

Company number: 06744055

Charity number: 1128857



Room to Heal

Trustees' Report and Financial Statements

For the year ended 31 December 2023

Room to Heal
Reference and administration information

STATUTORY 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
Emeka Forbes-Hastings
Areej Osman
Rosanna Thomasoo, until November 2023

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

Independent Examiner

Kate Adderley CA, Third Sector Accountancy Limited, Holyoake House, Hanover Street, Manchester M60 0AS

Status

The company, number 06744055, is limited by guarantee and has charitable status. The charity registration number is 1128857. It has a Memorandum and Articles of Association as its governing document.

Trustees' annual report for the year ended 31 December 2023

The Trustees present their report and the independently examined financial statements of the charitable company for the year ended 31 December 2023. 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.

The statutory information is shown on page 1.

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.

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Structure, Governance and Management

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.

Staff

Elli Free, Director, until August 2023
Dilara Harvey-Smith, Director from May 2023
Roro Ratih Ambarwati, Group Therapist
Imogen Butler, Finance Manager
Suzie Grayburn, Group Counsellor
Fartun Guled, Group Counsellor
Veronica Haag, Caseworker, on maternity leave in 2023
Mary Hannity, Clinical Administrator
Jane Matthews, Fundraising Manager
Emily White, Community Manager
Bert-Jan Zuiderduin, Group Therapist
Cat Baker, Caseworker, until October 2023
Sebastian Short, Caseworker, from November 2023
Iman Nafi, Group Therapist, from October 2023

Sessional Staff

Mary Raphaely, Clinical Supervisor
Maide Showell, Clinical Supervisor
Patricia Rea-Woodhouse, Clinical Supervisor, from June 2023
Marc Sutton, IT Support

Clinical and Non-Clinical Supervision

Regular clinical supervision was provided by Mary Raphaely, Maide Showell and Patricia Rae-Wood during 2023. Mary is a group psychotherapist with over 30 years' experience, previously worked at Freedom from Torture. Maide Showell also provided non-clinical supervision to caseworkers during 2023. Maide has worked as a therapist at Freedom from Torture for over 20 years and is also an experienced training clinician and clinical supervisor. Patricia Rea-Woodhouse has over 20 years' experience in social work, primarily with children & families and 15 years as a psychotherapist with individual adults and groups.

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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 2023, 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. We would like to say a special thank you to Kathy Barber our Website Consultant and Bejal Desai, Culpeper Volunteer.

Thank You

We'd like to record our great thanks to the trustee board, staff, volunteers, members and supporters for all their hard work and support throughout the year to ensure our community members continued to receive vital support in an increasingly hostile external environment.

About us

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.

Our work

Room to Heal is a small, frontline human rights charity. Our purpose is to support refugees and people seeking asylum who have survived torture, trafficking and other gross human rights abuse to rebuild their lives in exile. In the 15 years since its foundation, Room to Heal has developed a high level of expertise in supporting torture survivors. Our experience and findings demonstrate the transformative potential of relational group therapy for survivors. There is nowhere in London, or nationally, that provides the same kind of support that Room to Heal does - our model of long-term relational group therapy, intertwined with casework support set within a community is unique.

Torture survivors who are seeking asylum are excluded from living a normal life in the UK and are expected to live in long-term isolation in a hostile environment, not able to work or support themselves. Feelings of loneliness and shame, a lack of trust and self worth, and suicidal ideation are common. In this context any positive results of time-limited individual psychological support are short-lived as people are retraumatised through the protracted UK asylum system that they are forced to endure, often for years. Many of our members have symptoms of complex PTSD which requires longer term, relational approaches to treatment and yet we see organisations shifting ever more towards psychological shorter-term interventions.

Our experience and academic research shows long-term group and community work is an effective way to address this trauma. Our group resilience model promotes anti-racist behaviours, challenges the patient-expert model and is respectful of different cultural approaches to mental health.

The framework within which we work

It is clear from feedback from community members that Room to Heal provides a rare holistic service where people are truly facilitated to build trusting and meaningful relationships, becoming agents for change within their own therapeutic journey through belonging to a mutually supportive community of fellow survivors. In our recent, anonymous annual survey, members described what Room to Heal means to them:

"Room to Heal has helped me to be who I am today. I had lost hope and trust. Isolated, depressed and extremely lost the confidence to be who is me as a person. Was just smelling death. I found them and they found me at the right time."

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“Room to Heal is very helpful. People like us that do not have a voice, they always stand for us. I have nothing bad to say about Room to Heal. All I can say, I cannot say they need to change. All they are doing, they are doing the best. If Room to Heal is no more, we would not be able to live. We would be dead.”

Torture devastates lives, and survivors are left with a shattered sense of self, a deep distrust of relationships and an active expectancy of being harmed and humiliated. We work at depth, ensuring therapy and casework are interconnected, which enables us to respond to each individual on their particular journey. The path to recovery can be long and nonlinear.

Room to Heal's holistic assistance model, integrating psychotherapy (initially 1-1 leading to group therapy), casework and community support for survivors is unique. When combined, these three elements create a powerful, person-centred environment for survivors.

Re-connection with the natural environment is also an important part of the healing process at Room to Heal: we enable this through weekly gatherings in the gardens, use of the garden space in our therapy sessions, gardening activities and rural retreats. Coming together as a community on a weekly basis, our members come to trust us and each other, to share their fears and hopes, and gradually they feel less isolated, become more confident and gain new meaning in their lives.

Our model of long-term relational group therapy, intertwined with casework support set within a community is unique. We see larger therapeutic organisations (statutory and NGOs) shifting ever more towards individual, short-term psychological treatment to help people recover from trauma. We are at the vanguard of ensuring torture survivors receive the support they need in London. Currently there are no other organisations that provide these crucial services in London.

External environment

In terms of the external political environment we're working in, you will be aware of the increasingly hostile government policies and practices, including the Nationality and Borders Act 2022 and the Illegal Migration Act 2023, plus related hostile media narrative. Despite the recent Supreme Court ruling that it would be unlawful for refugees to be removed to Rwanda, the government continues to press ahead with its plans, creating ongoing uncertainty for our members who increasingly fear for a safe future here.

Finding suitable housing for our members in London continues to be long-term, challenging and intensive work, due to the shortage of available single-room accommodation, so our caseworkers often support the same people, multiple times, to overcome long-term housing challenges. This was exacerbated by the Home Office's recent policy to serve eviction notices a mere 7 days after a person receives their status, giving people virtually no time to apply for welfare benefits and housing. This change saw homelessness among recently recognised refugees triple (Big Issue, Nov 2023) and was widely criticised by charities supporting homeless people and charities supporting refugees. Fortunately the Home Office has now reversed this decision and has returned to giving people 28

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days notice for their 'move on' period from asylum accommodation, but this is still insufficient time for people to find new housing and welfare support, and continues to be a period of significant distress for those granted leave to remain.

The cost-of-living crisis has increased levels of destitution for members and we are spending more time supporting members through this crisis, helping them access financial/welfare support. Alongside this, members continue to be impacted by long waiting periods for Home Office and tribunal decisions, and a struggling National Health Service including mental health services. For torture survivors experiencing serious mental health difficulties, the ability to navigate this diminishing support in multiple areas is hugely challenging.

“Healing has helped me emotionally, physically and to have peace of mind.”



Photo: Culpeper in August 2023

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Our strategic aims for 2020-2024

Our overall goal is 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
1. To enable people to heal from their traumatic experiences and restore meaning to their lives	<ul style="list-style-type: none"> Assessments and time-limited individual therapies Therapeutic groups and intensive therapeutic retreats Nature therapies and social gardening sessions Creative activities Member forums and increased opportunity to engage in debates around the treatment and care of refugees and people seeking asylum and raising public awareness 	<ul style="list-style-type: none"> Reduced 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 Increased sense of wellbeing/ meaning/ purpose in life
2. To assist people in dealing with material challenges, navigating the asylum process and integrating into the UK	<ul style="list-style-type: none"> Casework sessions to address health, legal, education, housing and welfare issues Interventions in support of asylum (e.g. therapeutic input to Medico Legal Reports) and material needs Support to help people into education, training and employment 	<p>Our members will have:</p> <ul style="list-style-type: none"> a better quality and standard of life and will integrate into society due to having greater ability to navigate asylum processes and: 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

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		<ul style="list-style-type: none"> • accessed education, voluntary work and / or employment-related training
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	<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"> • Articles, media materials and best practice guidelines • Training sessions • Public events and exhibitions • Policy meetings and workshops <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"> • Ending immigration detention • Challenging hostile environment government policies • Giving people seeking asylum the right to work 	<ul style="list-style-type: none"> • Local communities, policy makers, mainstream service providers and the general public demonstrate greater understanding of the needs of survivors of torture and organised violence • Policy and practice are better suited to meeting the needs of survivors of torture and organised violence
4. To ensure meaningful community engagement for, and decision making by, members within Room to Heal	<ul style="list-style-type: none"> • Regular community forums involve members in planning Room to Heal activities, community and strategic development • Members co-lead on community activities • Members participate in recruitment of staff • Members participate in Aim 3 on policy and campaigns work • Having people with lived experience on the board of trustees and the staff team 	<ul style="list-style-type: none"> • Room to Heal provides a service that is appropriate and sensitive to members and meets with the challenges they are facing • 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 • Members are empowered to advocate on issues that are important to them

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		<ul style="list-style-type: none"> • People with lived experience are part of the board of trustees and the staff team
5. To develop partnerships across London, the UK and internationally to increase access to group and community support to people seeking asylum and refugees	<ul style="list-style-type: none"> • Increase the number of relational therapy groups in community settings • Train partner refugee organisations in relational group therapy and community work 	<ul style="list-style-type: none"> • Knowledge is shared and there is a greater understanding of the benefits of relational group therapy in community settings • Services for people seeking asylum and refugees are improved collaboratively

Our Year in Figures

Over the last year we supported **173** people, of which **67** were new referrals. We ran two long-term groups, one time-limited group and piloted a new psychosocial project - Mother's Group. We had a rich community programme, ranging from residential retreats to day trips, which 75 members got involved in.

Therapy

- 67 people were referred to Room to Heal and 48 people had assessments with a therapist
- 79 people provided with 258 one-to-one therapy sessions
- 34 people regularly participated in 144 weekly group therapy sessions, across 4 therapy groups
- 5 mothers participated in 22 weekly online sessions as part of the new Mother's Group pilot project
- 16 people participated in two therapeutic residential retreats (one held in spring in Devon, one in autumn in Kent).

Casework

- 136 people were supported with casework and referral matters
- 15 people supported with food, clothing and essentials
- 39 people helped to access suitable and safe accommodation: 9 members helped to secure housing/prevent homelessness 11 times and an additional 30 members advised on housing issues
- 76 people were helped to access healthcare
- 38 people were helped to access welfare/benefits
- 35 people were helped to access education, training or employment
- 44 people were helped to navigate the asylum process (e.g. secure legal representation) of which 9 people secured refugee status or other form of leave.

Community

- 75 people were involved in social and community activities across the year
- 54 people attended the weekly community meals at Culpeper, with some participants working our garden allotment at Culpeper
- 7 people participated in 24 gardening sessions at our Mildmay garden
- 43 people attended 13 day trips and outings (inc. a seaside trip, park and gardens trips (Kew, Organiclea), cinema and theatre trips
- 11 social gatherings for 5 mothers & 7 children in our pilot social gatherings running fortnightly July to December
- 37 members attended 3 community forums for members to participate in decision making on strategic direction and day-to-day activities at Room to Heal
- 10 members participated in staff and volunteer interview panels

Programme of Work

Therapeutic Programme

At the core of our work lies the belief that trauma survivors hold immense strength within themselves to heal and rediscover purpose in life. We create a safe space for this journey through group therapy, where fostering connections within the group takes centre stage. This approach cultivates a supportive community that empowers survivors to build long-term resilience and embark on a self-directed healing path.

We celebrate and respect the diverse cultural backgrounds of our members, recognising that healing can look different for everyone. Our model departs from the traditional therapist-as-expert dynamic, placing the decision-making power firmly in the hands of the survivors. We believe that true, long-lasting healing is an internal process that unfolds at the survivor's own pace. Our role is to provide a safe and supportive environment where this transformation can blossom.

"I feel my life is very important, when Room to Heal around me. I feel more confidence, when Room to Heal with me. I don't feel lonely."

Assessment process

We decide the appropriateness of a referral on the severity of emotional and psychological trauma symptoms, human rights abuse history, immigration status and ability to speak English (our therapeutic group work relies on a common language). If someone fits our criteria, a therapist carries out 1-to-1 comprehensive assessments which build a more nuanced picture of an individual's traumatic history and experience of torture.

Torture survivors may initially be unable to share their experiences. To verify if someone is a torture survivor, if they have medico-legal documents, this will outline their experience. We also use clinical judgement to assess their narrative history and manifestation of trauma and whether these are congruent, e.g. there are strong links between the type of torture suffered and how trauma symptoms (e.g. flashbacks/nightmares) come into play; e.g. narrative of sexual torture may be followed by sensations of people's hand on their bodies, the recall of particular smells and/or re-experiencing scenes of abuse.

Monitoring and evaluation

Our database captures all our activities and outcomes and enables collection and analysis of quantitative outputs of our work. The anonymous Annual Members' Survey is the basis for our annual evaluation for all community members. The questions cover all aspects of our work and

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enable us to measure impact and outcomes related to our outputs, targets and aims, and are used to report back to funders and supporters too.

We also use three psychological questionnaires (a bespoke well-being questionnaire, International Trauma Questionnaire and Post-Migration Difficulties) to assess outcomes of members who participate in group therapy. These are completed before someone joins the group, then at six-monthly intervals and a final time when they leave the group. The therapists also carry out six-monthly therapeutic and caseworker reviews for group members, which involve two 1-to-1 meetings with the member, one with a therapist and one with a caseworker. The team uses these findings to form the basis for programme development.

Overall in response to our annual anonymous members' survey:

- **100% of respondents felt that being part of Room to Heal had improved their mental health**
- **100% of respondents felt more able to deal with the effects of trauma including depression and anxiety**
- **80% of respondents felt more able to manage flashbacks, sleeplessness, panic attacks**
- **85% of respondents felt life is more meaningful**
- **100% who participated in group therapy found it to be helpful or very helpful**
- **81% of respondents felt more able to maintain relationships with others**

"Room to heal help me a lot to improve, how to speak confident, and I fell not alone."

Mothers' group pilot project

In response to our members' experiences, and a lack of therapeutic support services available more generally for new mothers, we piloted a new project - providing tailored therapeutic and social support - for mothers who have a young child(ren). This pilot project consisted of a weekly online therapeutic group (adapted to be appropriate for mothers with very young children present) together with fortnightly in-person social gatherings facilitated by a playworker, and ran from July to December.

The aims of the therapeutic group were to improve mothers' mental wellbeing through tailored support; to positively impact the mother and child's relationship; to build mothers' confidence; and to help facilitate a more supportive and stable



Photo: Mothers' group Family Social session

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environment for the child during early developmental months/years. The aim of the social group was to reduce isolation and loneliness for mothers, fathers, their young child/baby and older siblings; to support all beneficiaries in building trusting new relationships in a safe, respectful environment; to give beneficiaries the confidence to develop trusting relationships outside of the group.

Casework Programme

Beyond offering a sense of empowerment, our practical support serves as a cornerstone of our comprehensive programme. It's what keeps our members safe and secure, preventing homelessness and ensuring access to essential welfare services they rightfully deserve.

The casework team played a key role in shaping 136 members' futures. By providing guidance on education and employment opportunities, we paved the way for meaningful integration into society once members have the right to work in the UK. The sheer volume of support speaks for itself - in 2023, our team provided over 4,319 individual sessions and action (emails, calls, form filling, letters, etc.) tackling everything from housing and healthcare to legal protection.

Our casework team offered vital support to asylum seekers facing financial hardship and navigating the complexities of the asylum system in the UK. A significant portion of our members experienced destitution, lacking access to public funds and often surviving on £7 a day to cover essential living needs like food, travel, clothing and data.

In response, the team addressed these immediate needs through a comprehensive support program fostering long-term stability:

- Financial Assistance: we secured funding for ongoing food vouchers, clothing, phone top-ups, and essential transportation to healthcare appointments. We provided support to help members access emergency accommodation for those facing immediate homelessness.
- Transitioning to Secure Housing: moving beyond immediate needs, we assisted members transitioning to long-term housing solutions. We actively secured white goods and furniture to equip new residences.
- Financial Empowerment: Caseworkers played a crucial role in navigating the complexities of the asylum support system and mainstream benefit applications, promoting self-sufficiency for members in the long run. Additionally, they collaborated with various charities to secure grants supporting education and other essential needs.

"My caseworker has been following up with my solicitor in regard to my case. She made a few applications for financial support grants, she help me with different training, and university application and she find me gym facility at my local community for free."

We championed member rights throughout the asylum process. Caseworkers facilitated access to Legal Aid, meticulously documented evidence of destitution for applications, and composed supporting letters to bolster claims. They ensured timely disbursements by following up on delayed payments, safeguarding members' financial well-being.

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For members who were granted refugee status or leave to remain, caseworkers offered guidance on accessing mainstream benefits, promoting long-term financial security. Additionally, they assisted with gathering medical evidence for homelessness applications and advocated for appropriate housing in a challenging landscape of limited local authority resources.

On a systemic level we continued to be 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 kept up to date with government policy changes and where concerns around housing and financial support for people seeking asylum were raised.

The caseworkers and therapists provided extensive support to 44 members navigating the asylum process. This included helping them find quality legal representation, providing expert medico-legal evidence to strengthen their claims, and facilitating communication with solicitors. Therapists also played a vital role by attending hearings and offering emotional support, while caseworkers guided members through every step of the process.

Overall in response to our annual anonymous members' survey:

- **100% of respondents who faced an urgent crisis or challenge said Room to Heal was able to support with this**
- **80% of respondents felt more able to get support with housing matters**
- **70% of respondents felt more able to get financial support (benefits, Universal Credit)**
- **77% of respondents felt more able to get financial support (destitution, education grants)**
- **86% of respondents felt more able to get immigration advice or support**
- **79% of respondents felt more able to get healthcare support (GPs, NHS, Doctors of the World drop-in clinics)**
- **74% of respondents felt more able to get education, training or employment (inc. voluntary work)**

Community Programme

Our gardening programme ran weekly throughout most of the year, with a short break over Christmas.

At Culpeper, we offered members the opportunity to garden at our allotment each week (every Friday afternoon), followed by a community meal cooked by our members and staff together. Our members hugely valued their time in the beautiful green space at Culpeper garden, as many members are housed in accommodation for people seeking asylum and so don't have access to green space.

At Mildmay, where we have a small garden outside our therapy and casework rooms, we ran weekly gardening sessions from April through to early December.

"Room to Heal have done a lot to support me. They organised day trips and retreats, so as to mingle with other service users, they are always available to listen to me, they boosted my confidence to do things that I would not normally do, they offered me talking therapy when needed and would refer me to other organisations, if needs arise."

Our members found planting seeds and watching their plants grow to be very healing and a source of hope. As our small garden is next to our therapy rooms, we also used herbs such as sage and lavender to help 'ground' people during periods of dissociation during or after therapeutic sessions, so the garden played an important role in helping members return to the 'here and now'.

We also used this space when the weather was good for members to come together after group therapy sessions, to sit in the sunshine, eat lunch, and socialise, helping members form valuable bonds with each other and reduce their significant isolation. Our new mother and child group, which started in 2023, also gave young children a lovely introduction to gardening, where they could water the plants and enjoy pottering in a green space - this is so important as many of our members don't have easy access to green space.

Overall in response to our annual anonymous members' survey:

- **100% of respondents who participated in Culpeper garden community gatherings on Fridays found them helpful or very helpful**
- **100% of respondents who participated in gardening at Mildmay found it helpful or very helpful**
- **100% of respondents who participated in residential retreats found them helpful or very helpful**
- **100% of respondents who participated in day trips (e.g. Brighton, Kew Gardens, Organiclea, park walks) found them helpful or very helpful**
- **100% of respondents who participated in exercise/movement classes (women only) found them helpful or very helpful**

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- **100% of respondents who participated in events at Mike's Table found them helpful or very helpful**
- **100% of respondents who participated in our Summer Party found it helpful or very helpful**
- **100% of respondents who participated in our Winter gathering/Christmas party found it helpful or very helpful**



Photos: Courgettes, chillies and tomatoes grown at Mildmay garden.

Examples of Our Work

Sula* fled her country of origin in Africa, following torture and trafficking. When she joined Room to Heal a couple of years ago, she felt hopeless as she had been seeking asylum for several years. We have supported Sula through weekly group therapy, long-term tailored casework support (e.g. housing, destitution, accessing good quality legal advice for immigration matters) and community activities (e.g. gardening) and Sula's mental health has slowly improved.

Recently, Sula received refugee status but was given only 28 days to leave asylum accommodation and find new accommodation, leaving her homeless. Additionally, her asylum support was stopped and she had to try to access a new benefits stream (Universal Credit) within the month, which proved very challenging and left her destitute for some weeks. We supported Sula with emergency cash to buy food and essential toiletries for her and her young daughter, helping her cope through this extremely distressing time. We have now supported Sula to access accommodation and access welfare support.

Pierre* has been seeking asylum in the UK for 5 years, knowing he could be detained at any time. Finally, he was granted refugee status this year and then was told he had 28 days to leave his housing, and that the financial support he had been receiving would be cut off. The sudden urgency to apply for benefits or find work, and change housing, was very stressful.

Pierre was placed in temporary accommodation by the council, which was so unsafe and uninhabitable that he said he could not stay there. We advocated for Pierre to be transferred to different housing and be considered as priority need that would allow him to secure more permanent housing. The local authority initially refused, but we found a housing solicitor to challenge this decision. The local authority finally accepted their responsibility and helped Pierre find suitable accommodation. Pierre is now working as a carer, started a yoga course, plans to study, and is gradually rebuilding his life.

Asha* fled ongoing violence in Africa and has been seeking asylum for years in the UK. When she was referred to Room to Heal, Asha was severely depressed with heightened anxiety, isolated and lonely, had lost motivation to wash herself and to eat, and felt hopeless. Asha had also experienced homelessness many times in the UK.

Asha joined one of our 1-year therapy groups and stayed with the group for the full year, gradually building trust with her group members and increasingly feeling more positive about her future. Following the end of this group, she has continued to take part regularly in our wider community activities, enjoying weekly social activities, online exercise classes and outdoor day trips, "It means a lot, I meet new friends, we do things together."

Our caseworker has supported her multiple times to find emergency and then longer term accommodation.

* All case studies have been anonymised to protect each member's identity.

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FINANCIAL REVIEW

The majority of income raised in 2023 was from Trusts and Foundations (c. 90%), as in previous years. We also raised income from individual supporters, training and report writing (c.10%).

Our total income for 2023 was £423,709 and expenditure was £431,532, which compares with an income in 2022 of £359,066 and expenditure of £343,441. We received a number of restricted grants in 2023 for projects that continued into 2024, so £59,847 of restricted reserves were carried over into 2024.

The Trustees decided to extend the designated funds time frame to 2024-2025 (originally set to 2022 and 2023) and retained the aim of improving organisational resilience focusing on strategic objectives including communications, income diversification and structural sustainability. A portion of the fund was used in 2023 to cover additional fundraising support and handover time from Elli, the outgoing Director. This means we are able to carry forward the balance of the fund £15,300 into 2024 and 2025 for future organisational resilience needs.

The United Nations Voluntary Fund for Victims of Torture (UNVFVT) grant for direct assistance (Project P-829-DA-23) has been spent in the period examined in these accounts (1 January 2023 - 31 December 2023) and in accordance with the terms of the offer letter. The grant was spent as follows: therapeutic staff salaries £35,967, director salary costs £7,373, member travel fares £1,530, contribution to rent costs £5,393 and contribution to Independent examiner's fees £450.

Thank You

We would like to say a huge thank you to every supporter who donated to Room to Heal in 2023 and made our work possible.

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

A B Charitable Trust
Bromley Trust
Linbury Trust
Lloyds Bank Foundation
Roddick Foundation
Tudor Trust
The Forrester Family Trust

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

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.

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

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 Code of Fundraising Practice and Fundraising Promise.

In 2023 we had a part-time salaried Fundraising Manager who carried out our fundraising with Trusts and Foundations and individual supporters. The Fundraising Manager is also a member of the Chartered Institute of Fundraising.

We did not use third party fundraisers nor commercial participators during the year.

We have a fundraising complaints policy, which the trustees reviewed and agreed, and which is published on our website. We didn't receive any fundraising complaints in 2023.

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 Code of Fundraising Practice. We also have a Vulnerable Supporter Policy approved by trustees, which staff/trustees involved in fundraising adhere to, and which is reviewed annually. 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 £121,750 and £243,500 for the 2024 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 2023 were £197,308 and the free reserves were £182,008.

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.

TRUSTEES' RESPONSIBILITIES

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 that give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards 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

Room to Heal

Trustees' annual report for the year ended 31 December 2023

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company 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.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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

This report was approved by the trustees on ^{08 / 07 / 2024} and signed on their behalf by



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 2023 set out on pages 25 to 41.

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 of Scotland.

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.



09 / 07 / 2024

Kate Adderley CA
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 2023

	Note	Unrestricted funds £	Restricted funds £	Total funds 2023 £	<i>Unrestricted funds £</i>	<i>Restricted funds £</i>	<i>Total funds 2022 £</i>
Income from:							
Donations and legacies	3	213,327	199,852	413,179	131,276	223,217	354,493
Charitable activities	4	8,417	-	8,417	4,367	-	4,367
Investment income	5	2,113	-	2,113	206	-	206
Total income		223,857	199,852	423,709	135,849	223,217	359,066
Expenditure on:							
Raising funds	6	44,776	-	44,776	32,661	-	32,661
Charitable activities	7	180,298	206,458	386,756	79,430	231,350	310,780
Total expenditure		225,074	206,458	431,532	112,091	231,350	343,441
Net income/(expenditure) for the year	9	(1,217)	(6,606)	(7,823)	23,758	(8,133)	15,625
Transfer between funds		-	-	-	-	-	-
Net movement in funds for the year		(1,217)	(6,606)	(7,823)	23,758	(8,133)	15,625
Reconciliation of funds							
Total funds brought forward		198,525	66,453	264,978	174,767	74,586	249,353
Total funds carried forward		197,308	59,847	257,155	198,525	66,453	264,978

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 2023

	Note	2023	2022
		£	£
Fixed assets			
Tangible assets	14	-	448
Total fixed assets		-	448
Current assets			
Debtors	15	4,485	6,928
Cash at bank and in hand		272,540	264,293
Total current assets		277,025	271,221
Liabilities			
Creditors: amounts falling due in less than one year	16	(19,870)	(6,691)
Net current assets		257,155	264,530
Total assets less current liabilities		257,155	264,978
Net assets		257,155	264,978
The funds of the charity:			
Restricted income funds	17	59,847	66,453
Unrestricted income funds	18	197,308	198,525
Total charity funds		257,155	264,978

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 27 to 41 form part of these accounts.

Approved by the trustees and signed on their behalf on 08 / 07 / 2024 by:

Emily Haisley

Emily Haisley (Chair)

Rim Rahimtulla

Rim Rahimtulla (Treasurer)

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 2023 (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 2023 (continued)

j Tangible fixed assets

Individual fixed assets costing £1,000 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 2023 (continued)

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2022 £</i>
Grants and donations	211,607	199,852	411,459	127,326	223,217	350,543
Donated services	1,720	-	1,720	3,950	-	3,950
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	213,327	199,852	413,179	131,276	223,217	354,493
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2022 £</i>
Outreach and model sharing	2,725	-	2,725	1,991	-	1,991
Invoiced services	5,692	-	5,692	2,376	-	2,376
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	8,417	-	8,417	4,367	-	4,367
	<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 2023 (continued)

5 Investment income

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2022</i> £
Income from bank deposits	2,113	-	2,113	206	-	206
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	2,113	-	2,113	206	-	206
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

6 Cost of raising funds

	Unrestricted £	Restricted £	2023 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>2022</i> £
Staff costs	36,581	-	36,581	26,133	-	26,133
Fundraising expenses	2,540	-	2,540	2,272	-	2,272
Support costs (see note 8)	4,978	-	4,978	3,822	-	3,822
Governance costs (see note 8)	677	-	677	434	-	434
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	44,776	-	44,776	32,661	-	32,661
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Room To Heal

Notes to the accounts for the year ended 31 December 2023 (continued)

7 Analysis of expenditure on charitable activities

	Total 2023	Total 2022
	£	£
Staff costs	260,066	196,030
Supervision, training and other staff costs	14,371	8,922
Recruitment and CRB checks	2,304	879
Other project costs	1,922	1,760
Events	1,887	2,367
Consultancy	940	3,750
Member travel	12,711	7,846
Community meal expenses	5,124	3,409
Project equipment (gardening materials etc)	3,989	3,755
Therapeutic retreats and trips	6,138	4,266
Psychiatric report costs	778	3,792
International training project: consultant fees	-	5,699
International training project: other expenses	-	2,644
International training project: evaluation and finance costs	-	1,995
Access and emergency costs for members	6,466	3,449
Database	3,030	2,420
Professional membership	841	673
Depreciation	448	625
Therapy rooms and office rent	25,538	24,576
Support costs (see note 8)	35,392	28,668
Governance costs (see note 8)	4,811	3,255
	<u>386,756</u>	<u>310,780</u>
Restricted expenditure	206,458	231,350
Unrestricted expenditure	180,298	79,430
	<u>386,756</u>	<u>310,780</u>

Room To Heal

Notes to the accounts for the year ended 31 December 2023 (continued)

8 Analysis of governance and support costs

	Support £	Governance £	Total 2023 £	Support £	Governance £	Total 2022 £
Staff costs	32,855	3,480	36,335	22,828	2,013	24,841
Insurance (ELI)	2,060	-	2,060	3,383	-	3,383
IT consumables and IT support	2,403	-	2,403	3,840	-	3,840
Telephone and internet	1,332	-	1,332	1,284	-	1,284
Office admin and expenses	1,720	-	1,720	1,155	-	1,155
Governance admin and expenses	-	268	268	-	116	116
Independent examiner's fees	-	1,740	1,740	-	1,560	1,560
	<u>40,370</u>	<u>5,488</u>	<u>45,858</u>	<u>32,490</u>	<u>3,689</u>	<u>36,179</u>
Allocated as follows:						
Cost of raising funds	4,978	677	5,655	3,822	434	4,256
Charitable activities	35,392	4,811	40,203	28,668	3,255	31,923
	<u>40,370</u>	<u>5,488</u>	<u>45,858</u>	<u>32,490</u>	<u>3,689</u>	<u>36,179</u>

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

Notes to the accounts for the year ended 31 December 2023 (continued)

9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2023	2022
	£	£
Depreciation	448	625
Licence agreement:		
Property	25,537	24,576
Independent examiner's fee	1,740	1,560
	<u><u> </u></u>	<u><u> </u></u>

10 Staff costs

Staff costs during the year were as follows:

	2023	2022
	£	£
Wages and salaries	300,693	226,426
Social security costs	20,857	13,752
Pension costs	11,433	6,826
	<u> </u>	<u> </u>
	332,983	247,004
	<u><u> </u></u>	<u><u> </u></u>

Allocated as follows:

Cost of raising funds	36,582	26,133
Charitable activities	260,066	196,030
Support costs	32,855	22,828
Governance costs	3,480	2,013
	<u> </u>	<u> </u>
	332,983	247,004
	<u><u> </u></u>	<u><u> </u></u>

No employees has employee benefits in excess of £60,000 (2022: Nil).

The average number of staff employed during the period was 13 (2022: 11).

The average full time equivalent number of staff employed during the period was 8.3 (2022: 6.5).

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 £70,457 (2022: £41,194). The higher cost in 2023 was due to an overlap after recruiting the new director.

Notes to the accounts for the year ended 31 December 2023 (continued)

11 Trustee remuneration and expenses, and related party transactions

Neither the Trustees nor any persons connected with them received any remuneration during the year. £19 of expenses were reimbursed during the year (2022: £27).

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. Aggregate restricted donations from related parties were £nil (2022: £14,000) and aggregate unrestricted donations were £1,080 (2022: £990)

12 Government grants

Room to Heal does not receive any direct government funding. The funder in this category is 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.

The government grants recognised in the accounts were as follows:

	2023 £	2022 £
UNVFVT Direct Assistance Programme	50,715	47,090
	<hr/>	<hr/>
	50,715	47,090
	<hr/> <hr/>	<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 2023 (continued)

14 Fixed assets: tangible assets

	Leasehold improvements £	Equipment £	Total £
Cost			
At 1 January 2023	6,800	1,698	8,498
	<hr/>	<hr/>	<hr/>
At 31 December 2023	6,800	1,698	8,498
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 January 2023	6,800	1,250	8,050
Charge for the year	-	448	448
	<hr/>	<hr/>	<hr/>
At 31 December 2023	6,800	1,698	8,498
	<hr/>	<hr/>	<hr/>
Net book value			
At 31 December 2023	-	-	-
	<hr/>	<hr/>	<hr/>
<i>At 31 December 2022</i>	-	448	448
	<hr/>	<hr/>	<hr/>

15 Debtors

	2023 £	2022 £
Trade debtors	778	-
Accrued income	612	6,458
Prepayments	3,095	308
Other debtors	-	162
	<hr/>	<hr/>
	4,485	6,928
	<hr/>	<hr/>

16 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	13,566	6,691
Grants owed to beneficiaries	500	-
Taxation and social security costs	5,804	-
	<hr/>	<hr/>
	19,870	6,691
	<hr/>	<hr/>

Notes to the accounts for the year ended 31 December 2023 (continued)

17 Analysis of movements in restricted funds

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2023 £
2023 Mental Health Fund	11,537	1,480	(13,017)	-	-
2024 Mothers & Child Psychosocial Project	-	1,892	-	-	1,892
Black Heritage Fund	-	6,400	(6,400)	-	-
City Bridge Trust	1,938	37,350	(33,109)	-	6,179
Evan Cornish Foundation	-	7,500	(7,500)	-	-
Fishmongers' Company's Charitable Trust	7,522	15,000	(7,500)	-	15,022
The Henry Smith Charity	9,775	35,000	(18,400)	-	26,375
Lapid Trust	-	10,000	(10,000)	-	-
Matrix Causes Fund Monica Rabagliati Charitable Trust	2,625	-	(1,875)	-	750
Morris Charitable Trust	-	3,000	-	-	3,000
Mrs Smith & Mount Trust	3,000	-	(3,000)	-	-
National Garden Scheme	5,000	-	(5,000)	-	-
Nationwide Community Grants	-	2,459	(2,459)	-	-
People's Postcode Lottery	4,291	-	(4,291)	-	-
Souter Charitable Trust	19,915	-	(19,915)	-	-
London Churches Refugee Fund	-	3,000	(3,000)	-	-
London Community Foundation	850	1,900	(1,850)	-	900
UNVFVT Direct Assistance Programme	-	10,000	(10,000)	-	-
Bank of America	-	50,715	(50,715)	-	-
CMS Law	-	3,986	(3,986)	-	-
Ford Britain Trust	-	500	(500)	-	-
London Catalyst	-	250	-	-	250
Skipton Building Society Charitable Foundation	-	1,500	(115)	-	1,385
Sutasoma Trust	-	2,000	(2,000)	-	-
The Mbili Charitable Trust	-	420	(398)	-	22
Tudor Trust	-	1,000	(1,000)	-	-
Sir Jules Thorn Charitable Trust	-	2,000	(428)	-	1,572
	-	2,500	-	-	2,500
Total	66,453	199,852	(206,458)	-	59,847

Room To Heal

Notes to the accounts for the year ended 31 December 2023 (continued)

Comparative period

	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2022 £
2023 Mental Health Fund	-	11,537	-	-	11,537
Sir Jules Thorn Charitable Trust / Ann Rylands programme	-	1,250	(1,250)	-	-
The Austin and Hope Pilkington Trust	2,000	-	(2,000)	-	-
Black Rock Gives	5,734	-	(5,734)	-	-
The Blue Moon Trust	8,000	-	(8,000)	-	-
City Bridge Trust	762	36,850	(35,674)	-	1,938
Fishmongers' Company's Charitable Trust	-	15,000	(7,478)	-	7,522
Garfield Weston Foundation	15,000	-	(15,000)	-	-
The Henry Smith Charity	5,092	36,800	(32,117)	-	9,775
London Community Foundation / Citi	-	10,000	(10,000)	-	-
Lloyds Bank Foundation for England & Wales	8,638	-	(8,638)	-	-
London Catalyst Project grant	3,000	750	(3,750)	-	-
Matrix Causes Fund	-	3,000	(375)	-	2,625
Merchant Taylors' Foundation	5,800	-	(5,800)	-	-
Morris Charitable Trust	-	3,000	-	-	3,000
Mrs Smith & Mount Trust / Mount Fund	5,000	5,000	(5,000)	-	5,000
Nationwide Community Grants	-	21,425	(17,134)	-	4,291
People's Postcode Lottery	-	24,915	(5,000)	-	19,915
London Churches Refugee Fund	1,030	1,850	(2,030)	-	850
G&H Roberts Community Trust	-	750	(750)	-	-
Tesco's Bags of Help Community grant	850	-	(850)	-	-
London Catalyst Samaritan grant	1,286	-	(1,286)	-	-
Cost of living winter support	-	4,000	(4,000)	-	-
UNVFVT International Training Programme	12,394	-	(12,394)	-	-
UNVFVT Direct Assistance Programme	-	47,090	(47,090)	-	-
Total	74,586	223,217	(231,350)	-	66,453

Room To Heal

Notes to the accounts for the year ended 31 December 2023 (continued)

Name of restricted fund	Description, nature and purposes of the fund
2023 Mental Health	Individual donations towards 2023 Therapeutic Programme.
2024 Mothers & Child Psychosocial Project	Individual supporter donations towards the mothers & child psychosocial project.
Black Heritage Fund	This grant funded two therapeutic retreats.
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 contributed to holistic support, including therapy, casework and operations staff costs as well as office costs.
Fishmongers' Company's Charitable Trust	This grant helped fund a new 1-year therapy group.
The Henry Smith Charity	This grant contributed to the salary costs of the director, with a contribution to overheads.
Lapid Trust	This grant contributed to the mothers' group pilot project.
Matrix Causes Fund	This grant funded staff training to ensure RTH is anti-racist & culturally appropriate.
Monica Rabagliati Charitable Trust	This grant is to contribute to the mothers' group project.
Morris Charitable Trust	This grant contributed to our gardening project, including piloting a new Garden Co-ordinator post.
Mrs Smith & Mount Trust	This Mount Fund grant contributed towards salary costs for Caseworker and Clinical Administrator to support members with housing & homelessness.
National Garden Scheme	This grant funded gardening materials and supplies for our Mildmay garden.
Nationwide Community Grants	This grant contributed towards salary costs for Caseworker and Clinical Administrator to support members with housing & homelessness.
People's Postcode Lottery	This grant contributed to our mental health programme, including therapist staff costs and therapy project costs.
Souter Charitable Trust	This grant contributed to the mothers' group pilot project.
London Churches Refugee Fund	This grant contributed to community member travel and data top-up costs.
London Community Foundation	This Together for London grant funded hardship grants to community members as well as a contribution to casework salary costs and rent.
UNVFT Direct Assistance Programme	(Project P-829-DA-23) This grant has been spent in the period examined in these accounts (1 January 2023 - 31 December 2023) and in accordance with the terms of the offer letter. The grant was spent as follows: therapeutic staff salaries £35,967, director salary costs £7,373, member travel fares £1,530, contribution to rent costs £5,393 and contribution to Independent examiner's fees £450.
Bank of America	This grant was for staff members to support them with cost-of-living increases.
CMS Law	This grant contributed towards our casework programme.
Ford Britain Trust	This grant is to contribute to children's toys and activities for the mothers' group.
London Catalyst	This Samaritan Grant contributed towards emergency and hardship costs for community members in need.
Skipton Building Society Charitable Foundation	This grant contributed to community member travel fares and community meals.
Sutasoma Trust	This grant contributed to travel costs for the mothers' group pilot.
The Mbili Charitable Trust	This grant contributed to the mothers' group pilot project.
Tudor Trust	This grant is for use towards staff, volunteer and trustee wellbeing.
Sir Jules Thorn Charitable Trust	This Ann Rylands Small Donations grant is to contribute to casework and therapy salary costs.

Notes to the accounts for the year ended 31 December 2023 (continued)

18 Analysis of movement in unrestricted funds

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	As at 31 December 2023 £
General fund	173,525	223,857	(225,074)	9,700	182,008
Designated fund	25,000	-	-	(9,700)	15,300
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	198,525	223,857	(225,074)	-	197,308
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Comparative period					
	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers £	As at 31 December 2022 £
General fund	144,767	135,849	(112,091)	5,000	173,525
Designated fund	30,000	-	-	(5,000)	25,000
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	144,767	135,849	(112,091)	-	198,525
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Name of unrestricted fund	Description, nature and purposes of the fund				
General fund	The free reserves after allowing for all designated funds				
Designated fund	£15,300 for planned expenditure to help ensure organisational resilience in 2024 and 2025 focused on strategic objectives including communications, income diversification and structural sustainability.				

Notes to the accounts for the year ended 31 December 2023 (continued)

19 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total 2023 £
Tangible fixed assets	-	-	-	-
Net current assets/(liabilities)	182,008	15,300	59,847	257,155
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Total	182,008	15,300	59,847	257,155
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<i>Comparative period</i>				
	General fund £	Designated funds £	Restricted funds £	Total 2022 £
Tangible fixed assets	448	-	-	448
Net current assets/(liabilities)	173,077	25,000	66,453	264,530
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Total	173,525	25,000	66,453	264,978
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