

DOCKLANDS OUTREACH COMPANY LIMITED

England & Wales · Charity number 1071838

Details

Other names DOC, DOCKLANDS OUTREACH

Status Registered

Legal form Charitable company

Company number [03483305](#)

Registered 1998-10-06

Register [View on the Charity Commission register](#)

Contact

Address Docklands Outreach
St Matthias Church
113 Poplar High Street
London
E14 0AE

Phone 02075381601

Email info@dockout.org.uk

Website www.dockout.org.uk

Activities

Objects: TO ADVANCE EDUCATION AND PRESERVE AND PROTECT THE HEALTH OF PERSONS IN EAST LONDON AND SURROUNDING AREAS BY THE FREE PROVISION OF ADVICE, CARE, COUNSELLING, DELIVERY OF INFORMATION, MEDICAL ASSISTANCE, SERVICES, TRAINING, EDUCATIONAL, PREVENTATIVE AND HARM MINIMISATION PROGRAMMES IN THE FIELDS OF DRUGS AND DRUG MIS-USE, SEXUAL HEALTH (INCLUDING HUMAN IMMUNODEFICIENCY VIRUS (HIV) AND ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS) AND OTHER RELATED SOCIAL, MENTAL OR PHYSICAL ISSUES.

Activities: Docklands Outreach is a health and preventative social inclusion agency providing comprehensive services to young people, children and families. We work with those who are affected by social, mental or physical issues that can lead to risk of harm by providing therapeutic and practical support.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Accommodation/housing, Economic/community Development/employment
- **Who:** Children/young People, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups

Geography

- **Area of benefit:** EAST LONDON AND SURROUNDING AREAS
- Tower Hamlets

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£606,626	£424,411	£0	15
2024-03-31	£692,081	£373,106	£0	15
2023-03-31	£498,560	£344,946	-	-
2022-03-31	£422,456	£277,997	-	-
2021-03-31	£315,910	£219,166	-	-

Trustees

Name	Role	Appointed
ASHWANI SHARMA	Chair	2009-03-12
Dr JOSEPH DAVID CULLEN		2010-06-12
EDWARD DUNCAN CHARLES		2003-04-12
Selina Asombang		2021-09-30

DOCKLANDS OUTREACH COMPANY LIMITED

England & Wales - Charity number 1071838

Accounts

DOCKLANDS OUTREACH COMPANY LIMITED

TRUSTEES' REPORT AND ACCOUNTS

YEAR ENDED 31ST MARCH 2025

COMPANY HOUSE NO: 03483305

CHARITY REGISTRATION NO: 1071838

DOCKLANDS OUTREACH COMPANY LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2025

CONTENTS	PAGE
LEGAL AND ADMINISTRATIVE INFORMATION	1
REPORT OF THE TRUSTEES	2-11
INDEPENDENT EXAMINERS REPORT	12
STATEMENT OF FINANCIAL ACTIVITIES	13
BALANCE SHEET	14
NOTES TO THE FINANCIAL STATEMENTS	15-17
DETAILED STATEMENT OF FINANCIAL ACTIVITIES	18

**DOCKLANDS OUTREACH COMPANY LIMITED
LEGAL AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31ST MARCH 2025**

CHARITY REGISTRATION NUMBER:
COMPANY HOUSE NO:

1071838
3483305

REGISTERED OFFICE:

ST MATTHIAS CHURCH,
113 POPLAR HIGH STREET
LONDON
E14 0AE

TRUSTEES:

Mr Ashwani Sharma (Chair)
Mr Edward Duncan Charles (Treasurer)
Ms Selina Asombang (Trustee)
Dr Joseph David Cullen (Trustee)
Runa Khalique (Director of Operations)

INDEPENDENT EXAMINER

SV Bond Accountants
The Bridge Nucleus
Brunel Way
Dartford
DA1 5GA

Bankers

The Cooperative Bank

DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2025

The trustees, who are also directors of the charity for the purposes of the Companies Act 1985, Present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provision of statement of Recommended Practice (SORP) 'Accounting Reporting by Charities' issued in March 2005.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 18 December 1997, and registered as a Charity on 6 October 1998. The Company was established under a Memorandum of Association which established the objects and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company going into liquidation, members of the organisation are required to contribute an amount not exceeding £1.

Management and Governance

Docklands Outreach is governed by a voluntary and elected Board of Trustees who have professional expertise in our areas of service delivery and possess the necessary skills, to analyse the progress of the work and to achieve the organisation's aims. They are responsible for the strategic direction, long term sustainability, guidance on staffing team and human resources. The Board of Trustees meet on a monthly or quarterly basis to oversee, review the strategic direction and policies of the organisation. The Director has overall management responsibility, and day to day running of the organisation. The above combination ensures the smooth running of the organisation, and that the organisation continues to meet its aims and objectives.

No formal training is given but all potential trustees are invited to attend meetings with the staff. Trustees get to know the charity's aims and objectives and how it operates and attend a meeting of the Board of Trustees. The following checks are also carried out: Criminal Records Bureau (enhanced) Charity Commission - Declaration of eligibility for newly appointed trustees.

Risk Management

The Trustees regularly review the risks the charity may face to introduce procedures to mitigate the risks identified. They recognise the volatile nature of funding, and the challenges faced because of the economic downturn and cutbacks. To manage this risk Docklands Outreach ensures that it maintains and builds new partnership with key stakeholders and ensures that it builds up its reserves to mitigate future funding decline by having a robust three-year funding strategy in place.

The Board of Trustees review major risks annually, which is reviewed and updated throughout the year if needed. Systems are in place to ensure that the charity is compliant with operational policies and procedures from health and safety, recruitment, GDPR Data Protection, Safeguarding and Child Protection and Vulnerable Adults Protections Policies. Team regularly complete and refresh core Safeguarding training and specific training, registration, accreditation according to their therapeutic professional requirements – British Association of Counselling and Psychotherapy (BACP), and the British Association for Behavioural & Cognitive Psychotherapies (BABCP).

Reserve Policy

Trustees have established that to fulfill their responsibilities to staff and to minimise risk of any breach of statute or organisational duty, the organisation should hold sufficient funds in reserve to meet the salaries of all core staff initially for six months due to the demand for its core services post pandemic, should it become necessary to make such staff redundant. DO has been working towards building a satisfactory level of funds to provide a secure base for the fulfilment of the company's charitable objectives, in accordance with Charity Commission guidelines and through full cost recovery (FCR).

The organisation is pleased that it has achieved its aim of fulfilling its reserves for six months running, redundancy and other contingency costs, in line with the organisations three-year funding strategy, to sustain core services, core team, office refit, IT upgrade other contingencies and expansion as required.

Employees

DO is committed to equal opportunities in terms of equal treatment, equal access, and equal share in all aspects of its programmes, administration, management, and support, regardless of age, race, colour, nationality, religion, ethnic or national origin, gender, marital status, sexual orientation, LGBTQ+, gender reassignment or disability. It aims to offer an environment, which is safe, supportive, and sensitive to the diverse needs of Individuals Concerned with the Project ('ICWD') so that all can achieve their full potential.

The charity does, however, ask that its staff sympathise with the aims and objects of the charity. Section 7(2)d of the Sex Discrimination Act 1975 also applies where it is essential to restrict the job to female applications only.

Docklands Outreach Company Limited

Report of the Trustees for the Year Ended 31 March 2025

It has been another busy and rewarding year for Docklands Outreach. Due to funding stability during this year, the Director along with the wonderful team were able to fully focus on providing good quality need-based holistic support to children, young people and parent/care givers. This focus was very much needed as the referrals to the service continued the same as the year before with complex presentations, increase in neurodiverse and additional support referrals that required the team to adapt interventions to suit individual needs, that required care coordination often involving multi-agency liaison.

Communities in Tower Hamlets continue to face multiple challenges due to the borough being the 2nd most deprived in London with a high percentage of BAME communities and being one of the most densely populated London boroughs with an acute housing crisis. Overcrowding, basic needs, financial hardship, combined health worries and anxieties continue to have an impact on emotional wellbeing and mental health.

Docklands Outreach (DO) in partnership with key partners and stakeholders continued to provide essential therapeutic and practical support during this period. The DO team continues to work in innovative ways of working in collaboration with services users to respond well to their needs, and those of the wider community. During this period, we supported over 600 children, young people, parents, and carers with a combination of evidenced based group and individual parenting support, counselling, psychotherapy, cognitive behavioral therapy, community connector support, advocacy, community outreach and street-work to reach marginalized groups who were not accessing mainstream support.

Offering blended/hybrid support using our valued outreach model to meet diverse needs of our community ensures that we enable access to those who need it most. This year saw further improvements and development of this service offer, we continued to increase our outreach delivery and partnership work and continued to have therapists and practitioners in Children and Families Hubs across the borough, community and youth centres. This combination allows the team to deliver usual daytime, evening appointments and choice of venues, increasing access to support.

The partnership with ELFT CAMHS is longstanding and greatly valued by both. It is important to highlight ELFT recognising the value of our partnership, integrated work and provided funds to sustain our workforce who in turn were able to accept a high number of referrals that we receive from CAMHS and other agencies for the last three years. This important Service Level Agreement/Subcontract - Docklands Outreach for CAHMS in Tower Hamlets, along with the Front Door Triage Support came to an end in March 2025.

The following statement from ELFT demonstrates the importance of partnership and positive impact.

We would like to take this opportunity to express our gratitude for the collaboration and positive impact of the CAHMS services in Tower Hamlets delivered under this subcontract. Your work has been instrumental in developing insight into new ways of working in the borough.

We greatly value Dockland Outreach's contributions to the shared goal of improving the mental health and well-being of children and young people in our communities. We look forward to ELFT review, exploring collaborative initiatives and opportunities of working together again to support children and young people's mental health in Tower Hamlets.

The Tower Hamlets Education Wellbeing Service (THEWS) partnership was extended for another year due to consistently meeting targets. Our Family Support Practitioners are based in three primary schools where we receive positive feedback. This enabled DO to continue to have an SLA with ELFT and be part of the National Mental Health in Schools Team (MHST) Programme.

We are grateful to Langdon Park School who continue to recognise the importance of emotional wellbeing support for their pupils and continue to commission Docklands Outreach to offer therapeutic support throughout the week at the school year on year.

As part of securing funds from Tower Hamlets Family Hubs, Docklands Outreach successfully delivered 3 x Incredible Years Parenting (IY) Programmes and offered individual parenting support to those who could not join the group. The programmes and support were delivered throughout the year in different Family Hub Centres. This was an exciting opportunity to adapt the IY programme to include support for parents who had children 1 or were pregnant. The parenting team greatly enjoyed working with the Family Hub Teams, creating new links and partnerships as well as raising awareness of each other's programme of support.

Our partnership with Look Ahead/Tower Hamlets Domestic Abuse Service (THDAS), therapy delivery, has been extended due to the positive feedback and positive outcomes reported by residents.

As always, we are grateful to Spotlight and Tower Hamlets Children and Family Hubs across the borough who have given us the funds and space to deliver our interventions from their venues. Our wonderful team remains experts on MS Teams, Zoom and other platforms and have the confidence to adapt sessions, time, and platforms to suit individual needs seamlessly.

The Board of Trustees, Director and the wider team continued to meet regularly, reviewing, implementing changes as we progressed during the year. Working closely with East London Foundation Trust (ELFT), the Anna Freud Centre for Children and Young People, NHS England, Kings College, Local Authority (LA), Poplar Harca, and other local agencies to ensure mental health and crisis support was available if needed. The team continued to work collaboratively with young people, parents, careers, and the community to monitor progress to ensure that it meets the needs of our service users. The referrals received continues to see an increase in safeguarding concerns, the need for additional time for multi-agency liaison, risk assessments and safety planning.

This year continued to see an increase in ASC and other neurodivergent referrals to the service and the team identified further training for themselves to ensure that we were able support those children and young people well, as well as building key relationships with specialist support services for advice, guidance or onward referrals. DO continues to manage this well with good case management, reviews and being able to offer more sessions due to offering hybrid working arrangements.

The above will not have been possible without our Director's continual fundraising efforts, combined with ensuring good management, supervision, reviews, training and support, care that is provided to the team so that they in turn are in a good position to support our service users with complex needs.

We continue to be mindful of the borough's poverty, deprivation, the pandemic's long-term impact on children, young people parent/caregivers mental and physical health. We remain committed in our delivery of our core services to children, young people and families while maintaining a healthy reserve to address wider environmental challenges. Due to the increase in referrals and service users demand for more in person support we need to budget for bigger or additional office space, continue to invest in technology, look at increasing wage growth due to the cost-of-living crisis and retaining trainees post qualification in line with similar voluntary sector organisation with an ambition to raise salary in line with NHS services.

Staff wellbeing and support remained key during this period, as a safeguard from not being overworked, being mindful of their own wellbeing and health concerns. The mechanisms that the Director put in place and reviewed regularly for well-being, support, and connectivity with the whole team continue to work well.

During this period, we continued to develop preventative and early intervention support to improve the mental health and wellbeing of children, young people, parents, and families by developing joint intervention with our key partners and stakeholders in health, social care, education, and community groups to ensure an integrated model of care was provided throughout the year.

Objectives and Aims

Tower Hamlets has a vibrant multi-culturally and religious diverse community, with 65% of residents from Black and Minority Ethnic Communities (BAME). Despite some improvements, the borough retains widespread deprivation including low income, unemployment/insecure employment, poor housing, overcrowding, social isolation, alcohol, substance misuse, racist and hate related incidents, which in turn can lead to mental-health conditions such as anxiety, depression, psychosis, bi-polar, and eating disorders, which contribute to morbidity, poor quality of life, and mortality. These multifaceted and complex challenges have been further exacerbated due to the Covid-19 pandemic and as a borough and service provider we are still feeling its effects.

DO remains a health and preventative social inclusion agency providing comprehensive services to young people, children, and families with a particular emphasis on addressing inequalities and supporting marginalised communities as a BAME emotional wellbeing and mental health service in the borough. Within this context, our primary work is to offer evidenced based interventions and support to those who have emotional, mental, and behavioural difficulties. However, we also offer wider support to those who are involved in or at risk from drugs and their misuse, crime, negative sexual health, and other issues that can often lead to exclusion and contribute to poor emotional and mental health wellbeing – our ethos has always been to offer holistic wrap around support. Due to our commitment to children, families, and young people we support, we continually ensure that service provision takes account of the reality of their lives, lived experiences and their views, offers them choices, and works with them collaboratively to give them the confidence and skills to take more control of their lives.

DO, with its partner agencies, provides a full range of services assessing the needs of each individual and family, developing support and care-plans in collaboration with them and providing solutions for a range of issues and problems as they are presented. We continue to review and develop our services to meet the need of our service users and community. Feedback from partners and service users confirms that we remain a valued and trusted community organisation, that offers safe, approachable, non-judgemental, collaborative support, and treatment on a range of common mental health disorders, and on wider issues.

Significant Activities

The programmes and initiatives offered by DO during this period remained varied from engaging young people at street level to the more complex and demanding work involved in supporting them and families in their encounters with a range of statutory institutions and agencies, while delivering appropriate needs-based interventions using a hybrid model to suit individual support needs.

Key programmes that DO delivered in 2024-2025:

Detached Street-Work & Outreach (DSWO) & Advocacy Support: During this period, DSWO sessions were limited, with more on advocacy support to young people who were not in employment, education or training (NEET), those who were having challenges at school due to low self-esteem, confidence, and peer to peer issues as well as providing psychoeducation around mental health wellbeing and accessing further needs based support.

Mental Health Support for Children and Young People: Difficulties children and young people faced during this period continued to mirror national trends of high anxiety, panic, self-harm including suicidal ideation, family conflict, relationship difficulties, trauma, abuse, PTSD, OCD, fear, panic attacks, worry about family and friends, school and exam worries, risk to elderly relations and coping with bereavement. We continue to receive higher number of cases for trauma, adverse childhood experiences (ACES), and abuse. Some feedback that demonstrates benefits of therapy.

‘Thank you for the help you have given Ibraheem over the 16 sessions of therapy. I have found the service provided by Docklands Outreach to be excellent. The self-referral form was easy to fill in, and I had a quick acknowledgement. The waiting time for the assessment with you wasn't long. I appreciated the thorough assessment you did online as it was difficult for me to bring him due to my chemotherapy sessions. I also was grateful to be part of the face-to-face sessions initially and in the middle as well as your feedback to me. Parent.

"Talking things through in therapy made a big difference for me. I've become more confident in making decisions and trusting myself. I feel like I'm actually moving forward instead of feeling stuck." (MA, 18yo)

"I've learnt a lot of strategies to help with my anxiety, especially when things start to feel overwhelming. I feel more in control now and I'm able to calm myself down before it gets too much." (AC, 15yo)

Parenting Support: Our parenting support team continued to provide evidenced based interventions again using an outreach and hybrid approach. Our Interventions are popular, easy to access and delivered based on the needs of the family. Our practitioners are trained to 'personalise' the delivery of an evidenced based parenting intervention to high risk and complex family situations based on assessment and on the formulation. We offered a combination of the following throughout the year: Group based intervention: Incredible Years, Individual interventions for complex presentations: PIPT, Guided self-help and our highly valued Community Families Programme. Feedback from a parent at the end of a parenting intervention and from a community partner.

"I just wanted to take a moment to thank you from the bottom of my heart for all the help, time, and kindness you've given me throughout the Dockland Outreach sessions. Over these past twelve sessions, your support and advice have meant so much to me and have made a real difference in A's emotional well-being and in our family life.

Your guidance has helped me in so many ways — learning how to understand A better, how to support him when he's struggling, and how to help him feel more confident and secure. You've shown me how to praise him in ways that really encourage him, how to balance my parenting decisions with care and consistency, and how to manage his behaviour calmly while still reinforcing clear rules and routines at home'.

Community Connector – Young Adult (18-25) Mental Health Support: DO continues to work with Compass Wellbeing and strengthening our wider partnership work whilst our community connector continues to support young adults with serious mental health issues (SMIs) to achieve better mental health and wellbeing outcomes. The role remains is a very exciting one working closely with Tower Hamlets Early Detection Service (THEDS) and is part of The Community Mental Health Framework for Adults and Older Adults.

Our key aim and the role of our community connector is to improve the service offer for young adults, those between the ages of 16-25 years old. Support young people with challenges relating to the transition between child and adolescent and adult mental health services, provide them with one-to-one targeted support, help them navigate systems as well as enabling them to access community resources that enable to build independence and be less reliant on services. Our Community Connector role has been a huge success as it followed our outreach and advocacy model and it has been a pleasure to work with THEDS – an organisation that has similar values as DO. Some feedback below highlights how the support was received.

"I felt like I had someone to talk to, who would actually listen to me and what I wanted to do. Being referred to Docklands Outreach helped open doors for me towards things like being able to independently study my A Levels and pay for them. I forgot that I had that option. It is good to take on the opinions and thoughts of others." - MSB

"It is the fact that I was able to talk about my feelings OPENLY and I was not judged by it. Everything about the service was amazing, especially Nuzhat. She has been such a gem. She really helped me in my 8 sessions I have had with her. Thank you!" - EHR

Langdon Park School (LPS): Therapy Delivery: LPS recognised the importance of having therapeutic support for pupils for several years and wanted to build on this. The school commissioned DO to provide therapeutic support at the school five days a week complimenting support already available. This been another great example of partnership work focused on improving children and young people's emotional wellbeing and mental health support in schools. During this year working closely with the school safeguarding and inclusion team we provided a combination of counselling and drop-in sessions – both offering a safe confidential space for children and young people to talk about confusing, painful, or uncomfortable issues in an easily accessible manor. The following feedback from the school captures DO support at the school very well.

'Docklands Outreach have qualifications that are not the norm in a school environment. Our students need this support as they have stress, worries, family issues, historical issues and friendship issues that seem to have been heightened since Covid'.

'Docklands Outreach connect with so many other agencies and this triangulation work in schools creates strong community links. Each therapist has their own unique specialism, and this compliments the work being done in school and allows the best interventions to be put into place. The therapists meet weekly to discuss cases/ assessments, so this means that the best support is given'.

Tower Hamlets Domestic Abuse Service (THDAS): Therapy support for children and parents at the Service has been received warmly by the residents. The staff have been welcoming and supportive in developing the therapy offer. Feedback from the residents continue to be encouraging, both the children's therapeutic support alongside parenting support that they are receiving is valued. This is an important delivery for DO as it meets our core values of offering the most vulnerable to those that need it in an accessible way.

Tower Hamlets Education Wellbeing Service (THEWS): DO is proud to be a partner in the Mental Health Support Teams (MHSTs) as a complimentary service to education. In Tower Hamlets this national programme is known as THEWS – this partnership is consisting of Central CAMHS THEWS, Step Forward and Docklands Outreach. As part of this partnership and delivery, we have practitioners based at three primary schools: Culloden, Old Ford and St Luke's CE, delivering evidence-based interventions for mild to moderate mental health issues, supporting senior mental health leads in each school and developing their whole school or college approach. Giving timely advice to school and liaising with external specialist services, to help children and young people to get the right support and stay in education and providing consultation and signposting.

Key partnerships: Southeast Learning Collaborative/AFC/KCL, ELFT/CAMHS/THEWS/THEDS Step Forward, Spotlight, Tower Hamlets Family Hubs, Langdon Park School and THDAS.

Working in partnership with the London and Southeast Learning Collaborative continues to have enormous benefits, not just for our CBT and Parent Training trainees but to Docklands Outreach as whole. The advice, guidance and sharing good practice and policies enabled us to deliver the emotional and mental health support with confidence. The team continued to provide NICE guided evidenced based interventions to support and treat emotional, behavioural, conduct and common mental health difficulties. Our wonderful partnerships with CAMHS, Step forward, THEWS, THEDS, Langdon Park, LBTH Children and family centres, THDAS continued to have enormous benefits too, with all organisations working collaboratively to deliver support to children and their families during this period - sharing expertise, protocols and support remained invaluable during this period.

The board are very grateful to ELFT for valuing our longstanding partnership, for providing the funds required to sustain some of our team to continue to support children, young people, and families. DO joined Tower Hamlets Emotional Wellbeing Service (THEWS) in April 2022. This further strengthened our joint work and partnership with ELFT and Step Forward whilst providing funds to carry out the work. It has been a pleasure to work with Compass Wellbeing who provide the funds for our Community Connector position. Working together with THEDS has enabled us to develop closer working relationships and – our community connector is based there two days a week that enables us to support young people with serious mental health issues whilst learning from each other.

Our partnership with Spotlight continues to evolve and get stronger with the Healthspot Initiative with GPs, Youth Workers, and Safe East (sexual health/substance misuse support). This partnership is another wonderful example of listening to service users who wanted to access mental, physical health and youth work provisions under one roof to deliver person-centred care to address local population health needs. Using the venue to deliver in person support was very welcomed by the team and our service users.

Achievement & Performance

The increased demand year on year for our service meant that we exceeded most of our service level targets set for the year within eight to nine months. By offering clarity on what we offer, being able to offer different times, locations, online and face to face, we are able to offer support quickly, have a proud record of not expanding our wait times for more than 3 to 4 months for therapy and parenting interventions, we have a shorter wait time for advocacy and community connector support.

Feedback from our service users remains key. By using pre and post screening measures, session feedback, setting collaborative goal-based outcomes, ownership of users' contributions, and input of users' suggestions and views, all contributed to the success of service delivery and positive outcomes for our service users. Almost all our service users felt that they were well supported during this period with care and sensitivity and were grateful at how quickly we were able take support forward and being able to provide holistic support remotely.

We continued to build on our extensive partnership work and developed joint working initiatives that benefited our service users and community. As a result, we supported over 550 children, young people, parents, and carers with emotional, behavioral, and psychological difficulties via talking therapies, evidenced based parenting interventions, psychoeducation, community connector, advocacy support, and over 70 young people via street-work and workshops.

Again, during this period, our Director was invited to be part of different strategic working groups and often invited to explore new initiatives or opportunities to explore new workstreams or be part of case consultation. This reflects how DO is viewed for its leadership, its excellent community knowledge, its strong and developed referral and support pathway along with its robust policy, procedures and excellent team that enable DO to support children and families so well. We recognize that there are unmet needs, and we are actively working with our key partners to look at solutions as we progress into the next year.

Principal Funding Sources

Important transactions in the year included the following grants and donations received:

East London Foundation Trust/ CAMHS	£169,838
East London Foundation Trust / THEWS	£73,870
NHS England	£124,677
London Borough of Tower Hamlets	£111,900

Compass Wellbeing	£51242
Poplar HARCA	£30,000
Langdon Park School	£25,000
Look Ahead / THDAS	£9,720

Future Developments

The demanding nature of the work remains high, especially in these unpredictable times. DO is committed to meeting this need through continuously developing the organisation, partnership networks and new delivery methods to continue to provide support to children, young people, and families. We have learnt during this period that blended support works very well, some service users prefer this while others preferred in person, and we will continue to offer this choice increasing space and team capacity to reflect need. We will continue to evaluate our core work, to learn from it, to progress into new and dynamic work streams, investing in staff training and technology, while keeping to the values and principles of delivering a service to the children and young people who need it most.

The key to sustainability lies in raising sufficient funds year on year, maintaining sufficient reserves in line with our three-year funding strategy to continue to deliver our core services when faced with difficulties and times of reduced funding opportunities. Within this context DO will continue to work towards the following aims:

Key aims

- Continue to improve children and young people's emotional, mental health wellbeing support, and deliver earlier interventions that reflect the needs and preferences of young people and their families.
- Further develop and invest in our online digital offer to meet the request from our services users and plan for office refit, demand, and development.
- To increase staff training budget for continual professional development, in particular ASD training to meet the needs of children and young people with ASD being referred to the service.
- Continue to be part of the Southeast Learning Collaborative to deliver high quality evidenced based interventions aligned with CYP IAPT care principals.
- Train more practitioners as part of the CYP Psychological Therapies initiative to increase the workforce and delivery of more evidence-based programmes.
- Maintain a trusted, safe, accessible, and collaborative resource for the community.
- Build on current partnerships and develop new ones.

My fellow Trustees and I would like to take this opportunity to thank all staff, full and part-time, trainees and our service users, for their hard work, their vision, commitment, and dedication to the project. As always very special thanks are due to the Director, Runa Khalique, who continues to invest every effort into securing funding for the organisation in these challenging times, while developing new methods of service delivery and supporting the team so well. Through Runa's exceptional leadership DO has not only managed to sustain and consolidate its core activity but has been examining further avenues of work and new funding opportunities. The staff are to be particularly commended for their positive approach to change, transformation, and dedication to our service users.

Feedback from service users, partner organisations and other key stakeholders and our own statistics demonstrate that we consistently meet the needs of our diverse community. Not only do we provide accessible and needs based support but also provide interventions that provide consistent positive outcomes and treatment to our service users, and we do this in a culturally and socially sensitive manner. The feedback from a school below demonstrates the above.

'The work you do to support others as part of and outside of Docklands Outreach is truly inspirational. Well Runa, you are inspirational. You lead, select, and bring your team with you on your vision and journey'.

As Chair, I would also like to thank the fellow trustees for the advice, support, and time they have given to the organisation throughout the year. Their commitment, wealth of personal and professional experience, knowledge from public, community and private sector all help to advise, guide and lead DO to continue to adapt and consolidate itself as a leading community mental health and wellbeing organisation.

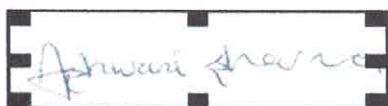
We would like to express our gratitude towards all our funders, ELFT: CAMHS/THEWS/Compass Wellbeing, NHS England, LBTH, Poplar HARCA, Langdon Park School and Look Ahead, for continuing to recognise the value of our work and for providing the much-needed funds that are required to continue to support the most vulnerable groups at this time.

Many thanks also to ELFT CAMHS for providing staff with clinical supervision, to Daniel Rose and Poplar Harca Spotlight for their continual support. I would also like to take this opportunity again and thank Kings College London and The Anna Freud Centre for Children and Families for their advice, guidance, and opportunities to the organisation.

This report is prepared in accordance with the special provision of Part 15 the Companies Act 2006 relating to small companies

Approved by order of the Board of Trustees on 10 December 2025 and signed:

ON BEHALF OF THE BOARD:

A rectangular box containing a handwritten signature in blue ink. The signature appears to be 'Ashwani Sharma'.

Mr Ashwani Sharma (Chair of the Board of Trustees)

**REPORT OF THE INDEPENDENT EXAMINER
DOCKLANDS OUTREACH COMPANY LIMITED
YEAR ENDED 31ST MARCH 2025**

I report on the accounts for the year ended 31st March 2025 set out on pages five to nine.

Respective responsibilities of trustees and examiner

The Charity's Trustees (who are also the Directors for the purposes of Company Law) are responsible for preparation of the accounts. The Charity's Trustees consider that an independent examination is 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 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiners 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

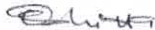
Independent examiner's statement

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 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Omowunmi Shitta, FCCA
New Bond Accountants
Business and Charity Advisors
4a - 6a Hythe Street
Dartford
Kent
DA1 1 BX

Date: 12 December, 2025

DOCKLANDS OUTREACH COMPANY LIMITED
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31ST MARCH 2025

		Unrestrict d funds	Restricted funds	2025	2024
	Notes	£	£	£	£
INCOMING RESOURCES					
<i>Incoming resources from generated funds</i>					
Donations and legacies	2	178,284	426,409	604,693	692,081
Other Income	3	1,933	-	1,933	
TOTAL INCOME		<u>180,217</u>	<u>426,409</u>	<u>606,626</u>	<u>692,081</u>
RESOURCES EXPENDED					
Charitable Activities	4	-	414,654	414,654	362,923
Support Cost	5	-	8,092	8,092	8,524
Governance Cost	6	-	1,620	1,620	1,617
Finance Cost	7	-	44	44	42
TOTAL RESOURCES EXPENDED		=	<u>424,411</u>	<u>424,411</u>	<u>373,106</u>
NET INCOME/EXPENDITURE FOR THE YEAR		<u>180,217</u>	<u>1,998</u>	<u>182,215</u>	<u>318,975</u>
RECONCILIATION OF FUNDS					
Total Funds brought forward		<u>121,386</u>	<u>854,789</u>	<u>976,175</u>	<u>657,200</u>
TOTAL FUNDS CARRIED FORWARD		<u>£301,603</u>	<u>£856,787</u>	<u>£1,158,390</u>	<u>£976,175</u>

None of the charity's activities were acquired or discontinued during the year and there were no cognised gains and losses for 2025 or 2024 other than those included in the statement of financial activities.

The notes on pages 15 to 17 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
BALANCE SHEET
YEAR ENDED 31ST MARCH 2025

	<u>Notes</u>	<u>2025</u>	<u>2024</u>
FIXED ASSETS		£	£
Tangible assets	8	-	-
CURRENT ASSETS			
Cash at bank and in hand		1,158,390	887,305
Debtors	12	-	88,870
CREDITORS: due within one year	13		
Net Current Assets		<u>1,158,390</u>	<u>976,175</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>£1,158,390</u>	<u>£976,175</u>
FUNDS:		<u>2025</u>	<u>2024</u>
		£	£
Unrestricted Funds		301,603	121,386
Restricted Funds		856,787	854,789
Total funds		<u>£1,158,390</u>	<u>£976,175</u>

The financial statements were approved by the Board of Trustees on 12th December, 2025 and were signed on its behalf by:



.....
Mr Ashwani Sharma (Chair) - Trustee

The notes on pages 15 to 17 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2025

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations and other incoming resources - Income from grants

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities

Costs of charitable activities are those costs relating to the activities carried out to meet the objectives of the charity. These include both directly attributable costs and apportioned support costs.

Governance costs

Governance costs are the costs associated with the strategic direction of the organisation and with meeting regulatory responsibilities including apportioned support cost.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2025

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2025	2024
Grants received	£ 180,217	£ 426,409	£ 606,626	£ 632,859
	<u>£ 180,217</u>	<u>£ 426,409</u>	<u>£ 606,626</u>	<u>£ 632,859</u>

Analysis of grants received

		2025	2024
		£	£
East London Foundation Trust	£169,838	169,838	£254,758
Health Education England - London		0	£80,037
Compass Wellbeing	51,242	51,242	£46,714
Poplar Harca	30,000	30,000	£30,000
Look Ahead THDAS Therapy	£9,720	£9,720	£25,779
Step Forward	0	0	£84,375
Langdon Park School	25,000	25,000	£32,800
NHS ENGLAND	124,677	124,677	-
LBTH	111,900	111,900	-
THEWS EIFT	73,870	73,870	£73,870
Bank Credit	£10,379	10,379	£4,526
	<u>£180,217</u>	<u>£426,409</u>	<u>£606,626</u>
			<u>£632,859</u>

3. INVESTMENT INCOME

	£	£
Restricted funds	2025	2024
Bank interest receivable	0	0
	<u>0</u>	<u>0</u>

4. Costs of charitable activities by fund type

	2025	2024
Restricted funds		
Charitable Activities	414,654	362,923
Support costs	8,092	8,524
	<u>422,747</u>	<u>371,447</u>

5. Costs of charitable activities by fund type

	Grant funding of activities	Support Costs	2025	2024
			£	£
Support Cost				
Charitable Activities			414,654	362,923

6. Other costs

	2025	2024
Governance cost	1,620	1,617

7. Finance costs

2025	2024
44	42

8. Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2025

9. Staff costs and emoluments	<u>2025</u>	<u>2024</u>
Total staff costs		
Salary and wages	361,346	320,076
Social security costs	31,907	27,722
Pension costs	16,366	14,112
	<u>£409,618</u>	<u>£361,910</u>

	<u>2025</u>	<u>2024</u>
Employees	15	15

10. TRUSTEES REMUNERATION AND BENEFITS

Trustees' expenses

There were no Trustees remuneration in the year to 31 March 2025 nor in the prior year
There were no related parties transactions in the year to 31 March 2025 nor the prior year.

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for restricted funds.

	<u>2025</u>	<u>2024</u>
12. DEBTORS	£	£
Amounts due within one year:		
Prepayments and accrued income	-	£88,870
	=	<u>£88,870</u>

	<u>2025</u>	<u>2024</u>
13. CREDITORS	£	£
Amounts due within one year:		
Accruals and deferred income	-	-
	=	=

14. Movement in funds

	Balance at 01/04/2024	Incoming resources	Balance at 31/03/2025
Unrestricted Funds	£	£	£
General	121,386	180,217	301,603
Total funds	<u>121,386</u>	<u>180,217</u>	<u>301,603</u>

Purpose of unrestricted Funds

General:

Unrestricted funds are available for use at the discretion of the committee in furtherance of their charitable objectives unless the funds have been designated for other purposes

	Balance at 01/04/2024	Incoming Resources	Outgoing Resources	Balance at 31/03/2025
Restricted Funds	£	£	£	£
General	854,789	426,409	424,411	856,787
Total funds	<u>854,789</u>	<u>426,409</u>	<u>424,411</u>	<u>856,787</u>

Purpose of restricted Funds

General:

Restricted funds are subject to specific conditions set out by donors on the use of the funds

DOCKLANDS OUTREACH COMPANY LIMITED
INCOME AND EXPENDITURE
YEAR ENDED 31ST MARCH 2025

	<u>2025</u>	<u>2024</u>
	£	£
Income and Endowment:		
Donations and legacies		
Grants	604,693	628,333
Other Income	<u>1,933</u>	<u>63,748</u>
	<u>606,626</u>	<u>692,081</u>
Investments:		
Bank Interest Receivable	<u>0</u>	<u>0</u>
Total incoming resources	<u>606,626</u>	<u>692,081</u>
EXPENDITURE:		
Charitable activities		
Staff Costs - Wages and Salaries	361,346	320,076
Staff Costs - Social Security Costs	31,907	27,722
Staff Costs - Pension Contribution	16,366	14,112
Other Activity Based Costs	<u>5,036</u>	<u>1,013</u>
	<u>414,654</u>	<u>362,923</u>
SUPPORT COSTS: MANAGEMENT		
Rent	3,200	1,600
Insurance	1,425	1,307
Office Supplies	1,828	963
Telephone	921	1,278
Other Professional Fees	0	0
Maintenance	164	0
Travel Cost	0	1,412
Software Subscription	554	0
Training Cost	<u>0</u>	<u>1,964</u>
	<u>8,092</u>	<u>8,524</u>
FINANCE		
Bank Charges	<u>44</u>	<u>42</u>
GOVERNANCE COSTS		
Accountancy Fees	<u>1,620</u>	<u>1,617</u>
Total resources expended	<u>424,411</u>	<u>373,106</u>
Net expenditure	<u>£182,215</u>	<u>£318,975</u>

DOCKLANDS OUTREACH COMPANY LIMITED

England & Wales - Charity number 1071838

Accounts

DOCKLANDS OUTREACH COMPANY LIMITED

TRUSTEES' REPORT AND ACCOUNTS

YEAR ENDED 31ST MARCH 2024

COMPANY HOUSE NO: 03483305

CHARITY REGISTRATION NO: 1071838

DOCKLANDS OUTREACH COMPANY LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2024

CONTENTS	PAGE
LEGAL AND ADMINISTRATIVE INFORMATION	1
REPORT OF THE TRUSTEES	2-7
INDEPENDENT EXAMINERS REPORT	8
STATEMENT OF FINANCIAL ACTIVITIES	9
BALANCE SHEET	10
NOTES TO THE FINANCIAL STATEMENTS	11
DETAILED STATEMENT OF FINANCIAL ACTIVITIES	14

DOCKLANDS OUTREACH COMPANY LIMITED
LEGAL AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31ST MARCH 2024

CHARITY REGISTRATION NUMBER:	1071838
COMPANY HOUSE NO:	3483305
REGISTERED OFFICE:	ST MATTHIAS CHURCH, 113 POPLAR HIGH STREET LONDON E14 0AE
TRUSTEES:	Mr Ashwani Sharma (Chair) Mr Edward Duncan Charles Ms Selina Asombang Dr Joseph David Cullen
INDEPENDENT EXAMINER	New Bond Accountants 4a - 6a Hythe Street Dartford DA1 1BX

**DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2024**

The trustees, who are also directors of the charity for the purposes of the Companies Act 1985, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 18 December 1997, and registered as a Charity on 6 October 1998. The Company was established under a Memorandum of Association which established the objects and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company going into liquidation, members of the organisation are required to contribute an amount not exceeding £1.

Management and Governance

Docklands Outreach is governed by a voluntary and elected Board of Trustees who have professional expertise in our areas of service delivery and possess the necessary skills, to analyse the progress of the work and to achieve the organisation's aims. They are responsible for the strategic direction, long term sustainability, guidance on staffing team and human resources. The Board of Trustees meet on a monthly or quarterly basis to oversee, review the strategic direction and policies of the organisation. The Director has overall management responsibility, and day to day running of the organisation. The above combination ensures the smooth running of the organisation, and that the organisation continues to meet its aims and objectives.

No formal training is given but all potential trustees are invited to attend meetings with the staff. Trustees get to know the charity's aims and objectives and how it operates and attend a meeting of the Board of Trustees. The following checks are also carried out: Criminal Records Bureau (enhanced) Charity Commission - Declaration of eligibility for newly appointed trustees.

Risk management

The Trustees regularly review the risks the charity may face to introduce procedures to mitigate the risks identified. They recognise the volatile nature of funding and the challenges faced because of the economic downturn and cutbacks. To manage this risk Docklands Outreach ensures that it maintains and builds new partnership with key stakeholders and ensures that it builds up its reserves to mitigate future funding decline by having a robust three-year funding strategy in place.

Reserve Policy

Trustees have established that to fulfill their responsibilities to staff and to minimise risk of any breach of statute or organisational duty, the organisation should hold sufficient funds in reserve to meet the salaries of all core staff initially for six months due to the demand on its core services post pandemic, should it become necessary to make such staff redundant. DO has been working towards building a satisfactory level of funds to provide a secure base for the fulfilment of the company's charitable objectives, in accordance with Charity Commission guidelines and through full cost recovery (FCR). The organisation is pleased that it has achieved its aim of fulfilling its reserves for six months running, redundancy and other contingency costs, in line with the organisation's three-year funding strategy, to sustain core services, core team, office refit, IT upgrade other contingencies and expansion as required.

Employees

DO is committed to equal opportunities in terms of equal treatment, equal access, and equal share in all aspects of its programmes, administration, management, and support, regardless of age, race, colour, nationality, religion, ethnic or national origin, gender, marital status, sexual orientation, LGBTQ+, gender reassignment or disability. It aims to offer an environment, which is safe, supportive, and sensitive to the diverse needs of Individuals Concerned with the Project ('ICWD') so that all can achieve their full potential.

The charity does, however, ask that its staff sympathise with the aims and objects of the charity. Section 7(2)d of the Sex Discrimination Act 1975 also applies where it is essential to restrict the job to female applications only.

DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2024

STATEMENT OF TRUSTEE RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each (Accounts and Reports) 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 charity for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- 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 which 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 Charity's Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report is prepared in accordance with the special provision of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 20 December 2024 and signed:

ON BEHALF OF THE BOARD:

A rectangular box containing a handwritten signature in cursive script, which appears to read 'Ashwani Sharma'.

.....
Mr Ashwani Sharma (Chair)

Report of the Trustees for the Year Ended 31 March 2024

It has been a very busy and rewarding year for Docklands Outreach. Due to funding stability during this year, the Director along with the wonderful team were able to fully focus on providing good quality needs-based holistic support to children, young people and parent/care givers. This focus is very much needed as the referrals to the service remained the same as the year before with complex presentations and more neurodiverse referrals that require the team to adapt and offer longer interventions to suit their needs.

Tower Hamlets communities continue to face multiple challenges and the ongoing impact of the pandemic. This is further exacerbated due to the borough being the 2nd most deprived in London with a high percentage of BAME communities and being one of the most densely populated London boroughs with an acute housing crisis. Overcrowding, basic needs, financial hardship, combined health worries and anxieties post pandemic continue to have an impact on emotional wellbeing and mental health.

Docklands Outreach (DO) in partnership with key partners and stakeholders continued to provide essential therapeutic and practical support during this period. The DO team continues to work in innovative ways of working in collaboration with services users to respond well to their needs, and those of the wider community. During this period, we supported over 500 children, young people, parents, and carers with a combination of evidenced based group and individual parenting support, counselling, psychotherapy, cognitive behavioural therapy, community connector support, advocacy, community outreach and street-work to reach marginalised groups who were not accessing mainstream support.

Post pandemic learning, development and in continuous consultation and feedback from our service users we continue to offer blended/hybrid support using our valued outreach model to meet diverse needs of our community. This year saw further improvements and development of this service offer, we increased our outreach delivery and partnership work with new partners and am proud to report that we now have therapists and practitioners in Children and Families Hubs across the borough, community and youth centres. This combination allows the team to deliver usual daytime, evening appointments and choice of venues, increasing access to support. In partnership with Look Ahead/Tower Hamlets Domestic Abuse Service (THDAS), we established therapeutic support for their residents, and this is going from strength to strength with positive outcomes for children, young people and mothers at the residency. Our THEWS partnership has also gone from strength from strength with DO Family Support Practitioners bases in three primary schools where we receive continual positive feedback.

We are grateful to our key partners, ELFT/CAMHS/THEWS, Spotlight, Tower Hamlet Children and Family Hubs across the borough who have given us space to deliver our interventions from their venues. The wonderful team remain experts on MS Teams, Zoom and other platforms and have the confidence to adapt sessions, times, platform to suit individual needs seamlessly. The Board of Trustees, Director and the wider team continued to meet regularly, reviewing, implementing changes as we progressed during the year. Working closely with East London Foundation Trust (ELFT), the Anna Freud Centre for Children and Young People, Health Education England, Kings College, Health Education London, Local Authority (LA), Poplar Harca, and other local agencies to ensure mental health and crisis support was available if needed. The team continued to work collaboratively with young people, parents, careers, and the community to monitor progress to ensure that it met the needs of our service users. The referrals received continues to see an increase in safeguarding concerns, the need for additional time for multi-agency liaison, risk assessments and safety planning. This year continued to see an increase in ASC and other neurodivergent referrals to the service and the team identified further training for themselves to ensure that we were able support those children and young people well, as well as building key relationships with specialist support services for advice, guidance or onward referrals. DO continues to manage this well with good case management, reviews and being able to offer more sessions due to offering hybrid working arrangements.

The above will not have been possible without our directors continual fundraising efforts, combined with ensuring good management, supervision, training and support is provided to the team so that they in turn are in a good position to support our service users with complex needs.

The partnership with East London Foundation Trust (ELFT) is longstanding and greatly valued by both. It is important to highlight ELFT recognising the value of our partnership, integrated work and provided funds to sustain our workforce who in turn can support the referrals that we receive from CAMHS and other agencies. With additional funds secured we were able to increase our workforce and capacity and meet this increased demand to the service. We have seen an increase in our income from previous years and ended the financial year in a good position and in line with our three-year funding strategy. We remain cautious as one of our service level agreements that we are subcontracted to deliver is ending in 2023/24, we need to review the impact of this as we progress.

We continue to be mindful of the pandemic's long-term impact on children, young people parent/caregivers mental and physical health and remain committed in our delivery of our core services to children, young people and families while maintaining a healthy reserve to address wider environmental challenges. Due to the increase in referrals and service users demand for more in person support we need to budget for bigger or additional office space, continue to invest in technology, look at increasing wage growth due to the cost-of-living crisis and retaining trainees post qualification in line with similar voluntary sector organisation with an ambition to raise salary in line with NHS services.

Staff wellbeing and support remained key during this period, as a safeguard from not being overworked, being mindful of their own wellbeing and health concerns. The mechanisms that the Director put in place and reviewed regularly for well-being, support, and connectivity with the whole team continue to work well.

During this period, we continued to develop preventative and early intervention support to improve the mental health and wellbeing of children, young people, parent, and families by developing joint intervention with our key partners and stakeholders in health, social care, education, and community groups to ensure an integrated model of care was provided during this crucial time.

Objectives and Aims

Tower Hamlets has a vibrant multi-culturally and religiously diverse community, with 65% of residents from Black and Minority Ethnic Communities (BAME). Despite some improvements, the borough retains widespread deprivation including low income, unemployment/insecure employment, poor housing, overcrowding, social isolation, alcohol, substance misuse, racist and hate related incidents, which in turn can lead to mental-health conditions such as anxiety, depression, psychosis, bi-polar, and eating disorders, which contribute to morbidity, poor quality of life, and mortality. These multifaceted and complex challenges have been further exacerbated due to the Covid-19 pandemic and as a borough and service provider we are still feeling its effects.

DO remains a health and preventative social inclusion agency providing comprehensive services to young people, children, and families with a particular emphasis on addressing inequalities and supporting marginalised communities as a BAME emotional wellbeing and mental health service in the borough. Within this context, our primary work is to offer evidenced based interventions and support to those who have emotional, mental, and behavioural difficulties. However, we also offer wider support to those who are involved in or at risk from drugs and their misuse, crime, negative sexual health, and other issues that can often lead to exclusion and contribute to poor emotional and mental health wellbeing – our ethos has always been to offer holistic wrap around support. Due to our commitment to children, families, and young people we support, we continually ensure that service provision takes account of the reality of their lives, lived experiences and their views, offers them choices, and works with them collaboratively to give them the confidence and skills to take more control of their lives.

DO, with its partner agencies, provides a full range of services assessing the needs of each individual and family, developing support and care-plans in collaboration with them and providing solutions for a range of issues and problems as they are presented. We continue to review and develop our services to meet the need of our service users and community. Feedback from partners and service users confirms that we remain a valued and trusted community organisation, that offers safe, approachable, non-judgemental, collaborative support, and treatment on a range of common mental health disorders, and on wider issues.

Significant Activities

5

The programmes and initiatives offered by DO during this period remained varied from engaging young people at street level to the more complex and demanding work involved in supporting them and families in their encounters with a range of statutory institutions and agencies, while delivering appropriate needs-based interventions using a hybrid model to suit individual support needs. Key programmes that DO delivered in 2023-2024: Detached Street-Work & Outreach (DSWO) & Advocacy Support: During this period, DSWO sessions were limited, with more advocacy and check in sessions with young people and their families to address Covid-19 and post pandemic worries, anxieties, safety, how to look after emotional wellbeing, health and how to access further support.

Mental Health Support for Children and Young People: Difficulties children and young people faced during this period continued to mirror national trends of high anxiety, panic, self-harm including suicidal ideation, family conflict, relationship difficulties, trauma, abuse, PTSD, OCD, fear, panic attacks, worry about family and friends, school and exam worries, risk to elderly relations and coping with bereavement. This year saw an increase in trauma, adverse childhood experiences and abuse cases that due to the team were able to support due to their training and skills set.

The partnership with East London Foundation Trust (ELFT) is longstanding and greatly valued by both. It is important to highlight ELFT recognising the value of our partnership, integrated work and provided funds to sustain our workforce who in turn can support the referrals that we receive from CAMHS and other agencies. With additional funds secured we were able to increase our workforce and capacity and meet this increased demand to the service. We have seen an increase in our income from previous years and ended the financial year in a good position and in line with our three-year funding strategy. We remain cautious as one of our service level agreements that we are subcontracted to deliver is ending in 2023/24, we need to review the impact of this as we progress.

We continue to be mindful of the pandemic's long-term impact on children, young people parent/caregivers mental and physical health and remain committed in our delivery of our core services to children, young people and families while maintaining a healthy reserve to address wider environmental challenges. Due to the increase in referrals and service users demand for more in person support we need to budget for bigger or additional office space, continue to invest in technology, look at increasing wage growth due to the cost-of-living crisis and retaining trainees post qualification in line with similar voluntary sector organisation with an ambition to raise salary in line with NHS services.

Staff wellbeing and support remained key during this period, as a safeguard from not being overworked, being mindful of their own wellbeing and health concerns. The mechanisms that the Director put in place and reviewed regularly for well-being, support, and connectivity with the whole team continue to work well.

During this period, we continued to develop preventative and early intervention support to improve the mental health and wellbeing of children, young people, parent, and . e

The above will not have been possible without our directors continual fundraising efforts, combined with ensuring good management, supervision, training and support is provided to the team so that they in turn are in a good position to support our service users with complex needs.

The partnership with East London Foundation Trust (ELFT) is longstanding and greatly valued by both. It is important to highlight ELFT recognising the value of our partnership, integrated work and provided funds to sustain our workforce who in turn can support the referrals that we receive from CAMHS and other agencies. With additional funds secured we were able to increase our workforce and capacity and meet this increased demand to the service. We have seen an increase in our income from previous years and ended the financial year in a good position and in line with our three-year funding strategy. We remain cautious as one of our service level agreements that we are subcontracted to deliver is ending in 2023/24, we need to review the impact of this as we progress.

We continue to be mindful of the pandemic's long-term impact on children, young people parent/caregivers

Docklands Outreach have qualifications that are not the norm in a school environment. Our students need this support as they have stress, worries, family issues, historical issues and friendship issues that seem to have been heightened since Covid or maybe we have got better at making them aware of them.

Docklands Outreach connect with so many other agencies and this triangulation work in schools creates strong community links. Each therapist has their own unique specialism and this compliments the work being done in school and allows the best interventions to be put into place. The therapists meet weekly to discuss cases/ assessments, so this means that the best support is given.

Before we worked with Docklands Outreach, we struggled to meet the students' needs and many students were at crisis point and struggled in silence. There has been a reduction in Multi Agency Safeguarding Hub (MASH) referrals as we are doing more preventative work.

Working in partnership with the London and South East Learning Collaborative continues to have enormous benefits post pandemic, not just for our CBT and Parent Training trainees but to Docklands Outreach as whole. The advice, guidance and sharing good practice and policies enabled us to deliver the emotional and mental health support with confidence. The team continued to provide NICE guided evidenced based interventions to support and treat conduct difficulties, low mood, depression, anxiety, and panic disorders, OCD, PTSD. Counselling provided support around trauma, abuse, family conflict, self-harm. Carrying out an initial assessment/consultation with young people and families ensured that the approach is appropriate to their needs. Supporting service users creatively (using tools and resources) and in a sensitive and non-judgemental manner that is essential to all our work. Combining this with physical health of walking, getting fresh air regularly either individually or as whole family helped with them coping better with pandemic anxieties.

Our wonderful partnerships with CAMHS, THEDS, Step Forward continued to have enormous benefits too, with all organisations working collaboratively to deliver support to children and their families during this period - sharing expertise, protocols and support remained invaluable during this period.

The board are very grateful to ELFT for valuing our longstanding partnership, for providing the funds required to sustain some of our team to continue to support children, young people, and families. DO joined Tower Hamlets Emotional Wellbeing Service (THEWS) in April 2022. This further strengthened our joint work and partnership with ELFT and Step Forward whilst providing funds to carry out the work. It has been a pleasure to work with Compass Wellbeing who provide the funds for our Community Connector position. Working together with THEDS has enabled us to develop closer working relationships and – our community connector is based there two days a week that enables us to support young people with serious mental health issues whilst learning from each other.

Our partnership with Spotlight continues to evolve and get stronger with the Healthspot Initiative with GPs, Youth Workers, and Safe East (sexual health/substance misuse support). This partnership is another wonderful example of listening to service users who wanted to access mental, physical health and youth work provisions under one roof to deliver person-centred care to address local population health needs. Using the venue to deliver in person support was very welcomed by the team and our service users.

Achievement & Performance

The increased demand for our service meant that we exceeded most of our service level targets within nine months. Feedback from our service users was key to ensure that the support that they received was according to their needs and satisfactory. Almost all our service users felt that they were well supported during this period with care and sensitivity and were grateful at how quickly we were able take support forward and being able to provide holistic support remotely. We continued to build on our extensive partnership work and developed joint working initiatives that benefited our service users and community. As a result, we supported over 500 children, young people, parents, and carers with emotional, behavioral, and psychological difficulties via talking therapies, parenting, psychosocial, and advocacy support, and over 50 young people via street-work and workshops.

Again, during this period, our Director was invited to be part of different strategic working groups, and was invited to consider DO becoming a mental health delivery partner with other organisations. She also remained part of the Children and Young People's Emotional Wellbeing and Mental Health Working Group. This reflects how DO is viewed for its leadership, its excellent community knowledge, its strong and developed referral and support pathway along with its robust policy, procedures and excellent team that enable DO to support children and families so well. We recognize that there are unmet needs, and we are actively working with our key partners ELFT, Step Forward, The Southeast Learning Collaborative and Spotlight to secure additional resources to expand our service provision to meet these needs.

Principal Funding Sources

Important transactions in the year included the following grants and donations received:

East London Foundation Trust	£254,758
East London Foundation Trust/THEWS	£73,870
Health Education England - London	£80,037
Compass Wellbeing	£46,714
Step Forward	£84,375
Poplar Harca	£30,000
Langdon Park School	£32,800
Look Ahead/THDAS	£25,779

Future Developments

The demanding nature of the work remains high, especially in these unpredictable times. DO is committed to meeting this need through continuously developing the organisation, partnership networks and new delivery methods to continue to provide support to children, young people, and families. We have learnt during this period that blended support works very well, some service users prefer this while others preferred in person, and we will continue to offer this choice increasing space and team capacity to reflect need. We will continue to evaluate our core work, to learn from it, to progress into new and dynamic work streams, investing in staff training and technology, while keeping to the values and principles of delivering a service to the children and young people who need it most.

The key to sustainability lies in raising sufficient funds year on year, maintaining sufficient reserves in line with our three-year funding strategy to continue to deliver our core services when faced with difficulties and times of reduced funding opportunities. Within this context DO will continue to work towards the following aims:

7

Key aims

- Continue to improve children and young people's emotional, mental health wellbeing support, and deliver earlier interventions that reflect the needs and preferences of young people and their families.
- Further develop and invest in our online digital offer to meet the request from our services users and plan for office refit, demand, and development.
- To increase staff training budget for continual professional development, in particular ASD training to meet the needs of children and young people with ASD being referred to the service.
- Expand the Street and Community Outreach Programme and deliver borough wide to support marginalised groups who are not accessing mainstream support.
- Continue to be part of the Southeast Learning Collaborative to deliver high quality evidenced based interventions: Parenting programmes for emotional, behavioral and conduct disorder, CBT and Systemic Family Practice, Counselling in line with CYP IAPT Principals.
- Train more practitioners as part of the Recruit to Train initiative to increase the workforce and delivery of more evidence-based programmes.
- Maintain a trusted, safe, accessible, and collaborative resource for the community.
- Build on current partnerships and develop new ones.

My fellow Trustees and I would like to take this opportunity to thank all staff, full and part-time, trainees and our service users for their hard work, their vision, commitment, and dedication to the project. As always very special thanks are due to the Director, Runa Khaliq, who continues to invest every effort into securing funding for the organisation in these challenging times, while developing new methods of service delivery and supporting the team so well. Through Runa's exceptional leadership DO has not only managed to sustain and consolidate its core activity but has been examining further avenues of work and new funding opportunities. The staff are to be particularly commended for their positive approach to change, transformation, and dedication to our service users.

Feedback from service users, partner organisations and other key stakeholders and our own statistics demonstrate that we consistently meet the needs of our diverse community. Not only do we provide accessible and needs based support but also provide interventions that provide consistent positive outcomes and treatment to our service users, and we do this in a culturally and socially sensitive manner. Below are a couple of feedback from parents that really demonstrate the above.

The work you do to support others as part of and outside of Docklands Outreach is truly inspirational. Well Runa, you are inspirational. You lead, select, and bring your team with you on your vision and journey.

Joe, I wanted to say thank you for the outstanding therapy help my daughter received from you for her anxiety and panic attacks. As a result of your phenomenal support, she managed to overcome her fear of outdoors. She has accomplished a lot since September last year, the top of the list is her independent travel. You helped her to travel independently from her college to home which is a huge achievement. She has learnt to problem solve and calm herself when under stress, she didn't go into a panic attack when she found herself alone and locked in a farm on, she picked her phone and called me for help. This fantastic progress she has made gives me comfort and hope that she will continue to achieve great things in her life, will one day be able to live an independent life.

Parenting is hard. I was having trouble with my daughter's mood swings and her anger tantrums That is when I called the GP, and he gave me Docklands Outreach's number. Azra's way of talking and her helpful voice gave me the courage to share my feelings and all the problems I was facing with my daughter. She always had the right advice to give me always and asked to stop doing certain things and instantly I would see the change at home and with my daughter. Slowly we had sessions with my daughter as well and there were so many things that I did not know of, was missing from my relationship with my daughter. She has been a life saver for me. Our lives have got so much better and easier because of that. Thanks, and I hope you can help all the parents out there.

As Chair, I would also like to thank the fellow trustees for the advice, support, and time they have given to the organisation throughout the year. Their commitment, wealth of personal and professional experience, knowledge from public, community and private sector all help to advice, guide and lead DO to continue to adapt and consolidate itself as a leading community mental health and wellbeing organisation.

We would like to express our gratitude towards all our funders, ELFT CAMHS, Health Education England, Step Forward, Poplar Harca, and Langdon Park School - for continuing to recognise the value of our work and for providing the much-needed funds that is required to continue to support the most vulnerable groups at this time.

Many thanks also to ELFT CAMHS for providing staff with clinical supervision, to Jennifer Fear and Richard Simmonds for providing valuable peer support to Runa. To Daniel Rose and Poplar Harca Spotlight for their continual support. I would also like to take this opportunity again and thank the Southeast Learning Collaborative, and The Anna Freud Centre for Children and Families for their advice, guidance, and opportunities to the organisation.

Ashwani Sharma - Chair of the Board of Trustees

**REPORT OF THE INDEPENDENT EXAMINER
DOCKLANDS OUTREACH COMPANY LIMITED
YEAR ENDED 31ST MARCH 2024**

I report on the accounts for the year ended 31st March 2024 set out on pages five to nine.

Respective responsibilities of trustees and examiner

The Charity's Trustees (who are also the Directors for the purposes of Company Law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an independent examination is required. 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 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiners 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 accounts

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 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Omowunmi Shitta, FCCA

New Bond Accountants

Business and Charity Advisors

4a - 6a Hythe Street

Dartford

Kent

DA1 1 BX

Date: 20 December, 2024

DOCKLANDS OUTREACH COMPANY LIMITED
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31ST MARCH 2024

		Unrestricted funds	Restricted funds	2024	2023
INCOMING RESOURCES	Notes	£	£	£	£
<i>Incoming resources from generated funds</i>					
Donations and legacies	2	63,748	628,333	692,081	498,560
Investments	3	-	-	-	-
TOTAL INCOME		<u>63,748</u>	<u>628,333</u>	<u>692,081</u>	<u>498,560</u>
RESOURCES EXPENDED					
Charitable Activities	4	-	362,923	362,923	333,990
Support Cost	5	-	8,524	8,524	9,295
Governance Cost	6	-	1,617	1,617	1,617
Finance Cost	7	-	42	42	44
TOTAL RESOURCES EXPENDED		=	<u>373,106</u>	<u>373,106</u>	<u>344,946</u>
NET INCOME/EXPENDITURE FOR THE YEAR		<u>63,748</u>	<u>255,227</u>	<u>318,975</u>	<u>153,614</u>
RECONCILIATION OF FUNDS					
Total Funds brought forward		<u>57,638</u>	<u>599,562</u>	<u>657,200</u>	<u>503,586</u>
TOTAL FUNDS CARRIED FORWARD		<u>£121,386</u>	<u>£854,789</u>	<u>£976,175</u>	<u>£657,200</u>

None of the charity's activities were acquired or discontinued during the year and there were no recognised gains and losses for 2024 or 2023 other than those included in the statement of financial activities.

The notes on pages 7 to 9 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
BALANCE SHEET
YEAR ENDED 31ST MARCH 2024

	<u>Notes</u>	<u>2024</u>	<u>2023</u>
FIXED ASSETS			
Tangible assets	8	-	-
CURRENT ASSETS			
Cash at bank and in hand		887,305	600,950
Debtors	12	88,870	56,250
CREDITORS: due within one year	13		
Net Current Assets		<u>976,175</u>	<u>657,200</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>£976,175</u>	<u>£657,200</u>
FUNDS:		<u>2024</u>	<u>2023</u>
Unrestricted Funds		121,386	57,638
Restricted Funds		<u>854,789</u>	<u>599,562</u>
Total funds		<u>£976,175</u>	<u>£657,200</u>

The financial statements were approved by the Board of Trustees on 20th December, 2024 and were signed on its behalf by:



.....
Mr Ashwani Sharma (Chair) - Trustee

The notes on pages 7 to 9 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2024

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations and other incoming resources - Income from grants

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities

Costs of charitable activities are those costs relating to the activities carried out to meet the objectives of the charity. These include both directly attributable costs and apportioned support costs.

Governance costs

Governance costs are the costs associated with the strategic direction of the organisation and with meeting regulatory responsibilities including apportioned support cost.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2024

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	<u>2024</u>	<u>2023</u>
Grants received	£ -	£ 632,859	£ 632,859	£ 491,436
	<u>£ -</u>	<u>£ 632,859</u>	<u>£ 632,859</u>	<u>£ 491,436</u>

Analysis of grants received

			<u>2024</u>	<u>2023</u>
East London Foundation Trust	-	254,758	254,758	£254,758
Health Education England - London	-	80,037	80,037	£99,528
Compass Wellbeing	-	46,714	46,714	£38,300
Poplar Harca	-	30,000	30,000	£30,000
Look Ahead THDAS Therapy	-	£25,779	£25,780	-
Step Forward	-	84,375	84,375	£56,250
Langdon Park School	-	32,800	32,800	£12,600
THEWS EIFT	-	73,870	73,870	-
Bank Credit	-	4,526	4,526	-
	=	<u>£632,859</u>	<u>£632,860</u>	<u>£491,436</u>

3. INVESTEMENT INCOME

Restricted funds	<u>2024</u>	<u>2023</u>
Bank interest receivable	<u>0</u>	<u>0</u>
	<u>0</u>	<u>0</u>

4. Costs of charitable activities by fund type

Restricted funds	<u>2024</u>	<u>2023</u>
Charitable Activities	362,923	333,990
Support costs	<u>8,524</u>	<u>9,295</u>
	<u>373,471</u>	<u>343,285</u>

5. Costs of charitable activities by fund type

	Grant funding of activities	Support Cost	<u>2024</u>	<u>2023</u>
Support Cost				
Charitable Activities			362,923	333,990

6. Other costs	<u>2024</u>	<u>2023</u>
Governance cost	<u>1,617</u>	<u>1,617</u>

7. Finance costs	<u>42</u>	<u>44</u>
-------------------------	-----------	-----------

8. Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2024

9. Staff costs and emoluments	<u>2024</u>	<u>2023</u>
Total staff costs		
Salary and wages	320,076	289,627
Social security costs	27,722	26,211
Pension costs	1,013	12,092
	<u>£348,811</u>	<u>£327,930</u>
	<u>2024</u>	<u>2023</u>
Employees	<u>15</u>	<u>15</u>

10. TRUSTEES REMUNERATION AND BENEFITS

Trustees' expenses

There were no Trustees remuneration in the year to 31 March 2024 nor in the prior year

There were no related parties transactions in the year to 31 March 2024 nor the prior year.

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for restricted funds.

	<u>2024</u>	<u>2023</u>
12. DEBTORS		
Amounts due within one year:		
Prepayments and accrued income	£88,870	£56,250
	<u>£88,870</u>	<u>£56,250</u>
	<u>2024</u>	<u>2023</u>
13. CREDITORS		
Amounts due within one year:		
Accruals and deferred income	-	-
	<u>-</u>	<u>-</u>

14. Movement in funds

	Balance at 01/04/2023	Incoming resources	Balance at 31/03/2024
	£	£	£
Unrestricted Funds			
General	57,638	63,748	121,386
Total funds	<u>57,638</u>	<u>63,748</u>	<u>121,386</u>

Purpose of unrestricted Funds

General:

Unrestricted funds are available for use at the discretion of the committee in furtherance of their charitable objectives unless the funds have been designated for other purposes

	Balance at 01/04/2023	Incoming Resources	Outgoing Resources	Balance at 31/03/2024
	£	£	£	£
Restricted Funds				
General	657,200	692,081	373,106	976,175
Total funds	<u>657,200</u>	<u>692,081</u>	<u>373,106</u>	<u>976,175</u>

Purpose of restricted Funds

General:

Restricted funds are subject to specific conditions set out by donors on the use of the funds

DOCKLANDS OUTREACH COMPANY LIMITED
INCOME AND EXPENDITURE
YEAR ENDED 31ST MARCH 2024

	<u>2024</u>	<u>2023</u>
	<u>£</u>	<u>£</u>
Income and Endowment:		
Donations and legacies		
Grants	628,333	491,436
Other Income	<u>63,748</u>	<u>7,124</u>
	<u>692,081</u>	<u>498,560</u>
Investments:		
Bank Interest Receivable	<u>0</u>	<u>0</u>
Total incoming resources	<u>692,081</u>	<u>498,560</u>
EXPENDITURE:		
Charitable activities		
Staff Costs - Wages and Salaries	320,076	289,627
Staff Costs - Social Security Costs	27,722	26,211
Staff Costs - Pension Contribution	14,112	12,092
Other Activity Based Costs	<u>1,013</u>	<u>6,060</u>
	<u>362,923</u>	<u>333,990</u>
SUPPORT COSTS: MANAGEMENT		
Rent	1,600	4,800
Insurance	1,307	1,260
Office Supplies	963	1,182
Telephone	1,278	978
Other Professional Fees	0	371
Maintenance	0	704
Travel Cost	1,412	0
Training Cost	<u>1,964</u>	<u>0</u>
	<u>8,524</u>	<u>9,295</u>
FINANCE		
Bank Charges	<u>42</u>	<u>44</u>
GOVERNANCE COSTS		
Accountancy Fees	<u>1,617</u>	<u>1,617</u>
Total resources expended	<u>373,106</u>	<u>344,946</u>
Net expenditure	<u>£318,975</u>	<u>£153,614</u>

DOCKLANDS OUTREACH COMPANY LIMITED

England & Wales - Charity number 1071838

Accounts

DOCKLANDS OUTREACH COMPANY LIMITED

TRUSTEES' REPORT AND ACCOUNTS

YEAR ENDED 31ST MARCH 2023

COMPANY HOUSE NO: 03483305

CHARITY REGISTRATION NO: 1071838

DOCKLANDS OUTREACH COMPANY LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2023

CONTENTS	PAGE
LEGAL AND ADMINISTRATIVE INFORMATION	1
REPORT OF THE TRUSTEES	2-7
INDEPENDENT EXAMINERS REPORT	8
STATEMENT OF FINANCIAL ACTIVITIES	9
BALANCE SHEET	10
NOTES TO THE FINANCIAL STATEMENTS	11
DETAILED STATEMENT OF FINANCIAL ACTIVITIES	14

DOCKLANDS OUTREACH COMPANY LIMITED
LEGAL AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31ST MARCH 2023

CHARITY REGISTRATION NUMBER:	1071838
COMPANY HOUSE NO:	3483305
REGISTERED OFFICE:	ST MATTHIAS CHURCH, 113 POPLAR HIGH STREET LONDON E14 0AE
TRUSTEES:	Mr Ashwani Sharma (Chair) Mr Edward Duncan Charles Ms Selina Asombang Dr Joseph David Cullen
INDEPENDENT EXAMINER	New Bond Accountants 4a - 6a Hythe Street Dartford DA1 1BX

DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act 1985, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 18 December 1997, and registered as a Charity on 6 October 1998. The Company was established under a Memorandum of Association which established the objects and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company going into liquidation, members of the organisation are required to contribute an amount not exceeding £1.

Management and Governance

Docklands Outreach is governed by a voluntary and elected Board of Trustees who have professional expertise in our areas of service delivery and possess the necessary skills, to analyse the progress of the work and to achieve the organisation's aims. They are responsible for the strategic direction, long term sustainability, guidance on staffing team and human resources. The Board of Trustees meet on a monthly or quarterly basis to oversee, review the strategic direction and policies of the organisation. The Director has overall management responsibility, and day to day running of the organisation. The above combination ensures the smooth running of the organisation, and that the organisation continues to meet its aims and objectives.

No formal training is given but all potential trustees are invited to attend meetings with the staff. Trustees get to know the charity's aims and objectives and how it operates and attend a meeting of the Board of Trustees. The following checks are also carried out: Criminal Records Bureau (enhanced) Charity Commission - Declaration of eligibility for newly appointed trustees.

Risk management

The Trustees regularly review the risks the charity may face to introduce procedures to mitigate the risks identified. They recognise the volatile nature of funding and the challenges faced because of the economic downturn and cutbacks. To manage this risk Docklands Outreach ensures that it maintains and builds new partnership with key stakeholders and ensures that it builds up its reserves to mitigate future funding decline by having a robust three-year funding strategy in place.

Reserve Policy

Trustees have established that to fulfill their responsibilities to staff and to minimise risk of any breach of statute or organisational duty, the organisation should hold sufficient funds in reserve to meet the salaries of all core staff initially for six months due to the demand on its core services post pandemic, should it become necessary to make such staff redundant. DO has been working towards building a satisfactory level of funds to provide a secure base for the fulfilment of the company's charitable objectives, in accordance with Charity Commission guidelines and through full cost recovery (FCR). The organisation is pleased that it has achieved its aim of fulfilling its reserves for six months running, redundancy and other contingency costs, in line with the organisation's three-year funding strategy, to sustain core services, core team, office refit, IT upgrade other contingencies and expansion as required.

Employees

DO is committed to equal opportunities in terms of equal treatment, equal access, and equal share in all aspects of its programmes, administration, management, and support, regardless of age, race, colour, nationality, religion, ethnic or national origin, gender, marital status, sexual orientation, LGBTQ+, gender reassignment or disability. It aims to offer an environment, which is safe, supportive, and sensitive to the diverse needs of Individuals Concerned with the Project ('ICWD') so that all can achieve their full potential.

The charity does, however, ask that its staff sympathise with the aims and objects of the charity. Section 7(2)d of the Sex Discrimination Act 1975 also applies where it is essential to restrict the job to female applications only.

DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2023

STATEMENT OF TRUSTEE RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each (Accounts and Reports) 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 charity for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- 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 which 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 Charity's Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report is prepared in accordance with the special provision of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 20 December 2023 and signed:

ON BEHALF OF THE BOARD:

A rectangular box containing a handwritten signature in cursive script, which appears to read 'Ashwani Sharma'.

Mr Ashwani Sharma (Chair)

Report of the Trustees for the Year Ended 31 March 2023

It has been a very busy year for Docklands Outreach with an ongoing increase in referrals, and complexity in presentations to the service. While mirroring national trends, Tower Hamlets communities continue to face additional challenges and disproportionate on-going impact of the pandemic. Due to the borough being the 2nd most deprived in London with a high percentage of BAME communities and being one of the most densely populated London boroughs with an acute housing crisis.

Overcrowding, basic needs, financial hardship, isolation from friends and peers, pandemic worries have in turn impacted on their emotional wellbeing and mental health challenges. Family pressures - a combination of health anxieties, financial hardships, lack of digital access, concerns for the future - are having lasting effects.

Despite a higher number of referrals to the service as a direct result of the pandemic, Docklands Outreach (DO) in partnership with key partners and stakeholders continued to provide essential therapeutic and practical support during this period. DO team continue to work in innovative ways of working in collaboration with services users to respond well to their needs, and those of the wider community. During this period, we supported over 500 children, young people, parents, and carers with a combination of evidenced based group and individual parenting support, counselling, psychotherapy, cognitive behavioural therapy, community connector support, advocacy, community outreach and street-work to reach marginalised groups who were not accessing mainstream support.

As an outreach service DO remains well placed to offer blended/hybrid support to meet the needs of our service users. We are grateful to our key partners, Spotlight and Children and Family Hubs across the borough who have given us space to deliver our interventions from their venues, enabling and increasing access to support in these times of increased need. The wonderful team remain experts on MS Teams, Zoom and other platforms and have the confidence to adapt sessions, times, platform to suit individual needs seamlessly.

Throughout this period the Board of Trustees, Director and the wider team continued to meet regularly,

Objectives and Aims

Tower Hamlets has a vibrant multi-culturally and religiously diverse community, with 65% of residents from Black and Minority Ethnic Communities (BAME). Despite some improvements, the borough retains widespread deprivation including low income, unemployment/insecure employment, poor housing, overcrowding, social isolation, alcohol, substance misuse, racist and hate related incidents, which in turn can lead to mental-health conditions such as anxiety, depression, psychosis, bi-polar, and eating disorders, which contribute to morbidity, poor quality of life, and mortality. These multifaceted and complex challenges have been further exacerbated due to the Covid-19 pandemic and as a borough and service provider we are still feeling its effects.

DO remains a health and preventative social inclusion agency providing comprehensive services to young people, children, and families with a particular emphasis on addressing inequalities and support marginalised communities as a BAME emotional wellbeing and mental health service in the borough. Within this context, our primary work is to offer evidenced based interventions and support to those who have emotional, mental, and behavioural difficulties. However, we also offer wider support to those who are involved in or at risk from drugs and their misuse, crime, negative sexual health, and other issues that can often lead to exclusion and contribute to poor emotional and mental health wellbeing – our ethos has always been to offer holistic wrap around support. Due to our commitment to children, families, and young people we support, we continually ensure that service provision takes account of the reality of their lives, lived experiences and their views, offers them choices, and works with them collaboratively to give them the confidence and skills to take more control of their lives.

DO, with its partner agencies, provides a full range of services assessing the needs of each individual and family, developing support and care-plans in collaboration with them and providing solutions for a range of issues and problems as they are presented. We continue to review and develop our services to meet the need of our service users and community. Feedback from partners and service users confirms that we remain a valued and trusted community organisation, that offers safe, approachable, non-judgemental, collaborative support, and treatment on a range of common mental health disorders, and on wider issues.

The programmes and initiatives offered by DO during this period remained varied from engaging young people at street level to the more complex and demanding work involved in supporting them and families in their encounters with a range of statutory institutions and agencies, while delivering appropriate needs-based interventions using a hybrid model to suit individual support needs. Key programmes that DO delivered in 2022-2023: Detached Street-Work & Outreach (DSWO) & Advocacy Support: During this period, DSWO sessions were limited, with more advocacy and check in sessions with young people and their families to address Covid-19 and post pandemic worries, anxieties, safety, how to look after emotional wellbeing, health and how to access further support.

Mental Health Support for Children and Young People: Difficulties children and young people faced during this period continued to mirror national trends of high anxiety, panic, self-harm including suicidal ideation, family conflict, relationship difficulties, trauma, abuse, PTSD, OCD, fear, panic attacks, worry about family and friends, school and exam worries, risk to elderly relations and coping with bereavement. For those who were already experiencing these difficulties pre-Covid, their symptoms and coping strategies decreased with onset of additional or new difficulties and challenges (i.e., being at home/relationship difficulties with family), lack of space, privacy, increased health anxieties, combined with difficulties of accessing the right support at the right time further intensifying these difficulties. Referrals to our talking therapies service, advocacy and parenting teams continued to increase as a result – a combination of self and agency referrals. We were able to meet this demand by offering a hybrid/blended model, securing further funds to expand the team.

Parenting Support: The parenting team were able to start delivering face to face support from the second half of the year as well as remote support, deliver Personalised Individual Parenting Programme (PIPT), and our Community Families Intervention mostly remotely, and parents were keen to access these interventions as the remote option was easier for them to access. Alongside this, weekly check in with some parents that needed a combination of setting routines with families, coping with pandemic and post pandemic anxieties and challenges easing of restrictions, back to school for children was provided.

Community Connector – Young Adult (18-25) Mental Health Support: DO was incredibly proud that our application to Compass Wellbeing was successful and we were able to recruit a community connector to support young adults with serious mental health issues (SMIs) to achieve better mental health and wellbeing outcomes. The role is a very exciting one that works closely with Tower Hamlets Early Detection Service (THEDS) and is part of The Community Mental Health Framework for Adults and Older Adults.

Our key aim and the role of our community connector is to improve the service offer for young adults, those between the ages of 18-25 years old. Support young people with challenges relating to the transition between child and adolescent and adult mental health services, provide them with one-to-one targeted support, help them navigate systems as well as enabling them to access community resources that enable to build independence and be less reliant on services. Our Community Connector role has been a huge success as it followed our outreach and advocacy model and it has been a pleasure to work with THEDS – a organisation that has similar values as DO.

Langdon Park School (LPS): Therapy Delivery: LPS recognised the importance of having therapeutic support for pupils for several years and wanted to build on this. The school commissioned DO to provide therapeutic support at the school four days a week complementing support already available. This been another great example of partnership work focused on improving children and young people's emotional wellbeing and mental health support in schools. During this year working closely with the school safeguarding and inclusion team we provided a combination of counselling, psychotherapy, and CBT – allowing for choices in approach to individual

Docklands Outreach have qualifications that are not the norm in a school environment. Our students need this support as they have stress, worries, family issues, historical issues and friendship issues that seem to have been heightened since Covid or maybe we have got better at making them aware of them.

Docklands Outreach connect with so many other agencies and this triangulation work in schools creates strong community links. Each therapist has their own unique specialism and this compliments the work being done in school and allows the best interventions to be put into place. The therapists meet weekly to discuss cases/ assessments, so this means that the best support is given.

Before we worked with Docklands Outreach, we struggled to meet the students' needs and many students were at crisis point and struggled in silence. There has been a reduction in Multi Agency Safeguarding Hub (MASH) referrals as we are doing more preventative work.

Key partnerships with South East Learning Collaborative, CAMHS/ELFT, Step Forward, Spotlight, THEDS and Langdon Park School.

Working in partnership with the London and South East Learning Collaborative continues to have enormous benefits post pandemic, not just for our CBT and Parent Training trainees but to Docklands Outreach as whole. The advice, guidance and sharing good practice and policies enabled us to deliver the emotional and mental health support with confidence. The team continued to provide NICE guided evidenced based interventions to support and treat conduct difficulties, low mood, depression, anxiety, and panic disorders, OCD, PTSD. Counselling provided support around trauma, abuse, family conflict, self-harm. Carrying out an initial assessment/consultation with young people and families ensured that the approach is appropriate to their needs. Supporting service users creatively (using tools and resources) and in a sensitive and non-judgemental manner that is essential to all our work. Combining this with physical health of walking, getting fresh air regularly either individually or as whole family helped with them coping better with pandemic anxieties.

Our wonderful partnerships with CAMHS, THEDS, Step Forward continued to have enormous benefits too, with all organisations working collaboratively to deliver support to children and their families during this period - sharing expertise, protocols and support remained invaluable during this period.

The board are very grateful to ELFT for valuing our longstanding partnership, for providing the funds required to sustain some of our team to continue to support children, young people, and families. DO joined Tower Hamlets Emotional Wellbeing Service (THEWS) in April 2022. This further strengthened our joint work and partnership with ELFT and Step Forward whilst providing funds to carry out the work. It has been a pleasure to work with Compass Wellbeing who provide the funds for our Community Connector position. Working together with THEDS has enabled us to develop closer working relationships and – our community connector is based there two days a week that enables us to support young people with serious mental health issues whilst learning from each other.

Our partnership with Spotlight continues to evolve and get stronger with the Healthspot Initiative with GPs, Youth Workers, and Safe East (sexual health/substance misuse support). This partnership is another wonderful example of listening to service users who wanted to access mental, physical health and youth work provisions under one roof to deliver person-centred care to address local population health needs. Using the venue to deliver in person support was very welcomed by the team and our service users.

Achievement & Performance

The increased demand for our service meant that we exceeded most of our service level targets within nine months. Feedback from our service users was key to ensure that the support that they received was according to their needs and satisfactory. Almost all our service users felt that they were well supported during this period with care and sensitivity and were grateful at how quickly we were able take support forward and being able to provide holistic support remotely. We continued to build on our extensive partnership work and developed joint working initiatives that benefited our service users and community. As a result, we supported over 500 children, young people, parents, and carers with emotional, behavioral, and psychological difficulties via talking therapies, parenting, psychosocial, and advocacy support, and over 50 young people via street-work and workshops.

Again, during this period, our Director was invited to be part of different strategic working groups, and was invited to consider DO becoming a mental health delivery partner with other organisations. She also remained part of the Children and Young People's Emotional Wellbeing and Mental Health Working Group. This reflects how DO is viewed for its leadership, its excellent community knowledge, its strong and developed referral and support pathway along with its robust policy, procedures and excellent team that enable DO to support children and families so well. We recognize that there are unmet needs, and we are actively working with our key partners ELFT, Step Forward, The Southeast Learning Collaborative and Spotlight to secure additional resources to expand our service provision to meet these needs.

Principal Funding Sources

Important transactions in the year included the following grants and donations received:

East London Foundation Trust	£254,758
Health Education England - London	£99,528
Compass Wellbeing	£38,300
Step Forward	£56,250
Poplar Harca	£30,000
Langdon Park School	£12,600

Future Developments

The demanding nature of the work remains high, especially in these unpredictable times. DO is committed to meeting this need through continuously developing the organisation, partnership networks and new delivery methods to continue to provide support to children, young people, and families. We have learnt during this period that blended support works very well, some service users prefer this while others preferred in person, and we will continue to offer this choice increasing space and team capacity to reflect need. We will continue to evaluate our core work, to learn from it, to progress into new and dynamic work streams, investing in staff training and technology, while keeping to the values and principles of delivering a service to the children and young people who need it most.

The key to sustainability lies in raising sufficient funds year on year, maintaining sufficient reserves in line with our three-year funding strategy to continue to deliver our core services when faced with difficulties and times of reduced funding opportunities. Within this context DO will continue to work towards the following aims:

Key aims

- Continue to improve children and young people's emotional, mental health wellbeing support, and deliver earlier interventions that reflect the needs and preferences of young people and their families.
- Further develop and invest in our online digital offer to meet the request from our services users and plan for office refit, demand, and development.
- To increase staff training budget for continual professional development, in particular ASD training to meet the needs of children and young people with ASD being referred to the service.
- Expand the Street and Community Outreach Programme and deliver borough wide to support marginalised groups who are not accessing mainstream support.
- Continue to be part of the Southeast Learning Collaborative to deliver high quality evidenced based interventions: Parenting programmes for emotional, behavioral and conduct disorder, CBT and Systemic Family Practice, Counselling in line with CYP IAPT Principals.
- Train more practitioners as part of the Recruit to Train initiative to increase the workforce and delivery of more evidence-based programmes.
- Maintain a trusted, safe, accessible, and collaborative resource for the community.
- Build on current partnerships and develop new ones.

My fellow Trustees and I would like to take this opportunity to thank all staff, full and part-time, trainees and our service users for their hard work, their vision, commitment, and dedication to the project. As always very special thanks are due to the Director, Runa Khalique, who continues to invest every effort into securing funding for the organisation in these challenging times, while developing new methods of service delivery and supporting the team so well. Through Runa's exceptional leadership DO has not only managed to sustain and consolidate its core activity but has been examining further avenues of work and new funding opportunities. The staff are to be particularly commended for their positive approach to change, transformation, and dedication to our service users.

Feedback from service users, partner organisations and other key stakeholders and our own statistics demonstrate that we consistently meet the needs of our diverse community. Not only do we provide accessible and needs based support but also provide interventions that provide consistent positive outcomes and treatment to our service users, and we do this in a culturally and socially sensitive manner. Below are a couple of feedback from parents that really demonstrate the above.

The work you do to support others as part of and outside of Docklands Outreach is truly inspirational. Well Runa, you are inspirational. You lead, select, and bring your team with you on your vision and journey.

Joe, I wanted to say thank you for the outstanding therapy help my daughter received from you for her anxiety and panic attacks. As a result of your phenomenal support, she managed to overcome her fear of outdoors. She has accomplished a lot since September last year, the top of the list is her independent travel. You helped her to travel independently from her college to home which is a huge achievement. She has learnt to problem solve and calm herself when under stress, she didn't go into a panic attack when she found herself alone and locked in a room, she picked her phone and called me for help. This fantastic progress she has made gives me comfort and hope that she will continue to achieve great things in her life, will one day be able to live an independent life.

Parenting is hard. I was having trouble with my daughter's mood swings and her anger tantrums That is when I called the GP, and he gave me Docklands Outreach's number. Azra's way of talking and her helpful voice gave me the courage to share my feelings and all the problems I was facing with my daughter. She always had the right advice to give me always and asked to stop doing certain things and instantly I would see the change at home and with my daughter. Slowly we had sessions with my daughter as well and there were so many things that I did not know of, was missing from my relationship with my daughter. She has been a life saver for me. Our lives have got so much better and easier because of that. Thanks, and I hope you can help all the parents out there.

As Chair, I would also like to thank the fellow trustees for the advice, support, and time they have given to the organisation throughout the year. Their commitment, wealth of personal and professional experience, knowledge from public, community and private sector all help to advice, guide and lead DO to continue to adapt and consolidate itself as a leading community mental health and wellbeing organisation.

We would like to express our gratitude towards all our funders, ELFT CAMHS, Health Education England, Step Forward, Poplar Harca, and Langdon Park School - for continuing to recognise the value of our work and for providing the much-needed funds that is required to continue to support the most vulnerable groups at this time.

Many thanks also to ELFT CAMHS for providing staff with clinical supervision, to Jennifer Fear and Richard Simmonds for providing valuable peer support to Runa. To Daniel Rose and Poplar Harca Spotlight for their continual support. I would also like to take this opportunity again and thank the Southeast Learning Collaborative, and The Anna Freud Centre for Children and Families for their advice, guidance, and opportunities to the organisation.

Ashwani Sharma - Chair of the Board of Trustees

**REPORT OF THE INDEPENDENT EXAMINER
DOCKLANDS OUTREACH COMPANY LIMITED
YEAR ENDED 31ST MARCH 2023**

I report on the accounts for the year ended 31st March 2023 set out on pages five to nine.

Respective responsibilities of trustees and examiner

The Charity's Trustees (who are also the Directors for the purposes of Company Law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an independent examination is required. 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 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiners 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 accounts

Independent examiner's statement

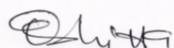
In connection with my examination, no matter has come to my attention:

(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 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Omowunmi Shitta, FCCA
New Bond Accountants
Business and Charity Advisors
4a - 6a Hythe Street
Dartford
Kent
DA1 1 BX

Date: 20 December, 2023

DOCKLANDS OUTREACH COMPANY LIMITED
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31ST MARCH 2023

		Unrestricted funds	Restricted funds	2023	2022
INCOMING RESOURCES	Notes	£	£	£	£
<i>Incoming resources from generated funds</i>					
Donations and legacies	2		498,560	498,560	421,950
Investments	3	-	-	-	506
TOTAL INCOME		=	<u>498,560</u>	<u>498,560</u>	<u>422,456</u>
RESOURCES EXPENDED					
Charitable Activities	4	-	(333,990)	(333,990)	(268,881)
Support Cost	5	-	(9,295)	(9,295)	(7,456)
Governance Cost	6	-	(1,617)	(1,617)	(1,617)
Finance Cost	7	-	(44)	(44)	(43)
TOTAL RESOURCES EXPENDED		=	<u>(344,946)</u>	<u>(344,946)</u>	<u>(277,997)</u>
NET INCOME/EXPENDITURE FOR THE YEAR		=	<u>153,614</u>	<u>153,614</u>	<u>144,459</u>
RECONCILIATION OF FUNDS					
Total Funds brought forward		<u>57,638</u>	<u>445,948</u>	<u>503,586</u>	<u>359,127</u>
TOTAL FUNDS CARRIED FORWARD		<u>£57,638</u>	<u>£599,562</u>	<u>£657,200</u>	<u>£503,586</u>

None of the charity's activities were acquired or discontinued during the year and there were no recognised gains and losses for 2023 or 2022 other than those included in the statement of financial activities.

The notes on pages 7 to 9 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
BALANCE SHEET
YEAR ENDED 31ST MARCH 2023

	<u>Notes</u>	<u>2023</u>	<u>2022</u>
FIXED ASSETS			
Tangible assets	8	-	-
CURRENT ASSETS			
Cash at bank and in hand		600,950	476,911
Debtors	12	56,250	26,675
CREDITORS: due within one year	13	-	-
Net Current Assets		<u>657,200</u>	<u>503,586</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>£657,200</u>	<u>£503,586</u>
FUNDS:		<u>2023</u>	<u>2022</u>
Unrestricted Funds		<u>57,638</u>	<u>57,638</u>
Restricted Funds		<u>599,562</u>	<u>445,948</u>
Total funds		<u>£657,200</u>	<u>£503,586</u>

The financial statements were approved by the Board of Trustees on 20th December, 2023 and were signed on its behalf by:



.....
Mr Ashwani Sharma (Chair) - Trustee

The notes on pages 7 to 9 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2023

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations and other incoming resources - Income from grants

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities

Costs of charitable activities are those costs relating to the activities carried out to meet the objectives of the charity. These include both directly attributable costs and apportioned support costs.

Governance costs

Governance costs are the costs associated with the strategic direction of the organisation and with meeting regulatory responsibilities including apportioned support cost.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2023

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	<u>2023</u>	<u>2022</u>
Grants received	£ -	£ 491,436	£ 491,436	£ 421,950
	<u>£ -</u>	<u>£ 491,436</u>	<u>£ 491,436</u>	<u>£ 421,950</u>

Analysis of grants received

			<u>2023</u>	<u>2022</u>
East London Foundation Trust	-	254,758	£254,758	£128,918
Health Education England - London	-	99,528	£99,528	£107,357
Compass Wellbeing	-	38,300	£38,300	-
Poplar Harca	-	30,000	£30,000	£33,774
St Matthias Community Centre	0	-	-	£1,901
Step Forward	-	56,250	£56,250	£147,500
Langdon Park School	-	12,600	£12,600	-
Tavistock & Portman NHS Trust	-	-	-	-
LBTH	-	0	-	£2,500
	=	<u>£491,436</u>	<u>£491,436</u>	<u>£421,950</u>

3. INVESTEMENT INCOME

Restricted funds	<u>2023</u>	<u>2022</u>
Bank interest receivable	<u>0</u>	<u>506</u>
	<u>0</u>	<u>506</u>

4. Costs of charitable activities by fund type

Restricted funds	<u>2023</u>	<u>2022</u>
Charitable Activities	333,990	268,881
Support costs	<u>9,295</u>	<u>7,456</u>
	<u>343,285</u>	<u>276,337</u>

5. Costs of charitable activities by fund type

	Grant funding of activities	Support Cost	<u>2023</u>	<u>2022</u>
Support Cost				
Charitable Activities			333,990	258,881

6. Other costs	<u>2023</u>	<u>2022</u>
Governance cost	<u>1,617</u>	<u>1,617</u>

7. Finance costs	<u>44</u>	<u>43</u>
------------------	-----------	-----------

8. Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2023

9. Staff costs and emoluments

Total staff costs for the year ended 31 March 2023 were:

	<u>2023</u>	<u>2022</u>
Salary and wages	289,627	232,989
Social security costs	26,211	21,037
Pension costs	12,092	10,551
	<u>£327,930</u>	<u>£264,577</u>
	<u>2023</u>	<u>2022</u>
Employees	<u>15</u>	<u>13</u>

10. TRUSTEES REMUNERATION AND BENEFITS**Trustees' expenses**

There were no Trustees remuneration in the year to 31 March 2023 nor in the prior year

There were no related parties transactions in the year to 31 March 2023 nor the prior year.

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for restricted funds.

	<u>2023</u>	<u>2022</u>
12. DEBTORS		
Amounts due within one year:		
Prepayments and accrued income	£56,250	£26,475
	<u>£56,250</u>	<u>£26,475</u>
	<u>2023</u>	<u>2022</u>
13. CREDITORS		
Amounts due within one year:		
Accruals and deferred income	-	-
	=	=

14. Movement in funds

	Balance at 01/04/2022	Incoming resources	Balance at 31/03/2023
Unrestricted Funds	£	£	£
General	57,638	-	57,638
Total funds	<u>57,638</u>	<u>-</u>	<u>57,638</u>

Purpose of unrestricted Funds

General:

Unrestricted funds are available for use at the discretion of the committee in furtherance of their charitable objectives unless the funds have been designated for other purposes

	Balance at 01/04/2022	Incoming Resources	Outgoing Resources	Balance at 31/03/2023
Restricted Funds	£	£	£	£
General	445,948	498,560	(344,946)	599,562
Total funds	<u>445,948</u>	<u>498,560</u>	<u>(344,946)</u>	<u>599,562</u>

Purpose of restricted Funds

General:

Restricted funds are subject to specific conditions set out by donors on the use of the funds

DOCKLANDS OUTREACH COMPANY LIMITED
INCOME AND EXPENDITURE
YEAR ENDED 31ST MARCH 2023

	<u>2023</u>	<u>2022</u>
	<u>£</u>	<u>£</u>
Income and Endowment:		
Donations and legacies		
Grants	491,436	421,950
Other Income	<u>7,124</u>	<u>0</u>
	<u>498,560</u>	<u>421,950</u>
Investments:		
Bank Interest Receivable	<u>0</u>	<u>506</u>
Total incoming resources	<u>498,560</u>	<u>422,456</u>
EXPENDITURE:		
Charitable activities		
Staff Costs - Wages and Salaries	289,627	232,989
Staff Costs - Social Security Costs	26,211	21,037
Staff Costs - Pension Contribution	12,092	10,551
Other Activity Based Costs	<u>6,060</u>	<u>4,304</u>
	<u>333,990</u>	<u>268,881</u>
SUPPORT COSTS: MANAGEMENT		
Rent	4,800	4,000
Insurance	1,260	1,097
Office Supplies	1,182	444
Telephone	978	970
Other Professional Fees	371	400
Maintenance	704	545
	<u>9,295</u>	<u>7,456</u>
FINANCE		
Bank Charges	<u>44</u>	<u>43</u>
GOVERNANCE COSTS		
Accountancy Fees	<u>1,617</u>	<u>1,617</u>
Total resources expended	<u>344,946</u>	<u>277,997</u>
Net expenditure	<u>£153,614</u>	<u>£144,459</u>

DOCKLANDS OUTREACH COMPANY LIMITED

England & Wales - Charity number 1071838

Accounts

DOCKLANDS OUTREACH COMPANY LIMITED

TRUSTEES' REPORT AND ACCOUNTS

YEAR ENDED 31ST MARCH 2022

COMPANY HOUSE NO: 03483305

CHARITY REGISTRATION NO: 1071838

DOCKLANDS OUTREACH COMPANY LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2022

CONTENTS	PAGE
LEGAL AND ADMINISTRATIVE INFORMATION	1
REPORT OF THE TRUSTEES	2-3
INDEPENDENT EXAMINERS REPORT	4
STATEMENT OF FINANCIAL ACTIVITIES	5
BALANCE SHEET	6
NOTES TO THE FINANCIAL STATEMENTS	7-9
DETAILED STATEMENT OF FINANCIAL ACTIVITIES	10

DOCKLANDS OUTREACH COMPANY LIMITED
LEGAL AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31ST MARCH 2022

CHARITY REGISTRATION NUMBER:	1071838
COMPANY HOUSE NO:	3483305
REGISTERED OFFICE:	ST MATTHIAS CHURCH, 113 POPLAR HIGH STREET LONDON E14 0AE
TRUSTEES:	Mr Ashwani Sharma (Chair) Mr Edward Duncan Charles Ms Selina Asombang Dr Joseph David Cullen
SECRETARY:	Mr J B Parker
INDEPENDENT EXAMINER	New Bond Accountants 4a - 6a Hythe Street Dartford DA1 1BX

**DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2022**

The trustees present their report with the financial statements of the charity for the year ended 31st March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 18 December 1997, and registered as a Charity on 6 October 1998. The Company was established under a Memorandum of Association which established the objects and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company going into liquidation, members of the organisation are required to contribute an amount not exceeding £1.

Management and Governance

Docklands Outreach is governed by a voluntary and elected Board of Trustees who have professional expertise in our areas of service delivery and possess the necessary skills, to analyse the progress of the work and to achieve the organisation's aims. The Board of Trustees meet on a monthly or quarterly basis to oversee the strategic direction and policies of the organisation. The day to day running of the organisation is delegated to the Director.

No formal training is given but all potential trustees are invited to attend meetings with the staff. Trustees get to know the charity's aims and objectives and how it operates and attend a meeting of the Board of Trustees. The following checks are also carried out: Criminal Records Bureau (enhanced) Charity Commission - Declaration of eligibility for newly appointed trustees.

Risk management

The Trustees regularly review the risks the charity may face to introduce procedures to mitigate the risks identified. They recognise the volatile nature of funding and the challenges faced as a result of the economic downturn, cutbacks and new challenges due to the Covid-19 Pandemic. To manage these risks and to ensure we remain financially stable Docklands Outreach ensures that it maintains and builds new partnership with key stakeholders and ensures that it builds up its reserves to mitigate future funding decline.

Reserve Policy

Trustees have established that in order to fulfill their responsibilities to staff and to minimise risk of any breach of statute or organisational duty, the organisation should hold sufficient funds in reserve to meet the salaries of all core staff initially for six months, should it become necessary to make such staff redundant. DO has been working towards building a satisfactory level of funds to provide a secure base for the fulfilment of the company's charitable objectives, in accordance with Charity Commission guidelines and through full cost recovery (FCR). The organisation is pleased that it has achieved its aim of fulfilling its reserves for six months running cost, redundancy costs and other contingencies costs.

Employee

DOC is committed to equal opportunities in terms of equal treatment, equal access and equal share in all aspects of its programmes, administration, management and support, regardless of age, race, colour, nationality, religion, ethnic or national origin, gender, marital status, sexual orientation or disability. It aims to offer an environment, which is safe, supportive, and sensitive to the diverse needs of Individuals Concerned with the Project ('ICWD') so that all can achieve their full potential.

The charity does, however, ask that its staff sympathise with the aims and objects of the charity. Section 7(2)(d) of the Sex Discrimination Act 1975 also applies where it is essential to restrict the job to female applications only.

**DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2022**

STATEMENT OF TRUSTEE RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each (Accounts and Reports) 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 charity for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- 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 which 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 Charity's Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report is prepared in accordance with the special provision of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 27 December 2022 and signed:

ON BEHALF OF THE BOARD:

A rectangular box containing a handwritten signature in dark ink. The signature appears to be 'Ashwani Sharma' written in a cursive style.

Mr Ashwani Sharma (Chair)

**REPORT OF THE INDEPENDENT EXAMINER
DOCKLANDS OUTREACH COMPANY LIMITED
YEAR ENDED 31ST MARCH 2022**

I report on the accounts for the year ended 31st March 2022 set out on pages five to nine.

Respective responsibilities of trustees and examiner

The Charity's Trustees (who are also the Directors for the purposes of Company Law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an independent examination is required. 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 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiners 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

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 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Omowunmi Shitta, FCCA

New Bond Accountants
Business and Charity Advisors
4a - 6a Hythe Street
Dartford
Kent
DA1 1 BX

Date: 27 December, 2022

DOCKLANDS OUTREACH COMPANY LIMITED
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31ST MARCH 2022

		Unrestricted funds	Restricted funds	2022	2021
		£	£	£	£
INCOMING RESOURCES	Notes				
<i>Incoming resources from generated funds</i>					
Donations and legacies	2	1,901	420,049	421,950	315,277
Investments	3	-	506	506	633
TOTAL INCOME		<u>1,901</u>	<u>420,555</u>	<u>422,456</u>	<u>315,910</u>
RESOURCES EXPENDED					
Charitable Activities	4	-	(268,881)	(268,881)	(208,007)
Support Cost	5	-	(7,456)	(7,456)	(9,493)
Governance Cost	6	-	(1,617)	(1,617)	(1,618)
Finance Cost	7	-	(43)	(43)	(48)
TOTAL RESOURCES EXPENDED		=	<u>(277,997)</u>	<u>(277,997)</u>	<u>(219,166)</u>
NET INCOME/EXPENDITURE FOR THE YEAR		<u>1,901</u>	<u>142,558</u>	<u>144,459</u>	<u>96,744</u>
RECONCILIATION OF FUNDS					
Total Funds brought forward		<u>55,737</u>	<u>303,390</u>	<u>359,127</u>	<u>262,383</u>
TOTAL FUNDS CARRIED FORWARD		<u>£57,638</u>	<u>£445,948</u>	<u>£503,586</u>	<u>£359,127</u>

None of the charity's activities were acquired or discontinued during the year and there were no recognised gains and losses for 2022 or 2021 other than those included in the statement of financial activities.

The notes on pages 7 to 9 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
BALANCE SHEET
YEAR ENDED 31ST MARCH 2022

	<u>Notes</u>	<u>2022</u>	<u>2021</u>
FIXED ASSETS			
Tangible assets	8	-	-
CURRENT ASSETS			
Cash at bank and in hand		476,911	332,870
Debtors	12	26,675	28,758
CREDITORS: due within one year	13	-	<u>(2,501)</u>
Net Current Assets		<u>503,586</u>	<u>359,127</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>£503,586</u>	<u>£359,127</u>
FUNDS:		<u>2022</u>	<u>2021</u>
Unrestricted Funds		<u>57,638</u>	<u>£55,737</u>
Restricted Funds		<u>445,948</u>	<u>£303,390</u>
Total funds		<u>£503,586</u>	<u>£359,127</u>

The financial statements were approved by the Board of Trustees on 27th December, 2022 and were signed on its behalf by:



Mr Ashwani Sharma (Chair) - Trustee

The notes on pages 7 to 9 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Celestial Church of Christ - House of Praise Parish meets the definition of a public benefit entity under FRS 102.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations and other incoming resources - Income from tithes of the network churches in the forum when these are receivable.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities

Costs of charitable activities are those costs relating to the activities carried out to meet the objectives of the Church. These include both directly attributable costs and apportioned support costs.

Governance costs

Governance costs are the costs associated with the strategic direction of the organisation and with meeting regulatory responsibilities including apportioned support cost.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2022

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	<u>2022</u>	<u>2021</u>
Grants received	£ 1,901	£ 420,049	£ 421,950	£ 315,277
	<u>£ 1,901</u>	<u>£ 420,049</u>	<u>£ 421,950</u>	<u>£ 315,277</u>

Analysis of grants received

			<u>2022</u>	<u>2021</u>
Central North West London NHS Trust	-	-	-	£21,000
East End Community Foundation	-	-	-	£14,552
East London Foundation Trust	-	128,918	£128,918	£54,358
Erasmus+ Programme	-	-	-	-
Health Education England - London	-	107,357	£107,357	£68,425
Poplar Harca	-	33,774	£33,774	£33,774
St Matthias Community Centre	1,901	-	£1,901	£2,567
Step Forward	-	147,500	£147,500	£70,000
Tavistock & Portman NHS Trust	-	-	-	£21,000
LBTH	-	2,500	£2,500	-
	<u>£1,901</u>	<u>£420,049</u>	<u>£421,950</u>	<u>£285,676</u>

3. INVESTEMENT INCOME

Restricted funds	<u>2022</u>	<u>2021</u>
Bank interest receivable	506	633
	<u>506</u>	<u>633</u>

4. Costs of charitable activities by fund type

Restricted funds	<u>2022</u>	<u>2021</u>
Charitable Activities	268,881	209,673
Support costs	7,456	9,493
	<u>276,337</u>	<u>219,166</u>

5. Costs of charitable activities by fund type

	Grant funding of activities	Support Cost	<u>2022</u>	<u>2021</u>
Support Cost				
Charitable Activities			276,337	219,166

6. Other costs	<u>2022</u>	<u>2021</u>
Governance cost	<u>1,617</u>	<u>1,618</u>

7. Finance costs	<u>43</u>	<u>48</u>
-------------------------	-----------	-----------

8. Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2022

9. Staff costs and emoluments

	<u>2022</u>	<u>2021</u>
Total staff costs for the year ended 31 March 2022 were:		
Salary and wages	232,989	185,086
Social security costs	21,037	15,520
Pension costs	10,551	5,096
	<u>£264,578</u>	<u>£205,702</u>
	<u>2022</u>	<u>2021</u>
Employees	<u>13</u>	<u>11</u>

10. TRUSTEES REMUNERATION AND BENEFITS**Trustees' expenses**

There were no Trustees remuneration in the year to 31 March 2022 nor in the prior year
There were no related parties transactions in the year to 31 March 2022 nor the prior year.

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for restricted funds.

	<u>2022</u>	<u>2021</u>
12. DEBTORS		
Amounts due within one year:		
Prepayments and accrued income	£26,475	£28,758
	<u>£26,475</u>	<u>£28,758</u>

	<u>2022</u>	<u>2021</u>
13. CREDITORS		
Amounts due within one year:		
Accruals and deferred income	-	£2,051
	<u>-</u>	<u>£2,051</u>

14. Movement in funds

	Balance at 01/04/2021	Incoming resources	Balance at 31/03/2022
Unrestricted Funds	£	£	£
General	55,737	1,901	57,638
Total funds	<u>55,737</u>	<u>1,901</u>	<u>57,638</u>

Purpose of unrestricted Funds

General:

Unrestricted funds are available for use at the discretion of the committee in furtherance of their charitable objectives unless the funds have been designated for other purposes

	Balance at 01/04/2021	Incoming Resources	Outgoing Resources	Balance at 31/03/2022
Restricted Funds	£	£	£	£
General	303,390	420,555	(277,997)	445,948
Total funds	<u>303,390</u>	<u>420,555</u>	<u>(277,997)</u>	<u>445,948</u>

Purpose of restricted Funds

General:

Restricted funds are subject to specific conditions set out by donors on the use of the funds

DOCKLANDS OUTREACH COMPANY LIMITED
INCOME AND EXPENDITURE
YEAR ENDED 31ST MARCH 2022

	<u>2022</u>	<u>2021</u>
	£	£
Income and Endowment:		
Donations and legacies		
Grants	421,950	315,277
	<u>421,950</u>	<u>315,277</u>
Investments:		
Bank Interest Receivable	<u>506</u>	<u>633</u>
Total incoming resources	<u>422,456</u>	<u>315,910</u>
EXPENDITURE:		
Charitable activities		
Staff Costs - Wages and Salaries	232,989	185,086
Staff Costs - Social Security Costs	21,037	15,520
Staff Costs - Pension Contribution	10,551	5,096
Other Activity Based Costs	<u>4,304</u>	<u>3,971</u>
	<u>268,881</u>	<u>209,673</u>
SUPPORT COSTS: MANAGEMENT		
Rent	4,000	2,400
Insurance	1,097	1,031
Office Supplies	444	995
Telephone	970	1,220
Other Professional Fees	400	663
Maintenance	<u>545</u>	<u>1,518</u>
	<u>7,456</u>	<u>7,827</u>
FINANCE		
Bank Charges	<u>43</u>	<u>48</u>
GOVERNANCE COSTS		
Accountancy Fees	<u>1,617</u>	<u>1,618</u>
Total resources expended	<u>277,997</u>	<u>219,166</u>
Net expenditure	<u>£144,459</u>	<u>£96,744</u>

DOCKLANDS OUTREACH COMPANY LIMITED

England & Wales - Charity number 1071838

Accounts

Charity number: 1071838
Company number: 03483305
(England and Wales)

DOCKLANDS OUTREACH COMPANY LIMITED

TRUSTEES' REPORT AND ACCOUNTS

For the year ended 31 March 2021

DOCKLANDS OUTREACH COMPANY LIMITED
Contents Page
For the year ended 31 March 2021

Report of the Trustees	1 to 6
Independent Examiner's Report to the Trustees	7
Statement of Financial Activities	8
Statement of Financial Position	9
Notes to the Financial Statements	10 to 15
Detailed Statement of Financial Activities	16

DOCKLANDS OUTREACH COMPANY LIMITED

Report of the Trustees For the year ended 31 March 2021

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 March 2021. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

Chair's report

It is important to start the report and review of the year with Covid-19 and the wonderful response of our staff, who throughout the pandemic have worked tirelessly and in innovative ways to respond to the needs of our service users, communities while adapting to new ways of working. As an outreach service Docklands Outreach was well placed to start offering remote support straight away and was able to quickly put in mechanisms in place to provide support to our children, young people, families, and communities in this unprecedented time. From establishing home working protocols and wellbeing arrangements for staff, to staff responding to our services users' needs by adapting support and times to suit presenting issues. This ranged from producing videos, newsletters, developing shorter parenting support, family activities, to walking and talking therapy, regular check-in, and safety planning to advocacy support on health anxieties and Covid-19 worries, and team becoming experts on MS Teams, Zoom and other platforms.

Throughout this period the Board of Trustees, Director and team met regularly and continual review, evaluation, implementing changes took place as we progressed during the year. Working closely with our local Clinical Commissioning Group (CCG), Local Authority (LA), Step Forward, East London Foundation Trust (ELFT), Poplar Harca, and other local and national agencies to ensure mental health and crisis support was available and we were able to refer on to other support services accordingly. Importantly, the team always worked with young people, parents, careers, and the community to monitor progress of new way of delivering activities, and if the support met their needs.

Referrals to the service increased threefold during Covid-19, with increased demand for mental health with safeguarding concerns, and the need for additional time for multi-agency liaison, risk assessments and safety planning. DO was able to manage this well with good case management, reviews and being able to offer more sessions due to working from home, however, this was not sustainable, and all effort continues to be put into bringing in additional resources for the organisation as the demand is still on the increase. We are grateful to ELFT, and East End Community Foundation (EECF) for providing DO with additional funds to go towards sustaining our recruit to train trainees post qualification, enabling us to cope with the increased demand to the service.

Staff wellbeing and support was key during this period, as a safeguard from not being over worked, and being mindful of their own health concerns and that of their family, friends, and peers. From the start, the Director put in place mechanisms for their wellbeing, support, and connectivity with the whole team. From regular team meetings, individual check-ins, supervision, and team activities. Support was provided to our CBT and Parent Training Trainees to continue to develop their knowledge with guidance from KCL, UCL, supervisors and line managers.

During this period, we continued to develop preventative and early intervention support to improve the mental health and wellbeing of children, young people, parent, and families by developing joint intervention with our key partners and stakeholders in health, social care, education, and community groups to ensure an integrated model of care was provided during this crucial time.

DOCKLANDS OUTREACH COMPANY LIMITED

Report of the Trustees Continued For the year ended 31 March 2021

OBJECTIVES AND ACTIVITIES

Tower Hamlets has a vibrant multi-culturally and religious diverse community, with 65% of residents from Black and Minority Ethnic Communities (BAME). Despite some improvements, the borough retains widespread deprivation including low income, unemployment/insecure employment, poor housing, overcrowding, social isolation, alcohol, substance misuse, racist and hate related incidents, which in turn can lead to mental-health conditions such as anxiety, depression, psychosis, bi-polar, and eating disorders, which contribute to morbidity, poor quality of life, and mortality. These multifaceted and complex challenges have been further exacerbated due to Covid-19.

Docklands Outreach (DO) remains a health and preventative social inclusion agency providing comprehensive services to young people, children, and families, and is proud to be a BAME emotional wellbeing and mental health service in the borough. Our primary work is to offer evidenced based interventions and support to those who have emotional, mental, and behavioural difficulties. However, we also offer wider support to those who are involved in or at risk from drugs and their misuse, crime, negative sexual health, and other issues that can often lead to exclusion and contribute to poor emotional and mental health wellbeing - our ethos has always been to offer holistic wrap around support.

As such, and due to our commitment to children, families, and young people it serves, we continually ensure that service provision for the above groups takes account of the reality of their lives, lived experiences and their views, offers them choices, and works with them collaboratively to give them the confidence and skills to take more control of their lives. DO, with its partner agencies, provides a full range of services assessing the needs of each individual and family, developing support and care-plans in collaboration with them and providing solutions for a range of issues and problems as they are presented. We continue to review and develop our services to meet the need of our service users and community. Feedback from partners and service users confirms that we remain a valued and trusted community organisation, that offers safe, approachable, non-judgemental, collaborative, support, and treatment on a range of common mental health disorders, and on wider issues.

Statement on public benefit

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

DOCKLANDS OUTREACH COMPANY LIMITED

Report of the Trustees Continued For the year ended 31 March 2021

ACHIEVEMENTS AND PERFORMANCE

Significant activities

The programmes and initiatives offered by DO during this period remained varied from engaging young people at street level adhering to Covid-19 restrictions and guidance, to the more complex and demanding work involved in supporting them and families in their encounters with a range of statutory institutions and agencies, while delivering appropriate needs-based interventions. Key programmes that DO delivered in 2020-2021:

Detached Street-Work & Outreach (DSWO) & Advocacy Support: During the pandemic, DSWO sessions were limited, with more advocacy and check in sessions with young people and their families to address Covid-19 anxieties, safety, space to discuss lockdown restrictions, how to look after emotional wellbeing, health and how to access further support.

Mental Health Support for Children and Young People: difficulties children and young people faced during this period mirrored national trends of high anxiety, panic, self-harm including suicidal ideation, family conflict, relationship difficulties, trauma, reliving historical abuse, PTSD, OCD, fear, panic attacks, worry about family and friends, school and exam worries, risk to elderly relations and coping with bereavement. For those who were already experiencing these difficulties pre-Covid, their symptoms and coping strategies decreased with onset of additional or new difficulties and challenges (i.e., being at home/relationship difficulties with family), lack of space, privacy, increased health anxieties, combined with difficulties of accessing the right support at the right time, or not accessing any support at all further exacerbating these difficulties. Referrals to our talking therapies service (counselling/CBT), advocacy and parenting teams trebled as a result - a combination of self and agency referrals.

Incredible Years Parenting Programme and Needs Based Workshops were put on hold this year due to the pandemic. Instead, a combination of setting routines with families, coping with Covid-19 anxieties and challenges from lockdown, easing of restrictions to coping with 2nd lockdown and an opportunity to talk things through was provided on a weekly basis.

Key partnerships with South East Learning Collaborative, CAMHS/ELFT, Step Forward and Spotlight.

Working in partnership with the London and South East Learning Collaborative has had enormous benefits during the pandemic not just for our CBT and Parent Training trainees but to Docklands Outreach as whole. The advice, guidance and sharing good practice and policies around remote delivery enabled us to deliver the emotional and mental health support with confidence and using new online platforms. The team continued to provide NICE guided evidenced based interventions to support and treat conduct difficulties, low mood, depression, anxiety, and panic disorders. Carrying out an initial assessment/consultation with young people and families to ensure that the approach is appropriate to their needs. Supporting service users creatively (using tools and resources) and in a sensitive and non-judgemental manner that is essential to all our work. Combining this with physical health of walking, getting fresh air regularly either individually or as whole family helped with them coping better with pandemic anxieties.

Our partnership with CAMHS and Step had enormous benefits too, with all organisations working collaboratively to deliver support to children and their families during this period. From devising contingency plans with CCG to sharing expertise, protocols and support was invaluable during this period.

Our partnership with Spotlight since 2016, evolved during this period with the development of the HealthSpot Initiative with GPs, Youth Workers and Safe East (sexual health/substance misuse support). This partnership is another wonderful example of listening to service users who wanted to access mental, physical health and youth work provisions under one roof to deliver person-centred care to address local population health needs. Despite offering remote support due to the pandemic, the four organisations came together sharing knowledge and expertise to offer holistic support to young people on a range of issues.

DOCKLANDS OUTREACH COMPANY LIMITED

Report of the Trustees Continued For the year ended 31 March 2021

Achievements against objectives

The increased demand to our service from the start of the pandemic meant that we overachieved in most of our targets within six months, whilst incorporating additional support, and new methods of delivery. Feedback from our service users was key in ensuring that the support that they received was according to their needs and satisfactory. Almost all our service users felt that they were well supported during this period with care and sensitivity and were grateful at how quickly we were able to take support forward and being able to provide holistic support remotely. We continued to build on our extensive partnership work and developed joint working initiatives that benefited our service users and community. As a result, we supported over 350 children, young people, parents, and carers with emotional, behavioral, and psychological difficulties via talking therapies, parenting, psychosocial, and advocacy support.

During this period, our director was invited to be part of Tower Hamlets Mental Health Bronze Group. This group's main aim was to address the pressures many young people were facing due to the pandemic - loss/trauma and preparing to meet these emerging needs. She also remained part of the Children and Young People's Emotional Wellbeing and Mental Health Working Group, Covid-19 Youth Engagement Group, and action groups. This reflects how DO is viewed for its leadership, its excellent community knowledge, its strong and developed referral and support pathway along with its robust policy, procedures and excellent team that enable DO to support children and families so well. We recognize that there are unmet needs, and we are actively working with our key partners ELFT, Step Forward, The Southeast Learning Collaborative and Spotlight to secure additional resources to expand our service provision to meet these needs.

Principal Funding Sources

Important transactions in the year included the following grants and donations received:

Step Forward	£70,000
Health Education England - London	£68,425
East London Foundation Trust	£54,358
Poplar Harca	£33,774
Tavistock & Portman NHS Foundation Trust	£21,000
Central North West NHS Foundation Trust	£21,000
East End Community Foundation	£14,552

Future Developments

The demanding nature of the work remains high, especially in these times, but DO is committed to meeting this need through continuously developing the organisation, partnership networks and new delivery methods. We have learnt during this period that blended support works very well, some service users prefer this while others preferred in person, and we will continue to offer this choice. We will continue to evaluate our core work, to learn from it and to progress into new and dynamic work streams, while continuing to keep to the values and principles of delivering a service to the children and young people who need it most. The key to sustainability lies in raising sufficient funds to continue to deliver our services at a time of reduced funding opportunities. However, DO continues to work towards the following aims.

Key aims

- Improve young people's emotional, mental health wellbeing support, and deliver earlier interventions that reflect the needs and preferences of young people and their families.
- Further develop our online digital offer to meet the request from our services users.
- Expand the Street and Community Outreach Programme and deliver borough wide.
- Continue to be part of the Southeast Learning Collaborative deliver high quality evidenced based interventions: Parenting programmes for emotional, behavioral and conduct disorder, CBT and Systemic Family Practice, Counselling in line with CYP IAPT Principals.
- Train more practitioners as part of Recruit to Train initiative to increase workforce and delivery of more evidenced based programmes.
- Maintain a trusted, safe, and accessible and collaborative resource for the community.
- Build on current partnerships and develop new ones.

Finally, my fellow Trustees and I would like to take this opportunity to thank all staff, full and part-time, trainees and our service users for their hard work, their vision, commitment, and dedication to the project. Very special thanks are due to the Director, Runa Khaliq, who continues to invest every effort into securing funding for the organisation in these challenging times, while developing new methods of service delivery and supporting the team so well. Through Runa's exceptional leadership DO has not only managed to sustain and consolidate its core activity but has been examining further avenues of work and new funding opportunities. The staff are to be particularly commended for their positive approach to change and transformation.

As Chair, I would also like to thank the fellow trustees for the advice, support, and time they have given to the organisation, especially during this year. On the behalf of the trustees and staff I would like to give a very special thanks to Sylvester Thomas, a former trustee, who resigned in December 2020 from the Board, after many years. Through his wonderful

DOCKLANDS OUTREACH COMPANY LIMITED

Report of the Trustees Continued For the year ended 31 March 2021

knowledge of Tower Hamlets, his support, advice, and leadership he ensured that DO has continued to adapt and consolidate itself as a leading community health organisation. His expertise, experience and sense of humour will be very much missed. We wish him all the best for the future.

We would like to express our gratitude towards all our funders Step Forward, ELFT, Health Education England, Poplar Harca, Tavistock and Portman NHS Foundation Trust, and Central Northwest NHS Foundation Trust - for continuing to recognise the value of our work and for providing the much-needed funds that is required to continue to support the most vulnerable groups at this time.

Many thanks also to ELFT for providing staff with clinical supervision, to Jennifer Fear, Bill Williams, and Debbie Madell for providing valuable peer support to Runa. To Daniel Rose and Poplar Harca Spotlight for their continual support. I would also like to take this opportunity and thank the Southeast Learning Collaborative, and The Anna Freud Centre for Children and Families for their advice, guidance, and opportunities to the organisation.

FINANCIAL REVIEW

The charity reported a total income of £351,910 and a net surplus of £96,744 in the year to 31 March 2021, accumulated funds were £359,127.

Reserves

Trustees have established that in order to fulfill their responsibilities to staff and to minimise risk of any breach of statute or organisational duty, the organisation should hold sufficient funds in reserve to meet the salaries of all core staff initially for three months and then raising it to six months, should it become necessary to make such staff redundant. DO has been working towards building a satisfactory level of funds to provide a secure base for the fulfilment of the company's charitable objectives, in accordance with Charity Commission guidelines and through full cost recovery (FCR). The organisation is pleased that it has achieved its aim of fulfilling its reserves for six months running cost, redundancy liabilities and other contingencies costs.

The Trustees regularly review the risks the charity may face to introduce procedures to mitigate the risks identified. They recognise the volatile nature of funding and the challenges faced as a result of the economic downturn and cutbacks. To manage this risk Docklands Outreach ensures that it maintains and builds new partnership with key stakeholders and ensures that it builds up its reserves to mitigate future funding decline.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees' continue to adopt the going concern basis of accounting in preparing the accounts.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 18 December 1997 and registered as a Charity on 6 October 1998. The Company was established under a Memorandum of Association which established the objects and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company going into liquidation, members of the organisation are required to contribute an amount not exceeding £1.

Recruitment and appointment of trustees

Docklands Outreach is governed by a voluntary and elected Board of Trustees who have professional expertise in our areas of service delivery and possess the necessary skills, to analyse the progress of the work and to achieve the organisation's aims. The Board of Trustees meet on a monthly or quarterly basis to oversee the strategic direction and policies of the organisation. The day to day running of the organisation is delegated to the Director.

No formal training is given but all potential trustees are invited to attend meetings with the staff. Trustees get to know the charity's aims and objectives and how it operates, and also attend a meeting of the Board of Trustees. The following checks are also carried out: Criminal Records Bureau (enhanced) Charity Commission - Declaration of eligibility for newly appointed trustees.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	DOCKLANDS OUTREACH COMPANY LIMITED
Charity registration number	1071838
Company registration number	03483305
Principal address	ST MATTHIAS CHURCH 113 POPLAR HIGH STREET LONDON E14 0AE

DOCKLANDS OUTREACH COMPANY LIMITED

Report of the Trustees Continued
For the year ended 31 March 2021

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Mr Ashwani Sharma (Chair)
Mr Edward Duncan Charles
Mr Sylverious Thomas
(Resigned: 31 December 2020)
Dr Joseph David Cullen

Secretary

Mr J B Parker

Independent examiner

Tolu Obisesan
New Bond Accountants
4a - 6a Hythe Street
Dartford
DA1 1BX

Bankers

The Cooperative Bank
PO Box 250
Skelmersdale
WN8 6WT

Approved by the Board of Trustees and signed on its behalf by



..... 17 December 2021
Mr Ashwani Sharma (Chair)

DOCKLANDS OUTREACH COMPANY LIMITED
Independent Examiners Report to the Trustees
For the year ended 31 March 2021

I report to the trustees on my examination of the accounts of the charitable company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, 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 charity's accounts 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 examiners statement

Since the Charitable 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 by virtue of my membership of Association of Accounting Technicians, 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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the 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
4. 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 applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.



Tolu Obisesan
New Bond Accountants
4a - 6a Hythe Street
Dartford
DA1 1BX

17 December 2021

DOCKLANDS OUTREACH COMPANY LIMITED
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 £	2020 £
Income and endowments from:					
Donations and legacies	2	2,567	312,710	315,277	251,891
Investments	3	-	633	633	507
Total		2,567	313,343	315,910	252,398
Expenditure on:					
Charitable activities	4/5	-	(219,166)	(219,166)	(227,882)
Total		-	(219,166)	(219,166)	(227,882)
Net income		2,567	94,177	96,744	24,516
Reconciliation of funds					
Total funds brought forward		53,170	209,213	262,383	237,867
Total funds carried forward		55,737	303,390	359,127	262,383

DOCKLANDS OUTREACH COMPANY LIMITED
Statement of Financial Position
As at 31 March 2021

	Notes	2021 £	2020 £
Current assets			
Debtors	12	28,758	35,576
Cash at bank and in hand		332,870	233,734
		361,628	269,310
Creditors: amounts falling due within one year	13	(2,501)	(6,927)
Net current assets		359,127	262,383
Total assets less current liabilities		359,127	262,383
Net assets		359,127	262,383
The funds of the charity			
Restricted income funds	14	303,390	209,213
Unrestricted income funds	14	55,737	53,170
Total funds		359,127	262,383

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:



Mr Ashwani Sharma (Chair)
Trustee

17 December 2021

DOCKLANDS OUTREACH COMPANY LIMITED

Notes to the Financial Statements For the year ended 31 March 2021

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

DOCKLANDS OUTREACH COMPANY LIMITED meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees' continue to adopt the going concern basis of accounting in preparing the accounts.

Statement of cash flows

The Trustees have taken advantage of the exemption in SORP FRS 102 from including a cash flow statement in the financial statements on the grounds that the charitable company is small.

Funds

Unrestricted funds are available for use at the discretion of the Committee in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds are unrestricted funds that the trustees have set aside for a particular purpose and as such are restrictive in their use. Such funds can be undesignated or re-designated.

Restricted funds are subject to specific conditions by donors as to how they may be used.
Restricted funds are subject to specific conditions set out by donors on the use of the funds.

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

Charitable activities

Charitable activities are those costs relating to activities carried out to meet the objectives of the charity and include directly attributed costs as well as support costs.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Debtors

Debtors are amounts owed to the charity. They are measured on the basis of their recoverable amount.

DOCKLANDS OUTREACH COMPANY LIMITED
Notes to the Financial Statements Continued
For the year ended 31 March 2021

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2021	2020
	£	£	£	£
Grants received	2,567	312,710	315,277	251,891
	2,567	312,710	315,277	251,891

Analysis of grants received

	2021	2020
	£	£
Central North West London NHS Trust	21,000	21,000
East End Community Foundation	14,552	-
East London Foundation Trust	54,358	28,920
Erasmus+ Programme	-	8,976
Health Education England - London	68,425	35,994
Poplar Harca	33,774	45,000
St Matthias Community Centre	2,567	-
Step Forward	70,000	70,000
Tavistock & Portman NHS Trust	21,000	42,000
	285,676	251,890

3. Investment income

	2021	2020
	£	£
Restricted funds		
Bank interest receivable	633	507
	633	507

4. Costs of charitable activities by fund type

	2021	2020
	£	£
Restricted funds		
Charitable Activities	209,673	212,744
Support costs	9,493	15,138
	219,166	227,882

DOCKLANDS OUTREACH COMPANY LIMITED
Notes to the Financial Statements Continued
For the year ended 31 March 2021

5. Costs of charitable activities by activity type

	Grant funding of activities £	Support costs £	2021 £	2020 £
Support costs				
Charitable Activities	209,673	9,493	219,166	227,882

7. Analysis of support costs

	2021 £	2020 £
Charitable Activities		
Management	7,827	13,419
Finance	48	102
Governance costs	1,618	1,617
	9,493	15,138

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2021 £	2020 £
Accountancy fees	1,618	1,617
Staff pension contributions	5,096	3,816

9. Staff costs and emoluments

Total staff costs for the year ended 31 March 2021 were:

	2021 £	2020 £
Salaries and wages	185,086	176,314
Social security costs	15,520	14,015
Pension costs	5,096	3,816
	205,702	194,145

	2021 £	2020 £
Employees	11	11
	11	11

DOCKLANDS OUTREACH COMPANY LIMITED
Notes to the Financial Statements Continued
For the year ended 31 March 2021

10. Trustee remuneration and related party transactions

There were no Trustees remuneration in the year to 31 March 2021 nor in the prior year.

There were no related parties transactions in the year to 31 March 2021 nor the prior year.

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for restricted funds.

12. Debtors

	2021 £	2020 £
Amounts due within one year:		
Prepayments and accrued income	28,758	35,576
	28,758	35,576

13. Creditors: amounts falling due within one year

	2021 £	2020 £
Accruals and deferred income	2,501	6,927
	2,501	6,927

14. Movement in funds

Unrestricted Funds

	Balance at 01/04/2020 £	Incoming resources £	Balance at 31/03/2021 £
<i>General</i>			
General	53,170	2,567	55,737
	53,170	2,567	55,737

Unrestricted Funds - Previous year

	Balance at 01/04/2019 £	Incoming resources £	Balance at 31/03/2020 £
<i>General</i>			
General	53,170	-	53,170
	53,170	-	53,170

DOCKLANDS OUTREACH COMPANY LIMITED
Notes to the Financial Statements Continued
For the year ended 31 March 2021

Purpose of unrestricted Funds

General

Unrestricted funds are available for use at the discretion of the committee in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted Funds

	Balance at 01/04/2020	Incoming resources	Outgoing resources	Balance at 31/03/2021
	£	£	£	£
General	209,213	313,343	(219,166)	303,390
	209,213	313,343	(219,166)	303,390

Restricted Funds - Previous year

	Balance at 01/04/2019	Incoming resources	Outgoing resources	Balance at 31/03/2020
	£	£	£	£
General	184,697	252,398	(227,882)	209,213
	184,697	252,398	(227,882)	209,213

Purpose of restricted funds

General

Restricted funds are subject to specific conditions set out by donors on the use of the funds.

15. Analysis of net assets between funds

	Net current assets / (liabilities) £	Net Assets £
Unrestricted funds		
<i>General</i>		
General	2,567	2,567
Restricted funds		
General	356,560	356,560
	359,127	359,127

DOCKLANDS OUTREACH COMPANY LIMITED
Notes to the Financial Statements Continued
For the year ended 31 March 2021

Previous year

	Net current assets / (liabilities) £	Net Assets £
Unrestricted funds		
<i>General</i>		
Restricted funds		
General	262,383	262,383
	262,383	262,383

16. Company limited by guarantee

DOCKLANDS OUTREACH COMPANY LIMITED is a company limited by guarantee and accordingly does not have a share capital.

DOCKLANDS OUTREACH COMPANY LIMITED
Detailed Statement of Financial Activities
For the year ended 31 March 2021

	2021 £	2020 £
INCOME AND ENDOWMENT		
Donations and legacies		
Grants Receivable	315,277	251,891
	315,277	251,891
Investments		
Bank Interest Receivable	633	507
	633	507
Total incoming resources	315,910	252,398
EXPENDITURE		
Charitable activities		
Staff Costs - Wages & Salaries	(185,086)	(176,314)
Staff Costs - Social Security Costs	(15,520)	(14,015)
Staff Costs - Pension Contributions	(5,096)	(3,816)
Other Activity Based Costs	(3,971)	(18,599)
	(209,673)	(212,744)
SUPPORT COSTS		
Management		
Rent	(2,400)	(6,400)
Insurance	(1,031)	(977)
Office Supplies	(995)	(2,317)
Telephone	(1,220)	(767)
Other Professional Fees	(663)	(278)
Maintenance	(1,518)	(2,680)
	(7,827)	(13,419)
Finance		
Bank Charges	(48)	(102)
	(48)	(102)
Governance costs		
Accountancy Fees	(1,618)	(1,617)
	(1,618)	(1,617)
Total resources expended	(219,166)	(227,882)
Net Income	96,744	24,516