



# Room to Heal

Trustees' Report and Financial Statements

For the year ended 31 December 2021

Room to Heal  
Reference and administration information

The Directors of the charitable company are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

**Trustees**

Emily Haisley - Chair  
Rim Rahimtulla- Treasurer  
Susannah Fairweather  
Michelle Knorr  
Rosanna Thomasoo  
Emeka Forbes-Hastings

**Registered Office**

Mildmay Community Centre  
Woodville Road  
London N16 8NA

**Company Number**

06744055

**Charity Number**

1128857

**Bankers**

The Co-operative Bank  
62-64 Southampton Row  
London WC1B 4AR

Triodos Bank  
Deanery Road  
Bristol BS1 5AS

**Solicitors**

Freshfields, Bruckhaus and Derringer

**Independent Examiner**

Patrick Morrello ACA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester  
M60 0AS

The Trustees present their report and the independently examined financial statements of the charitable company for the year ended 31 December 2021. Included within the trustees' report is the directors' report as required by company law.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

## **Charitable Objects**

The objects for which the Charity is established are:

1) To promote human rights (as set out in the Universal Declaration of Human Rights and subsequent United Nations Conventions and Declarations) throughout the world by all or any of the following means:

- (a) Relieving need among the victims of human rights abuse;
- (b) Obtaining redress for the victims of human rights abuse;
- (c) Research into human rights issues;
- (d) Raising awareness of human rights issues;
- (e) Promoting respect for human rights among individuals and organisations;
- (f) Providing technical advice to government and others on human rights matters;
- (g) Contributing to the sound administration of human rights law;
- (h) Commenting on proposed human rights legislation;
- (i) Promoting public support for human rights;
- (j) International advocacy of human rights; and
- (k) Eliminating infringements of human rights.

2) To promote social inclusion for the benefit of the public by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

## **Public Benefit**

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives of the charity.

## **Structure, Governance and Management**

The organisation is a charitable company limited by guarantee. The charity 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.

## Trustees' annual report for the year ended 31 December 2021

Room to Heal's trustees meet at least quarterly and regularly review progress against adopted priorities. As part of these discussions, opportunities and risks facing the organisation are also reviewed. The Chair and Director, as well as the Treasurer and Director, also meet regularly between meetings. Trustees delegate the day-to-day management of the charity to the Director.

Trustee positions are advertised and new trustees are nominated and appointed by the existing trustees. The trustees would invite prospective new trustees to attend meetings informally to gain an understanding of the role and responsibilities of trustees. Formal training would also be provided, as necessary, to gain further understanding of the role and responsibilities of trustees.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 11 to the accounts.

### **Staff (Part-Time)**

Roro Ratih Ambarwati (Group Therapist - maternity leave until July 2021)  
Cat Baker (Caseworker)  
Imogen Butler (Finance Manager)  
Helen Byatereka (Group Counsellor maternity cover - March-August 2021)  
Hannaa El-Sayed (Group Therapist until September 2021)  
Elli Free (Director)  
Kahina Ghit (Caseworker from May 2021)  
Suzie Grayburn (Group Counsellor)  
Fartun Guled (Group Counsellor from August 2021)  
Jane Matthews (Fundraising Manager)  
Anna Giulia Perego (Caseworker)  
Bianca Pezzotti (temporary post - Digital Fundraiser from April to December 2021)  
Jilna Shah (temporary post - Programme Lead from January to December 2021)  
Camilla Smargiassi (Clinical Administrator)  
Emily White (Group Therapist - maternity leave from May 2021)  
Bert-Jan Zuiderduin (Group Therapist)

### **Sessional Staff**

Mary Raphaely (Clinical Supervisor)  
Diana Birkett (Clinical Supervisor)  
Marc Sutton (IT Support)  
Mark Fish (Trainer and Consultant)

### **Clinical and Non-clinical Supervision**

Regular clinical supervision is provided by Diana Birkett and Mary Raphaely. Diana was a therapist and supervisor at Freedom from Torture for 25 years and previously Head of Counselling at Sutton Counselling Services. Mary is a group psychotherapist with over 30 years' experience, previously worked at Freedom from Torture, and co-ordinated Room to Heal's women's programme. Maide Showell also provided non-clinical supervision to caseworkers and volunteers during 2021. Maide has worked as a therapist at Freedom from Torture for over 20 years and is also an experienced training clinician and clinical supervisor.

## Volunteers and Pro Bono Support

Room to Heal's volunteers and pro bono professional support is vital to the running of the charity and we'd like to record our appreciation for their enormous contribution to our work. During 2021, our staff team was joined by a number of volunteers and professionals working pro bono in a range of capacities including, but not limited to, website design and management, supporting our members with casework guidance, and gardening and cooking delicious, healthy meals for our members. Volunteers in 2021 were:

Kathy Barber (Website Consultant)  
 Mary Hannity (Community and Casework)  
 Andrew Leak (Legal Consultant)  
 Catherine Milne (Casework and Community)  
 Kate Osmond (Illustrator)  
 Camilla Smargiassi (Casework and Community)  
 Mariko Taniguchi (Casework, Community and Fundraising)  
 Florence Warner (Casework and Community)

## Thank you

The ongoing pandemic meant another extremely challenging year for everyone. We'd like to record our great thanks to the trustee board, staff, volunteers, members and supporters for all their additional hard work and support throughout the year to ensure our community members continued to receive vital support through the pandemic.

## ROOM TO HEAL'S AIMS AND APPROACH

### Our Mission and Aims

#### Our Mission

To support people who have survived torture and human rights abuse to rebuild their lives in exile through an integrated, community-based programme of therapeutic and casework assistance

Aims	Activities	Outcomes
<b>1. To enable people to heal from their traumatic experiences and restore meaning to their lives</b>	<ul style="list-style-type: none"> <li>Assessments and time-limited individual therapies</li> <li>Therapeutic groups and intensive therapeutic retreats</li> <li>Nature therapies and social gardening sessions</li> <li>Creative activities</li> <li>Member forums and increased</li> </ul>	<ul style="list-style-type: none"> <li>Reduced anxiety, depression and related post-traumatic symptoms</li> <li>Increased ability to articulate traumatic history and withstand the challenges of the asylum process</li> <li>Reduced isolation and marginalisation</li> <li>Increased sense of belonging and integration</li> </ul>

	<p>opportunity to engage in debates around the treatment and care of refugees and people seeking asylum and raising public awareness</p>	<ul style="list-style-type: none"> <li>Increased sense of wellbeing/ meaning/ purpose in life</li> </ul>
<p><b>2. To assist people in dealing with material challenges, navigating the asylum process and integrating into the UK</b></p>	<ul style="list-style-type: none"> <li>Casework sessions to address health, legal, education, housing and welfare issues</li> <li>Interventions in support of asylum (e.g. therapeutic input to Medico Legal Reports) and material needs</li> <li>Support to help people into education, training and employment</li> </ul>	<p>Our members will have:</p> <ul style="list-style-type: none"> <li>a better quality and standard of life and will integrate into society due to having greater ability to navigate asylum processes and:</li> <li>secured one or more of the following - better access to advisory services (legal, welfare, health), legal representation, improved housing, improved medical care and or welfare and grants</li> <li>accessed education, voluntary work and employment-related training</li> </ul>
<p><b>3. To enable local communities, policy makers, service providers and the general public to respond more appropriately to the needs of refugees and people seeking asylum</b></p>	<p>This will be delivered through training (see Aim 5 below), communications and policy work in collaboration with other organisations. Activities will include:</p> <ul style="list-style-type: none"> <li>Articles, media materials and best practice guidelines</li> <li>Training sessions</li> <li>Public events and exhibitions</li> <li>Policy meetings and workshops</li> </ul> <p>Our policy focus is premised on working in partnership with other organisations and currently has 3 aims:</p> <ul style="list-style-type: none"> <li>Ending immigration detention</li> </ul>	<ul style="list-style-type: none"> <li>Local communities, policy makers, mainstream service providers and the general public demonstrate greater understanding of the needs of survivors of torture and organised violence</li> <li>Policy and practice are better suited to meeting the needs of survivors of torture and organised violence</li> </ul>

	<ul style="list-style-type: none"> <li>• Challenging hostile environment government policies</li> <li>• Giving people seeking asylum the right to work</li> </ul>	
<b>4. To ensure meaningful community engagement for, and decision making by, members within Room to Heal</b>	<ul style="list-style-type: none"> <li>• Regular community forums involve members in planning Room to Heal activities, community and strategic development</li> <li>• Members co-lead on community activities</li> <li>• Members participate in recruitment of staff</li> <li>• Members participate in Aim 3 on policy and campaigns work</li> <li>• Increase number of people with lived experience onto the board of trustees and the staff team</li> </ul>	<ul style="list-style-type: none"> <li>• Room to Heal provides a service that is appropriate and sensitive to members and meets with the challenges they are facing</li> <li>• Room to Heal and its members prioritise the most damaging government policies, and campaign against these to limit the negative impact on our members and more generally for all people seeking asylum and refugees in the UK</li> <li>• Members are empowered to advocate on issues that are important to them</li> <li>• People with lived experience are part of the board of trustees and the staff team</li> </ul>
<b>5. To develop partnerships across London, the UK and internationally to increase access to group and community support to people seeking asylum and refugees</b>	<ul style="list-style-type: none"> <li>• Increase the number of relational therapy groups in community settings</li> <li>• Train partner refugee organisations in relational group therapy and community work</li> </ul>	<ul style="list-style-type: none"> <li>• Knowledge is shared and there is a greater understanding of the benefits of relational group therapy in community settings</li> <li>• Services for people seeking asylum and refugees are improved collaboratively</li> </ul>

## Introduction to our Work

Room to Heal is a grassroots community charity supporting survivors of torture and human rights violations who are refugees and people seeking asylum. We provide a programme of therapy, casework and broader activities to assist people in overcoming the legacy of their traumatic experiences whilst navigating the practical challenges of life in exile.

## Experience of Members

The Room to Heal community is made up of over 100 members from over 30 different countries, all

of whom have survived torture or other human rights abuses. We refer to survivors in the Room to Heal community as 'members', conferring a sense of agency and belonging.

Typically, the people we support have lost their homes, their families and their place of belonging in the world. The common legacy of these experiences includes depression and suicidality, extreme isolation and loneliness, traumatic symptoms including flashbacks and sleeplessness, feelings of shame, a lack of trust and self worth, and a range of other enduring physical and mental health problems.

The day-to-day struggles of living in exile and experiencing hostile environment policies first-hand only exacerbates members' poor mental health. Some members describe their experience of living in the UK as a 'second torture'. Our members, torture survivors, continue to experience unrelenting pressure from their many challenges, not least the with the new Nationality and Borders Act 2022 - the bill of which was progressing through parliament in 2021, increasing their anxiety around how they will be treated in the UK and increasing their fear of being detained and removed from this country. The [UNHCR](https://www.unhcr.org/uk/uk-immigration-and-asylum-plans-some-questions-answered-by-unhcr.html) have been strong opponents and recognise that the Act will '*penalise most refugees seeking asylum in the country, creating an asylum model that undermines established international refugee protection rules and practices.*'

(<https://www.unhcr.org/uk/uk-immigration-and-asylum-plans-some-questions-answered-by-unhcr.html>).

The trajectory of many people seeking asylum in the UK is a protracted asylum legal process and years of living in poverty or destitution. People seeking asylum are excluded from living a normal life and expected to live in long-term isolation in a hostile environment, not able to work or financially support themselves. In addition, at the time of writing this report in 2022, under the new Nationality and Borders Act 2022, people arriving in the UK will have to navigate: a two-tier asylum system, meaning those who arrive in the UK via irregular means may receive less protection and support; an increase in the standard of proof for establishing they are a refugee; a possibility of fast-tracking their case, and having fewer opportunities to appeal; and be penalised for submitting evidence late so that this is either taken to damage their credibility or to affect the weight given to the evidence (Law Society, April 2022, <https://www.lawsociety.org.uk/topics/immigration/nationality-and-borders-act>). The Nationality and Borders Act 2022 also plays a part in the new government policy to send people seeking asylum in the UK to Rwanda where they will have their asylum claim processed and if they are successful will be offered refugee protection in Rwanda not the UK. This is currently being challenged in the courts on a range of points including that it breaches the UK's international obligations under the Refugee Convention. In the meantime, the government is intent on proceeding with this policy, with people already booked onto flights to Rwanda.

### *Our Response*

When someone joins the Room to Heal community, they initially participate in individual therapy leading to joining one of our weekly relational therapeutic groups. Community members can also attend therapeutic retreats, and weekly social activities and many join other community members for a freshly cooked meal and social connection on Fridays at the Culpeper Community Garden in Islington.

We recognise that it is futile to offer therapeutic support to a person who has no food, no money,



and no place to sleep at night. Our casework team therefore works closely with a range of partners to help members resolve their practical challenges, for example in accessing suitable legal representation, housing, medical care and welfare support. The casework team also supports members to develop their potential and prepare for employment through education and training.

We believe that offering a collective resilience model of group therapy, casework and community is a powerful, long-term and dignified response to our members' ongoing experiences and trauma. Group and community-based therapeutic support reduces survivors' isolation, provides a positive experience of belonging to an alternative family, fosters bonds of friendship and solidarity, and instils renewed meaning in life. People realise they are not alone: a powerful part of the recovery process. Survivors' participation sets off a virtuous circle of trust, commitment, a sense of belonging and empowerment. Members are able to give as well as receive support, which enables feelings of self worth to emerge and a realisation that a more positive future is possible.

Our approach takes into account nuanced and subjective individual needs. We take a holistic, person-centred approach that recognises the external context in which each person is living and does not react to each problem separately; there is an interplay between the psychological, practical and community aspect of each individual's situation. There's also a recognition that sometimes there is no 'solution', but that having a community of people who understand, support and empathise, with the authenticity of lived experience, is enough for the individual to get through it and build strength through collective resilience.

## ACHIEVEMENTS AND IMPACT IN 2021

### The Pandemic and our Community

"I am on my own and do not have anybody. Room to heal services are great help me to every way. therapy group is helping me to slow recovery in mentally a lot every week. Especially this covid period room to heal had big part in my life. Exercise also help me in physically. Other services are also very much helpful to us as i do not have any life in this country without room to heal. I am really grateful to room to heal for their tremendous, kind and friendly help."

(Community member, 2021 Annual Survey)

"Room to Heal amazing people during the lockdown always every week provides our group on zoom meeting to help, support, care thank you for everyone all your hard work. My experience I think that Room to Heal is number one Charity able to provide zoom. meeting with the laptops for all group. Really was not stressed, again thank you."

(Community member, 2021 Annual Survey)

Throughout 2021 we continued to adapt to the pandemic and the restrictions on face-to-face working. For the first part of the year, we worked remotely: all therapy groups, casework support and community activities were online. Late spring, we started to safely meet face-to-face as a community, holding gardening sessions and simple outdoor meals at Culpeper Gardens. After consulting with members and considering everyone's safety, we decided to keep group therapy online. Casework has been a hybrid of some face-to-face work and some online and telephone work, according to the complexity and emotional strain of the work that needed to be done.

Casework appointments have been held at our office when members needed more intensive support from a caseworker, for example when they had to complete a detailed application form.

A significant number of our members are in the extremely vulnerable category of health and therefore had to shield for some of 2021 to reduce their risk of contracting Covid-19. We were able to ensure they had access to food, essential items and safe transport to attend medical appointments to help reduce this risk. This type of support reduced from September onwards as people were able to access essential goods more safely themselves as the vaccine rollout continued. We also worked with [Medact](https://www.medact.org) (<https://www.medact.org>) to provide medical advice for our members on vaccinations. We also used resources provided by [Doctors of the World](https://www.doctorsoftheworld.org.uk) (<https://www.doctorsoftheworld.org.uk>) to help members make informed decisions about getting the Covid-19 vaccine/s.

A significant learning over the pandemic has been the surprising success of our remote therapy groups. Prior to the pandemic, we wouldn't have considered holding therapy online (via Zoom), however, we have been pleased with how supportive members have been of each other during group sessions, and the depth and group resilience we've witnessed has been profoundly positive.

Based on this success, and the need for more torture survivors to receive specialist support, we made the decision to set up a new, third therapy group online in March 2021. This was the first time we have set up and run a new therapy group entirely remotely, with none of the group members having met each other nor the therapists face-to-face beforehand. The premise of this new group was that it would run for just 12 months - a time-limited project to pilot this way of working. This new remote group worked very well, with very positive results to date - we are currently conducting a detailed evaluation of this group.

'And when I hear some people in the group, talk about a problem. I say I said no, I'm not alone. We are together. We are many people. And I want to survive ...and I want to know I have this problem because I am not alone'

(Community member in new 2021 remote-only group)

We ran many community activities throughout the year to combat isolation, including: online community social gatherings, reading groups, creative writing group with the Royal Literary Fund (<https://www.rlf.org.uk>), online movement class for women provided by The Movement charity (<https://www.themovementcharity.com>), as well as our community activities at Culpeper Garden. We also ran an anti-racist working group - monthly - giving members a safe space to influence anti-racist work across Room to Heal and to develop confidence to speak out more widely outside of Room to Heal.

The only work we weren't able to facilitate during the year were two residential therapeutic retreats, as we weren't confident we could run these in a covid-safe manner. We plan to resume these in 2022.

"During lockdown, we were meeting online on Zoom and after lockdown we are meeting face to face. This has helped me alot."

(Community member, 2021 Annual Survey)

### *Snapshot in Numbers*

- 121 people supported
- 60 people provided with individual therapy and/ or group therapy
- 108 people supported with casework or referral matters including 62 community members
- 3,422 casework sessions and actions to prevent food poverty, destitution, homelessness, improve access to education and training, and help for our members to navigate the asylum process and find good quality legal advice

### *Expected Outcomes*

The expected outcomes we wanted to see in our client group included:

- Reduction in anxiety, depression and related post-traumatic symptoms
- Increased ability to articulate traumatic history and withstand the challenges of the asylum process
- Reduced isolation and marginalisation
- Increased sense of belonging and integration
- An increased sense of wellbeing/ meaning/ purpose in life.

### *Outcomes Achieved*

It is clear that the results of our work in 2021 have been overwhelmingly positive, supporting torture survivors in London through the pandemic. In 2022, reflecting on our 2021 services, our community members' anonymous annual survey respondents said:

- 96% felt that their mental health has improved as a result of being part of Room to Heal
- 87% felt more positive about the future
- 100% felt more listened to
- 100% felt more able to deal with the effects of trauma including depression and anxiety
- 96% felt more able to access advice, information and support on housing, education, benefits, etc.

## **PROGRAMME OF WORK IN DETAIL**

### **Therapeutic Programme**

The overarching aim of our therapeutic work is to enable survivors to heal from their traumatic experiences and restore meaning to their lives. Our therapeutic expertise is in relational group therapy - where the primary focus is on relationships within the group, rather than between the therapist and the individual - in a community setting that promotes group resilience and long term, peer-led healing.

Our group resilience model is respectful of different cultural approaches to mental health. Our model challenges the patient-expert model, putting survivors at the heart of decision-making. We believe that long-term recovery doesn't just come from a clinical professional's intervention - it comes from within the person themselves when they are ready and able to begin this process in a safe place.

### *Referrals and Assessments*

We continue to have a good network of referral agencies, including the NHS, specialist solicitors and many NGOs in this sector.

In 2021, Room to Heal received 49 referrals. These referrals are taken to a clinical meeting where they are reviewed by our team of therapists and a decision is made on whether to meet the person for an assessment, find out more information, or advise a more appropriate service to refer them to.

On referral to Room to Heal a therapist will, usually over multiple sessions, assess a potential member in order to understand whether they are likely to be able to both benefit from, and contribute to, our therapeutic group work. Our therapists met 24 people for assessments in 2021 (face-to-face, via Zoom or over the telephone). These assessments often prompt a need for one-to-one therapy before or during a member's participation in the group work. It is at this stage that we also identify welfare, housing and/or legal protection needs, which are then followed up by our caseworkers.

We have a good network of referral agencies, including the NHS (mental health teams and GPs), highly-experienced immigration solicitors, the British Red Cross and many other NGOs in this sector and beyond (see Partnership Work for a full list of referral and other partners). We also have a good network of organisations that we refer to, including social enterprises such as Luminary Bakery, non-statutory health support through Doctors of the World and NHS Community Mental Health Teams to ensure that specialist medical care is available for our members. We also work with advice centres, hosting schemes, food banks, emergency shelters, and local funders offering small grants and other support to individual members.

### *One-to-One Therapy*

In 2021 we provided individual psychotherapy for 52 people in 310 therapeutic sessions. These included some individual therapy in preparation to join group therapy.

### *Group Therapy*

"They are very good people in my group. They understand me and they care about me. All that help me a lot. Room to heal is like real family for me. They care to much about me. They always want to see my happiness. Even they know when I'm happy and sad that means a lot for me that change my life. 1 year ago i was thinking to suicide my self. I been in that situation. But know they give me hope. They always told me there is a hope and tomorrow is another day. That keeps me safe"

(Community member, 2021 Annual Survey)

Our weekly therapy groups lie at the heart of the community. In 2021, we ran three mixed-gender groups (in previous years we ran two groups). In total we ran 138 group therapy sessions for 29 people (16 women, 13 men).

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All our groups were remote during 2021 and were co-facilitated by two therapists / counsellors. All group members who needed it were given laptops, data and headphones to be able to access online groups throughout the year. We decided to keep group therapy online after consulting with members and considering everyone's safety.

Our therapeutic support groups are the cornerstone of our therapeutic programme, animating and deepening our community. After torture and forced exile, people often become profoundly isolated and feel as if no-one else can ever understand what they have been through. Through engaging in a therapeutic group, alongside people from all over the world who have this common experience, people come to understand at the deepest level that they are not in fact alone. This in itself is profoundly healing and very often is the beginning of a process of rediscovering the humanity in themselves and others.

Alongside our two slow, open-ended therapy groups, in 2021 we made the decision to set up a new online time-limited (one year) therapy group, based on the success of moving our longer-term groups online and an intention to expand our services to more people. As mentioned earlier, this was the first time we have set up and run a new therapy group entirely remotely, with none of the group members having met each other nor the therapists face-to-face beforehand. The premise of this new group was that it would run for just 12 months - a time-limited project to pilot this way of working. This group has recently come to an end and we aim to continue to run a time-limited group alongside the two longer term groups each year, funding permitting. We have seen benefits of having a time-limited group, in that members start and end the group and build relationships together at the same time. At the end of the group, members can remain part of the community and its activities for as long as they choose.

*Community Activities and Gardening*

"I always like to joined in any activities. As one family. Community gathering it's important because able to learn more with another people and you will have more experience.."

and

"Now we are slowly back to the garden we can be face to face it's a good feeling. Thank you to everyone who have been working hard to makes all this possible for us"

(Community members, 2021 Annual Survey)

In our 2021 annual survey the respondents said:

- 100% felt like they were part of a community during lockdown
- 92% felt less isolated and lonely
- 100% felt supported
- 100% felt listened to

**39 people attended community gatherings - 31 people face to face and 25 people online**

Participating in community activities, sharing skills and knowledge, through cooking, gardening and creative activities, is an important part of what we do. We offer a safe and supportive space for members to explore different skills and interests and connect with others outside of the group.

We give our members a space where they are not labelled as a homogenous group of passive 'asylum seekers' who have little agency in their lives. Members decide on who is cooking and what dishes to make for our communal meals and go to the shops and buy the ingredients themselves, and they help decide what plants to grow in our community garden, sharing knowledge on growing techniques from around the world.

Our holistic therapeutic approach normally includes members participating in cooking, gardening, day trips and residential therapeutic retreats. In 2021, the social aspects of community activities remained quite different to our normal programme of events due to the ongoing pandemic. As noted earlier in the report, during the first part of 2021 our community activities were carried out online. Late spring, we started to safely meet face-to-face in our community garden for gardening and communal meals, and we had a day trip to the seaside with a group of members. These all contribute to our holistic approach to improving mental health.

The community activities for members during the year included:

- Online community social gatherings - fortnightly via Zoom for the first part of the year, then we slowly started to shift to face-to-face gatherings - reducing isolation and enabling members' relationships to develop and to support each other, despite lockdowns and shielding
- Online reading group - fortnightly - to reduce isolation
- Online creative writing group - 6 workshops kindly provided/ hosted by Royal Literary Fund (<https://www.rlf.org.uk>)
- Online movement class for women - weekly from March - providing safe, gentle, supervised exercise for female members whilst shielding. Kindly provided by The Movement charity (<https://www.themovementcharity.com>)
- Anti-racist working group - monthly - giving members a safe space to influence anti-racist work across Room to Heal and to develop confidence to speak out more widely outside of Room to Heal
- Gardening and social gatherings with communal meals at Culpeper Community Garden (<http://culpeper.org.uk>) - these re-started in May in person, initially fortnightly then weekly, with social distancing measures in place.

We also continued with a regular community newsletter that we started at the beginning of lockdown in 2020, to which members continued to contribute during 2021. This enabled us to keep sharing online activities such as yoga, mindfulness and breathing techniques to help members keep calm, online classes to keep active, links to remote arts and cultural activities, plus it was a good opportunity for members to communicate with each other and share recipes, stories and poems. It also continued to be a place where we provided up-to-date guidance in plain English on the latest Covid-19 restrictions and vaccine information.

## Casework Programme

"Room to Heal caseworker are supporting a lot. Calling me once a week to find everything is going well with me. Make to my solicitor to know what is going on about my case. Email and send support letters to the solicitor. She also helps me to contact the food bank."

(Community member, 2021 Annual Survey)

In our 2021 annual survey, 96% of respondents felt that because of Room to Heal casework support they felt more able to access advice, information and support on a range of areas including immigration advice.

The practical support we offered to our members continued to be a vital part of our holistic programme, preventing destitution and homelessness and ensuring our members were able to access the crucial welfare and support services they are entitled to.

Our casework team also supported members in shaping educational and employment opportunities, ensuring they can integrate meaningfully when they have the right to work, once they are successful in securing leave to remain in the UK.

Our casework team provided 3,422 individual casework sessions/actions to our members in 2021 related to resolving practical issues (such as housing, welfare, health, education, training and employment) and securing legal protection for our members.

- Overall, 108 people were supported with casework and referral matters
- 37 people received deliveries of food and essentials and phone top ups/internet data (during late summer we started to phase out food deliveries, as people came out of shielding)
- 35 people used laptops or tablets on loan from us to get digital /online access and support and 27 people were supported with regular internet data
- 41 people were helped to access suitable and safe accommodation: 11 members helped to secure housing/prevent homelessness 13 times and an additional 30 members were advised on housing issues
- 49 people were helped to access healthcare
- 42 people were helped to access welfare/benefits
- 35 people were helped to access education, training or employment
- 37 members were supported with 275 emergency / basic needs, including food, phone data, taxis to health appointments, and emergency accommodation

In our annual survey for 2021 96% of respondents felt more able to access advice, information and support through our casework support on housing, education, benefits, etc. (13% a little, 83% a lot).

### *Destitution, Welfare and Homelessness*

"They helped me with groceries during the lockdown. If it wasn't them, I wouldn't know where I would be by now."

(Community member, 2021 Annual Survey)



Many of our members are destitute, with no recourse to public funds (NRPF), or have been surviving on c. £39/week. In response we secured funding to provide members with ongoing food vouchers, food deliveries, clothing, phone top-ups, taxis to health appointments and emergency accommodation. We also secured white goods and other furniture for members who were moving from temporary asylum accommodation to more long-term, secure housing. This was provided to 37 of our members 275 times.

In addition, in 2021 our caseworkers obtained 29 individual grants for members to the value of £4,082, primarily to help with destitution and education.

We also continued to provide 34 refurbished laptops and 27 sim cards to provide ongoing internet data for 41 members who do not have wifi, along with dongles so they can access wifi in asylum support accommodation where this is not available.

Our casework team also assisted members with accessing asylum support and provided evidence of destitution for asylum support applications, wrote supporting letters, and followed up when support was cut off or payments were delayed/ inexplicably stopped.

For members with refugee status or leave to remain, we have supported them to access welfare services for long-term sustainable support, by applying for mainstream benefits, and putting together and providing medical evidence for homelessness applications to local councils. This continues to get more challenging for members as local authorities' housing stock is seriously depleted and many people are put in inadequate temporary accommodation for very long periods.

Room to Heal caseworkers supported our members to advocate for more appropriate accommodation and on a number of occasions, where it was not safe to stay where they had been placed, or where they became homeless, we provided funds to accommodate them on a temporary basis until the issues were resolved.

We worked with a range of organisations to provide financial support, including applying for grants from the following: Ruth Hayman Trust, Fund for Human Need, Positive Action in Housing, and the Society for the Relief of Distress.

On a systemic level we were (and are) a key member of the Destitution Forum, a network of NGOs that meet to share information and to challenge together some of the inhumane government policies that cause destitution for our members. We also attended the Home Office convened National Asylum Support Forum, where we keep up to date with government policy changes and where concerns around housing and financial support for people seeking asylum are raised.

"I have been homeless for the past one year and Room to Heal have supported me greatly and made sure that I don't end up on the street. They look for places to stay either in a hotel or with the Hosting Organisation"

(Community member, 2021 Annual Survey)



### *Legal Support and Protection*

- 43 people were helped through the asylum process
- 21 medico-legal letters/reports written, supporting asylum and housing actions
- 5 members secured legal representation
- 10 people secured status

The casework team and therapists supported 43 people through the asylum process in 2021. This involved assistance in accessing appropriate and high-quality legal support, providing expert medico-legal evidence, articulating their testimony for asylum claims and facilitating communication with solicitors. Where relevant, we also signposted members to legal advice centres and drop-ins.

The therapists, together with a psychiatrist we regularly work in close partnership with, have written 21 medico legal reports / letters of support for members in the last year, primarily for immigration and asylum cases and sometimes to support inadequate housing. These reports are crucial for submitting comprehensive evidence in asylum claims and, through offering these services at Room to Heal, our members are able to avoid the long waiting lists they would usually face in obtaining such reports. These reports also help ensure our members get social housing when they obtain leave to remain in the difficult context of a social housing crisis in the UK and particularly in London.

In 2021 we secured legal representation for 5 members. Ten members were successful in their asylum and immigration claims over the year and many applications remain pending. Due to the pandemic, there was a significant delay in decision making and court hearings over the year.

Our therapists continue to attend (either in person or online) members' tribunal hearings either to give evidence or in a supporting capacity. Our caseworkers have also been supporting members to meet with their solicitors and help them understand what is happening at each stage of the asylum process.

The long-term external context of legal aid cuts, limited good quality legal representation and a long and flawed asylum process makes it very difficult for our members. We continue to get pro-bono support from a lawyer who has worked in the refugee sector for many years and who reviews letters and reports that will be used as evidence in court written by our therapists. We also have the expertise of Michelle Knorr, a high profile immigration barrister at Doughty Street Chambers and Room to Heal trustee, who is available to provide advice as and when required.

### **Members' Involvement in Decision-Making and Agency**

"I was able to give my opinion about any matters been going, also help to be part of the decisions that taking place within the community, it gave me more feeling and confidence that im really part of the community, not only member who receiving help and support, instead it make me feel like part of family"

(Community member, 2020 Annual Survey)

In our 2021 survey:

- 75% of respondents said they were given the opportunity to participate in decision making either sometimes, often, or a lot
- 70% of respondents felt more confident to share their experiences as an asylum seeker or refugee with wider society because of their involvement with Room to Heal
- 100% of respondents who participated in the anti-racist group found it helpful

A key part of user involvement in Room to Heal's work is the role that members play in the group and community. In group therapy, our members received support but were also able to give support, empathise, and relate to other group and community members. Giving support was also an important part in members' own healing: during this process, they are reminded of their own self worth and value. We witnessed group members grow in confidence as they started to recognise that they themselves were valuable contributors to the group and larger community.

**Twenty five** people engaged in opportunities to speak out and influence, including: attending our community forums to influence day-to-day & strategic activities at Room to Heal; being part of the recruitment process and interviewing frontline staff members; attending our anti-racist groups; contributing to a [Routledge](https://www.routledge.com) (<https://www.routledge.com>) book chapter about therapeutic group work with refugees in different parts of the world (to be published in 2022) & to a [Riposte](https://www.ripostemagazine.com/shop-1/riposte-13) (<https://www.ripostemagazine.com/shop-1/riposte-13>) article; attending a Nationality & Borders Bill rally outside parliament; participating in external PhD research projects on matters relating to people seeking asylum and refugees.

## **PARTNERSHIP WORK**

### **Direct Service Partners for Members**

We worked with a number of partners to support our community activities in 2021 including: the Royal Literary Society, working with a playwright with a group of members to develop their writing skills; the Movement Charity who ran weekly exercise classes at Room to Heal with a trauma-informed trainer; and GPs from Medact who provided information to our members about covid vaccines.

We have a good network of referral agencies, including the NHS, highly-experienced immigration solicitors, the Red Cross and many other NGOs in this sector and beyond. We also have a good network of organisations that we refer to, including social enterprises such as Luminary Bakery, non-statutory health support through Doctors of the World, and NHS Community Mental Health Teams to ensure that specialist medical care is available for our members. We also work with advice centres, hosting schemes, food banks, emergency shelters, and local funders offering small grants and other support to individual members.

We partnered with charity Migrants Organise in London in setting up our third therapy group and agreed to take 50% of our referrals from them and our caseworkers collaborated to share the work for these members. This enabled us to continue, throughout the pandemic, to work towards our long-term strategic aim of developing partnerships to increase access to group and community support to more refugees and people seeking asylum.

## Strategic Partners

We recruited a part-time, 12-month Programme Lead post to support our Director with strategic development. This post had a focus on collaborating with other charities to investigate development of therapeutic groups for other charities' beneficiaries. Although the work was within the limitations of Covid and working during a pandemic, the post was able to achieve the following:

- Defining our model of work and, through this, concrete partnership plans
- Collaborating with the Room to Heal team on writing a chapter of a book on group work that is being published by Routledge in 2022 which enabled us to more firmly define our model
- Co-writing an application to Comic Relief Change Makers programme on a national partnership project - we were not successful in this, however we reached the final stage with 11 other organisations out of over 1,000 applicants - only 4 were successful. This work helped refine our partnership model of working and helped us develop a theory of change.
- Outreach work to establish organisations that we identify as potential partners across the UK including - Groundwork (<https://www.groundwork.org.uk>), Ubuntu (<https://www.ubuntu-glasgow.org.uk>), Revoke (<https://www.revoke.org.uk>)
- Carrying out our first pilot training programme to support staff in other charities who experience vicarious trauma, as a result of supporting their own refugee and asylum seeker populations. The training was 'Vicarious Trauma and Resilience Training' for Groundwork staff (<https://www.groundwork.org.uk>). The Programme Lead was one of the trainers for this event, along with one of our senior therapists. Four x 2-hour sessions were carried out online via Zoom over 2 weeks, with c. 12 people per session, 47 people in total. Full feedback has now been received, all of which has been very positive.
- Identifying areas to develop internally and to collaborate with other organisations to share learning - particularly on race and culture, gender identity, LGBTQI+ and intersectionality.

We also continued to collaborate with an external NHS clinical psychologist on research on the efficacy of community relational therapy for refugees that will be published in 2022.

## Campaigns, Networks and Policy Partners

In 2021 we prioritised our work with two national networks, Together With Refugees (<https://togetherwithrefugees.org.uk/>) and Lift The Ban <https://www.refugee-action.org.uk/lift-the-ban/> - challenging aspects of the Nationality and Borders Bill and advocating for people seeking asylum to have the right to work respectively. This included attending the Nationality & Borders Bill rally outside parliament with community members.

We also worked with other NGOs to highlight the problems that our members were experiencing in the system to access basic asylum financial support. We were also able to respond with other NGOs to highlight our concerns to Priti Patel, Secretary of State for the Home Office on the response of the UK government to accepting refugees from Afghanistan after the withdrawal of the US and UK troops in August 2021.

We participated in over 50 external meetings/events with partner agencies, local, national and international, on a range of issues including vaccine rollout, managing suicide, survivor engagement and the Nationality and Borders Bill. We participated in a range of regular network meetings on mental health, asylum support and destitution (including Home Office meetings). All these meetings and events were focused on sharing best practice, peer support and campaigning and policy and advocacy work.

We worked in partnership with the British Institute of Human Rights (BIHR) who provided training to all our staff to better understand the Human Rights Act as a tool to strengthen advocacy work for / with members. This will be implemented by caseworkers in particular, e.g. advocating for housing, healthcare rights etc. Our partnership work has helped BIHR to develop a letter writing guide for organisations to use in challenging breaches of human rights with statutory providers.

In 2021 we continued our anti-racist group. We created this space for members to come together and discuss issues they were facing in their day-to-day lives and any concerns they had about Room to Heal and our work. This group continued to meet monthly until the end of the year sharing experiences of racism and sharing ideas of how members want to challenge this. The key issues that were raised in this group were about racism members experienced externally, in their interactions with statutory services and in particular health care and the Home Office. A decision was made to focus on advocacy work in 2022 supporting members to amplify their voices on these and other experiences in a safe way to help try to improve statutory practices.

A list of our partners can be found on our website at [www.roomtoheal.org/community/partners/](http://www.roomtoheal.org/community/partners/)

We also participated in media activities, including radio interviews, a published news article and a podcast that has had a reach of approximately 14,000 people that covered many of the issues detailed above that were affecting our members.

## **International Work**

In 2021, Room to Heal continued its training programme funded by the United Nations Voluntary Fund for Victims of Torture (UNVFVT) for a third year. The programme was co-facilitated by Mark Fish, the founder of Room to Heal, and Rim Ben Ismail, the President of Psychologues du Monde Tunisie. This year the trainers worked with an NGO called Standing Voice in Malawi providing training to enable them to facilitate support groups with their own beneficiaries i.e. survivors of atrocity and their families.

The Covid pandemic significantly interrupted the smooth roll-out of the programme, hence the need for a 4 month extension to the project. However, by the end of April 2022, two training workshops in Malawi, and a raft of shorter online training workshops between these two in-person sessions, had taken place.

This was the last international training project that Mark and Rim will carry out under the Room to Heal umbrella. The sole funder for this work has been through a UNVFVT training grant to Room to Heal, and UNVFVT has now agreed to consider an application to continue this work directly from Mark's now well established independent entity Groupworks International.

Room to Heal's UNVFVT grant for 'direct assistance' for our core UK work continues separately to this.

### International Rehabilitation Council for Torture Survivors

Room to Heal continued to be an active member of the International Rehabilitation Council for Torture Survivors (IRCT) and signed up to, and supported the implementation of, their Global Rehabilitation Standards - a global commitment to survivors of torture to provide quality support. For more information, see <https://www.roomtoheal.org/about/our-standards/>

## **ORGANISATIONAL DEVELOPMENT & STRATEGY**

We were fortunate to receive consultancy (kindly funded by Lloyds Bank Foundation) to carry out a Room to Heal organisational structural review in 2021. The consultant's recommendation included creation of a new post, Community Manager, to focus on day-to-day management of the community, to enable our Director to focus more on strategic development and organisational partnerships. The Community Manager post has now been recruited, and the post-holder started in late spring 2022, this will enable the Director to focus more on strategic development from late summer/autumn 2022 once the Community Manager is settled in post.

### **Race and Diversity**

We are trying to shift the power balance in our organisation to people with lived experience and are about to start intensive team development work internally on this with the help of an external facilitator to ensure Room to Heal is anti-racist and culturally appropriate, to best support refugees and people seeking asylum who have survived torture.

Over the last year we have been working on ensuring the following:

- continuing to diversify our trustee board - we now have 7 trustees, 4 of whom are people of colour and are either a refugee or have a close relative who is a refugee/person with humanitarian protection, asylum seeker, undocumented migrant or a person with leave to remain based on a human right; and/or a close relative who has experienced the hostile environment relating to the UK immigration system. We also have trustees who have other relevant lived experiences including identifying as LGBTQ+ and accessing mental health support and a number of our board members have multiple relevant lived experiences.
- continuing to diversify our team - in 2021 we were able to recruit two people with lived experience of being a refugee and over the year, 6 of 16 people who worked at Room to Heal were people of colour (37.5%) - increasing the racial diversity of our team;
- learning from our members through the anti-racist working group.

Our Director and trustees continue to work on diversifying the board and team. We are fully committed to shifting the power balance and we want to do this in a sustainable and supportive way that does not adversely impact on our community. We also involve our community members in many decisions within the organisation, however, we recognise the limitations of this participatory approach and we are determined to shift the power balance towards people with lived experience.

## Ongoing Strategic Plan

We continue to see the catastrophic impact of prolonged, multiple challenges on our community members' mental health, including suicidality, and we know there's still much work to be done to support our existing members, as well as to reach out to more refugees and people seeking asylum across the UK.

Our existing strategy (2020-2025) includes replicating our services in partnership with other NGOs to make group and community support more widely available to refugees and people seeking asylum across the UK; plus increased advocacy and campaigning work on matters such as ending immigration detention, lifting the ban on working for people seeking asylum, and more generally highlighting and challenging the increasingly hostile environment endured by people seeking asylum. We've been able to start to refocus, after the early days of the pandemic, on our strategic development at Room to Heal (see Strategic Partners on page 18). We've developed a logic model and plan for a national project. Having got very close to securing a significant fund for this in 2021, we know that this ambition is of interest to partners and funders.

We will be reviewing this strategy in late summer/ autumn of 2022 and consider if there is a need to refresh our values and objectives. This will reflect on:

- our work to shift the power balance in our organisation to people with lived experience
- the pandemic and the changes that have been enforced on us all during this period
- the political and economic external environment that we are now faced with including the impact of the Nationality and Borders Act 2022, cost of living crisis and the possible pending recession to ensure the resilience of our community and our broader strategy reflects the external context that we are working in.

## Monitoring and Evaluation

*'I feel different. I feel I have been given strength from other people to feel safe.'*

(Community member in new 2021 remote-only group)

**Strengthening our evidence base** - there is limited academic research on group and community-based interventions with people seeking asylum and refugees. In 2021 our Director participated in a PhD research panel to help build this evidence and research with our members took place throughout 2021. The psychologist undertaking the PhD research with Room to Heal facilitated co-production meetings to help ensure the research was designed in an accessible and useful way for service users and the research results will be available in the autumn of 2022.

We continue to carry out an annual anonymous survey accessible to all members of the community. This enables us to get feedback on all aspects of our work in the community. Overall, the annual survey showed a significant improvement in the majority of participants' mental health.

The results of the 2021 survey are included in this annual report and the overriding positive responses are testament to the success of the interconnectedness of our casework, therapy and community activities and the relational group and community approach to our work.



During 2021 we continued to implement a slimmed down, pandemic-adapted wellbeing survey for group therapy participants to complete online whilst our groups remained online. Given the difficulties that group members have faced during the pandemic, it continued to be a difficult period to compare data sets and attempt to assess the impact of our group work using this method. Unsurprisingly there is a very clear correlation between external factors and members' mental health. For example when a member receives a refusal from the Home Office on their immigration application, or when someone is at imminent risk of homelessness, there is a significant deterioration in that member's mental health. We plan in 2022 to use the full set of psychological questionnaires that will enable us to monitor a range of post migration and trauma data alongside a revised bespoke Room to Heal wellbeing survey that we were using during the pandemic, and carry out a detailed evaluation of the new time-limited group. Feedback to date has been very positive.

## FINANCIAL REVIEW

The majority of income raised in 2021 was from Trusts and Foundations, as in previous years. During the height of the pandemic in 2020, we received a very positive response from funders who recognised the urgent needs of our members and we were extremely grateful for their swift and increased levels of support. During 2021, we experienced a quieter funding environment, as some funders paused grant giving, while they reviewed their impact and reassessed their future direction. In addition, our Fundraiser spent considerable time reporting back to 2020 funders on the impacts of their restricted grants. 2021 was therefore a quieter year than 2020 in terms of fundraising, and funding returned to levels similar to pre-pandemic years.

Our total income for 2021 was £311,889 and expenditure was £358,113, which compares with an income of £485,106 and expenditure of £286,969 in 2020. We received a number of restricted grants in 2021 for projects that continued into 2022, so £74,586 of restricted reserves has been carried over to 2021. A designated fund of £30,000 was set up during the uncertainty of the ongoing pandemic to cover planned expenditure in 2022 and 2023 aimed at improving organisational resilience focusing on strategic objectives including communications, income diversification and structural sustainability.

The UNVFVT grant for direct assistance (Project P-829-DA-21) has been spent in the period examined in these accounts (1st January 2021 - 31st December 2021) and in accordance with the terms of the offer letter. The UNVFVT grant for the international training project (P-829-TS-21) was granted a no-cost 4-month extension due to the impact of the Covid-19 pandemic on travel restrictions. £10,198 was spent during the year to 31st Dec 2021 and £11,140 was carried forward to 2022. The £18,803 carried forward 2020 grant (P-829-TS-20) was spent in accordance with the terms of the offer letter and the no-cost 4 month extension agreed - there was an underspend on this grant of £1,254 - this was under 10% of the budget and in compliance with the fund guidelines on minor budget adjustments (this will be spent on creating a groupwork training toolkit that will be completed in 2022). This brings the total carried forward to £12,394.

## Thank You

We would like to say a huge thank you to every supporter who donated to Room to Heal in 2021 and made our work possible.

We'd like to thank the following funders for their generous unrestricted grants and donations:

A B Charitable Trust  
Doughty Street Chambers Donations Committee  
Roddick Foundation  
The Alan & Babette Sainsbury Charitable Fund  
The Bromley Trust

We'd also like to thank all of the funders who generously provided restricted grants, who are listed in the Financial Statements on page 39.

Thank you also to each and every one of our individual supporters, who have contributed monthly and/or who have provided ad hoc donations.

Thank you too to our donors who wish to remain anonymous.

We hugely appreciate every contribution to our work and would like to thank all of our supporters for standing by our community members during the year.

## Fundraising Practices Statement

The trustees reviewed the Charity Commission guidance *Charity fundraising: a guide to trustee duties* (CC20) and are confident that obligations are being met.

Room to Heal is registered with the Fundraising Regulator and abides by their Codes of Fundraising Practice and Fundraising Promise.

In 2021 we had a part-time salaried Fundraiser who carried out our fundraising with Trusts and Foundations. The Fundraiser is also a member of the Chartered Institute of Fundraising.

Following strategic guidance from the Foundation for Social Improvement (kindly funded by Lloyds Bank Foundation for England & Wales), we invested in a new part-time salaried Digital Fundraiser post to focus on developing fundraising and communications with individual supporters. This temporary post was responsible for setting up a GDPR-compliant supporter database for individual supporters and developing communications with individual supporters. This post ended in December 2021 and we plan to recruit for a new part-time post in 2022 to start to build donations and support from individual supporters.

We did not use third party fundraisers or commercial participators during the year.

We have a fundraising complaints process, which the trustees reviewed and agreed, and which is published on our website. We didn't receive any fundraising complaints in 2021.



## Trustees' annual report for the year ended 31 December 2021

We are aware of our responsibilities to protect vulnerable people and other members of the public from undue pressure in relation to fundraising. Steps taken include full understanding of, and compliance with, the Fundraising Regulator's Fundraising Promise and Codes of Fundraising Practice. During the year, we are not aware of any occasions when we had reason to believe that a donor lacked capacity to make an informed decision in relation to fundraising.

Financial oversight of income generation and expenditure is provided by the Director and Finance Manager, who report to the trustees at quarterly Board meetings and at interim Finance Sub-Committee meetings.

Reports are filed in accordance with the regulations set out by Companies House and the Charity Commission.

### **Reserves Policy**

The trustees reviewed the reserves policy and have concluded to continue holding free reserves equivalent to between three and six months of the current working budget where free reserves are the unrestricted reserves less fixed assets and designated funds. This is currently between £91,400 and £182,900 for the 2022 working budget. This will allow the charity to continue normal activities in the event of a significant drop in funding or increased overheads and run efficiently to meet the needs of its members and staff. In addition, the reserves may also be used for innovation and development opportunities that are in line with the charity's objects. The reserves level continues to be reviewed on a quarterly basis by the board of trustees. The unrestricted funds available to the charity as at 31 December 2021 were £174,767 and the free reserves were £143,518.

### **RISK MANAGEMENT**

Room to Heal trustees regularly review the major strategic, business and operational risks faced by the charity and systems have been developed to mitigate the significant risks. Our Risk Register analyses these risks in terms of probability, potential impact and actions necessary to mitigate these risks.

## Statement of responsibilities of the trustees

The trustees (who are also directors of Room to Heal for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

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

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

## Independent Examiner

Patrick Morello of Third Sector Accountancy Ltd was appointed as Independent Examiner to the charity in March 2019.

This report was approved by the board on 15 / 07 / 2022 ..... and signed on their behalf.



Emily Haisley - Chair



Rim Rahimtulla - Treasurer

## Independent Examiner's Report to the trustees of Room to Heal

I report on the accounts of the charity for the year ended 31 December 2021 set out on pages 27 to 45.

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

It is my responsibility to:

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

### **Basis of independent examiner's statement**

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

### **Independent examiner's statement**

In connection with my examination, no 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 Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave 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.



15 / 07 / 2022

Patrick Morrello ACA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester  
M60 0AS

Room To Heal  
Statement of Financial Activities  
(including Income and Expenditure account)  
for the year ended 31 December 2021

	Note	Unrestricted funds £	Restricted funds £	Total funds 2021 £	<i>Unrestricted funds £</i>	<i>Restricted funds £</i>	<i>Total funds 2020 £</i>
<b>Income from:</b>							
Donations and legacies	3	88,414	213,957	302,371	97,030	379,501	476,531
Charitable activities	4	9,446	-	9,446	8,244	-	8,244
Investment income	5	72	-	72	331	-	331
<b>Total income</b>		<b>97,932</b>	<b>213,957</b>	<b>311,889</b>	<b>105,605</b>	<b>379,501</b>	<b>485,106</b>
<b>Expenditure on:</b>							
Raising funds	6	34,899	-	34,899	29,823	-	29,823
Charitable activities	7	33,131	290,083	323,214	28,660	228,486	257,146
<b>Total expenditure</b>		<b>68,030</b>	<b>290,083</b>	<b>358,113</b>	<b>58,483</b>	<b>228,486</b>	<b>286,969</b>
<b>Net income/(expenditure) for the year</b>	9	<b>29,902</b>	<b>(76,126)</b>	<b>(46,224)</b>	<b>47,122</b>	<b>151,015</b>	<b>198,137</b>
Transfer between funds		-	-	-	1,758	(1,758)	-
<b>Net movement in funds for the year</b>		<b>29,902</b>	<b>(76,126)</b>	<b>(46,224)</b>	<b>48,880</b>	<b>149,257</b>	<b>198,137</b>
<b>Reconciliation of funds</b>							
Total funds brought forward		144,865	150,712	295,577	95,985	1,455	97,440
<b>Total funds carried forward</b>		<b>174,767</b>	<b>74,586</b>	<b>249,353</b>	<b>144,865</b>	<b>150,712</b>	<b>295,577</b>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

Room To Heal  
Company number 6744055

Balance sheet as at 31 December 2021

	Note	2021	2020
		£	£
<b>Fixed assets</b>			
Tangible assets	14	1,249	3,657
<b>Total fixed assets</b>		<b>1,249</b>	<b>3,657</b>
<b>Current assets</b>			
Debtors	15	6,423	3,330
Cash at bank and in hand		263,770	306,055
<b>Total current assets</b>		<b>270,193</b>	<b>309,385</b>
<b>Liabilities</b>			
Creditors: amounts falling due in less than one year	16	(22,089)	(17,465)
<b>Net current assets</b>		<b>248,104</b>	<b>291,920</b>
<b>Total assets less current liabilities</b>		<b>249,353</b>	<b>295,577</b>
<b>Net assets</b>		<b>249,353</b>	<b>295,577</b>
<b>The funds of the charity:</b>			
Restricted income funds	17	74,586	150,712
Unrestricted income funds	18	174,767	144,865
<b>Total charity funds</b>		<b>249,353</b>	<b>295,577</b>

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 29 to 45 form part of these accounts.

Approved by the trustees and signed on their behalf by:

  
\_\_\_\_\_  
Emily Haisley (Chair)

  
\_\_\_\_\_  
Rim Rahimtulla (Treasurer)

15 / 07 / 2022

15 / 07 / 2022

Notes to the accounts for the year ended 31 December 2021

**1 Accounting policies**

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

**a Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Room To Heal meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

**b Judgments and estimates**

The trustees have made no key judgments which have a significant effect on the accounts.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

**c Preparation of the accounts on a going concern basis**

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

**d Income**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

Notes to the accounts for the year ended 31 December 2021 (continued)

**e Donated services and facilities**

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

**f Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

**g Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

**h Expenditure and irrecoverable VAT**

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on cost of raising funds includes the costs of fundraising wages and associated costs and support costs
- Expenditure on charitable activities includes the costs of activities undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

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

**i Allocation of support costs**

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. The bases on which support costs have been allocated are set out in note 8.

## Notes to the accounts for the year ended 31 December 2021 (continued)

**j Tangible fixed assets**

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Leasehold improvements	3 years
Equipment	3 years

**k Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**l Cash at bank and in hand**

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

**m Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**n Financial instruments**

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

**o Pensions**

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 10. The costs of the defined contribution scheme are included within support and governance costs and allocated to the funds of the charity using the methodology set out in note 8.

**2 Legal status of the charity**

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.



Room To Heal

Notes to the accounts for the year ended 31 December 2021 (continued)

**3 Income from donations and legacies**

	Unrestricted £	Restricted £	Total 2021 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2020</i> £
Grants and donations	80,774	213,957	294,731	89,853	379,501	469,354
Donated services	7,640	-	7,640	7,177	-	7,177
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<b>Total</b>	88,414	213,957	302,371	97,030	379,501	476,531
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**4 Income from charitable activities**

	Unrestricted £	Restricted £	Total 2021 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2020</i> £
Outreach and model sharing	1,040	-	1,040	-	-	-
Invoiced services	8,406	-	8,406	8,244	-	8,244
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	9,446	-	9,446	8,244	-	8,244
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

# Room To Heal

## Notes to the accounts for the year ended 31 December 2021 (continued)

### 5 Investment income

	Unrestricted £	Restricted £	Total 2021 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2020</i> £
Income from bank deposits	72	-	72	331	-	331
	<u>72</u>	<u>-</u>	<u>72</u>	<u>331</u>	<u>-</u>	<u>331</u>
	<u><u>72</u></u>	<u><u>-</u></u>	<u><u>72</u></u>	<u><u>331</u></u>	<u><u>-</u></u>	<u><u>331</u></u>

### 6 Cost of raising funds

	Unrestricted £	Restricted £	2021 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>2020</i> £
Staff costs	29,067	-	29,067	20,359	-	20,359
Fundraising expenses	835	-	835	5,087	-	5,087
Publicity and materials	-	-	-	178	-	178
Events	-	-	-	-	-	-
Support costs (see note 8)	4,439	-	4,439	3,745	-	3,745
Governance costs (see note 8)	558	-	558	454	-	454
	<u>34,899</u>	<u>-</u>	<u>34,899</u>	<u>29,823</u>	<u>-</u>	<u>29,823</u>
	<u><u>34,899</u></u>	<u><u>-</u></u>	<u><u>34,899</u></u>	<u><u>29,823</u></u>	<u><u>-</u></u>	<u><u>29,823</u></u>

# Room To Heal

Notes to the accounts for the year ended 31 December 2021 (continued)

## 7 Analysis of expenditure on charitable activities

	Total 2021	Total 2020
	£	£
Staff costs	186,744	140,575
Supervision, training and other staff costs	10,023	5,835
Recruitment and CRB checks	404	413
Other project costs	1,437	646
Consultancy	6,388	-
Member travel	1,128	1,896
Community meal expenses	815	705
Project equipment (gardening materials etc)	175	157
Therapeutic retreats and trips	666	-
Psychiatric report costs	3,240	2,710
International training project: consultant fees	18,958	11,096
International training project: other expenses	3,319	1,548
International training project: evaluation and finance costs	3,900	2,517
Covid-19 Emergency fund expenditure for members	17,240	17,656
Covid-19 Emergency fund expenditure additional tech costs	6,758	14,956
Database	2,280	3,230
Professional membership	597	828
Depreciation	2,937	2,244
Therapy rooms and office rent	24,099	21,148
Support costs (see note 8)	28,518	25,851
Governance costs (see note 8)	3,588	3,135
	<hr/>	<hr/>
	323,214	257,146
	<hr/>	<hr/>
Restricted expenditure	290,083	228,486
Unrestricted expenditure	33,131	28,660
	<hr/>	<hr/>
	323,214	257,146
	<hr/>	<hr/>

# Room To Heal

## Notes to the accounts for the year ended 31 December 2021 (continued)

### 8 Analysis of governance and support costs

	Support £	Governance £	Total 2021 £	Support £	Governance £	Total 2020 £
Staff costs	27,991	2,060	30,051	19,890	2,088	21,978
Insurance (ELI)	2,287	-	2,287	2,206	-	2,206
IT consumables and IT support	756	-	756	950	-	950
Volunteer expenses	-	-	-	57	-	57
Rent	-	-	-	2,350	-	2,350
Telephone and internet	70	-	70	330	-	330
Office admin and expenses	1,853	-	1,853	3,813	-	3,813
Governance admin and expenses	-	766	766	-	121	121
Independent examiner's fees	-	1,320	1,320	-	1,380	1,380
	<u>32,957</u>	<u>4,146</u>	<u>37,103</u>	<u>29,596</u>	<u>3,589</u>	<u>33,185</u>
Allocated as follows:						
Cost of raising funds	4,439	558	4,997	3,745	454	4,199
Charitable activities	28,518	3,588	32,106	25,851	3,135	28,986
	<u>32,957</u>	<u>4,146</u>	<u>37,103</u>	<u>29,596</u>	<u>3,589</u>	<u>33,185</u>

Support and governance costs are allocated in proportion to staff costs.

## Notes to the accounts for the year ended 31 December 2021 (continued)

**9 Net income/(expenditure) for the year**

This is stated after charging/(crediting):	2021 £	2020 £
Depreciation	2,937	2,244
Licence agreement:		
Property	24,099	23,497
Independent examiner's fee	1,320	1,380
	<hr/>	<hr/>

**10 Staff costs**

Staff costs during the year were as follows:

	2021 £	2020 £
Wages and salaries	228,213	169,480
Social security costs	12,073	7,937
Pension costs	4,138	3,187
Freelance staff	1,438	2,308
	<hr/>	<hr/>
	245,862	182,912
	<hr/>	<hr/>

**Allocated as follows:**

Cost of raising funds	29,067	20,359
Charitable activities	186,744	140,575
Support costs	27,991	19,890
Governance costs	2,060	2,088
	<hr/>	<hr/>
	245,862	182,912
	<hr/>	<hr/>

No employees has employee benefits in excess of £60,000 (2020: Nil).

The average number of staff employed during the period was 14 (2020: 11).

The average full time equivalent number of staff employed during the period was 7.3 (2020: 5.1).

The key management personnel of the charity comprise the trustees and the Director. The total employee benefits of the key management personnel of the charity were £37,999 (2020: £36,358).

## Notes to the accounts for the year ended 31 December 2021 (continued)

**11 Trustee remuneration and expenses, and related party transactions**

Neither the management committee nor any persons connected with them received any remuneration or reimbursed expenses during the year.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

Aggregate donations from related parties were £1,010 (2020: £1,150).

**12 Government grants**

Room to Heal does not receive any direct government funding. The two funders in this category are: the United Nations Voluntary Fund for Victims of Torture, managed by the UN's Office of the High Commissioner for Human Rights and funded by voluntary contributions mostly from UN member states; and the National Lottery Community Fund and The Barrow Cadbury Trust/National Lottery Community Fund, a statutory corporation established by the National Lottery Act 2006, which distributes money raised for good causes through the National Lottery.

The government grants recognised in the accounts were as follows:

	2021 £	2020 £
The National Lottery Community Fund	-	34,024
The Barrow Cadbury Trust/National Lottery Community Fund	200	46,200
UNVFVT International Training Programme	22,592	38,200
UNVFVT Direct Assistance Programme	26,122	33,616
UNHCR The Office of the United Nations High Commissioner for Refugees	-	3,500
	<hr/>	<hr/>
	48,914	155,540
	<hr/>	<hr/>

There were no unfulfilled conditions at the end of the accounting period.

**13 Corporation tax**

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

## Notes to the accounts for the year ended 31 December 2021 (continued)

**14 Fixed assets: tangible assets**

	Leasehold improvements £	Equipment £	Total £
<b>Cost</b>			
At 1 January 2021	6,800	1,345	8,145
Additions	-	529	529
	<hr/>	<hr/>	<hr/>
At 31 December 2021	6,800	1,874	8,674
	<hr/>	<hr/>	<hr/>
<b>Depreciation</b>			
At 1 January 2021	4,488	-	4,488
Charge for the year	2,312	625	2,937
	<hr/>	<hr/>	<hr/>
At 31 December 2021	6,800	625	7,425
	<hr/>	<hr/>	<hr/>
<b>Net book value</b>			
At 31 December 2021	-	1,249	1,249
	<hr/>	<hr/>	<hr/>
<i>At 31 December 2020</i>	<i>2,312</i>	<i>1,345</i>	<i>3,657</i>
	<hr/>	<hr/>	<hr/>

**15 Debtors**

	2021 £	2020 £
Trade debtors	4,408	-
Accrued income	1,824	3,146
Prepayments	191	184
	<hr/>	<hr/>
	6,423	3,330
	<hr/>	<hr/>

**16 Creditors: amounts falling due within one year**

	2021 £	2020 £
Accruals and deferred income	17,606	14,125
Grants owed to beneficiaries	685	120
Taxation and social security costs	3,012	2,552
Pensions	786	668
	<hr/>	<hr/>
	22,089	17,465
	<hr/>	<hr/>

## Notes to the accounts for the year ended 31 December 2021 (continued)

**17 Analysis of movements in restricted funds**

	Balance at 1 January 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2021 £
The Austin and Hope Pilkington Trust	-	3,000	(1,000)	-	2,000
The Barrow Cadbury Trust/National Lottery Community Fund	33,293	200	(33,493)	-	-
Black Rock Gives	-	5,734	-	-	5,734
The Blue Moon Trust	-	10,000	(2,000)	-	8,000
CAF Resilience Fund	-	11,515	(11,515)	-	-
City Bridge Trust	1,233	36,300	(36,771)	-	762
Evan Cornish Foundation	-	10,000	(10,000)	-	-
Freedom from Torture	468	-	(468)	-	-
Garfield Weston Foundation	30,000	-	(15,000)	-	15,000
The Henry Smith Charity	5,366	36,000	(36,274)	-	5,092
The International Rehabilitation Council for Torture Victims	5,965	-	(5,965)	-	-
The London Community Foundation/London Community Response Fund (Wave 3)	307	-	(307)	-	-
The London Community Foundation/London Community Response Fund (Wave 5)	-	9,964	(9,964)	-	-
Lloyds Bank Foundation for England & Wales	931	24,930	(17,223)	-	8,638
London Catalyst Project grant	-	3,000	-	-	3,000
Merchant Taylors' Foundation	3,138	5,800	(3,138)	-	5,800
Mrs Smith & Mount Trust	-	5,000	-	-	5,000
The National Lottery Community Fund	24,424	-	(24,424)	-	-
People's Postcode Lottery	19,284	-	(19,284)	-	-
The Roddick Foundation	5,636	-	(5,636)	-	-
London Churches Refugee Fund	631	1,500	(1,101)	-	1,030
Tesco's Bags of Help Community grant	-	1,000	(150)	-	850
London Catalyst Samaritan grant	1,233	1,300	(1,247)	-	1,286
UNVFVT International Training Programme	18,803	22,592	(29,001)	-	12,394
UNVFVT Direct Assistance Programme	-	26,122	(26,122)	-	-
	<u>150,712</u>	<u>213,957</u>	<u>(290,083)</u>	<u>-</u>	<u>74,586</u>



## Notes to the accounts for the year ended 31 December 2021 (continued)

**Comparative period**

	Balance at 1 January 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2020 £
<i>The Arsenal Foundation - Gunnery Fund</i>	-	1,000	(1,000)	-	-
<i>The Barrow Cadbury Trust/National Lottery Community Fund</i>	-	46,200	(12,907)	-	33,293
<i>The Blue Moon Trust</i>	-	5,000	(3,655)	(1,345)	-
<i>City Bridge Trust</i>	-	18,000	(16,354)	(413)	1,233
<i>Evan Cornish Foundation</i>	-	5,000	(5,000)	-	-
<i>Freedom from Torture</i>	-	2,000	(1,532)	-	468
<i>Garden Court Chambers Special</i>	-	2,000	(2,000)	-	-
<i>Garfield Weston Foundation</i>	-	45,000	(15,000)	-	30,000
<i>The Henry Smith Charity</i>	962	35,400	(30,996)	-	5,366
<i>The International Rehabilitation Council for Torture Victims</i>	-	5,965	-	-	5,965
<i>The London Community Foundation/London Community Response Fund (Wave 2)</i>	-	10,465	(10,465)	-	-
<i>The London Community Foundation/London Community Response Fund (Wave 3)</i>	-	9,945	(9,638)	-	307
<i>Lloyds Bank Foundation Fund</i>	-	24,930	(23,999)	-	931
<i>Lloyds Bank Foundation Covid React Fund</i>	-	6,522	(6,522)	-	-
<i>London Catalyst</i>	-	1,250	(17)	-	1,233
<i>Martin Lewis Coronavirus Charity</i>	-	10,000	(10,000)	-	-
<i>Merchant Taylors' Foundation</i>	-	5,900	(2,762)	-	3,138
<i>The National Lottery Community Fund</i>		34,024	(9,600)	-	24,424
<i>People's Postcode Lottery</i>		19,284	-	-	19,284
<i>The Roddick Foundation</i>	493	15,500	(10,357)		5,636
<i>London Churches Refugee Fund</i>	-	800	(169)		631
<i>UNVFVT International Training Programme</i>	-	38,200	(19,397)	-	18,803
<i>UNVFVT Direct Assistance Programme</i>	-	33,616	(33,616)	-	-
<i>UNHCR (The Office of the United Nations High Commissioner for Refugees)</i>	-	3,500	(3,500)	-	-
<b>Total</b>	<b>1,455</b>	<b>379,501</b>	<b>(228,486)</b>	<b>(1,758)</b>	<b>150,712</b>

## Notes to the accounts for the year ended 31 December 2021 (continued)

<b>Name of restricted fund</b>	<b>Description, nature and purposes of the fund</b>
The Arsenal Foundation - Gunners Fund	This grant contributed to the salary costs of a caseworker.
The Austin and Hope Pilkington Trust	This grant contributed to the salary cost of a therapist.
The Barrow Cadbury Trust / National Lottery Community Fund	COVID-19 Support Fund - this grant contributed to salary costs of therapists, caseworkers and operations staff as well as direct assistance costs of food and essentials, phone top ups and additional technology to support members through the impacts of the pandemic.
Black Rock Gives	This grant contributed to the casework programme including casework salaries and associated overheads.
The Blue Moon Trust	The 2021 grant contributed to holistic support for women.
CAF Resilience Fund	This grant contributed to the salary costs of therapists and clinical administrator as well as running costs such as rent.
City Bridge Trust	This grant covers the salary of a caseworker and contributes to the salary of a therapist as well as associated running costs.
Evan Cornish Foundation	This grant funded therapy and casework salaries, database, management and overhead costs.
Freedom From Torture	This grant covered direct assistance costs of food and essentials to support members through the impacts of the pandemic.
Garden Court Chambers Special Fund	This grant contributed to the salary costs of a caseworker.
Garfield Weston Foundation	Funding for core costs to be spread over 3 years (2020-2022)
The Henry Smith Charity	This grant contributed to the salary costs of the director, with a contribution to overheads.
The International Rehabilitation Council for Torture Victims (IRCT)	This grant contributed to the salary costs of a therapist and the programme lead as well as additional technology costs for members to support activities that addressed Covid-19 related obstacles.
Lloyds Bank Foundation for England & Wales	This grant contributed to salaries of part-time caseworker, clinical administrator and finance manager, as well as database and IT expenses and rent costs.
Lloyds Bank Foundation Covid React Fund	This grant covered additional staff time and support costs needed to provide support to members digitally during the pandemic.
London Catalyst Project grant	This grant contributed towards evaluation of a remote-only therapy group and set up of a new therapy group.
London Catalyst Samaritan grant	This grant contributed towards emergency and hardship costs for community members in need.

Notes to the accounts for the year ended 31 December 2021 (continued)

The London Community Foundation / London Community Response Fund (Wave 2)	London Community Response Fund – Coronavirus Appeal (Wave 2) - This grant covered additional costs of overtime worked by staff in the initial months of the pandemic as well as additional technology costs for staff and members.
The London Community Foundation / London Community Response Fund (Wave 3)	London Community Response Fund – Coronavirus Appeal (Wave 3) - This grant covered direct assistance costs of food and essentials, phone top ups and additional technology to support members through the impacts of the pandemic.
The London Community Foundation / London Community Response Fund (Wave 5)	This fund was for meeting urgent and basic day-to-day needs of members during the Covid-19 pandemic, including food & essentials, phone/data top-ups, taxi/travel fares and emergency costs.
Martin Lewis Coronavirus Charity Fund	This grant provided direct assistance costs of food and essentials, phone top ups and additional technology to support members through the impacts of the pandemic, plus a contribution to the salary costs of a caseworker.
Merchant Taylors' Foundation	This grant contributed to therapist salaries and overheads to help continue our therapeutic support programme.
Mrs Smith & Mount Trust	This grant contributed to the casework programme including caseworker and clinical administrator salaries and associated overheads
The National Lottery Community Fund	Coronavirus Community Support Fund - This grant provided funding for the initial set up of a third digital therapy group, covering associated therapy, casework and operations staff costs as well as direct assistance of food, phone top ups and additional technology needed.
People's Postcode Lottery	This grant is to continue covering the associated costs of the third therapy group online in 2021.
The Roddick Foundation	This grant contributed to therapist, caseworker, supervision and operational costs to help ensure we could deliver our services through the pandemic.
Tesco's Bags of Help community grant	This grant contributed to a gardening project for members, including gardening materials, furniture and equipment.
UNVFVT - International Training Programme	The UNVFVT grant for the international training project (P-829-TS-21) was granted a no-cost 4-month extension due to the impact of the Covid-19 pandemic on travel restrictions, £10,198 was spent during the year and £11,140 was carried forward to 2022. The carried forward 2020 grant (P-829-TS-20) was spent in accordance with the terms of the offer letter and the no-cost 4 month extension agreed - there was an underspend on this grant of £1,254 which has been carried forward for creating a groupwork training toolkit that will be completed in 2022. This brings the total carried forward to £12,394.

Notes to the accounts for the year ended 31 December 2021 (continued)

UNVFVT Direct Assistance Programme	(Project P-829-DA-21) This grant has been spent in the period examined in these accounts (1 January 2021 - 31 December 2021) and in accordance with the terms of the offer letter. The grant was spent as follows: therapeutic staff salaries £22,717 and contribution to rent costs £3,405.
UNHCR (The Office of the United Nations High Commissioner for Refugees)	This grant contributed towards emergency direct assistance for members plus a contribution to a therapist salary.

## Notes to the accounts for the year ended 31 December 2021 (continued)

## 18 Analysis of movement in unrestricted funds

	Balance at 1 January 2021 £	Income £	Expenditure £	Transfers £	As at 31 December 2021 £
General fund	144,865	97,932	(68,030)	(30,000)	144,767
Designated fund	-	-	-	30,000	30,000
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	144,865	97,932	(68,030)	-	174,767
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

**Comparative period**

	Balance at 1 January 2020 £	Income £	Expenditure £	Transfers £	As at 31 December 2020 £
General fund	95,985	105,605	(58,483)	1,758	144,865
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	95,985	105,605	(58,483)	1,758	144,865
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

**Name of  
unrestricted fund****Description, nature and purposes of the fund**

General fund	The free reserves after allowing for all designated funds
Designated fund	£30,000 for planned expenditure to help ensure organisational resilience in 2022-2023 focused on strategic objectives including communications, income diversification and structural sustainability.

## Notes to the accounts for the year ended 31 December 2021 (continued)

**19 Analysis of net assets between funds**

	General fund £	Designated funds £	Restricted funds £	Total 2021 £
Tangible fixed assets	1,249	-	-	1,249
Net current assets/(liabilities)	143,518	30,000	74,586	248,104
	<hr/>	<hr/>	<hr/>	<hr/>
Total	144,767	30,000	74,586	249,353
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<b><i>Comparative period</i></b>				
	General fund £	Designated funds £	Restricted funds £	Total 2020 £
Tangible fixed assets	3,657	-	-	3,657
Net current assets/(liabilities)	141,208	-	150,712	291,920
	<hr/>	<hr/>	<hr/>	<hr/>
Total	144,865	-	150,712	295,577
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>