

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDING 31 JANUARY 2024
FOR
CITY ESCAPE
Charity Number:1069707

De Claron Ltd
3a The Vale
LONDON
NW11 8SB

CITY ESCAPE

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CITY ESCAPE

CHARITY INFORMATION for the Year Ended 31 January 2024

TRUSTEES:	Mrs Judith Reifer Mrs R Just Mrs Y Mandel Mrs I Rosenthal
SECRETARY:	Mrs Judith Reifer.
REGISTERED OFFICE:	30 Moresby Road London E5 9LF
REGISTERED CHARITY NUMBER:	1069707
BANKERS:	Natwest Bank, 20 Amhurst Road London E6 1QZ
INDEPENDENT EXAMINER:	De Claron Ltd Unit A 3 The Vale London NW11 8SB

CITY ESCAPE
REPORT OF THE TRUSTEES
for the Year Ended 31 January 2024

The trustees present their annual report together with the financial statements of for the 1 February 2023 to 31 January 2024.

Message from the Chair

It was an incredible Summer for our users at City Escape; whether the sun was shining or the day was grey – the shine on our user's faces made all our efforts worth it!

Our young people have had a challenging year; with prices in Britain continuously on the rise and tensions heating up in countries across the world, our users who are already emotionally fragile, are battling with more anxiety and fear. It is especially at times like these that we appreciate your partnership and your deep care for the teens we support.

This past August, we once again held an enriching getaway in the scenic English countryside; a welcome break from the overcrowded and crime filled inner-city streets. Joining us were over 120 disadvantaged young people, each coming from low-income households and difficult family backgrounds.

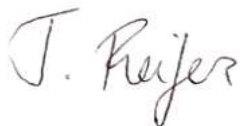
Our users were engaged, enthusiastic, and grateful for this opportunity. For many of them, this was the first time they would be returning to school with something to share from their summer holiday!

Most poignant for us was that our users felt pampered for the first time in their lives. With nutritious meals, comfortable amenities, and exciting daily trips – the things that most children take for granted were considered luxuries for our users. Coming from a reality where daily meals and happy, youthful moments are rare, the City Escape retreat showed them that there is so much more goodness to life than they know. It gives them a candle to hold their dreams, wishes, and aspirations to!

As we watched our young people sing together, arms wrapped around each other on the last day of our getaway, we reflected on how much our users have grown over this short time. They have formed lasting friendships and deep connections – bonded by their shared struggles and empowered by the mission to forge a better life for themselves.

A huge shout out to our volunteers, funders and supporters. As Britain's next generation, the efforts you invest in our youth today will have a great impact on our country's future.

We thank you all for joining us in this endeavour!



Judith Reifer

Programme Director

11 November 2024

CITY ESCAPE
REPORT OF THE TRUSTEES
for the Year Ended 31 January 2024

AIMS AND OBJECTIVES

City Escape aims to improve the lives and opportunities of disadvantaged young people by providing a two-week summer holiday residential programme for financially and socially deprived children from London between the ages of 11 and 16. We take them away from the inner-city streets where they face great risk of engaging in crime, drugs and anti-social behaviour, and care for them in a safe and supportive environment, within refreshing rural surroundings. Being a part of our programme enhances the children's social development and improves their confidence and self-esteem so that they return home invigorated and revitalised – physically, mentally and emotionally; complete with the tools they need to enrich their lives and their future.

MANAGEMENT

We are a local grassroots organisation run entirely by volunteers, with a strong track record in project delivery and widespread community trust. Our management team includes qualified teachers and support workers for vulnerable families with many years of experience in youth work, who are well placed in meeting users' needs. As an established organisation, we have excellent policies and procedures in place that are reviewed on an annual basis. We also have strong links and work in partnership with local welfare organisations and schools, who refer to us the vulnerable children and young people who would most benefit by attending our summer project.

ACHIEVEMENTS AND PERFORMANCE

Our programme this year took place as planned from the 15th to the 28th of August 2023. We enjoyed a beautiful getaway in the scenic English countryside – joining us were over 120 disadvantaged young people between the ages of 12-16, each coming from low-income households and difficult family backgrounds.

We voted in a steering committee of six young people who oversaw the entire programme in close coordination with our adult committee. The children and young people were involved at every stage of the project and were guided and encouraged at our weekly meetings in carrying out the tasks they had undertaken – to include planning of trips; placing orders; choosing workshop themes and sport activities. Working as a team throughout the preparation and delivery of the programme led to motivated children and young people who have tasted the thrill of success and achievement and are keen for more!

We were privileged to have had with us an enthusiastic group of 25 young volunteers who gave (and gained) of themselves so selflessly throughout the project preparation and delivery, enabling our programme to have been the success that it was.

When planning our programme this year, we had two underlying goals:

- 1 To enhance our user's physical, social, and emotional well-being by improving their confidence and inner worth.
- 2 To enable our users to return home invigorated and refreshed, complete with the tools they need to improve their lives and their future.

Thankfully, our staff were confident that we achieved these goals by a landslide!

With a greater emphasis on confidence building and enhanced emotional well-being, our daily workshops led by a professional coach taught our users how to nurture their emotional health with tried-and-true methods. Through the power of drama, these workshops demonstrated to our users that emotional well-being comes from within – not from external factors. By nurturing the positive messages in their brain (rather than focusing on the louder, negative messages), they can actively enhance their self-image and, by extension, the perception people have of them.

CITY ESCAPE

REPORT OF THE TRUSTEES

for the Year Ended 31 January 2024

Some of the highlights from this year's programme include a swimming marathon, an early morning countryside walk and breakfast picnic, a night trip to an adventure park, and our annual talent show. From sports enthusiasts, nature lovers, dancers, or adventure seekers, every one of our members got their chance to 'live-it-up' with our varied programme.

We ensured to place a significant emphasis on the benefits of healthy eating and living which is increasingly important owing to the current cost of living crisis which has moved many more families into food insecurity, often directly increasing the risk of obesity.

Our Impact

The benefits of our summer holiday programme are manifold, including both short- and longer-term benefits. These often extend beyond individual children's lives onto their family relationships and engagement with their local community. These benefits are detailed below:

- **A positive summer holiday environment** - these vulnerable young people are able to taste the enjoyment and freedom of childhood within an encouraging environment rather than have to while away their summer holidays within the boredom of their crowded homes, or face the dangers from outdoors.
- **Reduced isolation** - our project enables integration of different marginalised groups from the community to connect with new friends and sympathetic adults, so that positive and supportive friendships can develop. This likewise results in improvements in social and communication skills.
- **Providing new experiences**, raising aspirations and broadening horizons - For children and young people whose experience of the world is defined and confined by poverty, extending their physical horizon is incredibly important. This is achieved through our expansive rural location coupled with our wide range of activities, workshops and outdoor trips.
- **Leadership and organisational abilities** - as a result of being involved in all stages of planning, organising and decision making both prior and during our programme the children and young volunteers develop vital skills and improved self-esteem often leading to new hobbies and pathways to employment.
- **Emotional Wellbeing** - Our professionally-run, interactive daily workshops focus on skills-building. The participants are provided with practical tips for emotional resilience, confidence building and positive empowerment through the means of drama, music and art.
- **Improved health** - due to their immersion in a healthy way of life, including diet and life style, and the incentive we provide them to encourage themselves and each other to continue this new way of life together with friends and family on their return home.
- **A stronger community** - our project greatly improves community cohesion and identity. We empower the young people to set themselves on a happier and more successful track in life. This enables them to overcome their current disadvantage and grow up to become active and productive members of the community.

CITY ESCAPE

REPORT OF THE TRUSTEES

for the Year Ended 31 January 2024

FUNDRAISING ACTIVITIES/INCOME GENERATION

The cost-of-living crisis is having an immediate effect on our organisation. Our income levels have been largely reduced as many of our past benefactors are currently not in a position to support us, which is intensified by the high competition we face within outside funding sources. This financial setback combined with the increased cost of living expenses which has caused a significant rise in our annual running expenses, is making delivering our programme considerably more challenging.

Our beneficiaries are all financially or socially disadvantaged children from BAME communities who live within the economically deprived inner-city areas of Hackney and Haringey. Most participants can only make a small contribution to the cost, if at all, and the charity therefore depends heavily on grants from third parties to finance its activities, particularly as the cost of renting premises in the summer is exceedingly high.

After having to significantly reduce the scope of our activities last year due to our budget shortfall, this year we were extremely grateful to have received some larger grants and donations which enabled us to once again deliver our programme as planned.

We are continuing to take the necessary steps to ensure that the needs of our users are met in the best possible way so we can keep our organisation running effectively and sustainably. These steps include; initiating local fundraising events, recruitment of more local volunteers, soliciting donated equipment and food and securing more pro bono/reduced rates on our activities and trips.

To this end, we would like to make special mention of the substantial and generous support we received from the JCHF, The Rank Foundation, The 29th May 1961 Charitable Trust and The Brother Jonathan Trust for Children's Holidays, amongst our other many valuable supporters and community donors.

EVALUATION

We professionally monitored the progress of our participants so as to evaluate our achievements and improve our forthcoming programmes. We employ a range of observations, consultations and user-initiated feedback by use of self-assessment quizzes, questionnaires, informal interviews with stakeholders and user forums.

PLANS FOR THE FUTURE

1 The current cost of living crisis has taught us to intensify our strategic partnerships and local networking capabilities so as to more easily and accurately identify those vulnerable young people who could most benefit from our programmes. This particular project has been the platform for widening the target group for our organisation and adapting our priorities to target additional disadvantaged young people who may have previously not been prioritised for a place on our programme.

2 City Escape would like to help even more children and young people be included in our future summer programmes. This will primarily depend on raising more funds. We hope to develop new fundraising strategies so as to widen our database of potential funders, as well as to run local fundraising activities so as to raise the scope of local donations from within the community.

CITY ESCAPE
REPORT OF THE TRUSTEES
for the Year Ended 31 January 2024

3 We will develop our programme and innovate effectively so as to provide for the up-and-coming needs of the disadvantaged children most effectively. We will improve on our monitoring and evaluation methods. We will also establish a user council where the children and young people will play an even greater role in the actual decision making throughout the entire project planning and delivery.

4 We would like to progress towards receiving a quality mark from the London Youth which we hope to achieve during the upcoming year.

5 Our vision is that during their time spent planning and directing our programme, we will provide the opportunity for our group of young volunteers to achieve AQA accreditation on Teamwork and Leadership Skills. This will help them for future employment prospects.

STRUCTURE, GOVERNANCE AND MANAGEMENT

– ***Constitution***

The charity is governed by declaration of trust dated 3 May 1998 and is run by the trustees.

– ***Method of appointment or election of Trustees***

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

– ***Commitment to quality and best practice***

With our commitment to quality and best practice, we evaluate and monitor our annual programme to improve effectiveness. Since our charity works with vulnerable children and families, safeguarding is considered the greatest inherent risk in our work. We have a framework of consents, controls, policies and reviews to mitigate the associated risks. All our volunteers are DBS checked and undergo appropriate child safeguarding training. As an established organisation, we have excellent policies and procedures that are reviewed on an annual basis. This leads to smoothly run, safe activities, and sound back up plans if necessary.

In setting objectives and planning for activities, the trustees have given due consideration to general guidance published by the charity commission relating to public benefit.

– ***Reserves policy***

The Trustees ensure that sufficient reserves are kept to cover foreseeable demands. The Trustees are working towards building free reserves of at least 3 months' operating costs in order to protect services where there are uncertainties as to whether funding will continue and to ensure adequate cash flow for the organisation's needs.

– ***Risk Management***

The trustees have introduced systems to identify and manage risks effectively. The trustees are satisfied that these systems and procedures mitigate any perceived risks. These systems are reviewed regularly and the necessary amendments are made.

– ***Public Benefit:***

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

This report was approved by the trustees and signed on their behalf by:

ON BEHALF OF THE BOARD

Trustee Name:

J. Reifer

Judith Reifer

Signature:

Date: 11 November 2024

INDEPENDENT EXAMINER' S UNQUALIFIED REPORT TO THE MEMBERS OF CITY ESCAPE

for the Year Ended 31 January 2024

Independent Examiner' s Report to the Trustees of City Escape

I report on the accounts of the Charity for the year ended 31 January 2024, which are set out on pages 6 to 10.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. My work has been undertaken so that I might state to the charity's trustees those matters that I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work or for this report.

The financial statements have been presented in accordance with Accounting and Reporting by Charities preparing their accounts using the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) effective 1 January 2019.

This has been done in order for the accounts to provide a true and fair view of the charity's financial position.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements, and they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of Independent examiner's report

My examination was carried out in accordance with the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as 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 financial statements present a 'true and fair view' and the report is limited to those matters set out in the statement below.

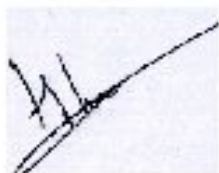
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Act; and
 - to prepare financial statements which accord with the accounting records, Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS 102) and in other respects comply with the accounting requirements of the Act.

INDEPENDENT EXAMINER' S UNQUALIFIED REPORT TO THE MEMBERS OF CITY ESCAPE
for the Year Ended 31 January 2024

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding financial statements to be reached.

A handwritten signature in black ink, appearing to be 'H. H.', written over a light blue background.

De Claron Ltd.
3a The Vale
LONDON NW11 8SB
11 November 2024

CITY ESCAPE
STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 January 2024

	y/e 31.01.2024			y/e 31.01.2023		
	£	£		£	£	
	Restr Funds	Unrestr Funds	TOTAL	Restr Funds	Unrestr Funds	TOTAL
INCOMING RESOURCES						
Grants Received	10,525.00	36,407.45	46,932.45	19,410.00	7,300.00	26,710.00
Donations		27,232.55	27,232.55		28,275.00	28,275.00
Interest Received						
TOTAL INCOMING RESOURCES	10,525.00	63,640.00	74,165.00	19,410.00	35,575.00	54,985.00
CHARITABLE PROGRAMS						
Premises Expenses	40,000.00			9,885.00		
Transport & Travel	23,200.00			5,625.00		
Recreational Trips	5,925.25			8,862.00		
Food And Kitchen Supplies	16,104.11			3,796.47		
Workshop & Activities	6,571.00			7,665.16		
Volunteer Expenses	883.83			128.40		
ADMINISTRATING EXPENDITURES						
Advertising		1,696.01			295.00	
Accountancy & Admin		256.80			338.40	
Fundraising Expenses		90.00			146.00	
Insurance		627.16			-	
Bank Charges		-			-	
TOTAL RESOURCES EXPENDED	92,684.19	2,669.97	95,354.16	35,962.03	779.40	36,741.43
NET MOVEMENTS IN FUNDS FOR THE YEAR	(82,159.19)	60,970.03	(21,189.16)	(16,552.03)	34,795.60	18,243.57
		(21,189.16)			18,243.57	
FUNDS CARRIED FORWARD		34,963.93			16,720.36	
TOTAL FUNDS CARRIED FORWARD		13,774.77			34,963.93	

CITY ESCAPE
BALANCE SHEET
for the Year Ended 31 January 2024

	<u>y/e 31.01.2024</u>		<u>y/e 31.01.2023</u>	
	£	£	£	£
FIXED ASSETS		-		-
CURRENT ASSETS				
Debtors		-		-
Cash in hand and at bank	<u>13,775</u>		<u>34,964</u>	
		13,775		34,964
CURRENT LIABILITIES				
Short term Creditors	<u>-</u>		<u>-</u>	
		-		-
NET CURRENT ASSETS		<u>13,775</u>		<u>34,964</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>13,775</u>		<u>34,964</u>
		=====		=====
FUND ACCOUNT				
Funds		<u>13,775</u>		<u>34,964</u>
		=====		=====

ON BEHALF OF THE BOARD

Trustee Name: Mrs Judith Reifer.

Signature: 

Date: 11 November 2024

CITY ESCAPE

Notes to the Financial Statements for the Year Ended 31 January 2024

1 ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The financial statements have been prepared to give a 'true and fair' view of the charity's financial position.

The historical cost convention has been used with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice; Accounting and Reporting by Charities in the UK and Republic of Ireland (FRS102) effective from 1 January 2019 and the Charities Act 2011.

City Escape constitutes a public benefit entity as defined by FRS 102.

1.2 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

1.3 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities

1.5 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.

CITY ESCAPE

Notes to the Financial Statements for the Year Ended 31 January 2024

1.6 Cash at Bank and in hand

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

1.7 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges

1.8 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. INCOME FROM DONATIONS AND LEGACIES

£	£	£	£
2024	2024	2024	2023
Restricted	Unrestricted		
Funds	Funds	Total	Total
£	£	£	£
10,525	63,640	74,165	54,985

3. CHARITABLE ACTIVITIES

£	£	£
	2024	2023
	Summer	Summer
	Project	Project
CHARITABLE PROGRAMS		
Premises Expenses	40,000	9,885
Transport And Travel	23,200	5,625
Recreational Trips	5,925	8,862
Food And Kitchen Supplies	16,104	3,796
Workshop & Activities	6,571	7,665
Volunteer Expenses	884	128
	92,684	35,962

CITY ESCAPE

Notes to the Financial Statements for the Year Ended 31 January 2024

4.	RESTRICTED FUNDS	The Invesco Cares Foundation	3,750
		Sir James Roll Charitable Trust	1,250
		The Rank Foundation	3,100
		Brother Jonathan Trust	1,500
		Hale Trust	925
			<u>10,525</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Accruals and deferred income	£	£
	2024	2023
	—	—
	<u> </u>	<u> </u>