



ESCAPE

Family Support

Annual Report 2024/25



Investors
in People

Health &
Wellbeing
Award



INVESTORS
IN PEOPLE

Platinum



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.
- ◇ Education, Support, Counselling, Advice, Phone-line, Empathy - **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.

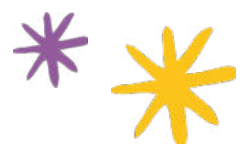
Feedback from our commissioners and funders gives testament to the quality of the services we have provided and the fantastic results we have achieved. This is only made possible with the continued support we receive from all of them, many of whom we have had relationships with over many years and some 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





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.



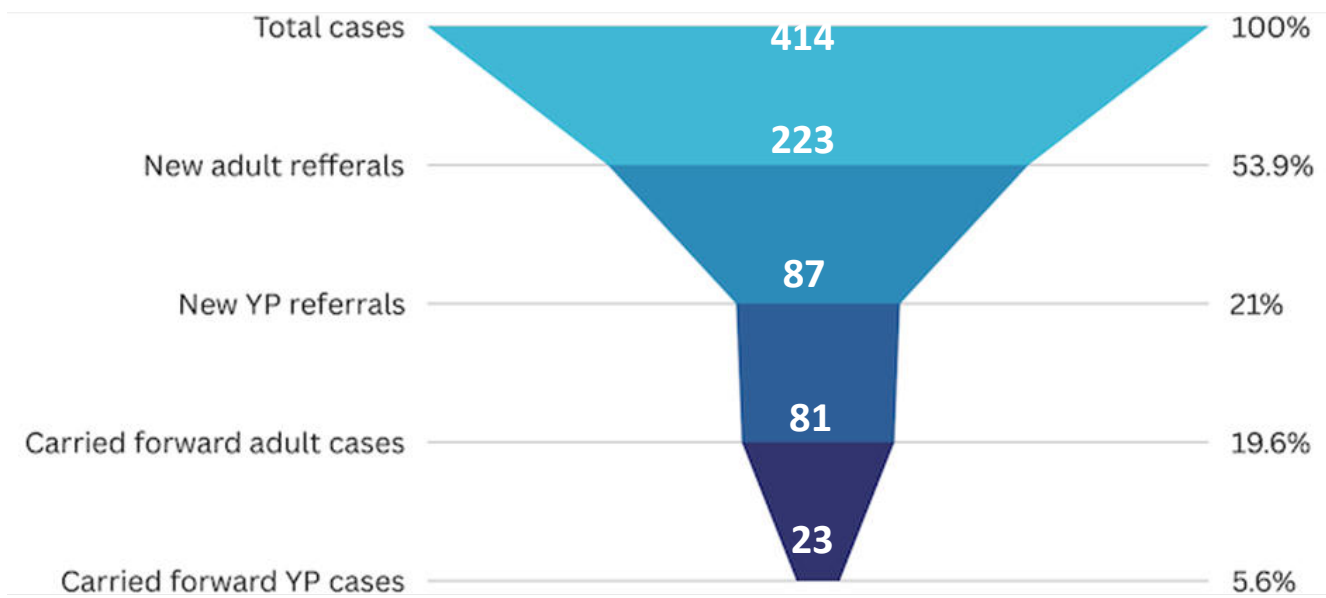
We run events across the year, these have included Bingo nights, Halloween and pumpkin carving events, cooking classes, Christmas and Easter events, trips away and arts, craft and gardening sessions.



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

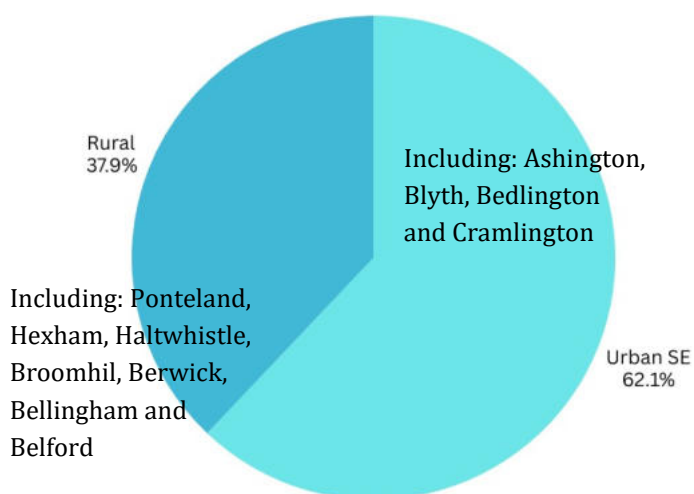


In April 2024 ESCAPE received NENC ICS Health Inequalities Funding, to employ a full-time Family Worker and a part-time Trainer to work with carers & families in rural areas. The NENC ICS is funding activity aimed at reducing health inequalities for people with complex and multiple needs. ESCAPE's Rural 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.

The funding enabled us to:

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".





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.

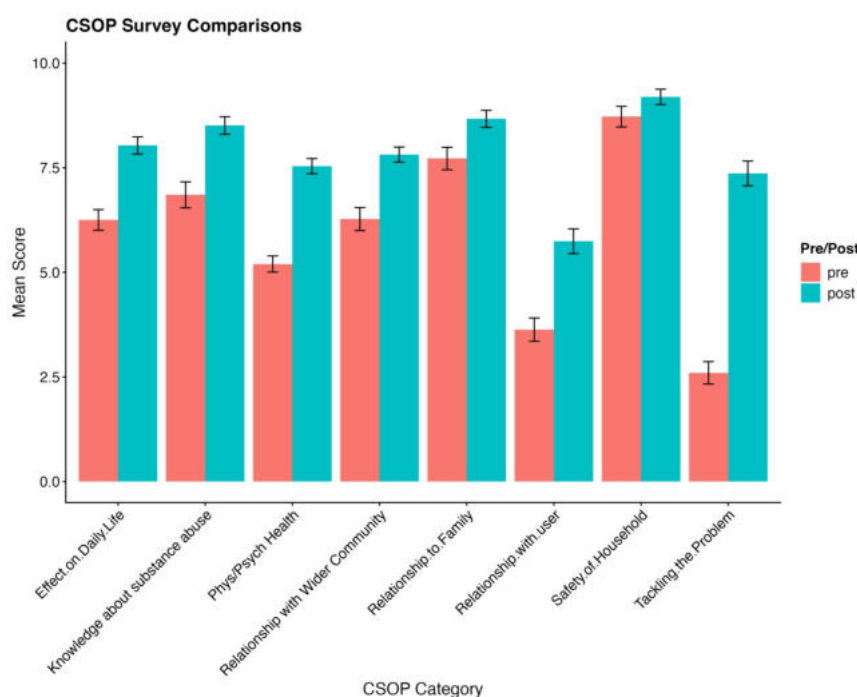
From all adult clients who finished evidenced based therapeutic programmes with ESCAPE's services this year, we randomly extracted 109 cases to be used in our data analysis to determine the effectiveness of our interventions. The workshops, training and interventions we use at ESCAPE all aim to help 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 there 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

"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

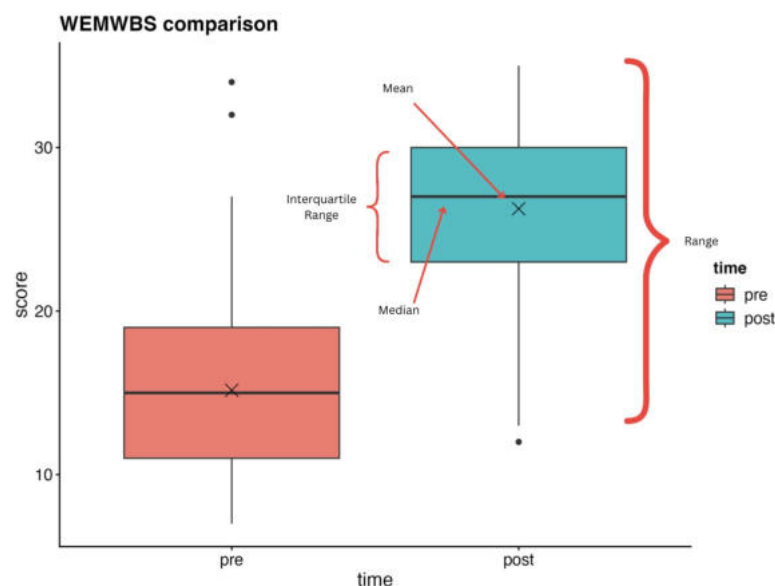
they are better equipped to understand their own health needs and make healthier lifestyle choices. They have improved their ability to tackle the problem and cope with aspects of daily life. Moreover carers have had the emotional and practical support that has enabled them to gain a level of knowledge that helps them understand and handle their circumstances better.

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.

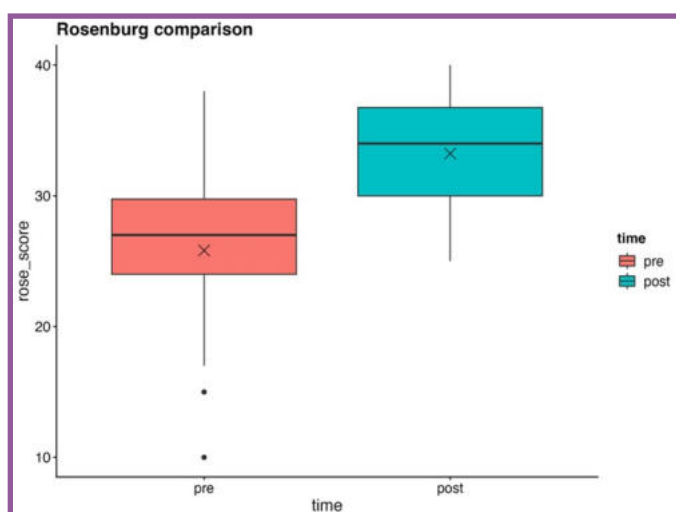
Evaluation & Impact Sample data analysis young people (YP) support

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

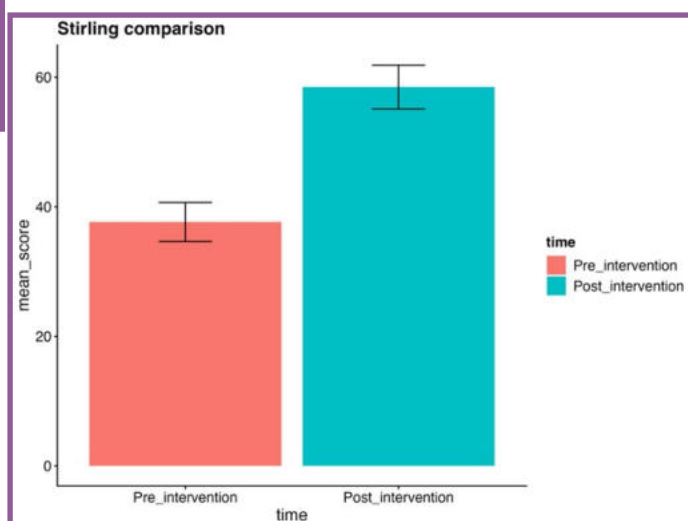
CSOP - Using 4 closed YP cases, average scores across all CSOP categories were calculated and compared. Across all indicators we saw improvement. Significant improvements in ability to tackle the problem, daily life & relationship with user.

The Rosenberg 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 ($M = 33.23$) Rosenberg scores, of which the interventions delivered by ESCAPE played a large part in.

Stirling Scale. At ESCAPE, we are transitioning from using the Rosenberg 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.



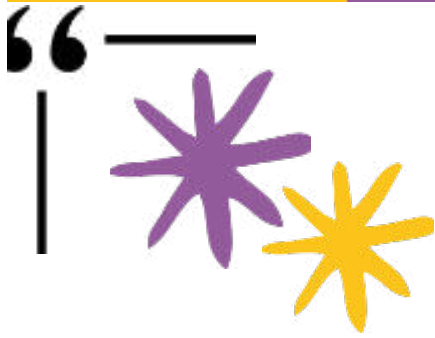
"....at the end I found out who I was..." (male YP)

"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"

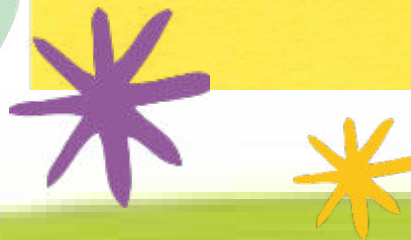
Lisa-Jane Bell-Nevin,
Substance and Alcohol (saAT) -
Social Worker , Intensive Social
Work Mental Health Team



"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)

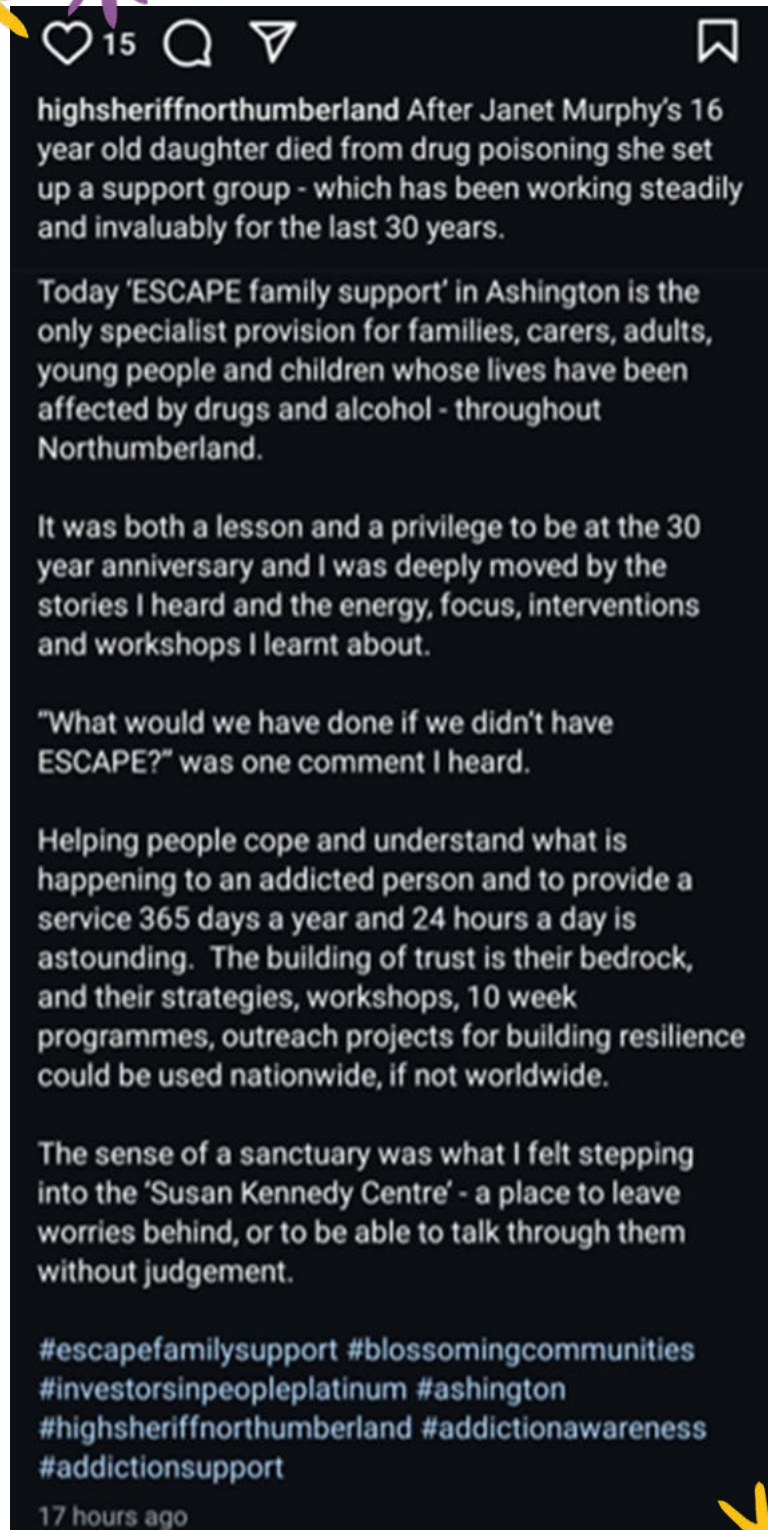
" Its like having a different daughter, its not a constant battle, thank you for working with our family. I've learned such a lot too and we are heading in the right direction...thankyou" (YP ACES parent/carers)

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

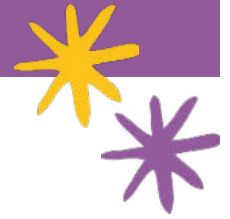
(Male adult carer)

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



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 world 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)

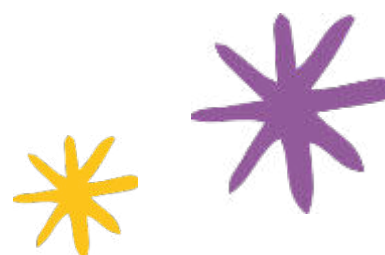
(Including Summary Income and Expenditure Account)



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	464,104	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.



Northumberland
County Council



BLYTH TOWN COUNCIL

Ponteland Town Council



Prudhoe
TOWN COUNCIL



**Community
Foundation**

NHS

**North East and
North Cumbria**



**The Shears
Foundation**

**forv/s
mazars**

**H A D R I A N
T R U S T**



**COMMUNITY
FUND**

**GREGGS
FOUNDATION**



**Garfield Weston
FOUNDATION**



SIR JAMES KNOTT TRUST



**The Percy Hedley
Foundation**

**T H E
Barbour
T R U S T**

**NE North East
Combined
Authority**

POWERED BY

**LEVELLING
UP**



HOSPITAL OF GOD
Here for Everyone

The Joicey Trust

ESCAPE FAMILY SUPPORT LIMITED
(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554

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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Balance Sheet	19
Notes to the financial statements	20 to 36

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

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

Charity Number 1063500

Company Number 03256554

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](https://www.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 - nhs.uk

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.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

Charity Number 1063500

Company Number 03256554

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 depreciation.

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.

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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 carry out 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

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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 £
<u>Income from:</u>					
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
<u>Expenditure on:</u>					
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)
<u>Reconciliation of funds</u>					
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 £
<u>Fixed assets</u>					
Tangible assets	18		286,261		285,609
Intangible assets	19		12,000		12,000
Total fixed assets			298,261		297,609
<u>Current assets</u>					
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
<u>Funds of the charity</u>					
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

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 Companies Act 2006 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.

ESCAPE FAMILY SUPPORT LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 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.

ESCAPE FAMILY SUPPORT LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 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.

ESCAPE FAMILY SUPPORT LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

5.3 Debtors

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

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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				
<u>Grant income</u>				
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

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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	-
	-	2,860	2,860	-
Northumbria Intern Funding	-	2,000	2,000	-
Hospital of God at Grantham	-	2,000	2,000	-
Joanies Fund	-	5,000	5,000	-
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	-
	-	1,000	1,000	-
High Sheriff of Northumberland	-	19,874	19,874	-
NEIC Partnership	-	34,282	34,282	-
Northumberland County Council - FSW Blyth Project	-	45,000	45,000	-
Northumberland County Council - FSP & Trainer Grant	-	5,000	5,000	-
Northumberland County Council - H&A Programme	-	5,000	5,000	-
The Pea Green Boat	-	5,000	5,000	-
Communbity First	-	10,000	10,000	-
VITAL Northumberland (Community First)	-	26,487	26,487	25,000
Northumberland County Council - Carers' Grant	-	5,000	5,000	5,000
Blyth Town Council	-	3,000	3,000	8,000
Ashington Town Council	-	1,000	1,000	1,000
Prudhoe Town Council	-	600	600	-
Newbiggin Town Council	-	500	500	500
Ponteland Town Council	-	500	500	-
Seaton Valley Parish Council	-	-	-	500
Choppington Parish Council	-	-	-	500
Haltwhistle Town Council	-	250	250	160
Amble Town Council	-			
	55,000	315,754	370,754	238,778

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
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9 Income from investments

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)

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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				
<u>Direct costs</u>				
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	-
<u>Support costs</u>				
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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

Charitable activities continued	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
<u>Governance costs</u>				
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	-
	<u>42,640</u>	<u>317,277</u>	<u>359,917</u>	<u>280,802</u>

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
	<u>241,707</u>	<u>179,186</u>

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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 transactions 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.

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

	Freehold property	Office and computer equipment	Caravan	Solar Panels	Other equipment	Total
	£	£	£	£	£	£
18 Tangible fixed assets						
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

	Software Development	Total
	£	£
19 Intangible fixed assets		
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

	2025	2024
	£	£
20 Debtors and prepayments (receivable within 1 year)		
Debtors	3,675	1,500
Prepayments	5,742	5,598
	9,417	7,098

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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**

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
Unrestricted funds	£	£	£	£	£
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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

As at 31 March 2024

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
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

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Restricted fixed assets					
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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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)

Charity Number 1063500
Company Number 03256554

ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

Charity Number 1063500

Company Number 03256554

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](https://www.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 - nhs.uk

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.

ESCAPE FAMILY SUPPORT LIMITED

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Charity Number 1063500

Company Number 03256554

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.

ESCAPE FAMILY SUPPORT LIMITED

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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 depreciation.

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.

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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 carry out 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

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

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 Companies Act 2006 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.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 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.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 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.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

5.3 Debtors

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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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				
<u>Grant income</u>				
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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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	-
	-	2,860	2,860	-
Northumbria Intern Funding	-	2,000	2,000	-
Hospital of God at Grantham	-	2,000	2,000	-
Joanies Fund	-	5,000	5,000	-
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	-
	-	1,000	1,000	-
High Sheriff of Northumberland	-	19,874	19,874	-
NEIC Partnership	-	34,282	34,282	-
Northumberland County Council - FSW Blyth Project	-	45,000	45,000	-
Northumberland County Council - FSP & Trainer Grant	-	5,000	5,000	-
Northumberland County Council - H&A Programme	-	5,000	5,000	-
The Pea Green Boat	-	5,000	5,000	-
Communbity First	-	10,000	10,000	-
VITAL Northumberland (Community First)	-	26,487	26,487	25,000
Northumberland County Council - Carers' Grant	-	5,000	5,000	5,000
Blyth Town Council	-	3,000	3,000	8,000
Ashington Town Council	-	1,000	1,000	1,000
Prudhoe Town Council	-	600	600	-
Newbiggin Town Council	-	500	500	500
Ponteland Town Council	-	500	500	-
Seaton Valley Parish Council	-	-	-	500
Choppington Parish Council	-	-	-	500
Haltwhistle Town Council	-	250	250	160
Amble Town Council	-			
	55,000	315,754	370,754	238,778

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
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9 Income from investments

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)

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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				
<u>Direct costs</u>				
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	-
<u>Support costs</u>				
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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

Charitable activities continued	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
<u>Governance costs</u>				
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:

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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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	-
	<u>1,363</u>	<u>1,126</u>

Transactions with related parties

As at 31 March 2024

There were no related party transactions 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.

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

	Freehold property	Office and computer equipment	Caravan	Solar Panels	Other equipment	Total
	£	£	£	£	£	£
18 Tangible fixed assets						
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

	Software Development	Total
	£	£
19 Intangible fixed assets		
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

	2025	2024
	£	£
20 Debtors and prepayments (receivable within 1 year)		
Debtors	3,675	1,500
Prepayments	5,742	5,598
	9,417	7,098

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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**

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Unrestricted funds					
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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

As at 31 March 2024

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Unrestricted funds					
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**

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Restricted fixed assets					
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

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

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 brought 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

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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