

Room to Heal

Trustees' Report and Financial Statements

For the year ended 31 December 2024

Company number: 06744055

Charity number: 1128857

“I just want to say thank you for your hard work and support. Not many places like Room to Heal. You are doing everything you can do. We can feel like we are amongst society.”



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 (2020)	Appointed June 2016
Rim Rahimtulla	Treasurer	Appointed July 2020
Areej Osman		Appointed March 2022
Emeka Forbes-Hastings		Appointed September 2020
Michelle Knorr		Appointed November 2009
Susannah Fairweather		Appointed June 2018

Charity Number	1128857
Company Number	06744055
Registered Office	Room to Heal, Mildmay Community Centre, Woodville Road, London, N16 8NA
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.

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The Trustees present their report and the independently examined financial statements of the charitable company for the year ended 31 December 2024. 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.

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

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 Co-Directors, as well as the Treasurer and Director, also meet regularly between meetings. Trustees delegate the day-to-day management of the charity to the Co-Directors. In 2024, we transitioned from a sole Director model to a Co-Director model. 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.

Trustee Recruitment

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

Our Staff

Roro Ratih Ambarwati	Group Therapist
Imogen Butler	Finance Manager
Fartun Guled	Group Therapist
Veronica Haag	Caseworker, until April 2024 Fundraising Officer, from January 2024
Mary Hannity	Clinical Admin, until January 2024
Dilara Harvey-Smith	Director, until August 2024
Angelina Jalonen	Clinical Lead, from June 2024 (Maternity Cover)
Zinzi Mangera-Lakew	Community Manager, until August 2024 (Maternity Cover) Acting Co-Director, from August 2024
Jane Matthews	Fundraising Manager, until June 2024 Acting Co-Director, from August 2024
Delaney Murray	Caseworker, from July 2024
Iman Nafi	Group Therapist
Sebastian Short	Caseworker & Clinical Admin
Suzie Grayburn	Group Therapist
Matilda Tonkin Wells	Group Therapist, from March to December 2024
Meggie Warren	Caseworker and Family Caseworker
Emily Palmer-White	Community Manager and Clinical Lead (Maternity Leave)
Bert-Jan Zuiderduin	Group Therapist

Sessional Staff

Loretta Curtin	Fundraising Manager, from July 2024
Mary Raphaely	Clinical Supervisor
Maide Showell	Clinical Supervisor
Patricia Rea-Woodhouse	Clinical Supervisor, until March 2024
Marc Sutton	IT Support
Rachael Despicht	Immigration Legal Advice
Tamara Astor	Playworker
Kirsty Reynolds	Playworker

Clinical and Non-Clinical Supervision

Regular clinical supervision was provided by Mary Raphaely, Maide Showell and Patricia Rae-Wood during 2024. 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, administrative staff and our mothers group therapists during 2024. 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.

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 2024, 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 legal support, web development, supporting our members with casework guidance, gardening and cooking delicious, healthy meals for our members. We would like to say a special thank you to Bejal Desai, Casework and 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.

A message from our Chair

Room to Heal has continued to provide high quality therapeutic support to migrant survivors of torture, trafficking and other human rights abuses. This was our first year officially running four therapy groups for our members, as well as continuing the high quality casework support and meaningful community activities which are the other anchors of our community.

This year we saw changes in our staff team, most notably we decided to test a Co-Director model in the organisation and were able to internally recruit two staff members to be Acting Co-Directors. Our thanks go to Zinzi Mangera-Lakew and Jane Matthews, our previous Community Manager and Fundraising Manager respectively for taking on this challenge. The Co-Director model has proven to work very effectively for Room to Heal and aligns with our ethos of consensus-driven, participative decision making. After some reflection, the board has decided to adopt the Co-Director model permanently, and we look forward to carrying out a recruitment process for these roles in early 2025.

2024 has been an incredibly challenging year for the community, both internally and in the external environment. Anti-migrant rhetoric in our society is on the rise, tragically resulting in racist riots and attacks in August this year, which escalated fear among our members.

We look forward to bringing more stability to our members in 2025, and remain committed to our mission to support those left behind by inadequate mental health care for those seeking to rebuild their lives in the UK.

*Warm wishes,
Emily Haisley, Chair of the Board of Trustees*

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 strategic aims 2020-25

- 1. To enable people to heal from their traumatic experiences and restore meaning to their lives**
- 2. To assist people in dealing with material challenges, navigating the asylum process and integrating into the UK**
- 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**
- 4. To ensure meaningful community engagement for, and decision making by, members within Room to Heal**
- 5. To develop partnerships across London, the UK and internationally to increase access to group and community support to people seeking asylum and refugees**

Charitable Objects

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.

Our work

Room to Heal is a frontline, grassroots community charity. Our purpose is to support migrants in the UK who have experienced forced migration and who have survived torture, trafficking and other gross human rights abuse to rebuild their lives in exile. In the 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.

“Room to Heal stand with me like a family. In my difficulties and isolated life, I always found support from Room to Heal.”

The people we work with

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.

Our members are excluded from living a normal life in the UK while they regularise their immigration status, and are expected to live in long-term isolation in a hostile environment, often not able to work or support themselves. 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.

External Environment

In the first half of 2024 we saw increasingly 'hostile environment' policies from our government, which systematically marginalised people seeking asylum and caused distress to our members. This included the Rwanda Act 2024, which followed on from previous inhumane Acts (Nationality & Borders Act 2022, Illegal Migration Act 2023), which obstructed torture survivors' right to non-refoulement and rehabilitation (under Articles 3 & 14 of the UNCAT).

In response staff kept up-to-date with these legislative changes and regularly briefed members to ensure they understood their rights, particularly in relation to potential deportation to Rwanda.

"It affected me a lot. I was very scared to go out. If I went out, I covered up my brown skin."

Alongside this context, the UK government and media increasingly communicated an incorrect and damaging narrative about 'illegal migrants' and a 'migrant crisis' this year, fueling the UK summer far-right riots and much heightened risk of attack on our members. In response we provided an extra Community Forum (in-person and online) for members to share feelings about the riots and to suggest what extra support RTH could provide. Correspondingly, we offered new online support sessions; extra one-to-one support phone calls; and extra staff at our in-person community activities. This increased the regularity and security of our support.

"It was really scary, it makes you feel unwelcome. You find shelter from a horrible life. Very scary. Not nice to feel unwelcome. Counselling [at Rth] is helping and other events."

Our members are experiencing further pressures exacerbated by the economic governance of the UK, e.g. a struggling National Health Service including mental health services, rising cost of living leading to increased levels of destitution. For torture survivors experiencing serious mental health difficulties, the ability to navigate this diminishing support in multiple areas is hugely challenging.

Room to Heal will continue to adapt our services to ensure we meet the needs of our community members and new beneficiaries in this increasingly challenging external environment.

What we do

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.

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, social and gardening activities and rural retreats.

Survivors' participation helps to create 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, can often be enough for the individual to get through it and build strength through collective resilience.

Therapeutic Support

Currently, 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.

Community Activities

Room to Heal members can also attend social activities like yoga and day trips, and many join other community members for a freshly cooked meal and social connection every Friday afternoon at a local community garden. This year we also ran some member-led art classes in the summer, a series of poetry workshops, 4 creative writing and reading workshops and a photography workshop.

Casework Support

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 quality 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.

Our Impact in 2024

In 2024 we grew our therapeutic offering to 4 groups, after the success of the 6 month pilot for our mothers group. Since July 2024, 8 mothers meet weekly with two group therapists for psychosocial support. Every two weeks their children join them for social sessions with our playworker facilitating music, art and craft activities for the families.

Snapshot in Numbers

- 153 members supported
- Our members come from over 40 different countries, all of whom have survived torture or other human rights abuses.
- 51% Female, 49% Male
- Carried out 191 one-to-one therapy sessions for 71 members, and 64 assessments to join our groups
- 160 mixed gender therapeutic groups across the year
- 2,049 casework 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
- 53 therapeutic/community gardening and social integration sessions
- 2 residential retreats and 4 community forums

Outcomes

In January 2025 we carried out an anonymous member survey about our services over the previous 12 months. Hear what our community members have to say about the support provided at Room to Heal in 2024 (as percentage of respondents):

- 91% of respondents felt their quality of life had improved
- 97% felt their mental health has improved as a result of being part of Room to Heal
- 94% felt less lonely as a result of being a member of the community
- 91% of respondents felt more able to maintain relationships with others
- 94% felt more able to deal with the effects of trauma including depression and anxiety
- 100% felt our casework support was helpful
- 92% of respondents who had an urgent crisis or challenge in 2024 said Room to Heal was able to support with this
- 100% felt our weekly community gatherings and biannual retreats were helpful
- 81% felt they were given the opportunity to participate in decision making at Room to Heal via things like our member interview panels and our community forums

Case Study

Kaku (anonymised) was an organiser within a women's rights organisation in her country, campaigning against rape and violence towards women. She was arrested and imprisoned three times for her activism, and subjected to rape and torture.

When she was referred to Room to Heal, she had been in the UK for 5 years, and was suffering from PTSD. Soon after joining our therapy group, Kaku was granted refugee status. Kaku was supported by the group through this difficult transition period, particularly when she was threatened with homelessness. Kaku described how important it was to attend the group, and be able to share experiences with others who understand.

Kaku accessed intensive casework support at Room to Heal. Kaku's accommodation was incredibly unsuitable, and had led to a severe deterioration in her mental health. Our caseworker supported her to access housing support from the local authority through engaging legal advice. This resulted in a successful suitability challenge: Kaku was granted self-contained accommodation near her college. Our casework team also supported Kaku to apply for benefits, including Universal Credit, UC50, and PIP and connected her with partner services who support her with maintaining her tenancy.

Kaku regularly attends community gatherings, including our weekly gardening and cooking sessions at Culpeper Gardens, as well as joining community day trips. We have seen her confidence blossom in the community since joining Room to Heal.

Our team will now support her to access long-term housing, as her current accommodation is temporary. We are also preparing to support her access to courses in beauty therapy, working towards her goal of starting her own business and furthering education and employment opportunities.

Therapeutic Programme

The overarching aim of our therapeutic work is to enable survivors of torture to heal from their traumatic experiences and help 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.

“Group therapy support is a relief, doing the group we are exposed to different points of views and have opportunity to learn from others to receive feedback and support. It helps to reduce feelings of isolation.”

Referrals and Assessment

We continue to have a good network of referral agencies, including the NHS, specialist solicitors and many NGOs in this sector. We also receive a number of self referrals by people who have heard of us by word of mouth.

- In 2024, Room to Heal received 41 referrals
- We carried out 64 assessments with 31 people with a therapist
- We saw members for 62 individual pre group sessions

1-1 Therapy

We provide individual therapy in preparation to join group therapy. We also provide individual sessions to members who are currently in groups, via our therapeutic reviews. Members experiencing a safeguarding situation or mental health crisis, whether they are in a group or have left groups but remain in the community.

- In 2024 we provided 129 individual therapy sessions

Group Therapy

Our weekly therapy groups lie at the heart of the community, and are run by two therapists per group. In 2024, we ran three weekly mixed-gender groups. Two of these are slow open, open ended groups and the other is a 1 year fixed term group. In July 2024 we also started running a psychosocial support group for mothers.

- In 2024 we ran 133 mixed-gender therapeutic group sessions
- We also ran 27 psychosocial support group sessions for mothers

Our Therapeutic Impact in 2024

Members' views on therapeutic support have been overwhelmingly positive on all aspects of our work. The respondents to our 2024 annual survey said:

- 94% felt more able to deal with the effects of trauma including depression and anxiety
- 91% felt the Room to Heal community has helped them maintain relationships with others
- 91% felt life is more meaningful
- 100% who participated in group therapy found it to be helpful or very helpful
- 100% of respondents who participated in individual therapy in 2024 said it was helpful or very helpful

“As an asylum seeker, knowing that you have a shoulder to lean on, and people to speak to and be listened to without being judged or ignored because of your race or color is highly therapeutic and this has been a big healing for me and my sore emotional wounds.”

Spotlight on the Mothers Project

We started this group in response to hearing how excluded expecting mothers in our groups felt when they had to stop accessing therapeutic support because of child care and breastfeeding needs. After a successful pilot in 2023, in 2024 we secured funding to run the group for three years.

Between April-June 2024, we initiated member assessment and preparation. Following this, each mother accessed between 3 and 6 1-1 therapy sessions to prepare them for joining the group. To date, 8 mothers and 12 children have been supported by both the online psychosocial support sessions and family social events under this project.

"I can feel a good change in myself...they give you good energy which I haven't had for many years...it really helps me alot."

In our first evaluation of the Project in October 2024 the mothers reported:

75% feeling more able to cope with the stresses of motherhood

100% feel more confident in themselves as a mother

63% feel more confident to talk to people when struggling

100% feel their child is happier since joining the group

Community Activities

Participating in community activities and sharing skills and knowledge – through cooking, gardening and creative activities – provides a foundational experience of belonging and new beginnings at Room to Heal. 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. These activities all contribute to our holistic approach to improving mental health.

Weekly Community Meal

The cornerstone of our community is our weekly meal at a local community garden. Here, a different member takes it in turns to cook each week, sharing their culture and customs with other community members. Members sit and chat in the sun or by the fire in the winter, or tend to our allotment plot, and we make a special effort to celebrate birthdays and milestones such as securing leave to remain!

- In 2024 we held 53 weekly meal and gardening sessions
- 80 members attended our meals across the year

Trips and Retreats

We went on trips to Kew Gardens, Brighton Beach, Clissold Park, to the Young Vic and to visit the Compass Project at Birkbeck University to name a few. We were also able to take members on two residential retreats, one in Devon and one in South Wales. On each retreat members cook together, go on walks, relax in the sauna, visit the sea and local towns and tell stories or play games by the fire.

- 13 day trips attended by 52 members
- 2 retreats attended by 20 members. One of these retreats was a therapeutic retreat where members join a therapeutic group for three days.

Other Activities

Towards the end of 2024, we were able to start offering the female members of our community yoga classes in one of our therapy rooms with our partner organisation, The Movement Charity. We also were able to run our garden project across two sites; in our own garden at our office and on our plot in the local community garden. Tomatoes, chilli, beet, sweet potato slips, spring onions- you name it, we grew it. Another community highlight was our summer party, co-organised with two members: there were speeches, poetry, incredible live Congolese music and a fashion show where members showed off their national dress!

- 4 yoga sessions ran from November 2024
- 13 member lunches for those in our therapy groups
- 10 family socials (including trips to Spitalfields City Farm and the Young V&A)

Our Community Impact in 2024

In our 2024 annual survey the respondents said:

- 94% felt less isolated and lonely
- 94% felt supported
- 94% felt listened to
- 91% felt improved confidence
- 94% felt more positive about the future

Retreat Feedback

“[Retreat] was a session of healing, the joy we shared, the food we ate, and the tears we shed was part of a healing process we needed.”

	Spring 2024, Devon	Autumn 2024, Wales
Enjoyed the retreat	100%	100%
Felt emotionally better at the end of retreat	100%	83%
Felt physically better at the	88%	92%

end of retreat		
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Poetry Anthology and Launch

In 2024, we partnered with academics from King's College London, Doctors of the World and Maokwo to create a Poetry Anthology responding to the far-right riots in August 2024. After a series of workshops, our 6 poets and artists performed their poems at a launch event attended by over 100 people at King's College London in December.

The Anthology: "Do you hear me?" is available to view on our website. It features pictures of our poets' original drafts, their performance ready poems and even paintings by one community member. This anthology is testament to the power of art in responding to trauma.

"Thank you, I really enjoyed the workshops, especially the chance to explore themes of identity, culture and the recent riots. Sharing my poem, 'I Am a Muganda Man', was a highlight, as it allowed me to celebrate my heritage."

Casework Support

"I often need advice. And I know that in this organisation I will always be given the right advice and help."

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. Every member in our therapeutic groups is assigned an individual caseworker who can support them on a broad range of issues depending on their needs. Once a member leaves a group, a member of our team is always able to provide signposting support if issues arise in a members life further down the line.

In 2024 we supported:

- 116 members with casework support
- 2,049 individual casework sessions and actions
- 89% of respondents to our annual survey felt that because of Room to Heal casework support they felt more able to access advice, information and support on a range of areas.

Housing and Homelessness

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 an emergency / temporary basis until the issues were resolved. We also worked very closely with a number of hosting organisations (Housing Justice, Positive Action in Housing, Refugees at Home and Jesuit Refugee Service), regularly liaising to find housing hosts for a significant number of our members.

In 2024:

- 40 members helped to access suitable and safe accommodation
- 5 members helped to secure housing/prevent homelessness

Destitution

Many of our members are destitute, with no recourse to public funds (NRPF), or have been surviving on c. £49/week asylum support or c. £8.89/week if housed in a hotel. 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, and grants for moving costs.

In 2024:

- 23 members were supported with emergency / basic needs
- We secured 18 destitution/education grants for 15 members totaling £1,685, plus 1 grant for £4,200
- We secured 37 cost of living grants totalling £925

(We worked with a range of organisations to provide financial support, including: Southall Black Sisters, The London Catalyst Samaritan Fund, Ruth Hayman Trust, Fund for Human Need, Positive Action in Housing, The Heinz, Anna and Carol Kroch Foundation and the Society of Friends of Foreigners in Distress, as well as Local Authorities Household Support Funds for help towards housing essentials.)

Immigration and Legal Protection

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 to rebuild their lives. Our caseworkers support members to navigate this system, and advocate on their behalf to access their rights. This involved assistance in accessing appropriate and high-quality legal support, providing expert medico-legal evidence, and facilitating communication with solicitors. Where relevant, we also signposted members to legal advice centres and drop-ins or attended asylum interviews or hearings with members.

In 2024:

- We supported 48 members through the asylum process
- 8 members were successful in their immigration and asylum claims in 2024

Welfare, Benefits and Healthcare

For members with refugee status or leave to remain, we have supported them to access welfare services for long-term sustainable support, by helping members apply for mainstream benefits. These include Universal Credit, PIP, Housing Benefit, Child Benefit

etc. We also supported members to access GP services and dental services, apply for free prescriptions and advocate for medical support from the NHS. In September and October we hosted two workshops for members with National Energy Action on energy efficiency and saving tips in the home.

In 2024:

- 31 members were helped to access welfare/benefits
- 45 members were helped to access healthcare

Employment and Education

Our casework team also supported members in shaping educational and employment opportunities, ensuring they can integrate meaningfully once they are successful in securing leave to remain in the UK. This includes support with applying for and accessing higher education and scholarships/education grants. We also work closely with a number of mentoring programmes, where members have successfully accessed 1-to-1 guidance and support in areas of personal and professional development.

In 2024:

- 25 members were supported to access education and training.

E-Visas

In 2024 the Home Office discontinued the Biometric Residence Permit, and transitioned all migrants with immigration leave over to E-Visas. We observed that digital illiteracy and exclusion had a large part to play in how challenging members found this process. To assist our members in the transition, our caseworkers held 3 drop in afternoons to guide members through the process of making the switch or trouble shooting for those whose digital record was set up incorrectly by the Home Office.

- 17 members attended our e-visa drop in sessions

Our Casework Impact in 2024

Overall in response to our 2024 annual anonymous members' survey:

- 91% of respondents felt more able to get financial support (benefits, Universal Credit, destitution, education grants)
- 79% of respondents felt more able to get support with housing matters
- 92% of respondents felt more able to get immigration advice or support
- 89% of respondents felt more able to get healthcare support (GPs, NHS, Doctors of the World drop-in clinics)
- 95% of respondents felt more able to get education, training or employment (inc. voluntary work)

Karim's Story

Karim is a young man who studied economics at university in his home country. Due to his political beliefs, he was abducted, subject to arbitrary detention and beaten, assaulted and threatened by the army. He subsequently fled to the UK.

Karim joined our therapy group in 2022. Since then his Caseworker has supported him particularly surrounding immigration, welfare, and destitution support. After his asylum claim was refused in 2023, his solicitor dropped his case at appeal stage. We supported him to access immigration advice from a local law centre, to secure a barrister and to gather crucial evidence, including a country-expert report and medico-legal report, both on a pro-bono basis.

Our therapists also provided three supporting letters from Room to Heal, giving updates to the Home Office about the treatment he receives here. Our therapist was able to accompany him to the hearing to provide emotional support.

Beyond his appeal, we have applied for destitution grants every 6 months on behalf of this member, given that he does not receive any income or subsistence payments. We also signposted him to local clothing providers, applied for a free library card for him at a London university and referred him to a university scheme which offers several pathways into education for asylum seekers and refugees.

Karim secured Refugee Status earlier this year and is now making plans to rebuild his life.

Member Participation

We involve community members in decision making within the organisation using a range of approaches:

- 81% of respondents to our annual survey said they were given the opportunity to participate in decision making at Room to Heal

Internally this included:

- Attending our 4 community forums in 2024 to influence day-to-day & strategic activities at Room to Heal
- Both of our retreats this year were planned with members, including picking the location, the activities, the food we ate etc.
- Two members planned our summer party alongside our Community Manager
- Members are encouraged to come to us with their workshop ideas: this year a member ran a series of watercolour workshops for other members of the community.

Partner Work

Referral partners

We continued to have good two-way referrals processes with many NGOs that support torture survivors, such as Waterloo Community Counselling, Praxis, JRS, Migrants Organise, Freedom from Torture, Positive Action in Housing and Refugees at Home. We also regularly received referrals from solicitors, London-wide GPs and NHS mental health teams who recognise the value of our work. We worked with c.100 different organisations to ensure our members get the specialist support they need.

Direct service delivery partners for our members

We worked with a number of partners this year to support our community activities including: the Movement Charity for our weekly yoga class for women.

Monitoring and Evaluation

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. Overall, the annual survey showed a significant improvement in the majority of respondents' mental health. The results of the 2024 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 underpinning our work.

In our groups, we continue to use the International Trauma Questionnaire to evaluate our clinical work. We also use an internally designed questionnaire for our Mothers Group to assess their well-being in relation to being in the group. We also use our electronic database to track all activities and actions, and document attendance at our services.

Staff- Wellbeing

We are acutely aware of the many pressures that our staff face at work, from the very real risk of vicarious trauma, to heavy workloads leading to burn out. We believe that a culture of open communication and practical support can help mitigate and catch early signs of this developing in the team.

We also recognise that staff being impacted by the work that we do is unavoidable, and that we have a pastoral duty to each other to respond with care when we become aware of our colleagues needing to step away from their work to rest.

Our holistic approach to staff well-being:

- Clinical and non-clinical supervision for all frontline staff and managers who work with our members and their stories
- Monthly supervision for all staff with their line manager
- Monthly whole team 'Feelings Meeting' where staff are able to share what is affecting them at work, in their personal lives or in the wider world in a confidential space
- Quarterly facilitated half-day discussion space focusing on intersectional experiences and identities of our staff and members, with a focus on race, gender, and sexual orientation and the intersectionalities of these and other identities
- Annual staff well-being day, where we reflect on our own self-care practices and the team culture of care
- Flexible working culture, for childcare, caring and medical conditions/appointments
- Hybrid working when not doing direct service provision

Well-being week 2024

In Autumn 2024 it became clear that all staff were feeling at the edge of their capacity due to increased demands on staff time over the summer. We decided to take an emergency organisational pause, stopping our service delivery for 1 week and focusing instead on well-being.

We held two 3-hour reflective spaces over the week, where staff could share about the things that were impacting them and discuss possible organisational actions we could take. We also made time for bonding and relaxation, including a walk in a local park and a team treasure hunt in central London kindly gifted to us by Hidden City London. The rest of the week was self-led relaxation.

"I think allowing space for people to decide what they wanted to do with part of that week themselves was great. Slowing down, and also having a bit more space to connect/talk about things also felt v important."

Financial Review

The majority of income raised in 2024 was from Trusts and Foundations (c. 95%), as in previous years. We also raised income from individual supporters and report writing (c.4%).

Our total income for 2024 was £457,875 and expenditure was £492,502, which compares with an income in 2023 of £423,709 and expenditure of £431,532. We received a number of restricted grants in 2024 for projects that continued into 2025, so £57,751 of restricted reserves were carried over into 2025.

The United Nations Voluntary Fund for Victims of Torture (UNVFVT) grant for direct assistance (Project P-829-DA-24) has been spent in the period examined in these accounts (1st January 2024 - 31st December 2024) and in accordance with the terms of the offer letter. The grant was spent as follows: therapeutic staff salaries £39,127, member travel fares £3,395,

contribution to rent costs £4,952 and contribution to Independent examiner's fees £472.

Thank You

We would like to say a huge thank you to every supporter who donated to Room to Heal in 2024 and made our work possible.

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

- The A B Charitable Trust
- The Blue Moon Trust
- The Bromley Trust
- Linbury Trust
- Lloyds Bank Foundation
- The Rimini Foundation
- The Roddick Foundation
- The Swire Charitable Trust
- Tudor 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 38.

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 all of 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 2024 we had a part-time salaried Fundraiser until early June who carried out our fundraising with Trusts and Foundations and individual supporters. From late July 2024 we had a freelance Fundraiser who continued this work. We also had a new-part-time Fundraising Officer from January 2024, who supported our Fundraiser throughout the year.

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 2024.

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. 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 Co-Directors 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 £110,400 and £220,800 for the 2025 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 (and also the free reserves) available to the charity as at 31 December 2024 were £164,777.

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

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 11 / 07 / 2025 and signed on their behalf by:



Emily Haisely, Chair of the Board



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 26 to 42.

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.



11 / 07 / 2025

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 2024

	Note	Unrestricted funds £	Restricted funds £	Total funds 2024 £	<i>Unrestricted funds £</i>	<i>Restricted funds £</i>	<i>Total funds 2023 £</i>
Income from:							
Donations and legacies	3	204,668	247,887	452,555	213,327	199,852	413,179
Charitable activities	4	1,296	-	1,296	8,417	-	8,417
Investment income	5	4,024	-	4,024	2,113	-	2,113
Total income		209,988	247,887	457,875	223,857	199,852	423,709
Expenditure on:							
Raising funds	6	39,650	-	39,650	44,776	-	44,776
Charitable activities	7	202,869	249,983	452,852	180,298	206,458	386,756
Total expenditure		242,519	249,983	492,502	225,074	206,458	431,532
Net income/(expenditure) for the year	9	(32,531)	(2,096)	(34,627)	(1,217)	(6,606)	(7,823)
Transfer between funds		-	-	-	-	-	-
Net movement in funds for the year		(32,531)	(2,096)	(34,627)	(1,217)	(6,606)	(7,823)
Reconciliation of funds							
Total funds brought forward		197,308	59,847	257,155	198,525	66,453	264,978
Total funds carried forward		164,777	57,751	222,528	197,308	59,847	257,155

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 2024

	Note	2024	2023
		£	£
Fixed assets			
Tangible assets	14	-	-
Total fixed assets		-	-
Current assets			
Debtors	15	46,327	4,485
Cash at bank and in hand		194,750	272,540
Total current assets		241,077	277,025
Liabilities			
Creditors: amounts falling due in less than one year	16	(18,549)	(19,870)
Net current assets		222,528	257,155
Total assets less current liabilities		222,528	257,155
Net assets		222,528	257,155
The funds of the charity:			
Restricted income funds	17	57,751	59,847
Unrestricted income funds	18	164,777	197,308
Total charity funds		222,528	257,155

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 28 to 42 form part of these accounts.

Approved by the trustees and signed on their behalf on 11 / 07 / 2025 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 2024 (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 2024 (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 2024 (continued)

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2023 £</i>
Grants and donations	180,370	247,887	428,257	211,607	199,852	411,459
Donated services	24,298	-	24,298	1,720	-	1,720
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	204,668	247,887	452,555	213,327	199,852	413,179
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2024 £	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2023 £</i>
Outreach and model sharing	-	-	-	2,725	-	2,725
Invoiced services	1,296	-	1,296	5,692	-	5,692
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	1,296	-	1,296	8,417	-	8,417
	<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 2024 (continued)

5 Investment income

	Unrestricted £	Restricted £	Total 2024 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2023</i> £
Income from bank deposits	4,024	-	4,024	2,113	-	2,113
	<u>4,024</u>	<u>-</u>	<u>4,024</u>	<u>2,113</u>	<u>-</u>	<u>2,113</u>
	<u><u>4,024</u></u>	<u><u>-</u></u>	<u><u>4,024</u></u>	<u><u>2,113</u></u>	<u><u>-</u></u>	<u><u>2,113</u></u>

6 Cost of raising funds

	Unrestricted £	Restricted £	2024 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>2023</i> £
Staff costs	19,586	-	19,586	36,581	-	36,581
Fundraising expenses	2,596	-	2,596	2,540	-	2,540
Freelance fundraiser costs	13,920	-	13,920	-	-	-
Support costs (see note 8)	2,991	-	2,991	4,978	-	4,978
Governance costs (see note 8)	557	-	557	677	-	677
	<u>39,650</u>	<u>-</u>	<u>39,650</u>	<u>44,776</u>	<u>-</u>	<u>44,776</u>
	<u><u>39,650</u></u>	<u><u>-</u></u>	<u><u>39,650</u></u>	<u><u>44,776</u></u>	<u><u>-</u></u>	<u><u>44,776</u></u>

Room To Heal

Notes to the accounts for the year ended 31 December 2024 (continued)

7 Analysis of expenditure on charitable activities

	Total 2024	Total 2023
	£	£
Staff costs	290,695	260,066
Supervision, training and other staff costs	16,252	14,371
Recruitment and CRB checks	1,655	2,304
Other project costs	1,985	1,922
Events	1,471	1,887
Consultancy	3,616	940
Member travel	14,287	12,711
Community meal expenses	5,540	5,124
Project equipment (gardening materials etc)	1,189	3,989
Therapeutic retreats and trips	8,030	6,138
Psychiatric report costs	-	778
Access and emergency costs for members	3,681	6,466
Database	2,280	3,030
Professional membership	885	841
Depreciation	-	448
Therapy rooms and office rent	28,728	25,538
Legal costs - donated services	19,893	-
Support costs (see note 8)	44,398	35,392
Governance costs (see note 8)	8,267	4,811
	<hr/>	<hr/>
	452,852	386,756
	<hr/> <hr/>	<hr/> <hr/>
Restricted expenditure	249,983	206,458
Unrestricted expenditure	202,869	180,298
	<hr/>	<hr/>
	452,852	386,756
	<hr/> <hr/>	<hr/> <hr/>

Room To Heal

Notes to the accounts for the year ended 31 December 2024 (continued)

8 Analysis of governance and support costs

	Support £	Governance £	Total 2024 £	Support £	Governance £	Total 2023 £
Staff costs	38,763	6,375	45,138	32,855	3,480	36,335
Insurance (ELI)	2,895	-	2,895	2,060	-	2,060
IT consumables and IT support	2,249	-	2,249	2,403	-	2,403
Telephone and internet	1,427	-	1,427	1,332	-	1,332
Office admin and expenses	2,056	-	2,056	1,720	-	1,720
Governance admin and expenses	-	150	150	-	268	268
Independent examiner's fees	-	2,298	2,298	-	1,740	1,740
	<u>47,390</u>	<u>8,823</u>	<u>56,213</u>	<u>40,370</u>	<u>5,488</u>	<u>45,858</u>
Allocated as follows:						
Cost of raising funds	2,991	557	3,548	4,978	677	5,655
Charitable activities	44,398	8,267	52,665	35,392	4,811	40,203
	<u>47,389</u>	<u>8,824</u>	<u>56,213</u>	<u>40,370</u>	<u>5,488</u>	<u>45,858</u>

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

Notes to the accounts for the year ended 31 December 2024 (continued)

9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2024 £	2023 £
Depreciation	-	448
Licence agreement:		
Property	26,728	25,537
Independent examiner's fee	2,298	1,740
	<u> </u>	<u> </u>

10 Staff costs

Staff costs during the year were as follows:

	2024 £	2023 £
Wages and salaries	323,420	300,693
Social security costs	21,147	20,857
Pension costs	10,852	11,433
	<u> </u>	<u> </u>
	355,419	332,983
	<u> </u>	<u> </u>

Allocated as follows:

Cost of raising funds	19,586	36,582
Charitable activities	290,695	260,066
Support costs	38,763	32,855
Governance costs	6,375	3,480
	<u> </u>	<u> </u>
	355,419	332,983
	<u> </u>	<u> </u>

No employees has employee benefits in excess of £60,000 (2023: Nil).

The average number of staff employed during the period was 15 (2023: 13).

The average full time equivalent number of staff employed during the period was 9 (2023: 8).

A payment of £16,725 was paid to an employee in relation to their departure during the year.

The key management personnel of the charity comprise the trustees and the Directors. The total employee benefits of the key management personnel of the charity were £62,072 (2023: £70,457).

Notes to the accounts for the year ended 31 December 2024 (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. No expenses were reimbursed during the year (2023: £19).

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 unrestricted donations were £1,080 (2023: £1,080)

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:

	2024 £	2023 £
UNVFVT Direct Assistance Programme	47,946	50,715
	<hr/>	<hr/>
	47,946	50,715
	<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 2024 (continued)

14 Fixed assets: tangible assets

	Leasehold improvements £	Equipment £	Total £
Cost			
At 1 January 2024	6,800	1,698	8,498
	<hr/>	<hr/>	<hr/>
At 31 December 2024	6,800	1,698	8,498
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 January 2024	6,800	1,698	8,498
Charge for the year	-	-	-
	<hr/>	<hr/>	<hr/>
At 31 December 2024	6,800	1,698	8,498
	<hr/>	<hr/>	<hr/>
Net book value			
At 31 December 2024	-	-	-
	<hr/>	<hr/>	<hr/>
<i>At 31 December 2023</i>	-	-	-
	<hr/>	<hr/>	<hr/>

15 Debtors

	2024 £	2023 £
Trade debtors	-	778
Accrued income	43,862	612
Prepayments	2,465	3,095
	<hr/>	<hr/>
	46,327	4,485
	<hr/>	<hr/>

16 Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	13,385	13,566
Other creditors	221	500
Taxation and social security costs	4,943	5,804
	<hr/>	<hr/>
	18,549	19,870
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Notes to the accounts for the year ended 31 December 2024 (continued)

17 Analysis of movements in restricted funds

	Balance at 1 January 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2024 £
2024 Mothers & Child Psychosocial Project	1,892	1,849	(3,741)	-	-
Catholic Clothing Guild	-	1,100	(820)	-	280
City Bridge Trust	6,179	37,850	(41,712)	-	2,317
CMS Law	-	500	(500)	-	-
Fishmongers' Company's Charitable Trust	15,022	-	(15,022)	-	-
Grocers	-	5,000	(5,000)	-	-
The Henry Smith Charity	26,375	64,200	(70,486)	-	20,089
Matrix Causes Fund	750	-	(750)	-	-
Monica Rabagliati Charitable Trust	3,000	-	(3,000)	-	-
Mount Trust	-	4,000	(4,000)	-	-
National Lottery Awards for All	-	19,775	(4,334)	-	15,441
Souter Charitable Trust	-	2,000	(2,000)	-	-
London Churches Refugee Fund	900	1,750	(2,150)	-	500
UNVFVT Direct Assistance Programme	-	47,946	(47,946)	-	-
Ford Britain Trust	250	-	(118)	-	132
London Catalyst	1,385	1,500	(1,475)	-	1,410
The Roddick Foundation	-	1,000	-	-	1,000
Stanley Thomas Johnson Foundation	-	59,417	(43,653)	-	15,764
Sutasoma Trust	22	-	(3)	-	19
Tudor Trust	1,572	-	(773)	-	799
Sir Jules Thorn Charitable Trust	2,500	-	(2,500)	-	-
Total	59,847	247,887	(249,983)	-	57,751

Notes to the accounts for the year ended 31 December 2024 (continued)

Comparative period

	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	-	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	2,625	-	(1,875)	-	750
Monica Rabagliati Charitable Trust	-	3,000	-	-	3,000
Morris Charitable Trust	3,000	-	(3,000)	-	-
Mrs Smith & Mount Trust	5,000	-	(5,000)	-	-
National Garden Scheme	-	2,459	(2,459)	-	-
Nationwide Community Grants	4,291	-	(4,291)	-	-
People's Postcode Lottery	19,915	-	(19,915)	-	-
Souter Charitable Trust	-	3,000	(3,000)	-	-
London Churches Refugee Fund	850	1,900	(1,850)	-	900
London Community Foundation	-	10,000	(10,000)	-	-
UNVFVT Direct Assistance Programme	-	50,715	(50,715)	-	-
Bank of America	-	3,986	(3,986)	-	-
CMS Law	-	500	(500)	-	-
Ford Britain Trust	-	250	-	-	250
London Catalyst	-	1,500	(115)	-	1,385
Skipton Building Society Charitable Foundation	-	2,000	(2,000)	-	-
Sutasoma Trust	-	420	(398)	-	22
The Mbili Charitable Trust	-	1,000	(1,000)	-	-
Tudor Trust	-	2,000	(428)	-	1,572
Sir Jules Thorn Charitable Trust	-	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 2024 (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.
Catholic Clothing Guild	This grant supported members with clothing.
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.
CMS Law	This grant contributed towards our casework programme.
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.
Grocers' Charity	This grant contributed to our casework programme.
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.
Mrs Smith & Mount Trust	This Mount Fund grant contributed towards salary costs for Caseworker and Clinical Administrator to support members with housing, healthcare, welfare and accessing legal
National Lottery Awards for All	This grant contributed to our casework and community activities.
Souter Charitable Trust	This grant contributed to the mothers' group pilot project.
London Churches Refugee Fund	This grant contributed to community member travel costs.
UNVFVT Direct Assistance Programme	(Project P-829-DA-24) This grant has been spent in the period examined in these accounts (1 January 2024 - 31 December 2024) and in accordance with the terms of the offer letter. The grant was spent as follows: therapeutic staff salaries £39,127, member travel fares £3,395, contribution to rent costs £4,952 and contribution to Independent examiner's fees £472.
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.
The Roddick Foundation	This grant is for use towards staff wellbeing.
Stanley Thomas Johnson Foundation	This grant contributed to delivery costs for our Mother and Child Psychosocial Project, including therapy, casework and family socials.
Sutasoma Trust	This grant contributed to travel costs for the mothers' group.
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 2024 (continued)

18 Analysis of movement in unrestricted funds

	Balance at 1 January 2024 £	Income £	Expenditure £	Transfers £	As at 31 December 2024 £
General fund	182,008	209,988	(227,219)	-	164,777
Designated fund	15,300	-	(15,300)	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	197,308	209,988	(242,519)	-	164,777
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Comparative period					
	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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	173,525	223,857	(225,074)	(9,700)	197,308
	<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

Planned expenditure to help ensure organisational resilience in 2024 focused on strategic objectives including communications, income diversification and structural sustainability.

Notes to the accounts for the year ended 31 December 2024 (continued)

19 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total 2024 £
Tangible fixed assets	-	-	-	-
Net current assets/(liabilities)	164,777	-	57,751	222,528
	<hr/>	<hr/>	<hr/>	<hr/>
Total	164,777	-	57,751	222,528
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>Comparative period</i>				
	General fund £	Designated funds £	Restricted funds £	Total 2023 £
Tangible fixed assets	-	-	-	-
Net current assets/(liabilities)	182,008	15,300	59,847	257,155
	<hr/>	<hr/>	<hr/>	<hr/>
Total	182,008	25,000	59,847	257,155
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