restrictions allow.

This pandemic has increased the needs of our beneficiaries. Everyone involved with the charity is determined to ensure that vulnerable families and individuals in Northumberland continue to have access to a quality service that meets their needs.

FUTURE PLANS

The charity will continue to work to consolidate, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. A new Family Champions Programme to deliver more mutual aid for carers and a pilot project to develop our work to address the needs of Young People has commenced thanks to funding from National Lottery Reaching Communities Fund. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1. introducing and embedding a new, stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.

2. piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

A focus on our two priority areas, as identified above, will enable us to:

- reach and support more families including children and young people
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996, and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts. A.Steward resigned as Treasurer, Trustee and Director and left the charity on 30th September 2020. The Management Committee was strengthened this year when N Furno joined the Management Committee on 21/07/2020 and A Park and P Critchlow joined the Management Committee on 26/01/2021. The more traditional business, social work and nursing skills are well represented on the Management Committee. In the event of particular skills being lost due to retirements, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "the Essential Trustee".

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)

- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

RISK MANAGEMENT STATEMENT

Governance
Following a trustee skills audit and analysis, recruitment was undertaken, and Nick Furno, Alice Park and Paul Critchlow were welcomed to the board. Further recruitment of at least one more trustee will take place in 2021/22.

Operational
Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained during 2021/22 and beyond.

Financial
Sustainability of the charity is a high priority. Securing National Lottery funding commencing 1st April 2020 and lasting until 31st March 2023 covers 50% of our organisational budget and contributes significantly to financial viability of the charity for the next three years.

Statutory funding from Public Health Northumberland has been secured for 2021/22 which will also contribute significantly to sustainability. The charity will work to build on this for 2022/23 onwards.

The board has established two working groups to strengthen its governance and aid sustainability – A Fundraising and Marketing Group and a Finance Group. Their work is ongoing.

External Risks
Trustees recognise that the last ten years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need and by seeking funds to March 2023.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation
The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group includes self-assessment against Charity Commission guidelines and models of best practice.

Organisational Structure
The Management Committee (the board) has nine members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Chief Executive. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.
In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group; Carers Partnership Board and Young Carer Steering Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, BRIC, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service and other Community Groups. The charity initially achieved the Investors in People Gold Standard in 2010 and was successful in retaining Gold standard in January 2013, February 2017 and again in February 2019. Investors in People Health and Wellbeing Standard was achieved in 2011 and retained in 2014, 2017 and again in February 2019.

Related Parties

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies. The local Drug and Alcohol Steering Group Carer Partnership Board and Young Carer Steering Group are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustee Stephen Murphy works for a supplier to the charity – Vital Services North East Limited. The charity undertook an arms-length process to ensure they chose the best provider; Stephen Murphy was not part of the decision making process. Please see note 16 of the accounts for details of transactions with related parties.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services Ltd were re-appointed as the charities Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the Board of Trustees on 19th October 2021 ..... and signed on its behalf by:

.....
H Madin - Treasurer

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2021

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2021, which are set out on pages 21 to 33.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a ‘true and fair’ view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 19th October 2021

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
Income from:					
Donations and legacies	6	2,445	559	**3,004**	7,539
Charitable activities					
Grants and statutory funding	7	-	181,804	**181,804**	101,847
Other trading activities	8	621	9	**630**	8,041
Investments	9	17	-	**17**	66
Total income		3,083	182,372	**185,455**	117,493
Expenditure on:					
Raising funds	10	96	11	**107**	207
Charitable activities					
Operation of the charity	11	2,275	173,950	**176,225**	174,325
Total expenditure		2,371	173,961	**176,332**	174,532
Net income/(expenditure) and net movement of funds		712	8,411	**9,123**	(57,039)
Reconciliation of funds					
Total funds brought forward		274,751	218,549	**493,300**	550,339
Total funds carried forward		275,463	226,960	**502,423**	493,300

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 23 to 33 form an integral part of these accounts.

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

BALANCE SHEET
As at 31 March 2021

	Notes	£	Total 2021 £	£	Total 2020 £
Fixed assets					
Tangible assets	18		342,298		349,610
Total fixed assets			**342,298**		**349,610**
Current assets					
Debtors	19	-		1,268	
Cash at bank and in hand	20	226,487		143,784	
Total current assets		**226,487**		**145,052**	
Creditors: amounts falling due within one year	21	**(66,362)**		**(1,362)**	
Net current assets			**160,125**		**143,690**
Total assets less current liabilities			**502,423**		**493,300**
Total net assets or liabilities			**502,423**		**493,300**
Funds of the charity					
Unrestricted income funds			275,463		274,751
Restricted income funds			226,960		218,549
Total funds			**502,423**		**493,300**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 23 to 33 form an integral part of these accounts.

These financial statements were approved by the Board on: 19th October 2021

and are signed on its behalf by: H Madin
Treasurer

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 of income recognition are met.

3.4 **Donated goods and services**

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 **Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 **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.

3.7 **Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 **Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 **Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 **Expenditure and liabilities**

4.1 **Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 **Charitable activities**

All expenditure is accounted for on an accrual baisis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 **Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

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

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 **Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.6 **Pensions**

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and computer equipment	25 % Straight Line
Caravan	10 % Straight Line
Other equipment	25 % Straight Line

5.2 **Debtors**

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

Analysis of income

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
6	**Donations and legacies**				
	Donations and grants	2,445	559	**3,004**	7,306
	Other	-	-	**-**	233
		2,445	559	**3,004**	7,539
7	**Charitable activities**				
	Grant income				
	Big Lottery Reaching Communities Fund	-	82,170	**82,170**	-
	Greggs Foundation	-	15,000	**15,000**	15,000
	Big Lottery Awards for All	-	10,000	**10,000**	10,000
	Sir James Knott Foundation	-	10,000	**10,000**	-
	The Coalfields Regeneration Trust	-	21,092	**21,092**	-
	The Joicey Trust	-	4,000	**4,000**	-
	The Percy Hedley 1990 Trust	-	500	**500**	500
	Hadrian Trust	-	500	**500**	-
	Draeger	-	500	**500**	-
	Hospital of God at Greatham	-	-	**-**	1,800
	RW Mann Trust	-	-	**-**	1,000
	JH Burn Trust	-	-	**-**	200
	Local Giving Magic Little Grants	-	-	**-**	500
	Hadrian Trust	-	-	**-**	1,000
	The Alchemy Foundation	-	-	**-**	500
	Barbour Foundation	-	-	**-**	5,000
	Freemasons of Northumberland	-	-	**-**	500
	Statutory income				
	Blyth Town Council	-	8,000	**8,000**	4,000
	Northumberland County Council	-	2,000	**2,000**	30,412
	Northumbria Healthcare NHS Foundation Trust	-	25,000	**25,000**	27,000
	Other income				
	Other income	-	3,042	**3,042**	-
	Gain on sale of tangible fixed	-	-	**-**	4,435
		-	181,804	**181,804**	101,847
8	**Other trading activities**				
	Fundraising events	146	-	**146**	2,784
	Shop income	-	-	**-**	122
	Room hire	-	-	**-**	3,675
	Other sales	475	9	**484**	1,460
		621	9	**630**	8,041

Analysis of income continued

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
9	**Income from investments**				
	Bank interest	17	-	**17**	66
		17	-	**17**	66

Income was £185,455 (2020: £117,492) of which £3,083 was unrestricted or designated (2020: £18,530) and £182,372 was restricted (2020: £98,962)

Analysis of expenditure on charitable activities

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
10	***Raising funds***				
	Fundraising costs	96	11	**107**	207
		96	11	**107**	207
11	***Charitable activities***				
	Direct costs				
	Staff costs	5	116,939	**116,944**	103,926
	Training costs	-	610	**610**	4,622
	Respite costs (caravan)	-	3,661	**3,661**	4,651
	Travel costs	-	622	**622**	2,287
	Volunteer costs including travel	-	1,508	**1,508**	2,136
	Client costs	-	316	**316**	1,419
	Helpline and outreach	-	1,902	**1,902**	1,641
	Support costs				
	Utilities	-	4,537	**4,537**	5,500
	General running costs	-	308	**308**	242
	Insurance	-	5,111	**5,111**	6,736
	Repairs and renewals	-	1,075	**1,075**	2,471
	Cleaning	-	2,928	**2,928**	459
	Telephone	-	1,554	**1,554**	1,341
	Internet and ICT costs	-	4,564	**4,564**	5,862
	Stationery and copying	8	5,035	**5,043**	5,144
	Sundry	51	1,024	**1,075**	34
	Refreshments	-	-	**-**	330
	Professional fees	-	3,801	**3,801**	1,967
	Bank charges	100	-	**100**	60
	Depreciation	2,111	17,093	**19,204**	22,135
	Governance costs				
	Independent examiner's fees for reporting on the accounts	-	1,362	**1,362**	1,362
		2,275	173,950	**176,225**	174,325

Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £176,332 (2020: £174,531) of which £2,371 was unrestricted or designated (2020: £29,807) and £173,961 was restricted (2020: £144,724)

12 **Fees for examination of the accounts**

	2021	2020
	£	£
Independent examiner's fees for reporting on the accounts	**1,362**	1,362
	1,362	1,362

There were no other fees paid to the examiner (2020: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2021	**2020**
	£	**£**
Salaries and wages	**105,791**	**92,463**
Social security costs	**8,314**	**6,942**
Pension costs (defined contribution pension plan)	**2,330**	**4,068**
Other employee benefits	**592**	**452**
	117,027	**103,925**

No employee received remuneration above £60,000 (2020: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2020: £5,000)

14 **Staff numbers**

The average monthly head count was 6 staff (2020: 5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2021	2020
The parts of the charity in which the employee's work	**Number**	Number
Charitable activities	**5.0**	3.5
	5.0	3.5

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £2,330 (2020: £4,068). There was £0 outstanding as at 31 March 2021(2020: £815).

16 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (2020: one trustee Janet Murphy received a payment of £5,000 in connection with her role as Chief Executive). No remuneration or benefits were paid for her role as trustee and no other trustees were paid or received any other benefits that year.

Trustees' expenses

The following detail the expenses incurred by the trustees.

	2021	2020
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,360**	1,103
Thomas Devine	**50**	-
	1,410	1,103

Transaction(s) with related parties

The following detail the related party transactions in the reporting period.

Name of the trustee or related party	Relationship to charity	Description of the transaction	**£**
Trustee Stephen Murphy	Works for a supplier to the charity, Vital Services North East Limited	IT support contract and supply of computer equipment	**12,332**

The charity undertook an arm's length process to ensure they chose the best provider, Stephen Murphy was not part of the decision making process.

17 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

18 Tangible fixed assets

	Freehold property	Office and computer equipment	Caravan	Other equipment	Total
	£	£	£	£	£
Cost					
At 1 April 2020	341,147	32,659	32,035	-	**405,841**
Additions	-	7,331	-	4,561	**11,892**
Disposals	-	(18,172)	-	-	**(18,172)**
At 31 March 2021	341,147	21,818	32,035	4,561	**399,561**
Depreciation					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2020	25,428	27,599	3,204	-	**56,231**
Depreciation charge for year	12,714	2,955	3,204	331	**19,204**
Disposals	-	(18,172)	-	-	**(18,172)**
At 31 March 2021	38,142	12,382	6,408	331	**57,263**
Net book value					
At 31 March 2020	315,719	5,060	28,831	-	**349,610**
At 31 March 2021	303,005	9,436	25,627	4,230	**342,298**

19 Debtors and prepayments (receivable within 1 year)

	2021	2020
	£	£
Debtors	**-**	1,268
	-	1,268

20 Cash at bank and in hand

	2021	2020
	£	£
Short term deposits	**65,799**	65,782
Cash at bank	**160,205**	77,221
Cash in hand	**483**	781
	226,487	143,784

21 Creditors and accruals (payable within 1 year)

	2021	2020
	£	£
Accruals		
Independent examination of accounts	**1,362**	1,362
Deferred income	**65,000**	-
	66,362	1,362

22 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2021 £
Balance brought forward	**-**
Amount released to income earned from charitable activities	**-**
Amount deferred in year	**65,000**
Balance carried forward	**65,000**

23 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

24 Analysis of charitable funds

Analysis of movements in unrestricted funds

Unrestricted funds	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
General unrestricted fund	131,963	3,083	(259)	(15,000)	**119,787**
Designated funds					
Unrestricted fixed assets	132,170	-	(2,112)	-	**130,058**
Contingency	10,618	-	-	-	**10,618**
System upgrade	-	-	-	15,000	**15,000**
Totals	274,751	3,083	(2,371)	-	**275,463**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

24 **Analysis of charitable funds** continued

Analysis of movement in restricted funds

Restricted fixed assets	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Susan Kennedy Centre refurbishment	189,428	-	(12,714)	-	**176,714**
Restricted office, computer and other equipment	2,362	-	(1,529)	11,892	**12,725**
Caravan upgrade	25,650	-	(2,850)	-	**22,800**
Restricted funds					
Client activities	209	-	(375)	(1,199)	**(1,365)**
Susan Kennedy Centre	-	10,802	(12,449)	-	**(1,647)**
Peer mentor coordinator	-	3,005	(2,934)	-	**71**
Family Support	-	36,365	(31,716)	-	**4,649**
Training officer salary	-	11,771	(9,310)	-	**2,461**
Helpline /Outreach	616	1,638	(1,902)	-	**352**
Volunteer costs	284	4,000	(1,453)	-	**2,831**
Respite project	-	5,380	(3,831)	-	**1,549**
Evaluation	-	2,000	(2,000)	-	**-**
Senior practitioner salary	-	20,631	(20,131)	-	**500**
Centre running costs	-	38,635	(25,565)	(10,693)	**2,377**
Centre management costs	-	48,145	(45,202)	-	**2,943**
Totals	218,549	182,372	(173,961)	-	**226,960**

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Client Activities	Restricted for client activities delivery.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Peer Mentor Coordinator	Restricted to salary of Peer Mentor coordinators post.
Family Support	Restricted to Family Support, project staff salary and project costs.
Training Officer salary	Restricted to training, project cost and office salary.
Helpline /Outreach	Restricted to helpline delivery costs.
Volunteer costs	Restricted to volunteer expenses.
Respite project	Restricted for the respite project.
Evaluation	Restricted for the evaluation of the Big Lottery Reaching Communities Fund.

24 **Analysis of charitable funds** continued

Senior practitioner salary	Restricted to salary of senior practitioner post.
Centre running costs	Restricted to centre running costs.
Centre management costs	Restricted to management costs.

Transfers between funds

	Reason for transfer	**Amount £**
Between restricted assets and centre running costs /client activities	Balance spent on tangible fixed assets that will be depreciated over future periods.	**11,885**

25 **Capital commitments**

As at 31 March 2021, the charity had no capital commitments (2020 -£nil)

26 **Analysis of net assets between funds**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2021 £**	**Total 2020 £**
Tangible fixed assets	-	130,058	212,239	**342,297**	**349,610**
Cash at bank and in hand	186,148	25,618	14,721	**226,487**	**143,784**
Other net current assets/(liabilities)	(66,361)	-	-	**(66,361)**	**(94)**
	119,787	155,676	226,960	**502,423**	**493,300**

ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2021

Charity number 1063500

Company number 03256554

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

TRUSTEES ANNUAL REPORT
For the year ended 31 March 21

Report of the Management Committee for the year ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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) (effective 1 January 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03256554 (England and Wales)

Registered Charity number
1063500

Registered office
Susan Kennedy Centre
63 Southview
Ashington
Northumberland
NE63 0SF

Trustees

J L M Axelby	Chair
D Brown	Vice Chair
T Devine	
H Madin	Treasurer with effect from 1/10/2020
J Murphy	
S J Murphy	
N Furno	Appointed 21/7/2020
A Park	Appointed 26/1/2021
A Steward	Resigned as Treasurer and trustee 30/09/2020
P Critchlow	Appointed 26/1/2021

Company Secretary
N Furno

Independent examiner
Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle Upon Tyne
NE1 8AF

Bank:
Lloyds Bank

Solicitors
Helen Kay
HMK Legal Ltd
Clavering House
Clavering Place
Newcastle upon Tyne
NE1 3NG

Solicitors
Cuthbertsons
3 Stanley Street
Blyth
Northumberland
NE24 2BS

OUR AIMS AND OBJECTIVES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;

ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and

iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Ensuring our work delivers our aims

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift. We have referred to the guidance contained in the Charity Commission’s general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year were to maintain high-quality service delivery to vulnerable families, carers and young people in Northumberland, particularly those who are affected by a loved one’s addiction; to continue the review and strengthening of systems and to increase funds raised to ensure long term sustainability of our work.

- Support to adults who care for a family member
- Support to young people affected by a loved one's substance use (new pilot programme)
- Focussing upon limiting and alleviating the harms caused by drug and alcohol use
- Enabling people to better support their own families and support those of others through our education, training, volunteering, and peer mentoring programmes
- Working in partnership with other agencies to provide the widest range of services possible to ensure that the needs of the client population are met.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, particularly those affected by substance misuse, and the provision of education and training to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used, and benefited from our services?

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 320,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

The North East has had the highest rate of drug misuse for the past seven consecutive years (between 2013 and 2019), before this Wales had a higher rate than all English regions (between 2010 and 2012). The North East continues to be statistically significantly higher than all other regions of England as well as Wales. (ONS 14 October 2020).

The statistics for deaths by drug misuse and figures for death by drug poisoning both show that the North East region has the highest death rate in England and Wales, at almost twice the national average. There were 679 deaths linked to drug misuse in the North East between 2017 and 2019, which works out at a rate of 9.1 per 100,000 people, almost twice as high as England's average rate of 4.7 for the same period (ONS 14 October 2020).

The North East also has the highest rate of deaths for drug poisoning, which include the misuse figures along with statistics for deaths caused by complications such as deep vein thrombosis or septicaemia from intravenous drug use, drug-induced suicides and deaths caused by prescription and over the counter medicines, obtained illegally or legally (ONS 14 October 2020).

The poisoning death figures have risen across the region over the years. The North East's drug poisoning death rate was 13.1 for 2017-19, compared to an England average of 7.1. The North East's rate rose from 10.7 in 2015-17 and 6.8 in 2009-11. It was 6.9 in 2001-03 (ONS 14 October 2020).

The ONS figures above only include data to 2019 so therefore do not include drug misuse death rates that have occurred during the Covid-19 pandemic.

Provisional figures released in February 2020 by the Office of National Statistics (ONS) show that alcohol-specific deaths in the North-East rose by more than 15% in 2020 revealing an alarming spike in the first

nine months of 2020 in the region, which was already suffering from the highest rates before the pandemic. From January to September 2019, 331 people in the North-East died from conditions 100% attributable to their alcohol consumption, many of them from alcoholic liver disease. In 2020, that figure increased to 382 over the same period. According to Balance, the North East Alcohol Office, these figures could be the tip of an iceberg. Furthermore, these figures may indicate increased levels of harmful drinking during the pandemic.

The Northumberland Substance Misuse Health Needs Assessment (Aug 2020) outlines the following landscape in the county:

Alcohol and drugs are the leading risk factors for all-cause mortality in those aged 15-49 in Northumberland. Substance misuse contributes to inequalities within all-cause mortality.

Substance misuse health related harms are increasing among the population in Northumberland, with increases in hospital admissions across a range of drug related and alcohol related conditions.

Drug related hospital admissions for young people aged 15-24 in Northumberland increased steeply in recent years. Northumberland now has the highest rate in the North-East. This follows increases in admission for self-harm and injury among young people in Northumberland.

Mortality related to substance misuse has been increasing over time. In Northumberland, there were 23,959 years of life lost prematurely from 2008-2018 due to alcohol. Whilst alcohol-related mortality rates are similar to England rates, the years of life lost are significantly higher, indicating that mortality in Northumberland impacts a younger demographic. In 2018, there were 180 alcohol related deaths in Northumberland, this equates to a rate of 51.2 deaths per 100,000 population and is the highest annual rate of alcohol related deaths since 2012.

Drug related deaths have also increased over time, with rates highest among males aged 15-49 in Northumberland. This is primarily due to increases in deaths related to opiate misuse, though deaths related to other substances have also increased, most notably cocaine.

Substance misuse is associated with many social impacts including crime, domestic abuse and adverse childhood experiences.

Young People in Treatment in Northumberland:
In 2018/19 there were 98 people under the age of 18 in substance misuse treatment services in Northumberland. The proportion in treatment with mental health needs, self-harm, offending behaviour and affected by the substance misuse of others is higher in Northumberland than the proportions seen nationally.

Over 18s in treatment for alcohol in Northumberland:
In 2018/19 there were a total of 530 people over 18, in substance misuse treatment services for alcohol. This is where alcohol is reported at the primary reason for accessing services. This represents over a third of people who are in specialist treatment services in Northumberland. The latest estimated prevalence figures for alcohol (2017/18) suggest that 84% of need in relation to alcohol dependency is unmet by the current numbers of people in treatment. This is similar to national levels, where unmet need in relation to alcohol dependency is estimated to be 82%. This suggests that there are a further 2782 people who require treatment but are not yet in service.

Over 18s in treatment for drug misuse:
In 2018/19 there were a total of 1035 people over 18, in substance misuse treatment services for drug misuse (excluding those with concurrent alcohol misuse), of those 90% accessed treatment primarily due to opiates. In Northumberland it is estimated that 27% of need in relation to opiate use is not met. This is

lower than levels of unmet need nationally at 46%. Unmet need for crack cocaine use is higher at 86% in Northumberland and 60% nationally based on 2016/17 prevalence estimates.

With a total of 1663 people in treatment in Northumberland in 2018/19, it is clear that with at least three family members affected by a loved one's drug or alcohol use (Adfam), this means that there are at least 4989 people significantly affected by a loved one's substance use who are resident in Northumberland. This figure does not take into consideration the significant levels of unmet need of those who are not in treatment whose families and loved ones are even more vulnerable (at least a further 9381 family members given data from the Northumberland Needs Assessment). It is therefore essential that ESCAPE Family Support continues to provide specialist family support services to those affected by addiction in Northumberland.

Experts blame drastic cuts to drug and alcohol treatment services across the North-East for the rise in deaths. They claim that figures provided to Freedom of Information requests show that of the region's councils that responded, £35.7million was being spent on helping those struggling with addiction in 2013, but this has dropped by a quarter to £27.2million in 2019 (UKAT).

In addition, it is very important to ensure that families and carers, partners and friends are included in a client's treatment journey as this support can make all the difference to a successful outcome. 18% of individuals coming into treatment live with children, and so it is very important that appropriate working practices are in place to safeguard those at risk from hidden harm. An important part of the individual's treatment journey is to ensure that they and their families, friends and children are supported in building and maintaining effective relationships with each other.

We work with families from all socio-economic backgrounds from both urban and rural areas of Northumberland but receive higher referrals from areas with higher levels of social deprivation. Our support services are provided free of charge. However, carers accessing the respite caravan pay a small contribution towards site fees and running costs. During 2020/21 we have delivered Covid- related support and onward referrals in tandem with our core support work to help ensure that the widest range of support was provided to meet client needs and improve outcomes.

The information below which provides a summary of achievements and performance over this financial period should be read in conjunction with the attached Financial Statements.

ACHIEVEMENT AND PERFORMANCE

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children, and wider family members who are affected and struggling to cope. ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

ESCAPE has supported 563 beneficiaries during 2020/21, including 76 young people/children, whose lives have been negatively impacted by a family member's substance use. Our current caseload is 308. Of these, 140 are receiving Tier 1 support (Low level support), 130 are receiving Tier 2 interventions (Intermediate) with 38 people receiving Tier 3 (Intensive) services.

ESCAPE's confidential support services are person centred, evidence based, and tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups. Some examples of our evidence-based service delivery are outlined below.

ACHIEVEMENT AND PERFORMANCE – continued

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role.
All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

Adverse Childhood Experiences (ACEs)

ACEs entails work with Young People or Adults who are living with, or have lived within, households and communities where there are significant events that mean they are experiencing high levels of emotional trauma. ACEs is an intervention that will provide a foundation that aims to develop practical skills, build self-esteem and self-confidence. By providing interventions in a group setting, it also provides people with an environment that reduces social isolation and encourages the building up of social skills. This enables the development of resilience through meaningful participation however some people that attend may need further interventions to recover from their trauma. The programme runs for eight weeks and has a range of techniques and self-help ideas, the programme provides the person with the skills needed to take part in more in-depth therapy concentration and understanding emotional regulation.

People can be helped and supported: -

- By helping them make healthy relationships and be connected to others
- By helping them to understand toxic stress and their response to it
- By understanding and teaching them how to manage their emotions
- By providing a setting where they feel safe and secure and not judged
- By learning coping strategies that connect them to the people that can support them and to improve their ability to relate to others which is crucial in developing their resilience
- By feeling people care about them but in a healthy way
- By learning techniques to help them structure their lives even if they are still living within traumatic circumstances

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010.

ACHIEVEMENT AND PERFORMANCE – continued

We are proud to have retained the Gold standard ever since; this achievement includes successful joint assessment against the new more robust Gold standard along with the new Health and Wellbeing Award in February 2019 demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social. A 24-month review of Investor in People Standard in February 2021 was very positive and reinforced that:

- ESCAPE had inspirational leadership that built trust and commitment; there was a strong expression that leaders were inspiring trust and confidence.
- A robust approach to measuring its progress in managing and developing people using survey data and other metrics to see how well processes were working.
- There was a strong 'value–base' in the organisation which made people feel good about working at ESCAPE. Cultural values - those shared beliefs amongst ESCAPE's people, were strong and built good teams and individual motivation.
- Despite financial constraints, the organisation still invested in its people development and wellbeing using creative ways to support its people.
- There was an open culture that let ideas thrive and people feel empowered. ESCAPE made its people feel respected and encouraged to put forward ideas and take on responsibilities.
- Staff were particularly well supported in psychological and social wellbeing Given the nature of the work done by ESCAPE's people these aspects of wellbeing were particularly important.

We are very proud of our people and the feedback from our 24-month Review report:

Investor in People Insights Assessment and Health and Wellbeing Review Report February 2021

The service is supported through grants from National Lottery Reaching Communities Fund; Northumbria Healthcare Trust, Public Health at Northumberland County Council, Blyth Town Council, Greggs Foundation, National Lottery Awards for All, Coalfields Regeneration Trust; Sir James Knott Trust; Barbour Foundation, Hospital of God at Greatham, Hadrian Trust, Joicey Trust, Percy Hedley 1990 Trust and the Freemasons of Northumberland. The Trustees are grateful to all of the funders who supported the work of the charity during 2020/21. Trustees would also like to thank individuals who have made personal donations this year.

We have delivered our services within a very different world during the past year and our organisation, services and people have had to adapt, change, and learn throughout what has been a difficult and challenging year for the whole country. With Covid-19 cases increasing quickly we commenced home working for the whole team a week prior to the government lockdown to safeguard beneficiaries, volunteers and staff. We did not furlough any staff throughout the pandemic.

The biggest risk of COVID-19 to ESCAPE, has been the risk of not being able to deliver the required or desired service to the charity's beneficiaries and being able to protect the wellbeing of our staff.
Our staff have worked hard to adapt services and our usual face-to-face contacts, groups, meetings, and events were replaced with virtual experiences by telephone, e-mail, newsletters, the website, Facebook, WhatsApp, Zoom and Teams. The new arrangements enabled us to keep in contact with people, maintain service delivery throughout the pandemic and ensure onward referrals to other relevant agencies for support with Covid-19 associated issues.

Thanks to our funders, ESCAPE has been able to sustain, adapt, and enhance its services during 2020/21. The charity commenced the introduction of a stronger mutual aid approach to supporting carers and families and a pilot to introduce a new support programme and interventions for young people whose lives are affected by the drug or alcohol dependency of others.

ESCAPE has supported a total of 563 beneficiaries during 2020/2021.

We carried forward a caseload of 339 into 2020/21.

We had 167 new referrals in 2020/21 broken down as follows:

129	Adult Carers / Family Members
19	Young People
19	Parents for Parenting Programmes

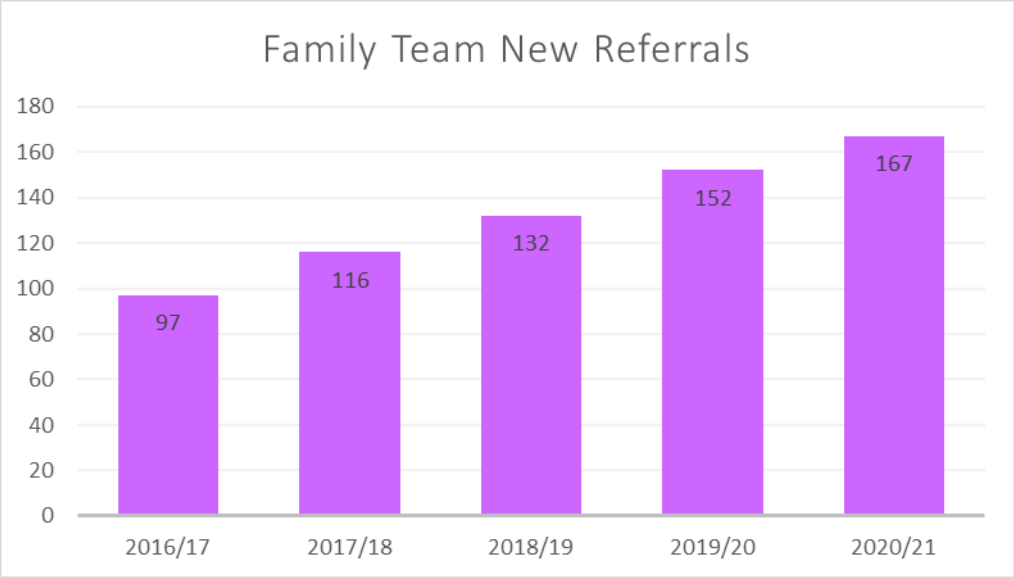
In addition, 57 additional children and young people within the families we worked with received Christmas presents which we received from Cash for Kids and the Bacmans and BIG Cell Resident Support distributed to our families.

We closed 198 cases during a caseload review which took place in 2020/21.

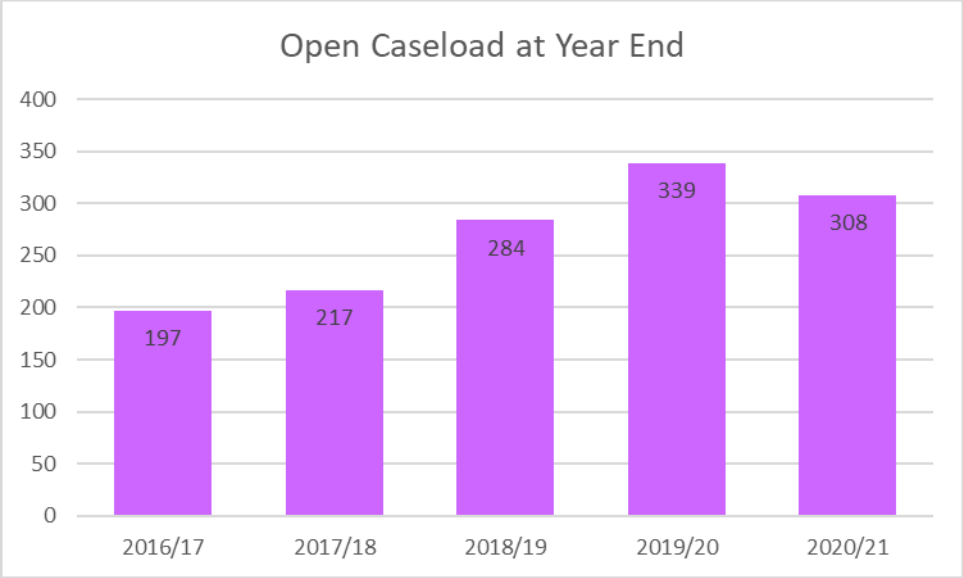
Our current caseload at 31/03/2021 for the team is 308. Of these, 140 are receiving Tier 1 support (low level), 130 are receiving Tier 2 (Intermediate) interventions with 38 people receiving Tier 3 (Intensive) services.

The following graphs show the increasing referrals over the past five years and the status of the caseload at each year end. They outline, year on year, the demand for our services has increased.

The team received 167 new referrals during 2020/21 (up 9.86% on 2019/20).

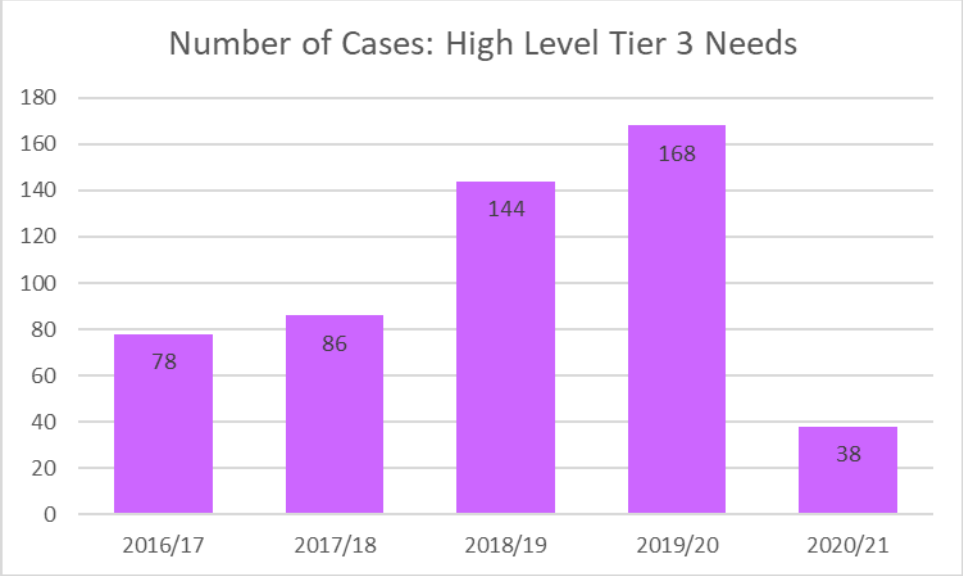


The team had an open caseload of 308 on 31st March 2021 (down 9.14 % on 31/03/20).

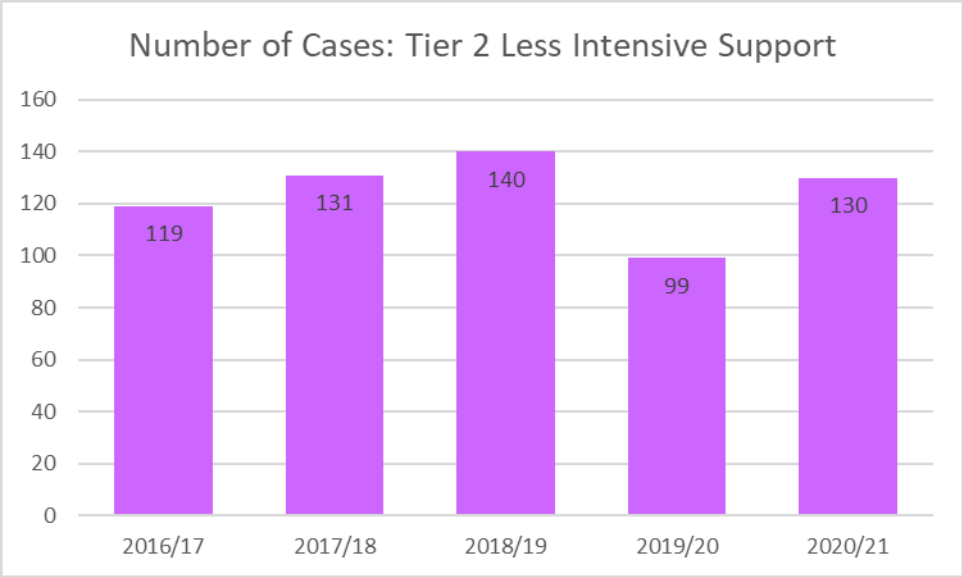


Of the 308 open cases, 38 have high level intensive Tier 3 support needs,
(down 77.38 % on 31/03/20)

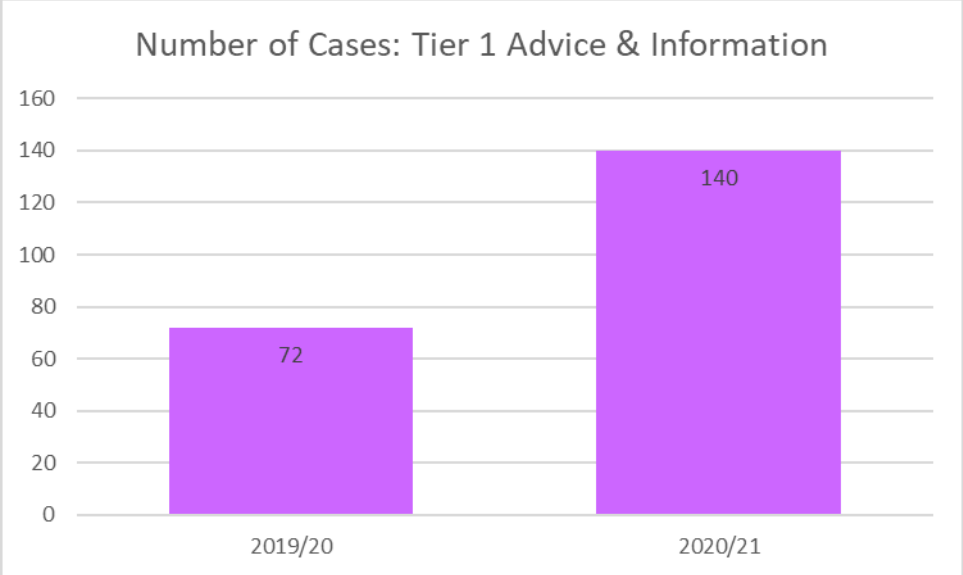
(Keyworker Crisis support, Counselling and CRAFT, ACEs or Parenting Programmes).



There are 130 cases sitting within Tier 2 intermediate support, (up 31.31% on 31/03/20) - (1-1 support, advocacy, befriending, structured mutual aid groups such as Bereavement, Kinship or CRAFT Maintenance, Health and Wellbeing workshops and Respite activities).



There were 140 cases sitting within Tier 1 support Low Level Informal Support, up by almost 100% on 2019/20 (Advice, Information, Newsletter, Art Groups, Coffee Morning)



We have expanded and enhanced our mutual aid offer through a pool of Family Champions. This has resulted in an expansion of what we can offer carers to address needs and move them through tiers of support. The above graphs are reflective of this and evidence the results of an opportunity to address

needs through a variety of means. A caseload that was heavy in Tier 3 needs has successfully moved into lower Tier 2 and Tier 1 support this year. A thorough caseload review resulted in 198 people exiting the service.

VOLUNTEERING AND PEER MENTORING:

We have an amazing pool of volunteers who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, befriending, peer mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

During this year our Family Champions/volunteers received confirmation of their qualifications being approved and we felt it was important to celebrate their achievements. We did this by having a week of virtual celebrations during Volunteer Week (June 2020). We utilised our Facebook Page to complete this. Our Chair of Trustees took part by opening our celebrations with a message to our volunteers and we completed a 'Door Stop Challenge' where staff socially distanced while dropping off certificates that were received through OCN, along with internal certificates from ESCAPE to recognise individual skills and achievements. This was well received by volunteers and those people on Facebook that took part in congratulating them who joined in saying a big 'Thank You' to all the volunteers who support the charity.

Throughout the pandemic the Training and Volunteer Coordinator delivered telephone support/supervision calls to Family Champions and volunteers. This ensured that they were supported with any struggles they were having throughout the pandemic, lockdowns and restrictions.

The Family Champions trained by the Training and Volunteer Coordinator have delivered support via telephone to beneficiaries that would not have been possible without her supervision and support. They have embraced their roles and delivered befriending and 1-1 support to carers.

Family Champions have also provided support in running our mutual aid groups for Kinship Carers, the Bereaved and CRAFT Maintenance groups. There has been a mix of face to face an online support delivered for carers in line with pandemic restrictions.

Our Family Champions also worked with a family support worker to help complete Covid-19 support calls to check in on our caseload, provide information on the Northumberland Communities Together Hub and complete questionnaires to reassess need. Over 400 carers received calls within this piece of work which has identified several beneficiaries who require befriending support, wellbeing workshops and counselling etc.

We currently have 24 volunteers, family champions and peer mentors who have again made a significant contribution to provision this year providing 4153 hours of work despite Covid restrictions and lockdowns. This is in effect the equivalent of 2.33 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of family champions, volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

New programmes, adaptation of existing courses and delivery of services online

Our Training and Volunteer Coordinator and the Advanced Practitioner for Young People and Families worker attended training to enable them to deliver Adverse Childhood Experience's (ACEs) courses to adults and to young people to help them heal from past trauma. The Training and Volunteer Coordinator also completed further training to enable her to facilitate this course online.

The Training and Volunteer Coordinator spent many hours adapting our courses and wellbeing programmes so that they could be delivered online to our beneficiaries, family champions and volunteers. This included the resources for the new course to address trauma due to Adverse Childhood Experiences, group facilitation skills for family champions, and a variety of wellbeing workshops.

We focused on adapting the Health and Wellbeing and Educational Workshops and ACEs courses for online delivery first to ensure that we could meet the needs of our beneficiaries throughout the pandemic. Online course development and delivery included: Adverse Childhood Experiences; Stress Awareness, Anxiety Awareness, Sleep Hygiene, Anger Awareness, All About Me Workshop, Self Esteem Workshop, Drug Awareness, Alcohol Awareness, Alcohol, Overdose and Withdrawal, Legal Rights for Kinship Carers.

We have explored several different ways this year to run workshops during the pandemic. When possible, we ran them from our own building and from Briardale House in Blyth, then during lockdowns through Facebook 'live' events and digitally via Teams.

In some respects, the pandemic lockdowns and restrictions have benefited our service provision as it has accelerated the development of online service delivery, closed Facebook groups for beneficiaries and for Family Champions/volunteers.
It is important to emphasise the long-lasting positive impact for beneficiaries of the time the Training Officer spent adapting our courses for online service delivery. This will enable us to reach more people throughout Northumberland, especially those living in the rural areas.

Covid-19 restrictions have prevented delivery of other support such as Complementary Therapies throughout 2020/21.

Bookings for the respite caravan have been affected by site closures and Covid-19 restrictions so numbers accessing respite breaks are down.

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings. These meetings have all taken place online during this difficult period.

We have continued to work in partnership with other organisations to deliver group sessions, 1-1 support and mutual aid groups in community settings when Covid restrictions have allowed.

FINANCIAL REVIEW

The charity, through sound financial management and the support of staff and volunteers generated a very positive financial outcome for this period and ended this financial year with a surplus of £9,123.

Principal Funding Sources

Principal funding sources for the charity during 2020/21 were National Lottery Reaching Communities Fund; Northumbria Healthcare Trust, Public Health at Northumberland County Council, Blyth Town Council, Greggs Foundation, National Lottery Awards for All, Coalfields Regeneration Trust; Sir James Knott Trust; Barbour Foundation, Hospital of God at Greatham, Hadrian Trust, Joicey Trust, Percy Hedley 1990 Trust and the Freemasons of Northumberland.

The Trustees are grateful to all funders who supported and sustained the work of the charity during 2020/21.

Trustees would also like to thank individuals who have made personal donations this year.

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment.

Reserves policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold around 6 months operating costs in unrestricted reserves.

The reserves policy is reviewed annually. Risk management is ongoing within the charity and a risk register is held; unrestricted reserves are included within this and are monitored quarterly at board meetings.

We hold these reserves for the following reasons:

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.

2. To give the trustees time to raise funds for the forthcoming financial year.

3. Emergency funding is available should we need it i.e. unexpected large repair bills etc.

4. To cover any unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sickness absence.

5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.

6. The need to fund short-term deficits in a cash budget, eg money may need to be spent before a funding grant is received.

7. To prevent cashflow problems.

The level of reserves we hold is reported to the board each Quarter within the Current Accounts summary and is also regularly reviewed within the risk register.

Reserves policy - continued

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year. Annually, we review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold around 6 months reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between four to six months unrestricted reserves.

Our annual budget is currently £253,904 for 2021/22. We have secured £229,266 towards this to date leaving a deficit of £24,638 to be found. This budget includes £15,000 to upgrade our information system and £4,200 to replace and upgrade mobile phones. The board have designated £15,000 from unrestricted reserves to fund the upgrade of the information system. Trustees have committed to spend this £15,000 to maintain our agreed level of reserves. This designation reduces the deficit to £9,637.32. Bids to secure £4,200 capital funds to replace the mobile phones and £13,558 core costs have been submitted. Our current reserves more than cover the projected deficit should we fail to raise any funds in 2021/22 which is highly unlikely. Trustees are confident that this is a realistic, achievable target for the charity.

Holding more than 6 months reserves can be a drawback as some Charitable Trusts will not fund a charity that holds more than six months reserves. Others will not fund a charity with turnover greater than 150k per annum. Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

The budget for 2021/22 is £253,904 and therefore the minimum unrestricted cash reserves target is £126,952 to be retained in reserves plus tangible fixed assets. On 31st March 2021, the charity held unrestricted reserves of £145,405 of which £10,618 is designated as a contingency budget to cover redundancy costs of current staff should any need arise; and a further £15,000 has been designated to upgrade our information system. Unrestricted reserves, as at 31/03/2021, which have not been designated are £119,787 equates to 5.7 months operating costs.
The current balance of unrestricted reserves, which have not been designated, is £114,915 which equates to 5.4 months operating costs. Trustees believe that COVD-19 has not had a significant impact on the levels of reserves held by ESCAPE.

The charity has worked hard to sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity and was successful in securing £248,510 from National Lottery which covers almost 50% of the charity's running costs for the next two years, until 31st March 2023. As of 31st March 2021, £85,170 has been raised to date towards the budget of £219,519 for 2022/23, leaving the charity with a deficit of £134,349 to raise for that financial year. Trustees are optimistic that this target can be achieved. Trustees are confident that the charity is sustainable in its current form until at least 31/03/2023.

The National Lottery grant ends on 31/03/23, therefore other significant income streams need to be identified to ensure sustainability of the charity in its current form in 2023/24 and beyond. Work to achieve this is ongoing.

Going Concern

The Trustees have performed a robust analysis of budgets, forecasts, reserve levels and cash flows taking into account the potential impact of COVID-19 on the charity. After making appropriate enquiries, the Board

of Trustees has a reasonable expectation that ESCAPE has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

COVID STATEMENT

The charity is entering 2021/22 with almost 50% of its funding secured for the next two years with a deficit of £95,000 to raise for 2021/22 – see ESCAPE's current financial position in the Financial Review section above.

COVID-19 has impacted ESCAPE's donation income significantly compared to the previous financial year due to fundraising events not being able to take place due to restrictions. Room hire income has also been significantly impacted due to it not being safe to have external visitors in the building. This may continue to impact ESCAPE's income if restrictions are ongoing, as protecting the wellbeing of ESCAPE's beneficiaries and staff is one of ESCAPE's highest priorities.

The charity did not furlough any staff during the pandemic. We put in place all necessary measures to enable staff to fulfil their roles and continue service provision from home. This enabled beneficiaries to continue to receive 1-1 support, counselling and other interventions via telephone, online video, and social media platforms as well as within community buildings as restrictions allow. Volunteers will continue to support the operations of the charity from their own homes and community buildings as restrictions allow.

This pandemic has increased the needs of our beneficiaries. Everyone involved with the charity is determined to ensure that vulnerable families and individuals in Northumberland continue to have access to a quality service that meets their needs.

FUTURE PLANS

The charity will continue to work to consolidate, maintain and expand its existing service provision in Northumberland. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. A new Family Champions Programme to deliver more mutual aid for carers and a pilot project to develop our work to address the needs of Young People has commenced thanks to funding from National Lottery Reaching Communities Fund. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1. introducing and embedding a new, stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.

2. piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

A focus on our two priority areas, as identified above, will enable us to:

- reach and support more families including children and young people
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996, and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee gave their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 16 to the accounts. A.Steward resigned as Treasurer, Trustee and Director and left the charity on 30th September 2020. The Management Committee was strengthened this year when N Furno joined the Management Committee on 21/07/2020 and A Park and P Critchlow joined the Management Committee on 26/01/2021. The more traditional business, social work and nursing skills are well represented on the Management Committee. In the event of particular skills being lost due to retirements, Trustee positions are advertised; and individuals may also be approached to offer themselves for election to the Management Committee.

Trustee Induction and Training

New Trustees receive a comprehensive Induction Manual and are supported and familiarised with the work of the charity by the Chair and Chief Executive. The obligations of Management Committee members; the main documents which set out the operational framework for the charity including the Memorandum and Articles, resourcing and the current financial position as set out in the latest published accounts and future plans and objectives are all contained within the Induction Manual. Trustees are given a tour of the charity's headquarters – Susan Kennedy Centre from which most services are delivered. New trustees are also signposted to the Charity Commission's guide "the Essential Trustee".

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)

- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

RISK MANAGEMENT STATEMENT

Governance
Following a trustee skills audit and analysis, recruitment was undertaken, and Nick Furno, Alice Park and Paul Critchlow were welcomed to the board. Further recruitment of at least one more trustee will take place in 2021/22.

Operational
Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained during 2021/22 and beyond.

Financial
Sustainability of the charity is a high priority. Securing National Lottery funding commencing 1st April 2020 and lasting until 31st March 2023 covers 50% of our organisational budget and contributes significantly to financial viability of the charity for the next three years.

Statutory funding from Public Health Northumberland has been secured for 2021/22 which will also contribute significantly to sustainability. The charity will work to build on this for 2022/23 onwards.

The board has established two working groups to strengthen its governance and aid sustainability – A Fundraising and Marketing Group and a Finance Group. Their work is ongoing.

External Risks
Trustees recognise that the last ten years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need and by seeking funds to March 2023.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation
The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Finance Group includes self-assessment against Charity Commission guidelines and models of best practice.

Organisational Structure
The Management Committee (the board) has nine members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Chief Executive. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy.

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors.
In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group; Carers Partnership Board and Young Carer Steering Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

Close working partnerships have been developed with Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, BRIC, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service and other Community Groups. The charity initially achieved the Investors in People Gold Standard in 2010 and was successful in retaining Gold standard in January 2013, February 2017 and again in February 2019. Investors in People Health and Wellbeing Standard was achieved in 2011 and retained in 2014, 2017 and again in February 2019.

Related Parties

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policies including Drug and Alcohol and Carer Strategies. The local Drug and Alcohol Steering Group Carer Partnership Board and Young Carer Steering Group are the local partnerships charged with responsibility for delivering these strategies at our local level and includes representatives from amongst others, the local authority, health, and voluntary sector agencies. ESCAPE Family Support is a member of these partnership groups, and its representatives regularly attend the meetings.

Trustee Stephen Murphy works for a supplier to the charity – Vital Services North East Limited. The charity undertook an arms-length process to ensure they chose the best provider; Stephen Murphy was not part of the decision making process. Please see note 16 of the accounts for details of transactions with related parties.

Trustees Janet Murphy and Stephen Murphy are related (mother and son).

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 business.

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

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 Management Committee

Members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the company's Independent Examiners are unaware; and as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's Independent Examiners are aware of that information.

Independent Examiners

Connected Voice Business Services Ltd were re-appointed as the charities Independent Examiners during the year and have expressed their willingness to continue in that capacity.

Approved by order of the Board of Trustees on 19th October 2021 ..... and signed on its behalf by:

.....
H Madin - Treasurer

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2021

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2021, which are set out on pages 21 to 33.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a ‘true and fair’ view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 19th October 2021

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
Income from:					
Donations and legacies	6	2,445	559	**3,004**	7,539
Charitable activities					
Grants and statutory funding	7	-	181,804	**181,804**	101,847
Other trading activities	8	621	9	**630**	8,041
Investments	9	17	-	**17**	66
Total income		3,083	182,372	**185,455**	117,493
Expenditure on:					
Raising funds	10	96	11	**107**	207
Charitable activities					
Operation of the charity	11	2,275	173,950	**176,225**	174,325
Total expenditure		2,371	173,961	**176,332**	174,532
Net income/(expenditure) and net movement of funds		712	8,411	**9,123**	(57,039)
Reconciliation of funds					
Total funds brought forward		274,751	218,549	**493,300**	550,339
Total funds carried forward		275,463	226,960	**502,423**	493,300

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 23 to 33 form an integral part of these accounts.

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

BALANCE SHEET
As at 31 March 2021

	Notes	£	Total 2021 £	£	Total 2020 £
Fixed assets					
Tangible assets	18		342,298		349,610
Total fixed assets			**342,298**		**349,610**
Current assets					
Debtors	19	-		1,268	
Cash at bank and in hand	20	226,487		143,784	
Total current assets		**226,487**		**145,052**	
Creditors: amounts falling due within one year	21	**(66,362)**		**(1,362)**	
Net current assets			**160,125**		**143,690**
Total assets less current liabilities			**502,423**		**493,300**
Total net assets or liabilities			**502,423**		**493,300**
Funds of the charity					
Unrestricted income funds			275,463		274,751
Restricted income funds			226,960		218,549
Total funds			**502,423**		**493,300**

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 23 to 33 form an integral part of these accounts.

These financial statements were approved by the Board on: 19th October 2021

and are signed on its behalf by: H Madin
Treasurer

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 of income recognition are met.

3.4 **Donated goods and services**

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 **Volunteer help**

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 **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.

3.7 **Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 **Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 **Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 **Expenditure and liabilities**

4.1 **Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 **Charitable activities**

All expenditure is accounted for on an accrual baisis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 **Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 **Irrecoverable VAT**

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

4.5 **Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 **Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.6 **Pensions**

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 **Assets**

5.1 **Tangible fixed assets for use by the charity**

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and computer equipment	25 % Straight Line
Caravan	10 % Straight Line
Other equipment	25 % Straight Line

5.2 **Debtors**

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

Analysis of income

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
6	**Donations and legacies**				
	Donations and grants	2,445	559	**3,004**	7,306
	Other	-	-	**-**	233
		2,445	559	**3,004**	7,539
7	**Charitable activities**				
	Grant income				
	Big Lottery Reaching Communities Fund	-	82,170	**82,170**	-
	Greggs Foundation	-	15,000	**15,000**	15,000
	Big Lottery Awards for All	-	10,000	**10,000**	10,000
	Sir James Knott Foundation	-	10,000	**10,000**	-
	The Coalfields Regeneration Trust	-	21,092	**21,092**	-
	The Joicey Trust	-	4,000	**4,000**	-
	The Percy Hedley 1990 Trust	-	500	**500**	500
	Hadrian Trust	-	500	**500**	-
	Draeger	-	500	**500**	-
	Hospital of God at Greatham	-	-	**-**	1,800
	RW Mann Trust	-	-	**-**	1,000
	JH Burn Trust	-	-	**-**	200
	Local Giving Magic Little Grants	-	-	**-**	500
	Hadrian Trust	-	-	**-**	1,000
	The Alchemy Foundation	-	-	**-**	500
	Barbour Foundation	-	-	**-**	5,000
	Freemasons of Northumberland	-	-	**-**	500
	Statutory income				
	Blyth Town Council	-	8,000	**8,000**	4,000
	Northumberland County Council	-	2,000	**2,000**	30,412
	Northumbria Healthcare NHS Foundation Trust	-	25,000	**25,000**	27,000
	Other income				
	Other income	-	3,042	**3,042**	-
	Gain on sale of tangible fixed	-	-	**-**	4,435
		-	181,804	**181,804**	101,847
8	**Other trading activities**				
	Fundraising events	146	-	**146**	2,784
	Shop income	-	-	**-**	122
	Room hire	-	-	**-**	3,675
	Other sales	475	9	**484**	1,460
		621	9	**630**	8,041

Analysis of income continued

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
9	**Income from investments**				
	Bank interest	17	-	**17**	66
		17	-	**17**	66

Income was £185,455 (2020: £117,492) of which £3,083 was unrestricted or designated (2020: £18,530) and £182,372 was restricted (2020: £98,962)

Analysis of expenditure on charitable activities

		Unrestricted Funds £	Restricted Funds £	**Total 2021 £**	Total 2020 £
10	***Raising funds***				
	Fundraising costs	96	11	**107**	207
		96	11	**107**	207
11	***Charitable activities***				
	Direct costs				
	Staff costs	5	116,939	**116,944**	103,926
	Training costs	-	610	**610**	4,622
	Respite costs (caravan)	-	3,661	**3,661**	4,651
	Travel costs	-	622	**622**	2,287
	Volunteer costs including travel	-	1,508	**1,508**	2,136
	Client costs	-	316	**316**	1,419
	Helpline and outreach	-	1,902	**1,902**	1,641
	Support costs				
	Utilities	-	4,537	**4,537**	5,500
	General running costs	-	308	**308**	242
	Insurance	-	5,111	**5,111**	6,736
	Repairs and renewals	-	1,075	**1,075**	2,471
	Cleaning	-	2,928	**2,928**	459
	Telephone	-	1,554	**1,554**	1,341
	Internet and ICT costs	-	4,564	**4,564**	5,862
	Stationery and copying	8	5,035	**5,043**	5,144
	Sundry	51	1,024	**1,075**	34
	Refreshments	-	-	**-**	330
	Professional fees	-	3,801	**3,801**	1,967
	Bank charges	100	-	**100**	60
	Depreciation	2,111	17,093	**19,204**	22,135
	Governance costs				
	Independent examiner's fees for reporting on the accounts	-	1,362	**1,362**	1,362
		2,275	173,950	**176,225**	174,325

Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £176,332 (2020: £174,531) of which £2,371 was unrestricted or designated (2020: £29,807) and £173,961 was restricted (2020: £144,724)

12 **Fees for examination of the accounts**

	2021	2020
	£	£
Independent examiner's fees for reporting on the accounts	**1,362**	1,362
	1,362	1,362

There were no other fees paid to the examiner (2020: £nil)

13 **Analysis of staff costs and the cost of key management personnel**

	2021	**2020**
	£	**£**
Salaries and wages	**105,791**	**92,463**
Social security costs	**8,314**	**6,942**
Pension costs (defined contribution pension plan)	**2,330**	**4,068**
Other employee benefits	**592**	**452**
	117,027	**103,925**

No employee received remuneration above £60,000 (2020: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £0. (2020: £5,000)

14 **Staff numbers**

The average monthly head count was 6 staff (2020: 5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2021	2020
The parts of the charity in which the employee's work	**Number**	Number
Charitable activities	**5.0**	3.5
	5.0	3.5

15 **Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £2,330 (2020: £4,068). There was £0 outstanding as at 31 March 2021(2020: £815).

16 **Transactions with trustees**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (2020: one trustee Janet Murphy received a payment of £5,000 in connection with her role as Chief Executive). No remuneration or benefits were paid for her role as trustee and no other trustees were paid or received any other benefits that year.

Trustees' expenses

The following detail the expenses incurred by the trustees.

	2021	2020
	£	£
Two trustees acting as volunteers were reimbursed travel expenses.		
Janet Murphy	**1,360**	1,103
Thomas Devine	**50**	-
	1,410	1,103

Transaction(s) with related parties

The following detail the related party transactions in the reporting period.

Name of the trustee or related party	Relationship to charity	Description of the transaction	**£**
Trustee Stephen Murphy	Works for a supplier to the charity, Vital Services North East Limited	IT support contract and supply of computer equipment	**12,332**

The charity undertook an arm's length process to ensure they chose the best provider, Stephen Murphy was not part of the decision making process.

17 **Corporation Taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

18 Tangible fixed assets

	Freehold property	Office and computer equipment	Caravan	Other equipment	Total
	£	£	£	£	£
Cost					
At 1 April 2020	341,147	32,659	32,035	-	**405,841**
Additions	-	7,331	-	4,561	**11,892**
Disposals	-	(18,172)	-	-	**(18,172)**
At 31 March 2021	341,147	21,818	32,035	4,561	**399,561**
Depreciation					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2020	25,428	27,599	3,204	-	**56,231**
Depreciation charge for year	12,714	2,955	3,204	331	**19,204**
Disposals	-	(18,172)	-	-	**(18,172)**
At 31 March 2021	38,142	12,382	6,408	331	**57,263**
Net book value					
At 31 March 2020	315,719	5,060	28,831	-	**349,610**
At 31 March 2021	303,005	9,436	25,627	4,230	**342,298**

19 Debtors and prepayments (receivable within 1 year)

	2021	2020
	£	£
Debtors	**-**	1,268
	-	1,268

20 Cash at bank and in hand

	2021	2020
	£	£
Short term deposits	**65,799**	65,782
Cash at bank	**160,205**	77,221
Cash in hand	**483**	781
	226,487	143,784

21 Creditors and accruals (payable within 1 year)

	2021	2020
	£	£
Accruals		
Independent examination of accounts	**1,362**	1,362
Deferred income	**65,000**	-
	66,362	1,362

22 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2021 £
Balance brought forward	**-**
Amount released to income earned from charitable activities	**-**
Amount deferred in year	**65,000**
Balance carried forward	**65,000**

23 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

24 Analysis of charitable funds

Analysis of movements in unrestricted funds

Unrestricted funds	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
General unrestricted fund	131,963	3,083	(259)	(15,000)	**119,787**
Designated funds					
Unrestricted fixed assets	132,170	-	(2,112)	-	**130,058**
Contingency	10,618	-	-	-	**10,618**
System upgrade	-	-	-	15,000	**15,000**
Totals	274,751	3,083	(2,371)	-	**275,463**

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds.
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.
System upgrade	For new IT infrastructure including new software and processes.

24 **Analysis of charitable funds** continued

Analysis of movement in restricted funds

Restricted fixed assets	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Susan Kennedy Centre refurbishment	189,428	-	(12,714)	-	**176,714**
Restricted office, computer and other equipment	2,362	-	(1,529)	11,892	**12,725**
Caravan upgrade	25,650	-	(2,850)	-	**22,800**
Restricted funds					
Client activities	209	-	(375)	(1,199)	**(1,365)**
Susan Kennedy Centre	-	10,802	(12,449)	-	**(1,647)**
Peer mentor coordinator	-	3,005	(2,934)	-	**71**
Family Support	-	36,365	(31,716)	-	**4,649**
Training officer salary	-	11,771	(9,310)	-	**2,461**
Helpline /Outreach	616	1,638	(1,902)	-	**352**
Volunteer costs	284	4,000	(1,453)	-	**2,831**
Respite project	-	5,380	(3,831)	-	**1,549**
Evaluation	-	2,000	(2,000)	-	**-**
Senior practitioner salary	-	20,631	(20,131)	-	**500**
Centre running costs	-	38,635	(25,565)	(10,693)	**2,377**
Centre management costs	-	48,145	(45,202)	-	**2,943**
Totals	218,549	182,372	(173,961)	-	**226,960**

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office, computer and other equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Client Activities	Restricted for client activities delivery.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Peer Mentor Coordinator	Restricted to salary of Peer Mentor coordinators post.
Family Support	Restricted to Family Support, project staff salary and project costs.
Training Officer salary	Restricted to training, project cost and office salary.
Helpline /Outreach	Restricted to helpline delivery costs.
Volunteer costs	Restricted to volunteer expenses.
Respite project	Restricted for the respite project.
Evaluation	Restricted for the evaluation of the Big Lottery Reaching Communities Fund.

24 **Analysis of charitable funds** continued

Senior practitioner salary	Restricted to salary of senior practitioner post.
Centre running costs	Restricted to centre running costs.
Centre management costs	Restricted to management costs.

Transfers between funds

	Reason for transfer	**Amount £**
Between restricted assets and centre running costs /client activities	Balance spent on tangible fixed assets that will be depreciated over future periods.	**11,885**

25 **Capital commitments**

As at 31 March 2021, the charity had no capital commitments (2020 -£nil)

26 **Analysis of net assets between funds**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**Total 2021 £**	**Total 2020 £**
Tangible fixed assets	-	130,058	212,239	**342,297**	**349,610**
Cash at bank and in hand	186,148	25,618	14,721	**226,487**	**143,784**
Other net current assets/(liabilities)	(66,361)	-	-	**(66,361)**	**(94)**
	119,787	155,676	226,960	**502,423**	**493,300**