

Company Number 03355423

Charity Number 1067474

EAST LONDON OUT PROJECT
ANNUAL REPORT & ACCOUNTS
YEAR ENDED 31ST MARCH 2025

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

CHAIR'S REPORT

This annual report provides an overview of the work undertaken this year and our future as we move forward. I, on behalf of the Board, would like to thank all those who have supported the work of the organisation as staff, volunteers and supporters; we could not achieve what we do without you.

Despite the difficulties faced by many in the charity sector we have been able to maintain our current level of service provision and staffing but are mindful of increasing competition for future funding and are taking measures now to ensure we are planning to mitigate against difficulties we may face in the coming years. We also recognise the increasing hostile environment being faced by members of our community as well as some organisations within the LGBTQ+ sector who are facing increasing public attacks. We have taken action alongside the wider LGBTQ+ sector to challenge and support our communities during the year and have been able to secure our continued support to trans and non-binary people through embedding our pilot support group, Imago, within our wider Heads-Out Mental Health Support provision, ensuring our ability to maintain this.

At the beginning of the financial year, we submitted a successful expression of interest for a new premise, and it was with great frustration and sadness that we had to withdraw from this application in December having spent considerable time and energy on advancing plans for this location. We followed this up at the highest level and at the end of the year we were successful in being assured support to find a relevant relocated home for the organisation. During the year we were also faced with the additional challenge of having to find and relocate our in-person counselling space to a new site at an incredibly short-notice period of just 4 weeks, which we successfully achieved with minimum disruption to the service.

We have continued to focus our funding efforts on applications to new charitable trusts and foundations and had degrees of success with achieving some longer-term funding for certain areas of our work. We've also undertaken a regular programme of community fundraising events and have secured new donations from individuals and companies alike, ensuring we remain successful with diversifying our funding streams and are not solely dependent on any one funder or funding stream.

Despite the challenges faced in relation to premises we have continued to drive forward our development plans and were particularly proud to have launched our Advanced Diploma in Integrative LGBTQ+ Affirmative Counselling Course where we welcomed 18 students in September 2024 to begin their qualifying counselling training.

We thank our staff, volunteers, funders and other supporters who have enabled us to continue to provide our vital services.

Sarah Humphreys - Chair of Board of Trustees.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Report of the Trustees for the Year Ended March 2025

The directors are pleased to present their annual report with the financial statements of East London Out Project (elop) for the year ending 31 March 2025. The statements appear in the format required by the Statement of Recommended Practice for Accounting and Reporting by Charities (revised March 2005). The report and statements also comply with the Companies Act 2006 as elop was incorporated by guarantee on 14 April 1997. It has no share capital and is a registered charity. The guarantee of each member is limited to £1. The governing document is the Memorandum and Articles of Association of the company and members of the Board of Trustees are the Directors of the Company.

Reference and administrative details

Charity Number: 1067474

Company Number: 03355423

Address: 56-60 Grove Road, Walthamstow, London E17 9BN

Bankers: Co-operative Bank

PO Box 101, 1 Balloon Street, Manchester M60 4EP

Solicitor: Russell-Cooke Solicitors

2 Putney Hill, London SW15 6AB

Members of the Board of Trustees who are Directors for the purpose of company law and Trustees for the purposes of charity law, who served during the year and up to the date of this report are:

Sarah Humphreys: Chair

David Pearson: Treasurer

Victoria Fox Vice Chair

Susan Baines

Lewis Allett – Fundraising Committee Co-Lead

Matthew Davies – Fundraising Committee Co-Lead

Sarah Milne

Christine Lehmann

Company Secretary and Chief Executive: Teresa Sharpe

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Structure, Governance and Management

The directors of the charitable company (the charity) are its Trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.

The Board of elop also constitutes the membership of the charity. The Board has a number of mechanisms in place to consult with key stakeholders, including staff, volunteers and service users to inform its work and decision-making. As set out in the Articles of Association, Trustees are elected annually at the Annual General Meeting. The Trustees have the power to co-opt further members. When considering Trustees for election or co-option, the Board has a process for recruiting and selecting Board members with the appropriate skills necessary to govern and strategically lead. Board recruitment is reviewed annually and additionally where needed. Trustees are recruited through open recruitment and appointed based upon their skills and experience according to the prevailing needs and aspirations of the Board and organisation. Trustees are appointed for a minimum two-year period, with no limit on the number of times a Trustee can stand for re-election if in the organisation's best interest. We have successfully recruited to ensure that we now have a full board of Trustees, and they have been no changed in the board composition this year.

All new Trustees take part in the organisation's induction training and are provided with support and training to brief them on their legal obligations under charity and company law. All Trustees are provided with the company's Memorandum and Articles of Association and information about the Board, the organisation's decision-making structures and prevailing issues facing the organisation. All Trustees are offered the opportunity to undertake external training in relation to their role. A Board Management Charter, signed by all Trustees upon co-option and election, sets out how the Board will work together and the commitment required. This Charter is reviewed on an annual basis. Peer buddying is available for Trustees who require this. Full Board meetings are held at a minimum of four times a year, along with two strategic planning days, in addition to other strategic meetings, subcommittees or task and finishing groups as required. This year we have had groups focused on fundraising, premises and a Business Management group.

elop's Board holds overall responsibility for the organisation's strategic direction and policy development. Responsibility for strategic implementation and the operational running of the organisation is delegated to the Chief Executive Officer, who reports directly to the Board via Board meetings. The Board's work programme for the year is overseen by the Chair and reviewed at Board meetings and the work is carried out by individual Board members. The Board holds responsibility for reviewing key areas of financial activity and policy and holds overall responsibility for the organisation's financial position and procedures.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Public Benefit

The Trustees, in exercising their powers and duties, have complied with their duty in section 4 of the Charities Act 2006 to have due regards to the public benefit guidance published by the Charity Commission. In preparing the report and accounts the Trustees have complied with the requirements set out in relation to the requirement to report on public benefit and have reported on the significant activities and achievements of the charity in 2024/25. They have reported in a way that both sets out the aims and strategies of the charity and demonstrates how the aims and activities of the charity were carried out for the public benefit.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and are satisfied that the systems are in place to mitigate the charity's exposure to major risks.

Risk assessment remains a standing item on each Board meeting agenda, to ensure that risks are identified and discussed at Board level. Risks are identified through several routes including output from Management Board, via staff Senior Management Team meetings and the annual planning cycle. Risks are recorded in the minutes of each meeting along with steps required to mitigate the risk.

The Board and staff continue to work hard to respond to the financial risks the organisation faces in the current economic climate and the impact this is expected to have on the charity sector. Whilst currently we are not facing any financial risks we are aware of the difficult funding climate and are working to alleviate future risks.

The Board are pleased that we have continued to achieve meeting the organisation's reserve policy of 3-6 months of core funding at any one time. We recognise that as income and expenditure increases there continues to be a need to increase the reserves held by the organisation. We have increased our property reserve to be able to meet the relocation and substantial construction and refurbishment costs this will be required without this impacting on our ordinary reserve policy.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Related parties

elop continues to work collaboratively with several other agencies and service providers to advance an awareness of the needs and issues of our service user groups and share best practice. This includes running occasional joint activities and working as part of wider alliances, such as the National LGB&T Partnership, and our partnership funding with London Friend and LGBT Hero. We have remained involved in a local equalities' partnership in Tower Hamlets and the Tower Hamlets Mental Health Alliance.

Objectives and activities

The principal objectives for which the company is formed are, by charitable means, to preserve and promote mental health and well-being of members of LGBTQ+ communities, in particular by:

- the provision of counselling, support, information and advice services; and
- raising awareness of mental health and well-being issues affecting members of LGBTQ+ communities.

elop's vision is a world in which the mental health and wellbeing needs of the LGBTQ+ community are met and LGBTQ+ people can flourish.

elop's mission is to better the mental health and well-being of LGBTQ+ people, and to challenge the discrimination and inequalities that our community faces.

Review of activities and impact

Last year we said we would find a suitable premise in East London and return to running all our services from a central community centre. It was very disappointing to not be able to proceed with the premises found, but on pursuing ongoing dialogue we have obtained support from a local authority in our search to secure a suitable location and new premise. As planned, we held a launch event for the Advanced Diploma in Integrative LGBTQ+ Affirmative Counselling, and the first course commenced in September 2024. We also put in a joint bid to continue our mental health work which was successful at the end of the year enabling us to continue our Heads-Out Mental Health Service for the next 5 years.

elop provides support and direct services to up to 200 people a week. Much of our provision during this year returned to being in-person delivered despite not having our own premise. We thank the London Borough Waltham Forest for providing us with spaces to run some of these services from. We have continued to provide some hybrid group and individual support online. We have continued to provide a range of consultation, training, representation and awareness-raising initiatives to advocate and provide an LGBTQ+ voice.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Counselling services

During 2024-2025 we increased our counselling team and through having a larger team were able to reduce our waiting list by 40%, seeing a drop from 150 to 90. This has also resulted in a positive reduction to our waiting time, from between 12-16 weeks to 8–10 weeks. Whilst the number of new referrals has remained quite similar to last year the increased capacity and size of the team has enabled us to support more people across the year. We have also been able to return to providing counselling on Saturdays as well as throughout the week, Mon-Fri daytime and evenings, which has increased our weekly counselling spaces. We have undertaken four volunteer counsellor inductions during this year, ensuring we could both maintain the size of the team throughout the year and additionally increase to having an average of 42 counsellors seeing clients during the year.

We were forced at short notice to move our in-person service from Durning Hall due to their selling the building and only giving tenants one month's notice. With intense activity from the staff team we were able to relocate and set-up alternative in-person space in Leytonstone. We have provided ongoing youth counselling for under 18s, via our sessional youth counsellors, and have been able to maintain a limited relationship counselling service. Where necessary those using the counselling service are offered additional support through our Heads-Out Mental Health Support Service and this additional support ensures we can provide a safe service to those who are at increased risk.

We received over 330 counselling referrals over the course of the year and 262 new people were seen within the service with 45% of those identifying as trans/ non binary/ genderqueer/ genderfluid, 22% using the service define as neurodiverse, and over 50% describe themselves as disabled or living with a long-term health condition, 30% are from global majority backgrounds.

Our outcome evaluation consistently highlights significantly improve self-assessment scores and improved mental health and wellbeing amongst all who have used the service. This includes improved mental health, wellbeing and self-esteem, plus increased confidence, resilience and ability to manage their mental health. This was achieved for 100% of people who return their post service evaluation self-assessment or who filled in their score with their counsellor.

We provided an annual training programme for the counselling team, which included assessment training, safeguarding (children and adults), trauma informed practice, and working with shame.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

What those who have used our counselling services have had to say:

"My counsellor has been great trying to get me out of my misery. I have a tough journey ahead, but I think I'm quite ready to have a go at it now."

"This has been a truly transformative and life-changing experience during an incredibly difficult time for me. My counsellor is amazing, and I am deeply changed and in a completely different place now from where I started. I am so thankful for him and for your services as a charity".

"I really do appreciate elop and how they have helped with counselling on several occasions. My counsellor was wonderful, there for every appointment and like a best friend that I could talk about anything to. I do not know where I would be without elop's help. Thank you!!"

Heads-Out services

Due to some restructuring within the organisation during this year, we have been able to increase our Heads-Out mental health support services, including expanding our facilitated support and peer networking group for LGBTQ+ people seeking sanctuary in the UK, alongside running structured mental health group programme. Both these programmes have been well used and have supported over 60 LGBTQ+ people seeking asylum. We also made some adaptations to our peer befriending programme, and established a new provision – ReEngage, a weekly activity-based group to support those who are socially isolated and/or find it hard to make connections to others. Our support group, Imago, for trans and non-binary people has continued to run with weekly sessions and occasional outings, as has ReCharge, our LGBTQ+ weekly mental health support group, and our one-to-one mental health plan and safety plan support sessions. Additionally our ReFocus programme has delivered a range of targeted mental health workshops across the year, providing opportunity to gain skills and explore tools to help support and manage mental health and improve mental wellbeing. Over the year we have supported 162 people within the Heads-Out Services.

Feedback from those using the mental health plan service:

"I really appreciate how you worked online with me, sharing the screen to talk through the document we will be working on. I can really see how this might help me more than previous services I have tried. This seems like it will be very helpful."

"The program was extremely helpful to me. The six sessions were well designed, I felt there was an accessible approach to breaking down my mental health, the issues I encounter, and I found the idea of working on a plan very helpful. I especially appreciated the practical tips and grounding techniques shared by the Mental Health Worker and I have been using them since I was introduced to them. I would highly recommend the service to anyone who is struggling with mental health."

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Befriending

The Befriending programme continued to receive referrals to the service, but the drop-out rate was high, which led us to and review the overall programme and to explore how better we could deliver similar outcomes but within an alternative format. As a result of this review process and some internal restructuring within the organisation this service was redesigned and relaunched as ReEngage, a programme that is now incorporated within the Heads-Out service. ReEngage offers a weekly facilitated, safe, welcoming, relaxed, and supportive space to make new connections, and build new friendships and peer networks through participation in activity programmes, shared interests and occasional outings. Towards the latter part of the year the group support sessions we were relocated to a central venue in Walthamstow.

Youth support services

This year our youth and family work has continued offer essential support, including a weekly 12-15s and 15-18s youth groups. Early in the year we were able to bring these groups from online to in-person and located at a central youth space in Walthamstow. This caused some initial disruption for some young people who had challenges with attending in-person, but it has been positive in enabling a wider reach and participation of new young people and increased referrals.

We have also continued and increased our provision of individual mentoring work with young people which is mostly focused on specific needs and often practical in approach, such as activities to support coming out, social transitioning support, and managing relationships with peers. We organised and ran a programme of youth outings and group trips during the school holidays. These included trips to the LGBTQ+ centre, Pride Picnic, boating lake, Queer Britain Museum, and Park chill-out afternoons.

Within the year we supported over 60 young people in youth groups, mentoring, or youth counselling. A high proportion of young people we support identity as non-binary, gender fluid or trans. We continue to support a proportionally high number of young people with a range of disabilities and mental health concerns, including shared issues of generalised anxiety, social anxiety, depression, suicidal thoughts, self-harm, low self-esteem and gender dysphoria. We frequently work with young people who are involved in social care, either on child protection plans or children in need, also those who are using CAMHS and early help services. Referrals have come from parents/ foster carers, young people, Family therapist, Social Workers, School Counsellor, Family Support, CAMHS Neurodevelopmental Team, Teachers, designated safeguarding leads in schools and Colleges, and other local services.

Additionally, we have continued to provide work in schools and have run sessions in both secondary schools and further education colleges.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Community activities



Our weekly group for LGBTQ+ over 50's, and our weekly LGBTQ+ social support group have continued to run from Toynbee Hall in Tower Hamlets, each having new members join during the year and increased weekly attendance, with 12-15 regularly attending the social support group each week.

Other groups that we have run this year include our monthly Rainbow Families meet-up group for LGBTQ+ families and their children, a twice-monthly group for LGBTQ+ young adults 18-25yrs running for part of the year, and a vibrant and varied LGBTQ+ activity programme delivered in London Borough of Hackney which included a range of fun, creative, social, physical, therapeutic, and informative in-person and online activities.

Our activities and events programmes continue to reach new people, and our group activities have supported 129 new people during the year. Our greatest challenge going forward for these groups is to secure new and ongoing funding for us to commit additional development time and resource to these.



elop has again this year provided a range of LGBTQ+ events in the London Borough Tower Hamlets and beyond. These events have been well received and have included the annual pride picnic and bandstand event, and event for IDAHOBIT, an annual peace walk, and LGBTQ+ history fayre.

Across all events held we were able to attract over 2,500 people and additionally had an elop walking group in the London Pride March, and hosted London Borough Waltham

Forest annual Pride Day, which was hugely successful in delivering a celebratory event with performers and activities focused on representing the diversity of LGBTQ+ and local community.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Feedback from this event included:

"I wanted to offer my sincere thanks and appreciation to you and the team, including your wonderful volunteers, for organising and delivering such an amazing Pride event on Saturday. It was a shining example of positive diversity with so many people from across our communities celebrating and having fun together, it spoke to our commitment as a borough to reduce all form of inequalities. I felt so proud,"

"Thank you for putting the access details in a prominent position on the event details. It feels very welcoming!"

Consultation and representational activities

elop continues to attend community and statutory forums to ensure an LGBTQ+ voice is represented and heard, and recognising the value in partnership working has enabled us to form excellent working relationships with other organisations and networks. elop has also provided consultancy services and training to a wide range of personnel and organisations and continued its involvement in The National LGB&T Partnership.

elop has continued running the Tower Hamlets LGBTQ+ Community Forum, providing monthly forum meetings, consultations, and varied events, maintaining the five aims of the forum: Connector & Agent of Change; Nothing About Us, Without Us; LGBTQ+ Voices Are Heard; Improving Access To Services; and Creating Safe Spaces. The forum has actively been involved in raising community concerns in relation to hate crime and has been working with the Tower Hamlets Together Board, raising knowledge of the health inequalities experienced by the LGBTQ+ community.

elop continues to be involved in a partnership bid in Tower Hamlets bringing together user-led equality organisations to foster intersectional work and also contributes to the Tower Hamlets Mental Health Alliance and represents the Alliance at the Tower Hamlets Mental Health Board.

Training and Education

We have continued delivering our Foundation Course in LGBTQ+ Affirmative Counselling Skills and successfully launched our qualifying Advanced Diploma in LGBTQ+ Integrative Affirmative Counselling – the first of its kind in the UK. We have also opened applications for the next academic year commencing September 2025 and have enhanced our training team with additional members of staff to support the programme.

We have delivered a range of bespoke and LGBTQ+ awareness trainings to external organisations as well as run CPD accredited training focusing on enhancing the knowledge of others on the needs of LGBTQ+ people. Our training continues to be well received.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

What students on Foundation Certificate course have said

"I wanted to express my gratitude for both the course and your guidance, which have been truly transformative for me as I continue my path to a counselling career. Thank you for your dedication and insight. Thank you for an amazing course, really appreciate all the work and care you've put into this and to us."

"Many thanks for this, very happy to have passed and grateful for your supportive comments, which are much appreciated and which I'll continue to reflect on beyond the course without doubt."

What external organisations have said following our training

"I want to thank you again for running yesterday's training. I found it incredibly informative and thought provoking. As someone who has previously run training, I really liked your presentation style and how you handled some of the tricky comments."

"Excellent, enthusiastic and knowledgeable trainer! Really engaging and informative"

"I really enjoyed this today! Thank you so much!! I feel like I really got to understand these definitions and how to properly support LGBTQ+ young people".

Fundraising



This year we have continued our efforts on community fundraising through events to support diversification of our funding stream. We have participation in the *Red Run* and ran our *exercise4elop* campaign, had a trustee run in the *London marathon* raising money for elop, held *drag bingo* events and have received support from other organisations and individuals who have raised money for elop.

ABBA Voyage have continued to support us through their Pride fundraising activities.

We have raised £19,028 through fundraising and £26,155 through donations, and again this year have successfully increased our earned income.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Corporate & other partners

We have continued to develop a relationship with ABBA Voyage who regularly support our fundraising through the donation of prizes. We have also been supported by Pinsent Masons who provided us pro-bono support in relation to lease negotiations and generously hosted our launch event for our Advanced Diploma Counselling course, as well as providing us space to hold our Board strategy days. We thank all those who have supported us over this past year.

Funding

elop would like to thank our funders for the support we have received this year which has enabled us to provide the range of services that we have. We started a two-year grant to support our work with LGBTQ+ people seeking sanctuary in the UK and were successful again to receive a grant to deliver and host Waltham Forest Pride. We have been successful in being awarded a National Lottery 5-year funding partnership grant with LGBT Hero and our lead Partner London Friend for mental health support services which supports the work of elop's Heads-Out services, starting from April 2025. We have also been successful in gaining 6 months exit grant from BBC CIN having had more than 9 years funding from them and will no longer be eligible to apply for the next three years. This grant will enable us to maintain our youth support work into the next financial year. We were also successful with a bid to continue our forum work in the London Borough Tower Hamlets which will run from October 24 for three years.

We thank all our funders who have supported our work during this year and going forwards.

Individual donors

We kindly thank all the individuals who have made one-off or regular donations to the charity over the course of the year. We have again been successful this year in raising additional money through individual donations.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Organisational change

At the end of the year, we transitioned to a new IT support company as we were not being well served by our former company. This was a significant switchover but will enable us in 2025/2026 to be more efficient with our IT both in terms of costs and time.

During the year we restructured the organisation and brought all services back to one team to support better coordination between services. This also coincided with the end of funding for one senior post and our Designated Safeguarding Lead changed to Claire McComb during the year.

The high demand for our services has continued and the ability to provide much needed mental health support during this year would not have been possible without the dedication of our staff team. The Trustees take this opportunity to thank the whole staff team for their enormous and continued commitment and ongoing support. We especially recognise the leadership of the CEO, who has been able to support and steer the organisation to be in a good position for the years ahead.

Contribution by volunteers

Many of elop's activities are contributed to and supported by the skills, dedication and commitment of our many volunteer teams. elop had more than 115 volunteers involved during the year and generally maintained a core team of around 80 volunteers at any one time. We have been successful this year in recruiting new counsellors, group facilitators, and fundraising volunteers. Our volunteer counsellor team continues to be our largest single volunteer team, and we have grown the team to 44 volunteers, generally maintaining the team around 38-44 counsellors at any one time. Our group facilitators continue to do a great job of co-supporting our groups and have supported online delivery, in person-support, and outdoor sessions.

elop recognises that we need to continue to recruit and retain volunteers to help us deliver the wide range of services we have. elop's Board sincerely thank all volunteers for their continued hard work, loyalty and achievements; without their support elop could not successfully provide the range of activities on offer nor support as many individuals as we do.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

What volunteers say about volunteering at elop

"Volunteering at elop is an incredibly fulfilling experience and I'd encourage anyone to get involved. Every colleague I've interacted with has been so supportive and understanding. I also love supporting service users and attending the group is one of my favourite things to do every week. I feel a much stronger sense of community and my confidence has improved. Overall it's great to feel I'm making a difference in people's lives and I believe elop is a wonderful place to volunteer."

"I wish an organisation like elop existed when I was younger, but I'm glad I can be a part of supporting my own community now. It's very fulfilling."

email from counsellor *"Thank you so much for all of your support over the last two years, it has been invaluable to my training process. elop has been a huge part of my journey and development as a therapist and I am very grateful to all of you for this! "*

Financial review and reserves policy

Our reserves policy is that we should be working towards holding 3-6 months of reserves to demonstrate our sustainability and be able to cover the equivalent of 3-6 months of core funding at any one time. We have achieved this and have designated funds for our move to new premise beyond our 3-6 months core funding. We will remain vigilant about our expenditure to ensure stability and sustainability for the future.

The charity made a surplus of £196,863 (2024 - £204,316) and has unrestricted reserves totalling £912,668 (2024 - £699,455) of which £580,000 (2024 - £350,000) has been designated towards the relocation and expansion of the Charity's premises.

The future

During 2025/26 we will look to find suitable premises in East London and return to running our services from a central community centre whilst retaining some online support for those that need it. Whilst we are waiting to move to a permanent space, we will ensure that staff have opportunity to work in-person with colleagues for part of the week. We will grow our fundraising team to help increase and diversify our events, continue to grow our income from events fundraising, and to reach a wider audience.

Our focus for the next three years is laid out in our business plan with the initial focus being on our mental health, youth and training provision. We will remain focused on securing the funding for our mental health and youth services and will look for new or continuation funding for our counselling and youth services whilst looking to enhance our training provision.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Statement of Trustee's Responsibility in relation to Financial Statements

The charity's Trustees (Directors) are responsible for preparing the 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 Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- 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 enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities as well as exercising proper financial controls.

By order of the trustees



Sarah Humphreys (Chair)

Date: 30th January 2026

**INDEPENDENT EXAMINERS REPORT TO THE MEMBERS OF
EAST LONDON OUT PROJECT
YEAR ENDED 31ST MARCH 2025**

Independent Examiner's Report

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

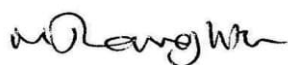
Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accounts of Scotland which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities

I have no concerns and 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



M J Laughton CA
MUNRO BROWN LTD
Chartered Accountants

Scots House, Scots Lane, Salisbury SP1 3TR

Date: 30th January 2026

EAST LONDON OUT PROJECT

STATEMENT OF FINANCIAL ACTIVITIES

(including summary income and expenditure account)

YEAR ENDED 31ST MARCH 2025

	Notes	UNRESTRICTED FUNDS 2025 £	RESTRICTED FUNDS 2025 £	TOTAL FUNDS 2025 £	TOTAL FUNDS 2024 £
INCOME					
Donations and Gifts	5	93,892	-	93,892	121,255
Charitable Activities	6	86,496	377,304	463,800	465,267
Other trading activities	5	113,550	-	113,550	65,489
TOTAL INCOMING RESOURCES	9	293,938	377,304	671,242	652,011
EXPENDITURE ON					
Charitable Activities	7	80,725	393,654	474,379	447,695
TOTAL EXPENDITURE	9	80,725	393,654	474,379	447,695
NET INCOMING RESOURCES FOR YEAR BEFORE TRANSFERS		213,213	(16,350)	196,863	204,316
TRANSFERS BETWEEN FUNDS	9	-	-	-	-
NET MOVEMENT IN FUNDS		213,213	(16,350)	196,863	204,316
FUNDS BROUGHT FORWARD AT 1ST APRIL		699,455	16,350	715,805	511,489
FUNDS CARRIED FORWARD AT 31ST MARCH		912,668	-	912,668	715,805

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

EAST LONDON OUT PROJECT
BALANCE SHEET
AT 31ST MARCH 2025


	Notes	2025		2024	
		£	£	£	£
FIXED ASSETS	10		-		-
CURRENT ASSETS					
Debtors & prepayments	11	38,456		23,553	
Cash at bank and in hand		955,829		828,713	
		994,285		852,266	
CREDITORS, AMOUNTS FALLING DUE WITHIN ONE YEAR	12	81,617		136,461	
NET CURRENT ASSETS			912,668		715,805
TOTAL NET ASSETS		£	912,668	£	715,805
FUNDS					
Unrestricted Funds					
General Funds	9		332,668		349,455
Designated Funds	9		580,000		350,000
Restricted Funds	9		-		16,350
TOTAL FUNDS		£	912,668	£	715,805

The directors are satisfied that the company was entitled to exemption from audit under section 477 of the Companies Act 2006 and that members have not required an audit in accordance with section 476.

The directors acknowledge their responsibilities for:

- i) ensuring that the company keeps accounting records which comply with section 386; and
- ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 396 and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the charitable company.

Approved by the Trustee Directors and signed on their behalf on :



S Humphreys

30th January 2026

Company Number : 03355423

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

1) ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below, and have been consistently applied within the accounts.

- a) The financial statements have been prepared in accordance with the Financial Reporting Standard 102 (FRS 102), the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2015 and applicable charity and company law. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The charity adopted SORP (FRS 102) in the current year and there were no transition adjustments

- b) The charity is a company limited by guarantee. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.
- c) Incoming resources are recognised on an accruals basis, except that donations and legacies are recognised only upon receipt unless the donor advises otherwise. Grants are treated as income for the period to which the grantor assigns the grant and the stipulated period of service provision and deferred as necessary. Service contracts or grants where the grantor stipulates performance targets and does not specify that a surplus is retrievable, are regarded as unrestricted once the targets are achieved. The value of services provided by volunteers is not incorporated into these financial statements. Donated assets are valued at fair market value. During the year no assets were donated.
- d) Resources Expended/ Expenditure
Charitable activities relate to the costs incurred in providing the company's charitable services. These include expenses to provide training to counsellors and education for relevant groups as well as the majority of staff costs. They include all materials and literature provided to run the projects and support costs like telephone, postage and stationery. Costs are shown inclusive on non-recoverable VAT.
- e) Fixed assets are capitalised at cost and depreciation is provided to write off the cost of the assets over their expected useful economic lives. Office equipment (General Fund) is written off at a rate of 33.3% per annum on a reducing balance basis. Leasehold improvements (General Fund) are written off at a rate of 20% per annum on a straight line basis. The length of the original lease was 5 years and these costs have now been fully amortised. The cost of subsequent refurbishments has been written off as incurred. Office equipment (restricted funds) is written off over the length of the funding. The estimated residual value of the fixed assets is nil.
- f) Stocks of safe sex literature relating to the Charity's services & general information are written off as incurred.
- g) The value of services provided by volunteers is not included within these financial statements.
- h) The Charity operates a defined contributions pension scheme
- i) The accounts have been prepared on a going concern basis.
- j) Unrestricted funds are available for the use in the furtherance of the charity's objectives. Restricted funds are subject to restrictions imposed by the donors as set out in the notes to the accounts.
- k) Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.
- l) Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

2) FUNDS & FUNDING

General Fund

The General Fund includes grant income from Local Authorities or other statutory bodies who support the main objectives and services provided by elop in their areas. The individual grants require a certain level of service provision, which are individually reported back to each funder.

The General Fund also accounts for unrestricted charitable trusts & foundation funding, donations, fundraising and investment income.

The London Borough of Tower Hamlets provided funding for the provision & delivery of an LGBTQ+ community forum for engaging local LGBTQ+ communities, representation & consultation, and the provision and delivery of LGBTQ+ community events.

DH (National LGB&T Partnership) an England-wide consortia of LGBT voluntary & community organisations who are committed to reducing health inequalities & challenging homophobia, biphobia & transphobia in public services. elop is one of the partners. The Partnership is currently funded by the Department of Health to support & enable the partnerships strategic engagement & consultation with Government & statutory bodies.

Tudor Trust provided a 1-year core funding grant to support elop's work with LGBTQ+ communities.

Tower Hamlets CVS: Cornerstone (Equalities Partnership) provided funding to ensure LGBTQ+ representation in partnership project.

Barnsley Street Project: provided funding via Rethink Mental Illness to contribute to the project partnership and deliver LGBTQ+ training.

BBC Children in Need - part of a 3-year grant to deliver a dedicated LGBTQ children's and young people's project including weekly youth support groups, one-to-one support, and counselling.

The National Lottery Community Fund (Partnership Grant) – part of a 3-year grant in partnership with London Friend & LGBT Hero funding mental health and befriending support.

LB Waltham Forest (Fellowship Square Arts & Culture Grant) - provided funding to deliver the annual WF Pride event.

LB Hackney – one-off grant to provide community activities for LGBTQ+ residents.

The National Lottery Community Fund – part of a 3-year grant to support LGBTQ+ counselling service.

LB of Tower Hamlets: Mayor's Community Grants Programme – part of a 3yr 5mth grant to provide LGBTQ+ one-to-one mental health support and group activities.

GLA - New Deal for Young People Grant: - part of a 2year grant to support delivery and expansion of quality mentoring services specific to the needs of London's disadvantaged LGBTQ+ young people (12-24yrs) and learn about shifting needs.

Global's Make Some Noise – part of a 2-year grant to provide LGBTQ+ people seeking asylum support project.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

3) OPERATING SURPLUS/(DEFICIT)

	2025	2024
	£	£
The net operating surplus/(deficit) of income over expenditure is stated after charging:		
Staff costs (note 4)	354,604	343,119
Depreciation of equipment & loss on disposal	-	-
	<hr/>	<hr/>

4) STAFF COSTS

	2025	2024
	£	£
Staff costs for the year were as follows:		
Salaries	317,358	306,839
Social security costs	25,086	24,494
Pensions Costs	12,160	11,786
	<hr/>	<hr/>
	354,604	343,119
	<hr/>	<hr/>

The average number of persons employed by the charitable company in the year was 12 persons.
(2024 - 11). One member of staff was paid more than £60,000.

The key management personnel of the charity comprises the trustees and the Chief Executive, to whom responsibility for the day-to-day activities of the charity is delegated. The total employee benefits received by key management personnel during the year (excluding employer pension costs national insurance) were £67,245 (2024: £61,764)

NOTES TO THE ACCOUNTS

5) INCOMING RESOURCES FROM GENERATED FUNDS

22

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

6) ANALYSIS OF GRANTS

	GRANTS Rec'd in year	Opening Debtors	Closing Debtors & Creditors	Deferred Income movement	TOTAL 2025	2024
	£	£	£	£	£	£
UNRESTRICTED FUNDS						
GENERAL FUND						
London Borough Tower Hamlets (Commission)	27,083	(8,333)	6,250	-	25,000	25,000
Tower Hamlets CVS: Cornerstone (Equalities Partnership)	9,396	-	-	-	9,396	-
Tudor Trust	-	-	-	44,000	44,000	-
Equalities Partnership in Tower Hamlets (Cornerstone)	-	-	-	-	-	17,938
London Community Foundation: GVC	-	-	-	-	-	15,000
LB Tower Hamlets - LCF	-	-	-	-	-	16,110
Groundwork Uk (Tesco)	500	-	-	-	500	1,000
Barnsley Street Project	-	-	1,200	-	1,200	-
Clarion Housing	5,000	-	-	-	5,000	-
DH (National LGBT Partnership)	1,088	-	312	-	1,400	2,850
TOTAL GENERAL FUND	43,067	(8,333)	7,762	44,000	86,496	77,898
RESTRICTED FUNDS						
BBC Children in Need	31,795	-	-	500	32,295	32,494
LB-Tower Hamlets Grants	25,000	-	-	-	25,000	-
The National Lottery Community Fund (Partnership Grant)	40,848	-	-	-	40,848	54,464
The National Lottery Community Fund	168,715	-	-	7,374	176,089	166,003
LB Waltham Forest (Health Inequalities Impact Fund)	16,000	-	-	-	16,000	2,600
LB Waltham Forest	-	-	-	-	-	15,000
LB Hackney (LBH)	-	-	-	4,955	4,955	14,865
Tudor Trust	-	-	-	-	-	40,000
LB-Tower Hamlets Grants Restricted	-	-	-	-	-	10,417
New Deal for Young People 2024	31,726	-	15,863	6,638	54,227	51,526
Global Make Some Noise	27,890	-	-	-	27,890	-
TOTAL RESTRICTED FUNDS	341,974	-	15,863	19,467	377,304	387,369
TOTAL UNRESTRICTED & RESTRICTED	385,041	(8,333)	23,625	63,467	463,800	465,267

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

7) TOTAL RESOURCES EXPENDED

SERVICE AREA	Core Services £	Governance £	Support £	TOTAL	
				2025 £	2024 £
Core Service activities	446,049	15,165	13,165	474,379	447,695
TOTAL RESOURCES EXPENDED	446,049	15,165	13,165	447,695	447,695

Where not directly attributable, costs are allocated on a basis of estimated time associated with specific activities.

8) GOVERNANCE & SUPPORT COSTS

	2025 £	2025 £
	Governance	Support
Staff salaries	7,393	7,393
Apportioned office running costs and resources	5,772	5,772
Independent Examination	2,000	-
	15,165	13,165

9) MOVEMENT ON FUNDS IN YEAR

	Note	Opening Balance at 1/4/2024 £	Incoming Resources (notes 5 & 6) £	Outgoing Resources (note 7) £	Transfers between funds £	Closing Balance at 31/3/2025 £
UNRESTRICTED FUNDS	2					
General Fund		349,455	293,938	80,725	(230,000)	332,668
Designated Funds:						
Property Reserve		350,000	-	-	230,000	580,000
		699,455	293,938	80,725	-	912,668
RESTRICTED FUNDS	2					
BBC Children in Need		-	32,295	32,295	-	-
LB-Tower Hamlets Grants		-	25,000	25,000	-	-
The National Lottery Community Fund (Partnership Grant)		-	40,848	40,848	-	-
The National Lottery Community Fund		-	176,089	176,089	-	-
LB Waltham Forest (Health Inequalities Impact Fund)		-	16,000	16,000	-	-
LB Hackney (LBH)		-	4,955	4,955	-	-
New Deal for Young People 2024		16,350	54,227	70,577	-	-
Global Make Some Noise		-	27,890	27,890	-	-
TOTAL RESTRICTED FUNDS		16,350	377,304	393,654	-	-
TOTAL UNRESTRICTED & RESTRICTED		715,805	671,242	474,379	-	912,668

The Trustees have designated £230,000 in the year towards the relocation and expansion of the charity's premises

EAST LONDON OUT PROJECT

FIXED ASSETS

YEAR ENDED 31ST MARCH 2025

10) FIXED ASSETS

	Leasehold	Office Equipment	
	General Fund	General Fund	TOTAL
	£	£	£
<i>Cost</i>			
Brought forward	7,116	30,037	37,153
Additions	-	-	-
Disposals	-	-	-
AT 31ST MARCH 2025	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
 <i>Depreciation</i>			
Brought forward	7,116	30,037	37,153
Charge for year	-	-	-
On disposals	-	-	-
Transfers between funds	-	-	-
AT 31ST MARCH 2025	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
 <i>Net Book Value</i>			
AT 31ST MARCH 2025	<u>-</u>	<u>-</u>	<u>-</u>
AT 31ST MARCH 2024	<u>-</u>	<u>-</u>	<u>-</u>

11) DEBTORS, amounts falling due within one year

	2025	2024
	£	£
Grants receivable	23,625	8,333
Other debtors & prepayments	<u>14,831</u>	<u>15,221</u>
	<u>38,456</u>	<u>23,553</u>

12) CREDITORS, amounts falling due within one year

	2025	2024
	£	£
Other taxation & social security	7,878	7,789
Deferred income	47,551	111,018
Other creditors & accruals	<u>26,188</u>	<u>17,654</u>
	<u>81,617</u>	<u>136,461</u>

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

13) ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Restricted £	Unrestricted £	Total £
Tangible Fixed Assets	-	-	-
Current Assets	15,863	978,422	994,285
Current Liabilities	(15,863)	(65,754)	(81,617)
	-	912,668	912,668

14) TRUSTEES' REMUNERATION & EXPENSES

In the year there were no payments to Trustees, . (2024- nil.)

15) TAXATION

The charity is exempt from tax on its charitable activities.

16) STATUS, CONNECTED CHARITIES & RELATED PARTY TRANSACTIONS

The company is incorporated by charitable means and is limited by guarantee without share capital. The company is not part of any group.

No payments were made to any related party.