THE EAST TO WEST TRUST

England & Wales · Charity number 1131229

Details

Other names	EAST TO WEST
Status	Registered
Legal form	Charitable company
Company number	06972769
Registered	2009-08-19
Register	View on the Charity Commission register

Contact

Address	UNIT 4a 80 High Street Egham Surrey TW20 9HE
Phone	01784438007
Email	info@easttowest.org.uk
Website	www.easttowest.org.uk

Activities

Objects: (A) TO ADVANCE IN LIFE AND RELIEVE THE NEEDS OF YOUNG PEOPLE THROUGH:(I) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS;(II) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE; IN SUCH PARTS OF THE UNITED KINGDOM AND THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT.(B) TO ASSIST IN THE RELIEF OF HUMAN SUFFERING AND POVERTY CONSEQUENT UPON THE EFFECT OF PERSONAL. LOCAL, NATIONAL OR INTERNATIONAL DISASTER IN SUCH PARTS OF THE UNITED KINGDOM AND THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT;(C) TO ADVANCE THE CHRISTIAN FAITH IN ACCORDANCE WITH THE STATEMENT OF BELIEFS IN THE SCHEDULE HERETO ATTACHED IN SUCH WAYS AND IN SUCH PARTS OF THE UNITED KINGDOM AND THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME MAY THINK FIT.

Activities: To bring Hope to young lives, that are vulnerable or 'at risk'. Actively pursuing emotional, physical and spiritual wholeness for young people.To be a compassionate response to the needs of vulnerable or 'at

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risk' young people.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People, Other Charities Or Voluntary Bodies

Geography

- **Area of benefit:** THE UNITED KINGDOM AND THE WORLD
- Buckinghamshire
- Richmond Upon Thames
- Surrey
- Windsor And Maidenhead

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£1,263,451	£1,000,290	£392,430	44
2023-08-31	£924,039	£1,016,196	£129,269	29
2022-08-31	£695,044	£674,641	£221,426	21
2021-08-31	£565,680	£431,666	£201,023	29
2020-08-31	£387,360	£397,504	-	-

Trustees

Name	Role	Appointed
Emily Cooke		2023-10-14
KENNETH FRANK MORGAN		2025-04-27
Louise Larham		2024-10-20
Madalyn Brooks		2025-11-09
Norman Beers		2024-10-20
Rachel Barton		2024-10-20
Richard Neil James Snelling		2024-10-20

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THE EAST TO WEST TRUST

England & Wales - Charity number 1131229

Accounts

The east to west Trust

Trustees' Annual Report and Financial Statements

31 August 2024

Bringing Hope To Young Lives

A company limited by guarantee, registered in England and Wales number 06972769
Registered charity number 1131229

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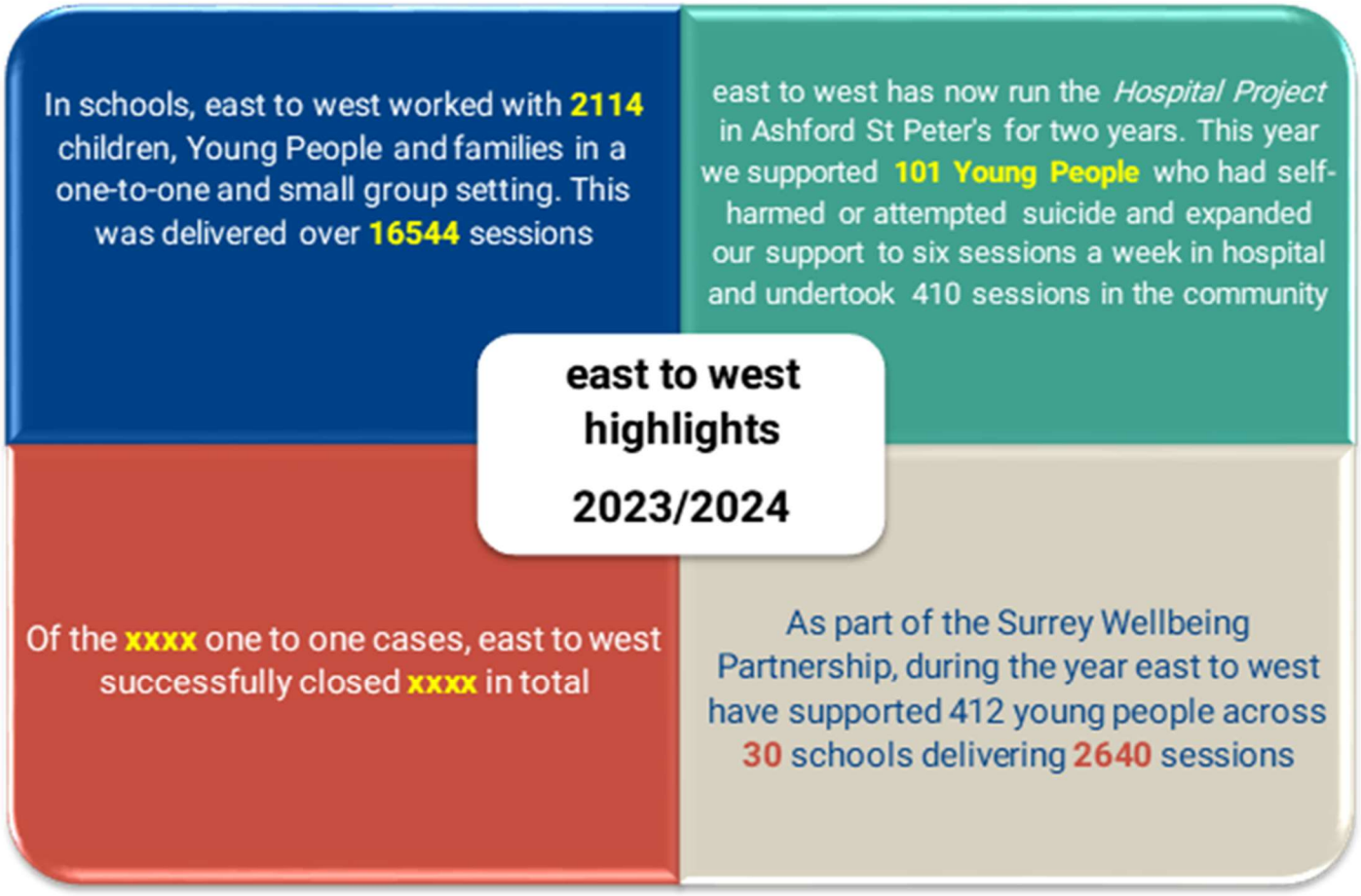


…I wanted to let you know that results day went amazingly and I passed all subjects I cannot believe I got 2 grade 8s in both of my English GCSEs, I was 1 mark off a grade 8 in food tech, thankfully though it is going to be remarked as well as my drama paper which was 1 mark off a grade 7, so hoping for the best. I got what I needed for college and have finally decided what I want to do ahead. So in September, I will be doing a course in science, which will open many doors, whether that be medicine, dentistry or anything of that kind, which you are know I am interested in.

I am so incredibly grateful to you as I would not be the person I am today, and i have absolutely no clue what I would do if I didn't have your shadow, supporting me from behind, and when I would fall, I knew I had someone I could lean on, someone who truly understood me without having to say any words.

Your office was my safe space, and it always was since you picked me up for the first time in year 9 and worked your magic, you completely transformed a shy little girl who was afraid to speak up during the most difficult time of her young little life. You gave us courage and strength. You were there for us from the beginning which I will forever be thankful for, otherwise who knows what life would look like right now, and you and I both know that those grades would not have come out the way that they did today, and I owe it to you.

I'm getting emotional now so I better stop there, this email could honestly go on and on. Please get back to me whenever you have the chance to, I would love to hear from you again.

Thank you.

Email from a student to her RSW – August 2024

Contact details and social media

Address:	Unit 4a, 80 High Street, Egham, Surrey, TW20 9HE
Telephone:	01784 438007
Website:	www.easttowest.org.uk
Email:	info@easttowest.org.uk
Facebook:	e2wrelationalsupport
X (Twitter):	@east-towest
Instagram:	easttowest_charity
LinkedIn:	The east to west Trust

Legal and administrative information

Company/Charity name	The east to west Trust
Registered charity number	1131229
Registered company number	06972769
Registered office	Unit 4a, 80 High Street Egham, Surrey TW20 9HE 01784 438007
Trustees/Directors	Matthew Armsby (Chair of Trustees up to 27th April 2025) Rachel Barton (appointed 20th October 2024) Norman Beers (appointed 20th October 2024) Emily Cooke (nee Dodsworth) Lynda Donaldson Miriam Hanley (resigned 24th March 2024) Louise Larham (appointed 20th October 2024) Alison Matts (resigned 27th April 2025) Kenneth Morgan (appointed 27th April 2025) (Chair of Trustees from 27th April 2025) Richard Snelling (appointed 20th October 2024)
Secretary	Kenneth Morgan
Chief Executive	Ian Smith (retired 31st August 2024)
Enabling Team	Clare Biggins Dan Beedell Clive Biggins

Bankers	The Co-Operative Bank plc PO Box 101 1 Balloon Street Manchester M60 4EP	CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4TA
	Flagstone 1st Floor Clareville House 26-27 Oxendon Street London SW1Y 4EL	
Solicitors	Moore Barlow The Oriel, Sydenham Road Guildford GU1 3SR	
Auditors	Xeinadin Audit Limited 5 Robin Hood Lane, Sutton Surrey SM1 2SW	

Background

Objectives and Activities

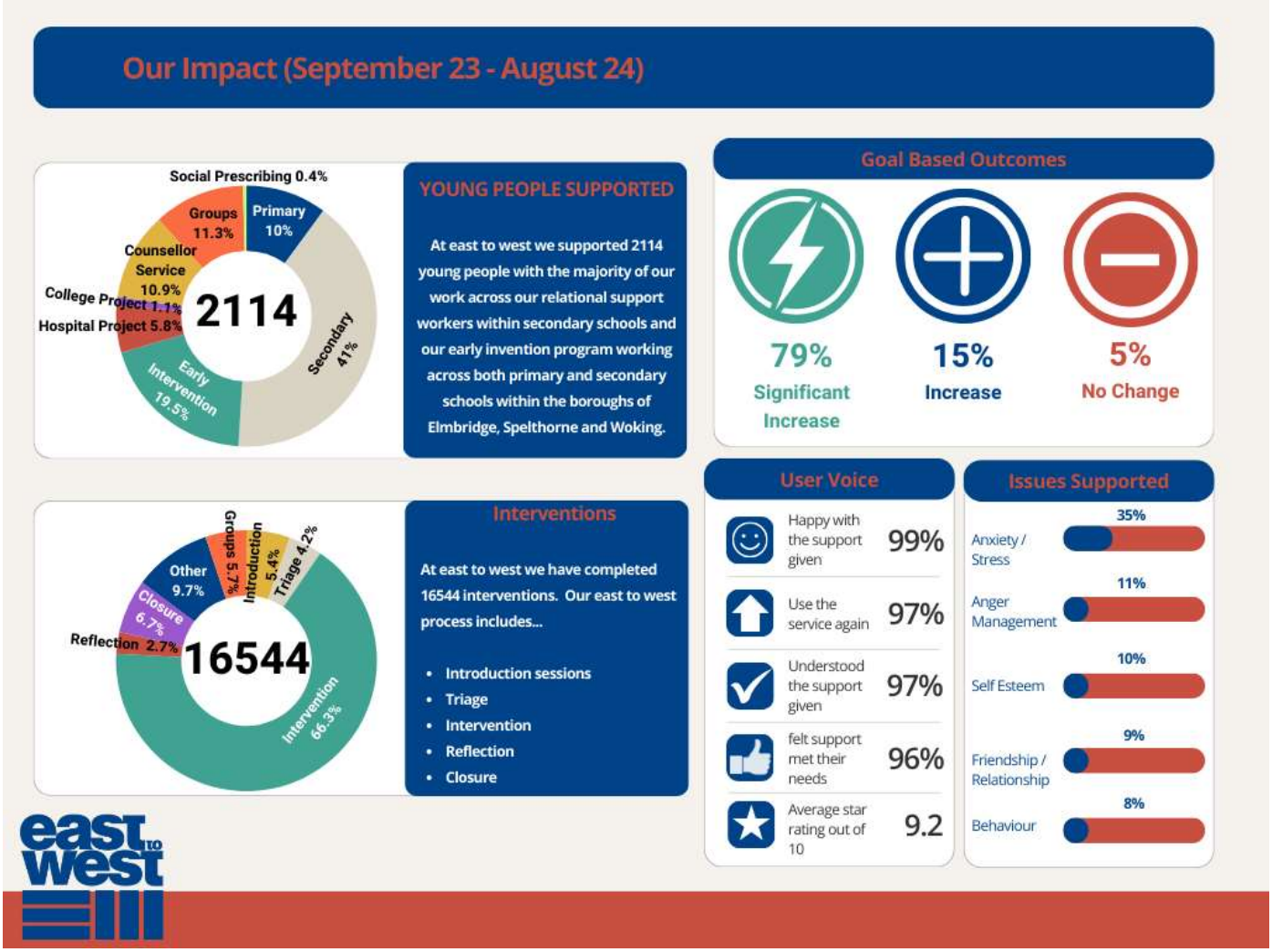
east to west is at the forefront of bringing hope to young lives. Working across Surrey, Hampshire, Berkshire, Windsor and the London Boroughs of Richmond and Hounslow for 27 years, east to west have been supporting vulnerable and at-risk children, young people and families experiencing wellbeing and mental health needs. east to west have pioneered a relational approach to support which puts those we serve at the heart of our provision and response. We are committed to working with children, young people and families for as long as they need, ensuring they receive the skills and techniques they need to better understand and manage the challenges they face.

Our vision is for children, Young People and families (the term Young People will be used as a collective noun for these groups throughout the document) to overcome the challenges (both emotional and physical) they face to becoming the very best they can be.

To enable this, building off our ethos words of Compassionate, Community, Fun, Integrity, Selfless and Devoted, we developed a pastoral response, based on valuing relationships which puts those we serve at the heart of *all* we do. We call this **Relational Support** and it is at the heart of all our work, whether short term, such as in the Hospital, or long term such as in a school setting. Working in partnership with schools and St Peter's Hospital, to date **east to west** has made a positive difference in the lives of many Children, Young People and Families across a generation.

Since September 2021, east to west has been part of the Surrey Wellbeing Partnership. This partnership has brought together 13 charities from across Surrey to work alongside the Surrey & Borders NHS Trust under the Mindworks banner to provide early support to young people who need to talk to about their mental health or signpost them to available support options.

Impact during the year



Trustees' Report and Financial Statements

Finance and Governance for the year ended 31 August 2024

The trustees present their report and the financial statements for the year to 31 August 2024.
The east to west Trust is a company limited by guarantee and a registered charity. It is governed by its Memorandum and Articles of Association. The principal office is at: Unit 4a, 80 High Street, Egham, Surrey, TW20 9HE.

Our aims

The objects of the trust set out in its Memorandum of Association are:

- To advance in life and relieve the needs of Young People through:
  - Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
  - The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.
- To assist in the relief of human suffering and poverty consequent upon the effect of personal, local, national or international disaster.
- To advance the Christian faith in accordance with the trust's statement of beliefs.

To assist the achievement of these objects, the trust has adopted the purposes:

- To see Young People impacted by hope.
- To see youth workers and churches empowered and equipped to impact Young People with hope.

By "hope" we mean hope of restoration, reconciliation and transformation.

These purposes are summarised in our strapline *"bringing hope to young lives".*

Public benefit

We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The east to west Trust exists to 'bring hope to young lives'. Working across Surrey, Hampshire, Berkshire, Windsor and the London Boroughs of Richmond and Hounslow for 27 years, east to west have been at the forefront of supporting vulnerable and at-risk children, young people and families experiencing wellbeing and mental health needs. east to west have pioneered a relational approach to support which puts those we serve at the heart of our provision and response. We are committed to working with children, young people and families for as long as they need, ensuring they receive the skills and techniques they need to better understand and manage the challenges they face.

Much of our work is targeted at Young People aged between 4 and 18. However, through our Hospital Project we now reach young adults up to 21. The impact of east to west's work is tangible and measurable and will benefit the individuals themselves as they mature into the next generation of adults and their families and society as whole. Outcomes from our current years' work are included in the review of activities below.

We do not discriminate or treat any young person less favourably on the grounds of gender, marital status, race, colour, nationality, ethnic origin, religion, disability, age or sexual orientation. This is because we believe that everyone is made in the image of God and therefore everyone is of equal value and of unfathomable worth.

Volunteers

The trustees extend heartfelt thanks to the charity's dedicated volunteers for the on-going contribution they make. In the year 2023/2024, 20 volunteers have completed 780 hours in the Hospital Project. All our volunteers have enhanced DBS checks, and the charity provides on-going development to equip them for their roles. As a result of working with east to west, some have moved into counselling and other pastoral roles, or joined our team as a paid team member.

Review of activities

Our principal activities and those whom we seek to help are described below.

Relational Support Work

At the heart of east to west is Relational Support Work which we define as a pastoral response, based on compassionate, valuing relationships which puts those we serve at the heart of *all* we do. We have always known that this approach is hugely flexible, and this year has proved this as we have been able to express this in different contexts and in different ways within our traditional schools-based work.

Within Hoe Valley School, we were able to work with young people who were not attending, and who the school were struggling to engage with. Our RSW was able to reach them through working in their homes and developing the relationship that meant they were ready to return to mainstream education.

Since January 2024, through the Early Intervention Practitioner programme we have worked with young people in over 25 primary schools throughout Spelthorne, Elmbridge and Woking. Despite only being able to work with young people for a school term, this engagement has enabled us to reach a significant number of younger pupils that would otherwise have not had support for the issues they were facing.

In the community we are beginning to partner with a local PCN (Primary Care Network), which allows us to offer support within GP surgeries to those young people that have may need a CYPS (Children and Young People's Mental Health Service) referral and require support while they wait to be seen. This project is being outworked in partnership with the Matix Trust, which, again, is a new development for us.

Schools based Relational Support Work

Our Schools based Relational Support Workers spend time building and maintaining purposeful relationships with students and staff in schools. The non-teacher, non-student nature of the role allows a unique relationship to be formed where trust and confidence is central, and advice and support are offered. Our school-based Relational Support Workers are involved in a wide variety of activities aimed at increasing the students' emotional, physical and spiritual well-being. We have been involved in the life of secondary schools for over 27 years, implementing, developing and sustaining placements. In 2023 – 2024 we had Relational Support Workers placed in 18 secondary & 5 Primary schools:

Secondary Schools

- Bishop Wand CofE School, Sunbury-on-Thames
- Epsom & Ewell High School
- Esher CofE High School, Esher
- Everest Community Academy, Basingstoke
- Hampton High School, Hampton
- Hinchley Wood School, Hinchley Wood (ended July 2024)
- Hoe Valley School, Woking (ended June 2024)
- Jubilee High School, Addlestone
- Kings International College, Camberley
- Matthew Arnold School, Staines-upon-Thames
- Reading Girls School, Reading
- St Paul's Catholic College, Sunbury-on-Thames
- St Richard Reynolds, Twickenham
- Teddington School, Teddington
- Thamesmead School, Shepperton
- Thomas Knyvett College, Ashford
- Twickenham School
- Woking High, Woking

Primary Schools:

- Goldsworth Primary, Woking
- Sayes Court Primary School, Addlestone
- West Ewell Primary, Epsom
- Marnel Junior, Basingstoke
- Woodmansterne Primary, Banstead (ended July 2024)

Schools based Family Link Work

Our Family Link Worker spent time building relationships with children and their carers in first schools in Windsor, with the goal of providing a constant support through the pressures of family life. east to west has been involved in first schools since 2010 and this year had placements across 2 schools:

- Trinity St Stephen CofE Aided First School, Windsor
- Homer First School , Windsor

Early Intervention Coordinators

The east to west Trust has continued to play a full and active part as a partner in the Surrey Wellbeing Partnership. Consisting of twelve locally based Third Sector organisations, in Alliance with the Surrey and Borders NHS Foundation Trust, and working under the banner "Mindworks Surrey". Our role is to provide support at an early stage to young people within secondary schools in these boroughs who are struggling with their mental health and who would potentially be referred to the Child & Young Person Services Team (CYPS). The aim is to provide effective support to them as early as possible, reducing the number of referrals for clinical interventions and therefore the number of young people who are having to wait for support. As part of the partnership we have provided Relational Support to young people in 16 Secondary Schools across the Surrey Boroughs of Woking, Elmbridge & Spelthorne reaching 217 young people.

Early Intervention Practitioners

As noted in the introduction to this report, since January 2024 we have worked across in excess of 25 schools in the Surrey boroughs of Spelthorne, Woking and Elmbridge. This work began in January 2024 and during this time we worked with 114 4–11-year-olds in a 1:1 or small group setting. This work is funded through our partnership with the SWP (Surrey Wellbeing Partnership) and continues to use our relational approach to meet the needs of the children we are called to support.

Relational Counsellors

Our Relational Counsellors are experienced, qualified counsellors who are registered members of the British Association for Counselling and Psychotherapy ("BACP"). They spend time with Young People providing a confidential space where they can express their thoughts and feelings. east to west has placed counsellors in 6 schools:

- Town Farm Primary School, Stanwell
- Sunbury Manor Secondary School, Sunbury-on-Thames
- Hoe Valley Secondary School, Woking *(ended June 2024)*
- Bishop David Brown, Woking
- Twickenham School *(started November 2022)*
- North West Surrey Short Stay School, Pyrford (*ended July 2024)*
- North East Surrey Short Stay School, Staines-upon-Thames *(started October 2023)*

Connect & Making the Leap

The generous legacy that the trust received during 2021 meant the two projects 'Making the Leap' (support for young people transitioning to Further Education colleges) & Connect (working with young men at a local Young Offenders Institute to give them the best opportunities for success following their release) continued to operate this year, with both team members making significant impact in the lives of young people. However, with the funding coming to an end, neither agency was able to fund this work into the future and so, regrettably, the decision was made to close both projects with the team members concerned being reassigned to new roles.

Peripatetic Counsellor

The support we are able to offer through the Peripatetic Counsellor has recommenced this year. The role provides the young people our team support with short-term clinical interventions to help them overcome the challenges the face, prior to recontinuing support via Relational Support Work.

The Hospital Project

Increasingly, we are delivering more follow-up sessions in the community, within schools and growing a wider, more east to west based provision; in light of this, being able to operate fully under the wider organisational umbrella has proved incredibly beneficial.

This year we have recruited 7 new volunteers and successfully completed their induction training. Due to our wonderful growing team, we have been able to maintain a steady 6 sessions a week in the hospital. We have provided an online external training course and project-specific safeguarding and self-harm training and made online resources available on Padlet, continual induction training and shadowing sessions for our new volunteers.

Alongside this, we have strengthened our school relationships. This is done by team members contacting us if their students have attended/attending A&E so we can support them in the hospital. We launched our pilot Self-Harm Recovery program at Winston Churchill School (Woking), providing weekly sessions where we meet several students who are currently self-harming. Being in school allows us to support them with identifying emotional triggers, developing their ability to speak about their emotions and implementing coping strategies that help lead to recovery. We have also seen a reduction in the young people in these schools attending St. Peter's having self-harmed, as recognised by the hospital staff themselves.

We have been present in St Peters for 260 sessions, which equates to at least 780 hours of availability to young people and their parents. Our hospital team have supported 101 young people in crisis within St Peters delivering 240 sessions, whilst 40 young people and their families have been supported in the community over 410 sessions.

Social Prescribing

From July 2024 Partnering with ProCare Health, east to west and the Matrix Trust are providing social prescribing to six Guildford surgeries. east to west providing a Relational Support Worker within the surgeries and the Matrix Trust delivering follow on support in the community. Social Prescribing works closely with General Practitioners (GPs) linking young people with nonmedical support for issues such as low mood, anxiety/worries, relationship difficulties and self-harm behaviours which does not meet NHS Clinical Criteria for Support. Working predominantly with young people aged 11-18 east to west provide a Relational Support Worker within each GP for minimum of one day on a fortnightly basis. During this time the Relational Support Worker provides 1:1 sessions building a positive relationship whilst responding to the needs being presented. The Relational Support Worker will use a variety of approaches including mentoring, signposting and coaching to support the young person to as they think, learn and reflect on what is happening in their life. The aim is to help the young person, even in a time of need to take greater ownership of the way they respond in situations and empower them to move forward. The GP surgeries are: Austen Road Surgery Merrow Park Surgery Shere Surgery St Luke's Surgery (Guildford) The Horsley Medical Practice Villages Medical Centre (Send).

In the projects first month of delivery, we have supported 9 young people and delivered 17 interventions and the GP's are pleased with the work that has started.

Outcomes Improvement

In May 2023 we launched a new digital system, speeding up our ability to track and report to our partners and funders what has being achieved. We launched Goals Based Outcomes (GBOs), a young person led way of recording and reporting improvements across agreed issues and specific targets. These GBOs are ranked 1-10 on a sliding scale, with every young person rating themselves out of 10 for each area e.g. Anger – Learning Triggers; Responding appropriately when angry etc… As they successfully work on these targets, they move along the scale towards 10.

During the last half of the Summer Term, we supported 621 young people in a 1:1 setting delivering 2,445 sessions (across all projects). We reported 420 completed GBOs with 84 instances with a +4 improvement, 67 improved by +5, whilst 71 cases reported a +6 gain. We anticipate that over the course of a full year, we'll report on around 2,500 young people and 4000+ GBOs.

Safeguarding and Development

east to west recognises the importance of safeguarding in its work with children, Young People and adults. We have a responsibility to protect everyone entrusted to our care and we are committed to the safeguarding of children and vulnerable adults to ensure their well-being. We follow the requirements of UK legislation in relation to safeguarding children and vulnerable adults and current best practice recommendations based on the Online Safeguarding Manual created by thirtyone:eight – (https://thirtyoneeight.org/).

Our appointed Designated Safeguarding Leads (DSL) are:

- Ian Smith (Chief Executive Officer -retired July 2024)
- Dan Beedell (Head of Income and Communications)
- Clare Biggins (Head of Wellbeing and Development)
- Clive Biggins (Head of Impact and Quality)
- Cece Ahrens (Social Prescribing Team Lead – June 2024)

east to west is passionate about delivering positive outcomes for Young People. We continue to learn and develop all we do through a framework for monitoring and reporting the outcomes of our work. The framework enables east to west to safeguard those we work with and continuously review and improve the outcomes we are delivering. The outcomes framework asks three very simple questions: 'What did we do?', 'How well did we do it?' and 'How did we make a difference?'.

Our team constantly seeks development opportunities. Each month they have input from outside agencies to grow their knowledge and enhance their practice. Throughout the year each team member is challenged to share:

- Accomplished: *What has gone really well (since the last supervision or across the whole year) that we might celebrate?*
- Breadth: *What has been learned (by the team member and/or east to west) in the process? How do we "take stock" of where things are now compared to where we thought they might be? What changes may be needed in east to west processes/practice in light of what has been learned?*
- Challenges: *Any challenges you haven't overcome? How can we move forward on them? What goals did you set this term? What did you want to achieve but haven't? What happened to prevent you achieving your goals? How can I, and east to west, be of most help in enabling you to achieve your goals? What are you most excited about in this coming period? What concerns you the most? What ongoing professional development will help you to grow in your current role and for your future?*

What people say about the team:

"A young person who had many complex issues, and is currently sitting her GCSE's wrote to her Relational Support Worker saying: "I want to say thanks again for helping me this past year, you've made my last year easier to deal with by just being there to talk to. Your support has allowed me to fully address things that have happened to me, which means a lot. You're the best east to west worker I've had, thank you forever."

Young Person – Year 11

"east to west has helped me to find ways to help my anxiety, as well as help me to think positive and try not to make everything negative. They have also helped me to try and bring out the best in myself and what I do whether it's something small or huge."

Young Person – Year 6

"east to west has been fun, worthwhile and freeing. It's been helpful to talk about how I feel, having a safe space to go to. I will be more open with how I am feeling instead of keeping it all inside. I feel great, like a weight has been lifted, and I feel free! My support through east to west could not have gone any better."

Young Person – Year 7

"The young person was referred to me having attempted suicide. They were also over-dosing every other week. When she spent time with me, she was very quick to say that she is finally being "heard". She has complex family dynamics, including a parental divorce where the father was being abusive, and she was being asked to visit him as part of the social services involvement. Together, we explored, not only healthy coping mechanisms but also explored boundaries, encouraging her to see other people's perspective and understanding what her role in all this can look like. Although there are many other underlying issues which are still being explored, since we began working together, she's stopped overdosing, and will come regularly to meetings and often pops in during her lunch/break"

Relational Counsellor in Secondary School

Partnerships

east to west seeks to empower and equip youth workers and churches to impact Young People with hope as one of its prime purposes. Our partnership base is the network through which we aspire to see this goal fulfilled and on which we continue to build.

In the year 2023-24 east to west partnered with:

- 11 Local churches
- 8 Trust funds / 5 funding agencies, organisations and local authorities

Church Partners

- St. John's, Egham
- Christ Church, Virginia Water
- Egham URC
- Staines Methodist
- The Hope Centre, Sunningdale
- St John's, Hampton Wick
- Dedworth Green Baptist Church, Windsor
- Ashford Congregational Church
- Equippers Church, Weybridge
- St Paul's, Addlestone
- Holy Trinity Church, Lyne & Longcross

Funders

- Elmbridge Borough Council
- St. Peter's Convent, Relief in Sickness Fund
- Spelthorne Borough Council
- The Sophie Clarke Foundation
- The Prince Philip Trust Fund
- Heathrow Community Trust
- Homelands Charitable Trust
- Edward Gostling Foundation
- TK Foundation
- Tesco

Gender pay gap

The east to west Trust continues to actively review its salary structure. east to west has 13 team members in a leadership structure. Of these, 10 are female, and 3 are male. Given the proportion of the remaining team, female leaders make up 9 out of 36 women employed. For males, the proportion is 3 out of 4.

The average hourly rate for females is £18.36, whilst for males it's £20.16. This is a difference of -9.8%. This is largely due to the proportion of males in leadership compared to women across the whole organisation. There are 5 pay bands across the organisation, (RSWs/EICs / RCs / Team Leads / HOO / CEO). All across each band are paid the same hourly rate, regardless of gender and length of service.

We have undertaken development and support to prepare new members of the team to take on the most senior levels of leadership, both within east to west and beyond.

The people who make it happen

Trustees

The trustees, who are also directors for the purposes of company law, and who served during the year and up to the date of this report, are listed on page 5.

Trustee Recruitment

Potential trustees are recruited to bring specific skills as needed on the board. These are identified through the annual board skills audit and board evaluation. After a preliminary discussion with the chair, the individual is invited to read the Core documents of the trust, and the Welcome to the Board document that outlines the characteristics, competences required and the Job Description for a trustee. Following an informal attendance at a board meeting, the existing trustees decide whether to proceed with the invitation to the individual to become a trustee. The trustee application form is then completed, and the new trustee is formally approved at the subsequent Board meeting.

Patron

Gill Morgan has played an important role throughout the year acting as facilitator, voice of wisdom and experience, confidant and advocate on behalf of east to west. We are grateful for all her input throughout the last 12 months.

Team

This year we said a fond farewell to seven team members: Ian Smith, Camille Turcot, Emma Reid, Ezra Owen, Kati Tikkanen, Philippa Watterson & Clare Sampson. We are incredibly grateful to all of them for their service to Young People while operating as part of east to west.

We employ a total of 39 paid team members (29 full time equivalents) whom we thank again for their ongoing commitment to the charity's work with Young People. This team is focussed on the delivery of our frontline programmes and is assisted by external advisers with specialist expertise in IT, communications and finance.

Plans for future periods

The above achievements illustrate something of the level, depth and breadth of our work over the past 12 months. We have grown organically with new projects being referred to us by word of mouth. As leaders within projects share with their peers how we have been able to support them in how they are responding to the issues faced by their young people we have made new contacts which have led to new projects. This approach has led to a 100% growth in the number of schools supported over the last 3 years. An example of this

approach has been the Surrey Wellbeing Partnership which has led to a 2-year project in the boroughs of Woking, Spelthorne and Elmbridge to provide early intervention support to the 75 primary schools.

We anticipate continued growth in the coming year in response to the clear evidence that demand on services such as ours is increasing rapidly.

Growth has brought both opportunities and challenges. A key objective is to ensure that we are building the necessary support structure and capacity to sustain this growth and expected growth. This has enabled us to grasp the opportunity of moving team members into key leadership roles, while it has challenged us to find the right team members for the now roles. However, having regard to the factors set out in note 2 to the financial statements, the trustees are confident of the continued need for the services of east to west and that sufficient funds will be available for these to be provided.

The board continues to seek to diversify its membership and has added four trustees in October 2024.

Financial Review

Total income for 2023-24 was £1,263,451 which was an increase of £339,412 compared with the income of 2022-23. Contributions from grant making organisations and our partners increased by £144,462 to £787,380, an increase of 22%. This included a one-off gift of £170,000 to be held as an endowment (see below). Voluntary donations from individuals and churches, whether through direct giving or through taking part in fundraising events, remains a very significant part of our total income; together with the gift aid we were able to reclaim and additional charitable activities, this total came to £108,095, an increase of £6,069 on 2022-2023. We are grateful for this support.

The Trust does not engage in fund raising activity from the general public but rather receives grants and donations from various organisations such as councils, churches, local organisations and individual supporters. Accordingly, we are not registered with any regulators or follow any code of practice. However, we do not use any external fundraisers and always take care no pressure is placed on vulnerable donors. We have not received any complaints about our fundraising activities.

Our partnership with the Surrey Wellbeing Partnership (SWP) appears in the accounts with the amount received to August 2024 being £360,374. This includes the new early intervention project in primary schools. This is a 2-year project, which runs from January 2024 to December 2025 with an annual income of £150,000.

Restricted income accounted for about 59% of the total with last year's proportion being 66%. We remain extremely grateful to all those faithful individuals, churches, businesses and other funding organisations who provide financial support for our work – without this east to west could not operate as it does today.

Compared with the previous year costs decreased from £1,016,196 to £1,000,290, a decrease of 1.57%. We have a net surplus for the year of £263,161. As a result, unrestricted funds increased by £49,002 and we are carrying forward unrestricted funds of £106,111. At the balance sheet date net assets were £392,430 but this includes restricted funds of £116,319 and endowment funds of £170,000 leaving reserves of £106,111, equivalent to unrestricted funds. These equate to just over 6 weeks expenditure based on our budget for 2024-2025. The trustees note that this is less than our policy for two months reserves. However, the restricted funds are available to support a key area of our work and it should also be noted that the Endowment from the Edward Gostling Trust of £170,000 is available to be drawn down when reserves drop below 2 months operating expenditure. Taking these monies into account total funds are £392,430 which represents 16 weeks' worth of expenditure. New sources of income from grant making organisations are continually being sought, and we are confident this will produce additional income and therefore hold the opinion it is right for these accounts to be prepared on the going concern basis.

We have reduced financial risk by using the Flagstone Platform for our money deposits. This allows us to place multiple deposits with institutions up to £85,000, protected by Government assurance.

Structure, Governance and Management

The board of trustees has responsibility for directing and controlling the affairs of the trust. The board met five times during year to:

- review the trust's activities, finances and performance,
- approve future plans and strategy and
- monitor risks and ensure that they are appropriately managed.

At the start of each year goals are agreed by the trustees with the team and progress is monitored throughout the year through individual, team and trust appraisal processes.

The trustees are supported by a sub-committee that oversees the financial operations.

Leadership team

The trustees delegate day to day management of the trust to its Chief Executive Officer who is supported by the Shared Leadership Team consisting of the Enabling Team and Team Leads.

The CEO, Ian Smith, retired at the end of the financial year on August 31st 2024. The search for a new CEO has begun and it is hoped that a new CEO will be in place in Autumn 2025. In the interim, Clare Biggins has been made Enabling Team Lead and is supported by the Trustees and the Enabling Team.

Remuneration and pay levels for the key management personnel and within the charity generally are determined by the trustees with periodic benchmarking to organisations of a similar size and nature.

Risk management

The trustees and management team assess the potential risks to the running and financing of the organisation and the safeguarding of the team and Young People on a monthly basis. east to west has a comprehensive portfolio of policies which enables the projects to operate in a professional and safe manner. The team and trustees review the policies at the end of each academic year.

Principal risk area	*Key mitigating factors*
Governance over the organisation and activities	■ A Board of trustees with experience in a range of relevant disciplines who meet regularly together and with the trust management ■ Annual assessment of governance effectiveness ■ Assimilation of emerging issues and trends within the sector
Management of financial resources	■ Monthly financial reporting and forecasting ■ Rigorous documented fiscal management processes overseen by the Board ■ Financial and fundraising matters considered at every trustee and management meeting
Safeguarding and service delivery	■ Maintenance of comprehensive operations policies reviewed, updated with ongoing training to team ■ Continuous development of the organisation and its service delivery team ■ Access to external resources and benchmarking against best practice standards
People and employment	■ Stringent appointment and vetting processes following Safer Recruitment best practice, including DBS checks ■ Wide ranging induction and on-the-job development ■ Well established, effective supervision and development mechanisms in place

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently,
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Information Given To Auditor

Each of the persons who is a trustee at the time when this Trustees' report is approved has confirmed that so far as that trustee is aware, there is no relevant audit information of which the charity's auditor is unaware, and that trustee has taken all the steps that ought to have been taken as a trustee in order to be aware of any information needed by the trustee's auditor in connection with preparing his report and to establish that the charity's auditor is aware of that information.

Small company provisions

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

Approved by the board and signed on its behalf by the Chair of Trustees.

Kenneth Morgan
Chair of Trustees
Date: 19-5-2025

Independent auditor's report to the members of The east to west Trust

Opinion

We have audited the financial statements of The east to west Trust (the 'charity') for the year ended 31 August 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 August 2024 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charity's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees

Independent auditor's report to the members of The east to west Trust continued

are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or

otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included with the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

Independent auditor's report to the members of The east to west Trust continued

- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees'(who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charity, we identified that the principal risks of non-compliance with laws and regulations related to employment and financial reporting legislation and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006 and the Charities Act 2011. We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by making enquiries of management, considering the internal controls in place and discussion amongst the engagement team.

Independent auditor's report to the members of The east to west Trust continued

We determined that the principal risks were related to recognition of grant income, presentation of separately disclosed items and management override of controls. In response to the risks identified we designed procedures which included, but were not limited to reviewing grant correspondence, agreeing financial statement disclosures to underlying supporting documentation, evaluating the internal controls, reviewing trustees' minutes and identifying and testing journal entries.

There are inherent limitations in the audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion. A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: http://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Other matter

The charity's income was below the threshold where an audit was required in the prior year, therefore the comparative figures are not audited.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.

Miriam Hickson FCA (Senior Statutory Auditor)
for and on behalf of Xeinadin Audit Limited
Statutory Auditor
Chartered Accountants

5 Robin Hood Lane
Sutton
Surrey
SM1 2SW

Dated: 22 May 2025

Statement of financial activities

(incorporating the income and expenditure account) for the year ended 31 August 2024

	Notes	Unrestricted Funds	Restricted Funds	Endowment Funds	2024 Total	2023 Total
		£	£	£	£	£
Income and endowments from:						
Donations and legacies	3a	85,057	4,150	-	89,207	94,457
Grants	3a	6,995	38,164	170,000	215,159	83,745
Charitable activities	3b	253,657	697,826	-	951,483	742,647
Investments		7,602	-	-	7,602	3,190
Total income		353,311	740,140	170,000	1,263,451	924,039
Expenditure on:						
Fundraising		4,719	337	-	5,056	2,731
Charitable activities	4	299,590	695,644	-	995,234	1,013,465
Total expenditure		304,309	695,981	-	1,000,290	1,016,196
Net income / (expenditure) for the year		49,002	44,159	170,000	263,161	(92,157)
Transfers between reserves	12/13	(30,309)	30,309	-	-	-
Net movement in funds		18,693	74,468	170,000	263,161	(92,157)
Total funds brought forward		87,418	41,851	-	129,269	221,426
Total funds carried forward		106,111	116,319	170,000	392,430	129,269

Statement of financial activities

(incorporating the income and expenditure account) for the year ended 31 August 2023

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Total £
Income and endowments from:				
Donations and legacies	*3a*	*86,922*	*7,535*	*94,457*
Grants	*3a*	*39,643*	*44,102*	*83,745*
Charitable activities	*3b*	*187,778*	*554,869*	*742,647*
Investments		*3,190*	*-*	*3,190*
Total income		*317,533*	*606,506*	*924,039*
Expenditure on:				
Fundraising		*2,491*	*240*	*2,731*
Charitable activities	*4*	*360,775*	*652,690*	*1,013,465*
Total expenditure		*363,266*	*652,930*	*1,016,196*
Net income / (expenditure) for the year		*(45,733)*	*(46,424)*	*(92,157)*
Transfers between reserves	*12/13*	*(16,335)*	*16,335*	*-*
Net movement in funds		*(62,068)*	*(30,089)*	*(92,157)*
Total funds brought forward		*149,486*	*71,940*	*221,426*
Total funds carried forward		*87,418*	*41,851*	*129,269*

All of the activities are continuing activities.
The statement of financial activities includes all gains and losses for the year and therefore no statement of total recognised gains and losses has been prepared.

The notes on pages 32 to 41 form part of these accounts.

Balance sheet as at 31 August 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	8		-		-
Current assets					
Debtors	9	59,276		33,061	
Cash at bank		375,452		137,558	
		434,728		170,619	
Creditors: amounts falling due within one year	10	(42,298)		(41,350)	
Net current assets			392,430		129,269
Net assets			392,430		129,269
The funds of the charity					
Endowment funds	11		170,000		-
Restricted funds	12		116,319		41,851
Unrestricted funds	13		58,972		28,211
Designated funds	13		47,139		59,207
Total funds			392,430		129,269

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with the FRS102 SORP.

The financial statements were approved for issue by the board of trustees and were signed on its behalf by:

Kenneth Morgan, Chair of Trustees
Registered company number 0697276
Date 19-05-2025

Statement of Cash Flow for period ended 31 August 2024

	2024	2023
	£	£
Cash flows from operating activities		
Net income/(expenditure)	263,161	(92,157)
Interest received	(7,602)	(3,190)
Increase in debtors	(26,215)	(7,342)
Increase in creditors	948	15,865
Cash flows from/(used in) operating activities	230,292	(86,824)
Cash flows from investing activities		
Interest received	7,602	3,190
Net increase/(decrease) in cash and cash equivalents	237,894	(83,634)
Cash and cash equivalents at beginning of year	137,558	221,192
Cash and cash equivalents at end of year	375,452	137,558

Analysis of changes in net debt:-

	At 1 September 2023	Cash flows	At 31 August 2024
	£	£	£
Cash at bank and in hand	137,558	237,894	375,452

Notes to the financial statements

for the year ended 31 August 2024

1 Accounting policies

The charity, which constitutes a public benefit entity as defined by FRS 102, is a private company limited by guarantee, registered in England and Wales and a registered charity. It operates from the registered office address shown on page 5 and its objects, aims and activities are set out in the Trustees' Report. The principal accounting policies are summarised below and have been applied consistently throughout the year.

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The accounts are prepared in pounds sterling rounded to the nearest pound.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects of the company at the discretion of the trustees. Restricted funds can only be used for particular, limited, purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular, restricted, purposes. Designated funds are unrestricted funds set aside for use in projects to be specified by the Trustees. Endowment funds are funds which have been given to the company to be invested to provide an income to support the activities of the company.

Income

Incoming resources are recognised in the Statement of Financial Activities (SoFA) when the charity becomes unconditionally entitled to the income and the amount can be quantified with reasonable accuracy and where it is certain that it will be received.

Performance related income is only included in the SoFA once the related services have been provided.

Deferred income

Grants and donations received in advance and specified by the donor as relating to specific future periods or subject to conditions which are still to be met, are deferred to the period to which they relate.

Tax reclaims on donations

Gift aid tax reclaims on donations are included in the SoFA in the same period as the donations to which they relate.

Notes to the financial statements for the year ended 31 August 2024

continued

Volunteer services

The value of volunteer services received is not included in the accounts but is described in the trustees' report.

Investment income

Income from investments is included in the accounts in the period it is receivable.

Operating leases

Operating lease rentals are expensed on a straight-line basis over the period of the lease.

Tangible fixed assets

Tangible fixed assets are assets with a cost of more than £500 and an expected useful life of more than one year are recorded at cost or, if gifted, at the market value to the charity on receipt.

Cash at bank and in hand

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

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

2 Going concern

These accounts show unrestricted funds of £106,111 and net assets of £392,430 (2023: £129,269) at the balance sheet date. A budget and cash flow forecast for the next twelve months has been prepared showing a projected deficit of £145,000. As last year, the trust is actively seeking grants and other funding, and management have a confident expectation this will produce additional income of at least £50,000 which will reduce the deficit to below £100,000. It should also be noted that the Endowment from the Edward Gostling Trust of £170,000 is to be drawn down when reserves, less tangible fixed assets, drop below 2 months operating expenditure. As net current assets on the balance sheet were £392,430, the trustees hold the view that these are realistic grounds to believe there will be sufficient resources available for the trust to settle all liabilities as they fall due during the 12 months following the approval of these accounts and the accounts are accordingly prepared on the going concern basis.

Notes to the financial statements for the year ended 31 August 2024

continued

3a Income from Donations & legacies

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	2024 Total £	2023 Total £
Donations	76,462	4,150	-	80,612	85,372
Gift aid tax reclaims	8,595	-	-	8,595	9,085
Grants	6,995	38,164	170,000	215,159	83,745
Total Income	92,052	42,314	170,000	304,366	178,202

3b Income from charitable activities

	Unrestricted Funds	**Restricted Funds**	**Endowment Funds**	**2024 Total**	**2023 Total**
	£	£	£	£	£
Partner Contributions	134,094	438,127	-	572,221	559,174
Surrey Wellbeing Partnership	100,675	259,699	-	360,374	175,904
Fund Generation	18,888	-	-	18,888	7,569
Total Income	253,657	697,826	-	951,483	742,647

All income in the year was unrestricted except for £740,140 (2023: £606,506) which was given by funders to pay for the work of a Relational Support Worker within a school, for the Hospital project, and for the Peripatetic Counsellor.

4 Expenditure on charitable activities

	Note	Unrestricted Funds	Restricted Funds	2024 Total	2023 Total
		£	£	£	£
Staff costs	6	206,843	680,547	887,390	905,938
Training and travel		11,212	475	11,687	7,955
Office facilities		19,784	1,093	20,877	18,873
IT and communications		15,036	13,529	28,565	35,607
Fees and external assistance		39,783	-	39,783	38,124
Printing (Equipment Hire), postage and stationery		5,526	-	5,526	5,260
Other costs (books, subs, charges & transfers)		1,406	-	1,406	1,708
		299,590	695,644	995,234	1,013,465
2023		*360,775*	*652,690*	*1,013,465*	

	Direct costs	Support costs	2024 Total	2023 Total
	£	£	£	£
Schools work	497,101	214,084	711,185	764,627
Hospital project (Emerge)	49,916	21,497	71,413	82,689
Peripatetic counsellor	5,037	2,169	7,206	10,189
Early intervention - Secondary Schools	90,342	38,907	129,249	149,751
Early intervention - Primary Schools	49,002	21,104	70,106	6,209
Social prescribing	4,246	1,829	6,075	-
Total	695,644	299,590	995,234	1,013,465
2023	*652,930*	*360,535*	*1,013,465*	

Notes to the financial statements for the year ended 31 August 2024 continued

5 Net income/(expenditure)

	2024	2023
	£	£
Net income is stated after charging:		
Auditors' remuneration: audit fees	7,000	-
Operating lease rentals (Photocopier)	3,290	3,290
Operating lease rentals (Property)	7,883	7,300
Digital File Storage	1,556	3,846

No other professional services were provided by the auditors during the year.

6 Staff costs

Staff costs	2024	2023
	£	£
Salaries	807,233	818,859
Social security costs	56,152	61,913
Defined Benefit Pension Contributions	16,640	17,492
Supervision	7,365	7,674
	887,390	905,938

The remuneration of key management personnel was £167,560 (2023 £140,502). No employees received remuneration of £60,000 or more.

Number of staff

The average number of staff throughout the year was 44 (2023 39) individuals.
The average number of staff employed during the period, calculated in full-time equivalents (FTE), was as follows:

	2024	2023
	No.	No.
Engaged in direct charitable activities	25	26
Other staff	3	3
	28	29

Trustees

None of the trustees received any remuneration or expenses during the year.

Notes to the financial statements for the year ended 31 August 2024 continued

7 Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988. Accordingly, there is no taxation charge or liability in these accounts.

8 Tangible fixed assets

The Trust had no assets to capitalise under its capitalisation policy.

9 Debtors

	2024	2023
	£	£
Surrey Wellbeing Partnership	37,500	22,257
Gift Aid refund	1,487	1,751
Other debtors	17,934	1,538
Prepayments and accrued income	2,355	7,515
	59,276	33,061

10 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	3,848	1,268
Other taxation, social security	14,855	15,948
Other creditors	-	3,907
Accruals and deferred income	23,595	20,227
	42,298	41,350

Notes to the financial statements for the year ended 31 August 2024

continued

11 Endowment Funds

	At 1 September 2023	Income	Expenditure	Transfers between Reserves	At 31 August 2024
	£	£	£		£
Edward Gostling Trust	-	170,000	=	-	170,000
	-	170,000	-	-	170,000

The Edward Gostling Trust grant of £170,000 has been given to be held as an Expendable Endowment for up to five years but is available to be drawn down when reserves drop below 2 months operating expenditure.

There were no endowment funds in the previous year.

12 Restricted funds

	At 1 September 2023	Income	Expenditure	Transfers between Reserves	At 31 August 2024
	£	£	£		£
Schools Work	-	466,791	(497,100)	30,309	-
Hospital Project	22,551	54,348	(50,253)	-	26,646
Peripatetic Counsellor	19,300	-	(5,037)	-	14,263
Surrey Wellbeing Partnership					
Early Intervention Secondary Schools	-	97,989	(90,342)	-	7,647
Early Intervention Primary Schools	-	114,889	(49,002)	-	65,887
Social Prescribing	-	6,123	(4,247)	-	1,876
	41,851	740,140	(695,981)	30,309	116,319

12 Restricted funds (continued)

Restricted Funds table of movements 2022/2023 (for comparative purposes)

	At 1st September 2022	*Income*	*Expenditure*	*Transfers Between Reserves*	*At 31st August 2023*
	£	*£*	*£*		*£*
Schools Work	*3,276*	*439,201*	*(461,907)*	*19,430*	*-*
Making the Leap	*4,000*	*-*	*(4,000)*	*-*	*-*
Hospital Project	*33,251*	*42,573*	*(53,273)*	*-*	*22,551*
Peripatetic Counsellor	*25,864*	*-*	*(6,564)*	*-*	*19,300*
Surrey Wellbeing Partnership	*5,549*	*124,732*	*(127,186)*	*(3,095)*	*-*
	71,940	*606,506*	*(652,930)*	*16,335*	*41,851*

i. The Schools Work funds are restricted to providing Relational Support Work in an educational establishment setting. Transfers from the general fund have been made to cover the deficit.

ii. The Hospital Project funds are restricted to providing support for Young People in Ashford St Peter's NHS Foundation Trust.

iii. The Peripatetic Counsellor funds are restricted to providing ongoing support to Young People identified by the Relational Support Worker as needing a specific therapeutic intervention followed up by Relational Support in the school.

iv. The Trust continues to be a member of the Surrey Wellbeing Partnership, and the funds are restricted to activities connected with the Emotional Wellbeing and Mental Health support being offered to Young People in Crisis and those requiring early support to enable them to work through the issues they are facing.

Notes to the financial statements for the year ended 31 August 2024

continued

13 Unrestricted funds

	At 1 September 2023	Income	Expenditure	Transfers between funds	At 31 August 2024
	£	£	£		£
General Fund	28,211	353,311	(292,241)	(30,309)	58,972
Designated Funds					
Future Projects	59,207	-	(12, 068)	-	47,139
	87,418	353,311	(304,309)	(30,309)	106,111

Unrestricted Funds table of movements 2022/2023 (for comparative purposes)

	At 1 September 2022	*Income*	*Expenditure*	*Transfers between funds*	*At 31 August 2023*
	£	*£*	*£*		*£*
General Fund	*59,607*	*317,533*	*(332,594)*	*(16,335)*	*28,211*
Designated Funds					
Future Projects	*89,879*	*-*	*(30,672)*	*-*	*59,207*
	149,486	*317,533*	*(362,266)*	*(16,335)*	*87,418*

The unrestricted funds of the charity include the General funds, which can be used to support all aspects of relational support projects undertaken by the trust and directly funding these if there is not sufficient specific (restricted) funding available.

The Designated Funds arise from a legacy received in the year to 31st August 2021, which the Board of Trustees had decided should be used for future project opportunities. It has however been decided since the year end that the remaining balance on this fund should be transferred to General Funds as the purposes for which this fund was being used have ceased.

14 Operating lease commitments

	2024	2023
	£	£
Operating lease commitments are as follows:		
Payable within 1 year	15,544	10,638
Payable within 2 to 5 years	14,300	1,253
	29,844	11,891

15 Related parties

One of the trustees, Mr Matthew Armsby, is a partner in BC Technologies who provide IT support services for this trust. During the year they were paid £1,319 for this work (2023: £1,319).

Aggregate donations from related parties amounted to £7,450 (2023: £13,060).

There are no other transactions requiring disclosure in this or the previous year.

THE EAST TO WEST TRUST

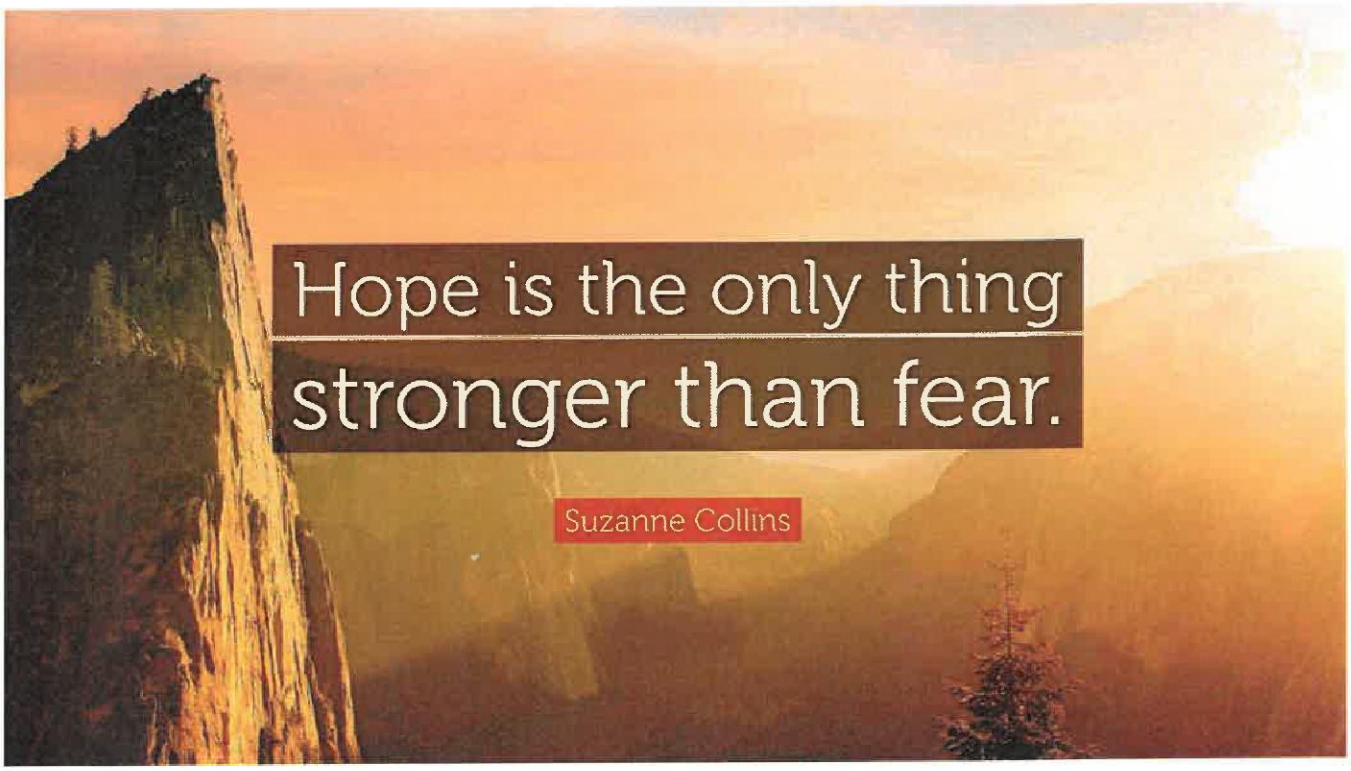
England & Wales - Charity number 1131229

Accounts

The east to west Trust

Trustees' Annual Report and Financial Statements

31 August 2023



Bringing Hope To Young Lives

A company limited by guarantee, registered in England and Wales number 06972769
Registered charity number 1131229

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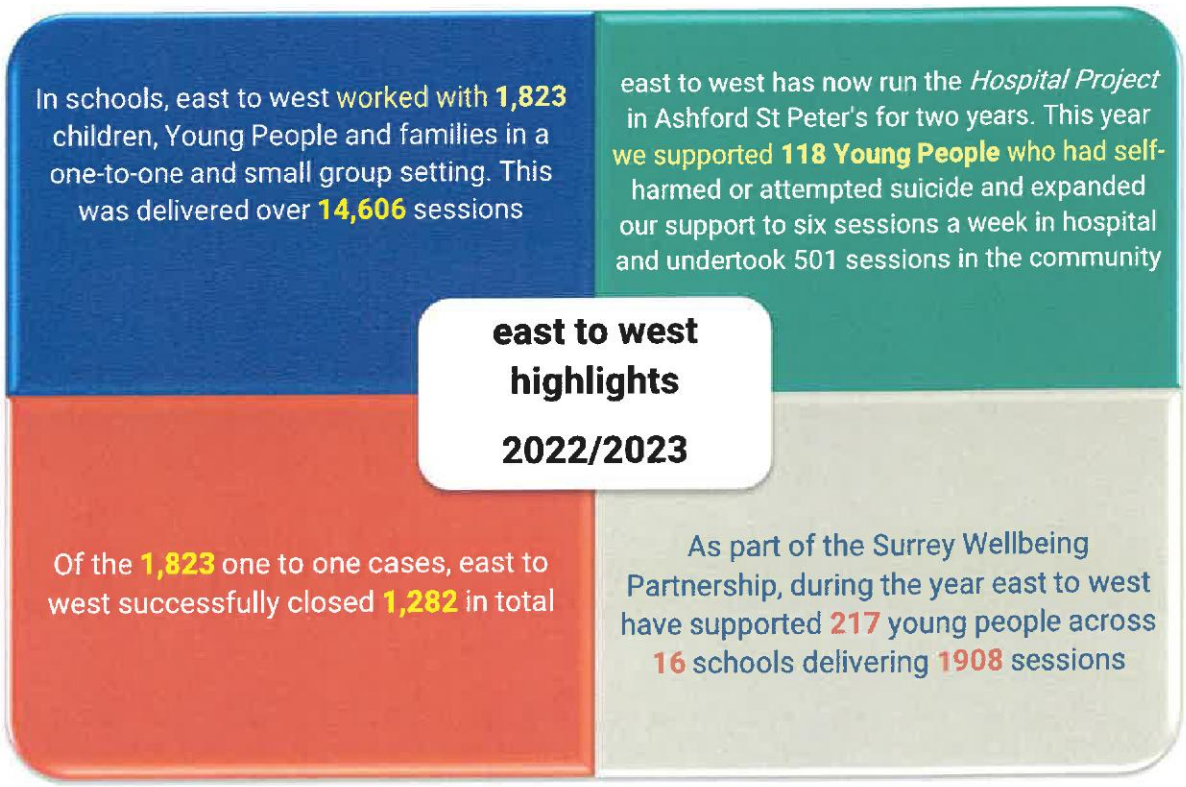
The east to west Trust

Perseverance pays off:

"I've supported this young person for 3 years, ever since they started their journey in secondary school. They would refuse to come into school, avoid classes and plan escapes. They were showing high levels of anxiety and waiting to be assessed by CAHMS. Throughout the 3 years, we provided a safe space for this YP and this space looked different on a daily basis; be it sitting outside the school gates; sitting in the car with YP and parent; holding her hand and walking her into school or walking her to lessons and sitting in some lessons with her. We played games and I provided a space for her to talk and let her anxieties out. I worked with the school and parents to ensure that the YP was supported in the best ways possible and felt safe in an environment where her anxiety was highly triggered. 3 years on, they are now able to walk into school independently, access all classes, enjoy relationships and friendships with peers and teachers, and academically achieve well. I'm super proud of her and all she's achieved."

Relational Support Worker in Secondary School

The impact of east to west in 2022/2023



Contact details and social media

Address:	Unit 3, 80 High Street, Egham, Surrey, TW20 9HE
Telephone:	01784 438007
Website:	www.easttowest.org.uk
Email:	info@easttowest.org.uk
Facebook:	e2wrelationalsupport
X (Twitter):	@east-towest
Instagram:	easttowest_charity
LinkedIn:	The east to west Trust

Legal and administrative information

Company/Charity name	The east to west Trust
Registered charity number	1131229
Registered company number	06972769
Registered office	Unit 3, 80 High Street Egham, Surrey TW20 9HE 01784 438007
Trustees/Directors	Susan Holloway (Chair of Trustees) (resigned October 2022) Miriam Hanley Matthew Armsby (Chair of Trustees – October 2022) Alison Matts Andrew Rich (resigned June 2023) Jordan Amadi-Myers (resigned December 2022) Lynda Donaldson Emily Dodsworth (appointed June 2023)
Secretary	Kenneth Morgan
Bankers	The Co-Operative Bank plc PO Box 101 1 Balloon Street Manchester M60 4EP CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4TA
Solicitors	Moore Barlow The Oriel, Sydenham Road Guildford GU1 3SR
Independent examiner	T. A. Wells, FCA 31 Elizabeth Avenue Laleham Staines Middlesex TW18 1JW

Background Information

Introduction

east to west is at the forefront of bringing hope to young lives. Our vision is for children, Young People and families (the term Young People will be used as a collective noun for these groups throughout the document) to overcome the challenges (both emotional and physical) they face to becoming the very best they can be. To enable this, we've developed **Relational Support,** a pastoral response, based on compassionate, valuing relationships which puts those we serve at the heart of *all* we do. Working in partnership with schools, **east to west** has made a positive difference in the lives of over **35,000** Children, Young People and Families across a generation.

During the year to 31st August 2023 we worked with ***1,823*** *(2022* ***1,648****)* Young People in a 1:1 setting and, of these cases, ***68%*** of Young People reached a point where they could live their lives effectively without regular external support. As the support we were able to offer broadened with Covid restrictions being lifted we ran ***469*** support group sessions, supporting ***318*** Young People. This year, we addressed issues such as exam stress, wellbeing, Autistic Spectrum Disorder (ASD), anxiety, and friendship.

Since September 2021 east to west has been part of the Surrey Wellbeing Partnership. This partnership has brought together 13 charities from across Surrey to work alongside the Surrey & Borders NHS Trust under the Mindworks banner to provide early support to young people who need to talk to about their mental health or signpost them to available support options.

Key moments this year

September 2022:	east to west appoints first chaplain – Rob Lewis
October 2022:	Ian Smith appointed as CEO
	east to west awarded a £10,000 Tesco Golden Grant
	east to west invited to speak at Windsor and Maidenhead Churches Trust meeting
November 2022:	Became Royal Ascot Golf Club joint Captain's Charity of the Year
	Worked with charity O3e and the Chiesi organisation to create 6 skateboards for us to share with disadvantaged young people
December 2022:	Present wrapping at Waterside, Staines, where over 200 gifts had been donated to east to west to give out to children, young people and families the team were working with
	Took part in 3 Christmas Tree festivals, sharing about the work of east to west in the community
January 2023:	Caroline Case (Caz) returns from Maternity Leave to launch new project at Reading Girls
	Irum Banga appointed as Communication and Engagement Coordinator and Philippa Watterson as the Counselling Team Lead

February 2023:	Burns Night celebration at Royal Ascot raises over £7,000 during the evening east to west joins with other charities as part of the Mindworks Alliance to explore and implement more effective mental health practices across schools
March 2023:	Second counsellor role launched at Twickenham east to west are called to support a number of schools facing serious wellbeing and mental health crisis, including a non-partner school.
April 2023:	Joined hundreds of others in celebrating the 80th Birthday of our Patron, Gill Morgan Launched new project at North West Surrey Short Stay School (NWSSSS)
May 2023:	Met with local MP Kwasi Kwarteng to discuss our work and build partnerships with local businesses Charity Log – east to west's new data and information tool – launched, with the Early Intervention Coordinator's having first use of this live data retention tool!
June 2023:	east to west represented at fundraising event at the Houses of Parliament Trustee Andy Rich steps down as a trustee of east to west after several years of excellent service
July 2023:	Said goodbye to various team members, who all moved on to new roles Term ends having supported **1,823** young people, identified **914** unique issues and **4,201** positive outcomes

The future for east to west

The synopsis above shows both the level, depth and breadth our work has covered in the past 12 months. It also shows that we've been growing, with new team recruited to key roles. This is in response to the clear evidence that demand on services such as ours is increasing rapidly. Indeed, we've seen a 40% increase in demand for (and delivery of) services in the past 12 months. This has led directly into our approach moving forwards (see future plans). On this basis and having regard to the factors set out in note 2 to the financial statements, the trustees are confident of the continued need for the services of east to west and that sufficient funds will be available for these to be provided.

Trustee Report & Financial Statement

The trustees present their report and the financial statements for the year to 31 August 2023.

The east to west Trust is a company limited by guarantee and a registered charity. It is governed by its Memorandum and Articles of Association. The principal office is at: Unit 3, 80 High Street, Egham, Surrey, TW20 9HE.

This charitable company commenced activities on 1 September 2009 when it received the assets, liabilities and operations of the former unincorporated charity "The east to west Trust" (registered charity number 1059177) founded in 1996. The charity now continues the work started and built up by its predecessor.

Please see the information page (page 5) for details of all trustees in post during the year.

Our aims

The objects of the trust set out in its Memorandum of Association are:

- To advance in life and relieve the needs of Young People through:
  - Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
  - The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.
- To assist in the relief of human suffering and poverty consequent upon the effect of personal, local, national or international disaster.
- To advance the Christian faith in accordance with the trust's statement of beliefs.

To assist the achievement of these objects, the trust has adopted the purposes:

- To see Young People impacted by hope.
- To see youth workers and churches empowered and equipped to impact Young People with hope.

By "hope" we mean hope of restoration, reconciliation and transformation.

These purposes are summarised in our strapline *"bringing hope to young lives".*

Public benefit

We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Much of our work is targeted at Young People aged between 4 and 18. However, through our Hospital Project we now reach young adults up to 25. The impact of east to west's work is tangible and measurable and will benefit the individuals themselves as they mature into the next generation of adults and their families and society as whole. Outcomes from our current years' work are included in the review of activities below.

We do not discriminate or treat any young person less favourably on the grounds of gender, marital status, race, colour, nationality, ethnic origin, religion, disability, age or sexual orientation. This is because we believe that everyone is made in the image of God and therefore everyone is of equal value and of unfathomable worth.

Review of activities

Our principal activities and those whom we seek to help are described below.

Relational Support Work

At the heart of east to west is Relational Support Work which we define as a pastoral response, based on compassionate, valuing relationships which puts those we serve at the heart of *all* we do.

Schools based Relational Support Work

Our Schools based Relational Support Workers spend time building and maintaining purposeful relationships with students and staff in schools. The non-teacher, non-student nature of the role allows a unique relationship to be formed where trust and confidence is central and advice and support are offered.

Our school based Relational Support Workers are involved in a wide variety of activities aimed at increasing the students' emotional, physical and spiritual well-being.

We have been involved in the life of secondary schools for over 25 years, implementing, developing and sustaining placements. In 2022-23 we had Relational Support Workers placed in 18 secondary & 5 Primary schools:

Secondary Schools

- Bishop Wand Church of England School, Sunbury-on-Thames
- Epsom & Ewell High School
- Esher Church of England High School, Esher
- Everest Community Academy, Basingstoke
- Hampton High School, Hampton
- Hinchley Wood School, Hinchley Wood
- Hoe Valley School, Woking
- Jubilee High School, Addlestone
- Kings International College, Camberley
- Matthew Arnold School, Staines-upon-Thames
- Reading Girls School, Reading
- St Paul's Catholic College, Sunbury-on-Thames
- St Richard Reynolds, Twickenham
- Teddington School, Teddington
- Thamesmead School, Shepperton
- Thomas Knyvett College, Ashford
- Twickenham School
- Woking High, Woking

Primary Schools:

- Goldsworth Primary, Woking
- Marnel Junior, Basingstoke
- Sayes Court Primary School, Addlestone
- West Ewell Primary, Epsom
- Woodmansterne Primary, Banstead

Schools based Family Link Work

Our Family Link Worker spent time building relationships with children and their carers in first schools in Windsor, with the goal of providing a constant support through the pressures of family life. east to west has been involved in first schools since 2010 and this year had placements across 2 schools:

- Trinity St Stephen Church of England Aided First School, Windsor
- Homer First School, Windsor

Early Intervention Coordinators

Commencing in September 2021, east to west became a partner in the Surrey Wellbeing Partnership. This partnership consists of thirteen locally based Third Sector organisations who came together to create an Alliance with the Surrey and Borders NHS Foundation Trust under the banner "Mindworks Surrey".

Under the title "Early Intervention Coordinator" we have provided Relational Support to young people in **16** Secondary Schools across the Surrey Boroughs of Woking, Elmbridge & Spelthorne reaching **217** young people.

Our role is to provide support at an early stage to young people within secondary schools in these boroughs who are struggling with their mental health and who would potentially be referred to the Child & Young Person Services Team (CYPS). The aim is to provide effective support to them as early as possible, reducing the number of referrals for clinical interventions and therefore the number of young people who are having to wait for support.

Relational Counsellors

Our Relational Counsellors are experienced, qualified counsellors who are registered members of the British Association for Counselling and Psychotherapy ("BACP"). They spend time with Young People providing a confidential space where they can express their thoughts and feelings. east to west has placed counsellors in 6 schools:

- Town Farm Primary School, Stanwell
- Sunbury Manor Secondary School, Sunbury-on-Thames
- Hoe Valley Secondary School, Woking
- Bishop David Brown, Woking
- Twickenham School *(commenced November 2022)*
- North West Surrey Short Stay School, Pyrford *(commenced April 2023)*

Peripatetic Counsellor

The support we are able to offer through the Peripatetic Counsellor has recommenced this year with counsellors supporting team members by meeting a number of young people who have significant needs, but who do not reach the threshold or are on the CYPS waiting list.

The Hospital Project (previously known as the Emerge Project) (supporting Young People and adults who have self-harmed or attempted suicide)

This year we concluded our working relationship with Emerge Advocacy, who we'd initially launched the Emerge Project alongside. Increasingly, we were delivering more follow-up sessions in the community, within schools and growing a wider, more east to west based provision, and it was felt that it was important, to bring the work fully under the wider organisational umbrella. We are incredibly grateful for our partnership with Emerge Advocacy and remain on positive working terms with them.

This year we have recruited 10 new volunteers and successfully completed their induction training. Due to our wonderful growing team, we have been able to maintain a steady 6 evenings a week in the hospital. We have provided an online external training course and project-specific Safeguarding and self-harm training and made online resources available on Padlet, continual induction training and shadowing sessions for our new volunteers.

Alongside this, we have strengthened our school relationships. This is done by team members contacting us if their students have attended/attending A&E so we can support them in the hospital. We launched our pilot Self-Harm Recovery program at Winston Churchill School (Woking), providing weekly sessions where we meet several students who are currently self-harming. Being in school allows us to support them with identifying emotional triggers, developing their ability to speak about their emotions and implementing coping strategies that help lead to recovery. We have also seen a reduction in the young people in these schools attending St. Peter's having self-harmed, as recognised by the hospital staff themselves.

We have been present in St Peters for **252** sessions, which equates to at least **756** hours of availability to young people and their parents. Our hospital team have supported **129** young people in crisis within St Peters, whilst **83** young people and their families have been supported in the community over **581** sessions.

Outcomes Improvement

In May 2023 we launched a new digital system, speeding up our ability to track and report to our partners and funders what has being achieved. We launched Goals Based Outcomes (GBOs), a young person led way of reporting improvements across agreed issues and specific targets. These GBOs are ranked 1-10 on a sliding scale, with every young person rating themselves out of 10 for each area e.g. Anger – Learning Triggers; Responding appropriately when angry etc... As they successfully work on these targets, they move along the scale towards 10.

During the last half of the Summer Term we supported 621 young people in a 1:1 setting delivering 2,445 sessions (across all projects). We reported 420 completed GBOs with 84 instances with a +4 improvement, 71 cases with a +6, whilst 67 improved by +5. We anticipate that over the course of a full year, we'll report on around 2,500 young people and 4000+ GBOs.

Safeguarding and Development

east to west recognises the importance of safeguarding in its work with children, Young People and adults. We have a responsibility to protect everyone entrusted to our care and we are committed to the safeguarding of children and vulnerable adults to ensure their well-being. We follow the requirements of UK legislation in relation to safeguarding children and vulnerable adults and current best practice recommendations based on the Online Safeguarding Manual created by thirtyone:eight - https://thirtyoneeight.org/).

Our appointed Designated Safeguarding Leads (DSL) are:

Ian Smith (CEO)

Clare Biggins (Hospital Project + Wellbeing)

Clive Biggins (Impact and Quality + EIC Woking)

Dan Beedell (Income and Communications)

east to west is passionate about delivering positive outcomes for Young People. We continue to learn and develop all we do through a framework for monitoring and reporting the outcomes of our work. The framework enables east to west to safeguard those we work with and continuously review and improve the outcomes we are delivering. The outcomes framework asks three very simple questions: 'What did we do?', 'How well did we do it?' and 'How did we make a difference?'.

Our team constantly seeks development opportunities. Each month they have input from outside agencies to grow their knowledge and enhance their practice. Throughout the year each team member is challenged to share:

- **Accomplished:** *What has gone really well (since the last supervision or across the whole year) that we might celebrate?*
- **Breadth:** *What has been learned (by the team member and/or east to west) in the process? How do we "take stock" of where things are now compared to where we thought they might be? What changes may be needed in east to west processes/practice in light of what has been learned?*

  Challenges: *Any challenges you haven't overcome? How can we move forward on them? What goals did you set this term? What did you want to achieve but haven't? What happened to prevent you achieving your goals? How can I, and east to west, be of most help in enabling you to achieve your goals? What are you most excited about in this coming period? What concerns you the most? What ongoing professional development will help you to grow in your current role and for your future?*

What people say about the team:

"A young person who had many complex issues, and is currently sitting her GCSE's wrote to her Relational Support Worker saying: "I want to say thanks again for helping me this past year, you've made my last year easier to deal with by just being there to talk to. Your support has allowed me to fully address things that have happened to me, which means a lot. You're the best east to west worker I've had, thank you forever."

Young Person – Year 11

"east to west has helped me to find ways to help my anxiety, as well as help me to think positive and try not to make everything negative. They have also helped me to try and bring out the best in myself and what I do whether it's something small or huge."

Young Person – Year 6

"east to west has been fun, worthwhile and freeing. It's been helpful to talk about how I feel, having a safe space to go to. I will be more open with how I am feeling instead of keeping it all inside. I feel great, like a weight has been lifted, and I feel free! My support through east to west could not have gone any better."

Young Person – Year 7

"The young person was referred to me having attempted suicide. They were also over-dosing every other week. When she spent time with me, she was very quick to say that she is finally being "heard". She has complex family dynamics, including a parental divorce where the father was being abusive and she was being asked to visit him as part of the social services involvement. Together, we explored, not only healthy coping mechanisms but also explored boundaries, encouraging her to see other people's perspective and understanding what her role in all this can look like. Although there are many other underlying issues which are still being explored, since we began working together, she's stopped overdosing, and will come regularly to meetings and often pops in during her lunch/break"

Relational Counsellor in Secondary School

Partnerships

east to west seeks to empower and equip youth workers and churches to impact Young People with hope as one of its prime purposes. Our partnership base is the network through which we aspire to see this goal fulfilled and on which we continue to build.

In the year 2022-23 east to west partnered with:

- 11 Local churches
- 8 Trust funds / 5 funding agencies, organisations and local authorities

Church Partners	Funders
St. John's, Egham	St. Peter's Convent
Christ Church, Virginia Water	Community Foundation for Surrey
Egham URC	Homelands CT
Staines Methodist	Benefact Trust
The Hope Centre, Sunningdale	Percy Bilton Trust
St John's, Hampton Wick	Edward Gostling Foundation
Dedworth Green Baptist Church, Windsor	TK Foundation
Ashford Congregational Church	Heathrow Community Trust
Equippers Church, Weybridge	POCA –Proceeds of Crime Act – Surrey Police
St Paul's, Addlestone	Sparks Funding – North Surrey Volunteer Services
Holy Trinity Church, Lyne & Longcross	Windsor and Maidenhead Churches Together
	Co-op
	Tesco

Gender pay gap

The east to west Trust continues to review its salary structure in light of concerns over the Gender pay gap. east to west has 13 team members in a leadership structure. Of these, 9 are female, whilst 4 are male. Given the proportion of the remaining team, female leaders make up 9 out of 34 women employed. For males, the proportion is 4 out of 7.

The average hourly rate for females is £18.36, whilst for males it's £20.16. This is a difference of -9.8%. This is largely due to the proportion of males in leadership compared to women across the whole organisation. There are 5 pay bands across the organisation, (RSWs/EICs / RCs / Team Leads / HOO / CEO). All across each band are paid the same hourly rate, regardless of gender and length of service.

We have undertaken development and support to prepare new members of the team to take on the most senior levels of leadership, both within east to west and beyond.

The people who make it happen

Trustees

The trustees, who are also directors for the purposes of company law, and who served during the year and up to the date of this report, are listed on page 5.

Trustee Recruitment

Potential trustees are recruited to bring specific skills as needed on the board. These are identified through the annual board skills audit and board evaluation. After a preliminary discussion with the chair, the individual is invited to read the Core documents of the trust, and the Welcome to the Board document that outlines the characteristics, competences required and the Job Description for a trustee. Following an informal attendance at a board meeting, the existing trustees decide whether to proceed with the invitation to the individual to become a trustee. The trustee application form is then completed, and the new trustee is formally approved at the subsequent Board meeting.

Patron

Gill Morgan has played an important role throughout the year acting as facilitator, voice of wisdom and experience, confidant and advocate on behalf of east to west. We are grateful for all her input throughout the last 12 months.

Team

This year we said a fond farewell to six team members: David Welch, Helen Hallett, Natalie Whitmore, Danica Lake, Nicky Geraghty, and Luke Watson. We are incredibly grateful to all of them for their service to Young People while operating as part of east to west.

We employ a total of 39 paid team members (29 full time equivalents) whom we thank again for their ongoing commitment to the charity's work with Young People. This team is focussed on the delivery of our frontline programmes and is assisted by external advisers with specialist expertise in IT, communications and finance.

Volunteers

The trustees also extend heartfelt thanks to the charity's dedicated volunteers for the on-going contribution they make. In the year 2022/2023, 756 volunteer hours were completed in the Hospital Project. All our volunteers have enhanced DBS checks and the charity provides on-going development to equip them for their roles. Many in the past, as a result of working with east to west, have moved into counselling and other pastoral roles, or joined our team as a paid team member.

Trustees' annual report

Finance and Governance for the year ended 31 August 2023

Finance

Overview

Total income for 2022-23 was £ 924,039 which was an increase of £ 228,995 compared with the income of 2021-22. Despite the financial pressures on both grant making organisations and our partners we note that grants and partner contributions increased by £ 190,518 to £ 642,918, an increase of 42%. Voluntary donations from individuals and churches, whether through direct giving or through taking part in fundraising events, remains a very significant part of our total income; together with the gift aid we were able to reclaim and additional charitable activities, this total came to £ 105,163, an increase of £ 13,406 on 2021-2022. This recognises the real sacrifice people made to support us in difficult times and we are grateful for this support.

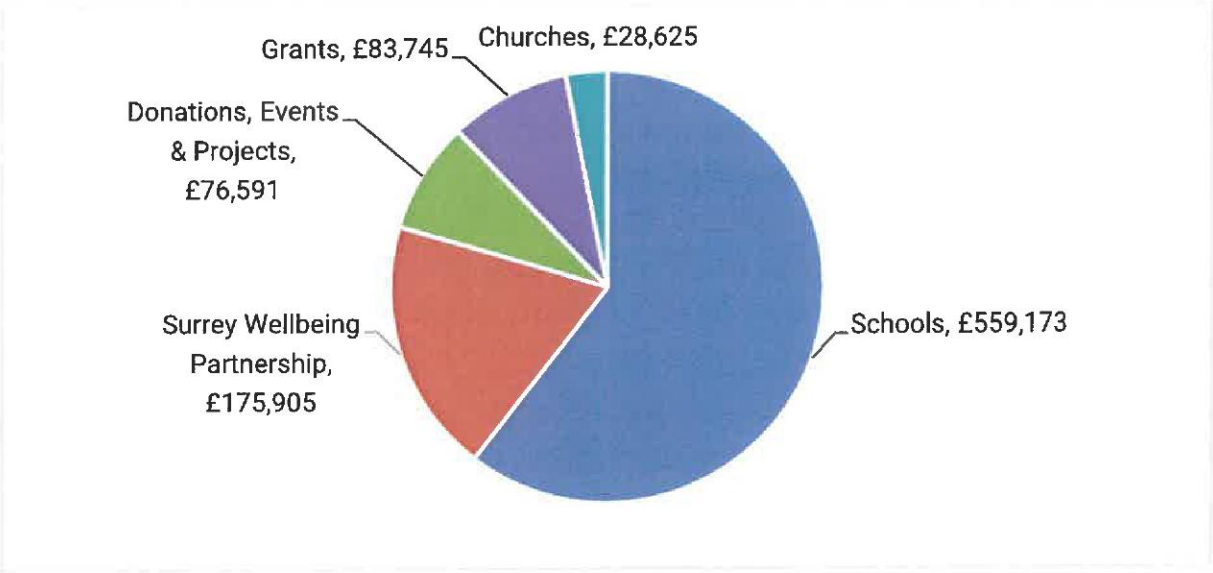
Our partnership with the Surrey Wellbeing Partnership (SWP) appears in the accounts with the amount received being £ 175,905.

Restricted income accounted for about 22% of the total. Last year's proportion was 67%. It goes without saying that we remain extremely grateful to all those faithful individuals, churches, businesses and other funding organisations who provide financial support for our work – without this east to west could not operate as it does today.

Compared with the previous year costs increased from £ 674,641 to £ 1,016,196, an increase of 51%. We have a net deficit for the year, on both restricted and unrestricted funds. As a result our reserves diminished by £ 92,157 and we are carrying forward unrestricted funds of £ 87,418. At the balance sheet date net assets were £ 129,269. This equates to just over 6 weeks expenditure based on our budget for 2023-2024. The trustees are concerned that this is less than our policy for two months reserves and are seeking new sources of income from grant making organisations. They are confident this will produce the additional income that will be required and therefore hold the opinion it is right for these accounts to be prepared on the going concern basis.

Funding

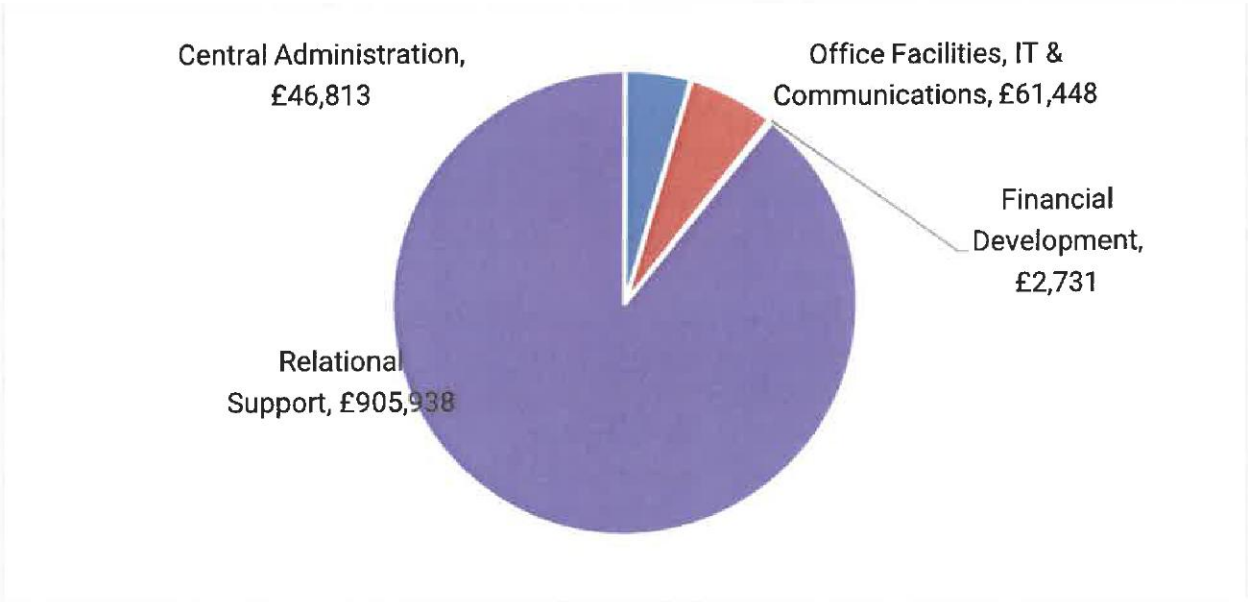
The chart below breaks down our sources of income this year:



Donations from individuals and churches provided 3% (13%) of our income; this figure reflects regular and one-off donations plus gift aid where applicable. This provision is most welcome as it shows continued confidence in and support for our work by those who have supported us for many years. Our partner schools have contributed 60% (52%) and we have received income from other partners and grants making up the remaining 37% (35%). We are extremely grateful for the loyalty of all our Church, Individual and Corporate financial supporters whose generosity we have been able to rely upon throughout the year.

Expenditure

The following chart analyses the total expenditure of the trust for the year between its different activities. (Spending from restricted and unrestricted funding has been amalgamated to give the full picture).



Governance

Board of trustees

The board of trustees has responsibility for directing and controlling the affairs of the trust. The board met five times during year to:

- review the trust's activities, finances and performance;
- approve future plans and strategy; and
- monitor risks and ensure that they are appropriately managed.

At the start of each year goals are agreed by the trustees with the team and progress is monitored throughout the year through individual, team and trust appraisal processes.

Leadership team

The trustees delegate day to day management of the trust to its Chief Executive Officer, currently Ian Smith, who is supported by the Shared Leadership Team consisting of the Team Leads, Eliz Argent, Caz Case, Philippa Watterson, Alisa Whiteland, Naomi Raj, Clare Biggins, Clive Biggins, Emma Reid and Dan Beedell. It is the Trustees' belief that during 2023/24 the trust will continue to benefit from work done by this team.

A Finance team, comprising the charity's senior team members, advisors and a Trustee, met intermittently during the year, with a remit to address day to day financial aspects of the charity.

Remuneration and pay levels for the key management personnel and within the charity generally are determined by the trustees with periodic benchmarking to organisations of a similar size and nature.

Risk management

The trustees and management team assess the potential risks to the running and financing of the organisation and the safeguarding of the team and Young People on a monthly basis. east to west has a comprehensive portfolio of policies which enables the projects to operate in a professional and safe manner. The team and trustees review the policies at the end of each academic year.

Principle risk area	Key mitigating factors
Governance over the organisation and activities	■ A Board of trustees with experience in a range of relevant disciplines who meet regularly together and with the trust management ■ Annual assessment of governance effectiveness ■ Assimilation of emerging issues and trends within the sector
Management of financial resources	■ Monthly financial reporting and forecasting ■ Rigorous documented fiscal management processes overseen by the Board ■ Financial and fundraising matters considered at every trustee and management meeting
Safeguarding and service delivery	■ Maintenance of comprehensive operations policies reviewed, updated with ongoing training to team ■ Continuous development of the organisation and its service delivery team ■ Access to external resources and benchmarking against best practice standards

People and employment	■ Stringent appointment and vetting processes following Safer Recruitment best practice, including DBS checks ■ Wide ranging induction and on-the-job development ■ Well established, effective supervision and development mechanisms in place

Future plans

We are actively exploring new opportunities with Secondary and Primary schools, through the Surrey Wellbeing Partnership, and we continue to expand the Hospital Project through additional evenings, community follow-up, and supporting schools where there is a high percentage of young people self-harming. We will continue to respond to new opportunities. However, our scope for expansion will be dictated by the availability of new funding as we need to preserve our reserves to provide an adequate contingency fund.

The generous legacy that the trust received during 2021 meant the two projects 'Making the Leap' (support for young people transitioning to Further Education colleges) & Connect (working with young men at a local Young Offenders Institute to give them the best opportunities for success following their release) continued to operate, with both team, members making significant impact in the lives of young people.

The board continues to seek to diversify its membership, actively seeking to recruit members of underrepresented groups.

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Small company provisions

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

Approved by the board and signed on its behalf by the Secretary on 10 December 2023.

Kenneth Morgan
Secretary

Independent examiner's report

to the trustees/directors on the unaudited financial statements of The east to west Trust (a company limited by guarantee) for the year ended 31 August 2023

I report on the accounts of The east to west Trust for the year ended 31 August 2023, which are set out on pages 25 to 32 and comprise the statement of financial activities, the balance sheet and the related notes.

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

These financial statements have been prepared under the historical cost convention, in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities and Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit under charity or company law and is eligible for independent examination, it is my responsibility to:

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

Independent Examiner's Statement

As the charity's income for the year exceeds £500,000, I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Independent examiner's report - continued

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts 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 statements below.

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 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS 102) and in other respects comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

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

Signed T. A. Wells

T. A. Wells FCA
Chartered Accountant
Independent Examiner

31 Elizabeth Avenue
Laleham, Staines
Middlesex TW18 1JW

Date: 10 December 2023

Statement of financial activities

(incorporating the income and expenditure account) for the year ended 31 August 2023

	Notes	Unrestricted Funds £	Restricted funds £	2023 Total £	2022 Total £
Income and endowments					
Donations, legacy & Charitable activities	3	317,533	606,506	924,039	695,044
Other		-	-	-	-
Total		317,533	606,506	924,039	695,044
Expenditure					
Charitable activities & Fundraising	4	363,266	652,930	1,016,196	674,641
Total		363,266	652,930	1,016,196	674,641
Net Deficit/Surplus for the year		(45,733)	(46,424)	(92,157)	20,403
Transfers between reserves	11(1)	(16,335)	16,335	0	(4,718)
Total funds brought forward		149,486	71,940	221,426	201,023
Total funds carried forward		87,418	41,851	129,269	221,426

All of the activities are continuing activities.

The statement of financial activities includes all gains and losses for the year and therefore no statement of total recognised gains and losses has been prepared.

The notes on pages 26 to 33 form part of these accounts.

Balance sheet as at 31 August 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	8		-		3
Current assets					
Debtors	9	33,061		25,719	
Cash at bank		137,558		221,192	
		170,619		246,911	
Creditors: amounts falling due within one year	10	(41,350)		(25,485)	
Net current assets			129,269		221,426
Net assets			129,269		221,426
The funds of the charity					
Restricted funds	11		41,851		71,940
Unrestricted funds	12		28,211		59,607
Designated funds	12		59,207		89,879
Total funds			129,269		221,426

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial period and of its surplus or deficit for each financial period in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with the FRS102 SORP.
The financial statements were approved for issue by the board of trustees on 10th December 2023 and were signed on its behalf by:

Matthew Armsby, Chair of Trustees
Registered company number 06972769

Statement of Cash Flow for period ended 31 August 2023

	2023
Cash flows from operating activities	£
Surplus for the financial year	(92,157)
Adjustments for:	
Increase in debtors	(7,342)
Increase in creditors	15,865
Total	8,523
Cash from operations	(83,634)
Cash flows from investing activities	
Net decrease in cash and cash equivalents	(83,634)
Cash and cash equivalents at beginning of year	221,192
Cash and cash equivalents at end of year	137,558

Analysis of changes in net debt

	01/09/2022	Cash Flows	31/08/2023
	£	£	£
Cash at hand and in bank	221,192	(83,634)	137,558

Statement of Cash Flow for period ended 31 August 2022

(for comparative purposes)

	2022
Cash flows from operating activities	£
Surplus for the financial year	20,403
Adjustments for:	
Increase in debtors	(21,024)
Increase in creditors	(20,817)
Total	(41,841)
Cash from operations	(21,438)
Cash flows from investing activities	
Net decrease in cash and cash equivalents	(21,438)
Cash and cash equivalents at beginning of year	242,630
Cash and cash equivalents at end of year	221,192

Analysis of changes in net debt

	01/09/2021	Cash Flows	31/08/2022
	£	£	£
Cash at hand and in bank	242,630	(21,438)	221,192

Notes to the financial statements

for the year ended 31 August 2023

1 Accounting policies

The charity, which constitutes a public benefit entity as defined by FRS 102, is a private company limited by guarantee and registered in England and Wales. It operates from the registered office address shown on page 5 and its objects, aims and activities are set out in the Trustees' Report. The principal accounting policies are summarised below and have been applied consistently throughout the year.

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects of the company at the discretion of the trustees. Restricted funds can only be used for particular, limited, purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular, restricted, purposes. Designated funds are unrestricted funds set aside for use in projects to be specified by the Trustees

Incoming resources

Incoming resources are recognised in the Statement of Financial Activities (SoFA) when the charity becomes unconditionally entitled to the income and the amount can be quantified with reasonable accuracy and where it is certain that it will be received.

Performance related income is only included in the SoFA once the related services have been provided.

Deferred income

Grants and donations received in advance and specified by the donor as relating to specific future periods or subject to conditions which are still to be met, are deferred to the period to which they relate.

Tax reclaims on donations

Gift aid tax reclaims on donations are included in the SoFA in the same period as the donations to which they relate.

Volunteer services

The value of volunteer services received is not included in the accounts but is described in the trustees' report.

Notes to the financial statements for the year ended 31 August 2023

continued

Investment income

Income from investments is included in the accounts in the period it is receivable.

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Operating leases

Operating lease rentals are expensed on a straight-line basis over the period of the lease.

Tangible fixed assets

Tangible fixed assets are assets with an expected useful life of more than one year and are recorded at cost or, if gifted, at the market value to the charity on receipt. The cost of Fixed Assets is written off as incurred

2 Going concern

These accounts show unrestricted funds of £87,418 and net assets of £129,269 (2022: £2221,426) at the balance sheet date. A budget and cash flow forecast for the next twelve months has been prepared. This shows a projected deficit of £ 100,000. The Trustees are concerned about this and are actively seeking new sources of income from grant-making organisations. The responses received so far have been favourable and therefore they are confident such additional finance will be forthcoming. Accordingly they believe they will have sufficient resources to be able to settle liabilities as they fall due during the twelve months following the approval of these accounts. Therefore they consider it is correct that these accounts have been prepared on the going concern basis.

3 Donations, legacies and incoming from charitable activities

	Unrestricted funds £	Restricted Funds £	2023 Total £	2022 Total £
Donations	77,837	7,535	85,372	81,213
Gift aid tax reclaims	9,085	-	9,085	9,032
Grants	39,643	44,102	83,745	84,531
Partner Contributions	129,036	430,137	559,173	367,869
Surrey Wellbeing Partnership	51,173	124,732	175,905	150,887
Fund Generation	10,759		10,759	1,512
Total Income	317,533	606,506	924,039	695,044

All income in the year was unrestricted except for £606,505 (£464,596) which was given by funders to pay for the work of a Relational Support Worker within a school, for the Hospital project, and for the Peripatetic Counsellor. Within the income items above there were no related party transactions requiring disclosure for the current year or the prior year

Notes to the financial statements for the year ended 31 August 2023

continued

4 Expenditure on raising funds and charitable activities

	Note	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Fundraising expenses		2,491	240	2,731	6,670
Staff costs	6	267,608	638,330	905,938	596,009
Training and travel		6,251	1,704	7,955	10,851
Office facilities		17,237	1,636	18,873	17,236
IT and communications		24,818	10,789	35,607	34,786
Fees and external assistance		37,929	195	38,124	2,402
Printing (Equipment Hire), postage and stationery		5,260	-	5,260	5,430
Other costs (books, subs, charges & transfers)		1,672	36	1,708	1,257
		363,266	652,930	1,016,196	674,641

Amounts payable to Independent Examiner

We do not pay any sums for the independent examination as his time is donated to the charity; nor do we make payments for:-

- Assurance services other than independent examination;
- Tax advisory services;
- Other financial services

5 Net income

	2023 £	2022 £
Net income is stated after charging:		
Operating lease rentals (Photocopier)	3,290	3,869
Digital File Storage	3,846	3,254

Notes to the financial statements for the year ended 31 August 2023

continued

6 Team

Team costs	2023	2022
	£	£
Salaries	818,859	542,200
Social security costs	61,913	37,664
Pension Contributions	17,492	11,116
Supervision	7,674	5,029
	905,938	596,009

The remuneration of key management personnel was £124,244 (2022 £125,612). No employees received remuneration of £60,000 or more.

Number of staff

The average number of staff employed during the period, calculated in full-time equivalents, was as follows:

	2023	2022
	No.	No.
Engaged in direct charitable activities	26	18
Other staff	3	3
	29	21

Trustees

None of the trustees received any remuneration or expenses during the year.

7 Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988. Accordingly, there is no taxation charge or liability in these accounts.

Notes to the financial statements for the year ended 31 August 2023 continued

8 Tangible fixed assets

In accordance with the Trust's accounting policy for tangible fixed assets, all such items were fully depreciated in the year to 31 August 2021 and there have been no purchases since then

9 Debtors

	2023	2022
	£	£
Prepayments and accrued income	7,515	2,355
Surrey Wellbeing Partnership	22,257	19,294
Gift Aid refund	1,751	3,984
Other debtors	1,538	86
	33,061	25,719

10 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	1,268	1,381
Other taxation, social security & Pension	19,855	16,881
Accruals and deferred income	20,227	7,223
	41,350	25,485

Notes to the financial statements for the year ended 31 August 2023

continued

11 Restricted funds

	At 1 September 2022 £	Transfers Between Reserves	Incoming Resources £	Outgoing Resources £	At 31 August 2023 £
Schools Work	3,276	19,430	439,201	(461,907)	-
Make the Leap	4,000	-	-	(4,000)	-
Hospital Project	33,251	-	42,573	(53,273)	22,551
Peripatetic Counsellor	25,864	-	-	(6,564)	19,300
Surrey Wellbeing Partnership	5,549	(3,096)	124,732	(127,186)	-
	71,940	16,335	606,506	(652,930)	41,851

Restricted Funds table of movements 2021/2022 (for comparative purposes)

	At 1st September 2021 £	Transfers Between Reserves	Incoming Resources £	Outgoing Resources £	At 31st August 2022 £
Supported Lodgings	4,718	(4,718)	-	-	
Schools Work	14,597	-	298,076	(309,397)	3,276
Hospital Project	-	-	66,898	(33,647)	33,251
Peripatetic Counsellor	13,705	-	12,500	(341)	25,864
Surrey Wellbeing Partnership	-	-	83,122	(77,573)	5,549
Making the Leap			4,000		4,000
	33,020	(4,718)	464,596	(420,958)	71,940

Notes to the financial statements for the year ended 31 August 2023

continued

i. The Schools Work funds are restricted to providing Relational Support Work in an educational establishment setting

ii. The Hospital Project funds are restricted to providing support for Young People in Ashford St Peter's NHS Foundation Trust

iii. The Peripatetic Counsellor funds are restricted to providing ongoing support to Young People identified by the Relational Support Worker as needing a specific therapeutic intervention followed up by Relational Support in the school.

iv. The Trust continues to be a member of the Surrey Wellbeing Partnership and the funds are restricted to activities connected with the Emotional Wellbeing and Mental Health support being offered to Young People in Crisis and those requiring early support to enable them to work through the issues they are facing. The sum of £3,096 was transferred to General Funds to cover rental costs etc.

12 Unrestricted funds

	At 1 September 2022	Transfers between reserves	Incoming Resources	Outgoing Resources & Designations	At 31 August 2023
	£	£	£	£	£
General Fund	59,607	(16,335)	317,533	(332,594)	28,211

Designated Funds	At 1 September 2022	New Designations	Utilised	Transfers	At 31 August 2023
	£	£		£	£
Future Projects	89,879	-	(30,672)	-	59,207

The unrestricted funds of the charity include the General funds, which can be used to support all aspects of relational support projects undertaken by the trust and directly funding these if there is not sufficient specific (restricted) funding available. The Designated Funds arise from a legacy received in the year to 31st August 2021, which the Board of Trustees have decided should be used for future project opportunities.

Notes to the financial statements for the year ended 31 August 2022

continued

13 Operating lease commitments

	2023	2022
	£	£
Operating lease commitments are as follows:		
Payable within 1 year	3,290	3,290
Payable within 2 to 5 years	4,936	8,226
	8,226	11,516

14 Related parties

One of the trustees, Mr Matthew Armsby, is a partner in BC Technologies who provide IT support services for this trust. During the year they were paid £1,319 for this work. There are no other transactions requiring disclosure in this or the previous year.

THE EAST TO WEST TRUST

England & Wales - Charity number 1131229

Accounts

The east to west Trust

Trustees' Annual Report and Financial Statements

31 August 2022

Bringing Hope To Young Lives

A company limited by guarantee, registered in England and Wales number 06972769
Registered charity number 1131229

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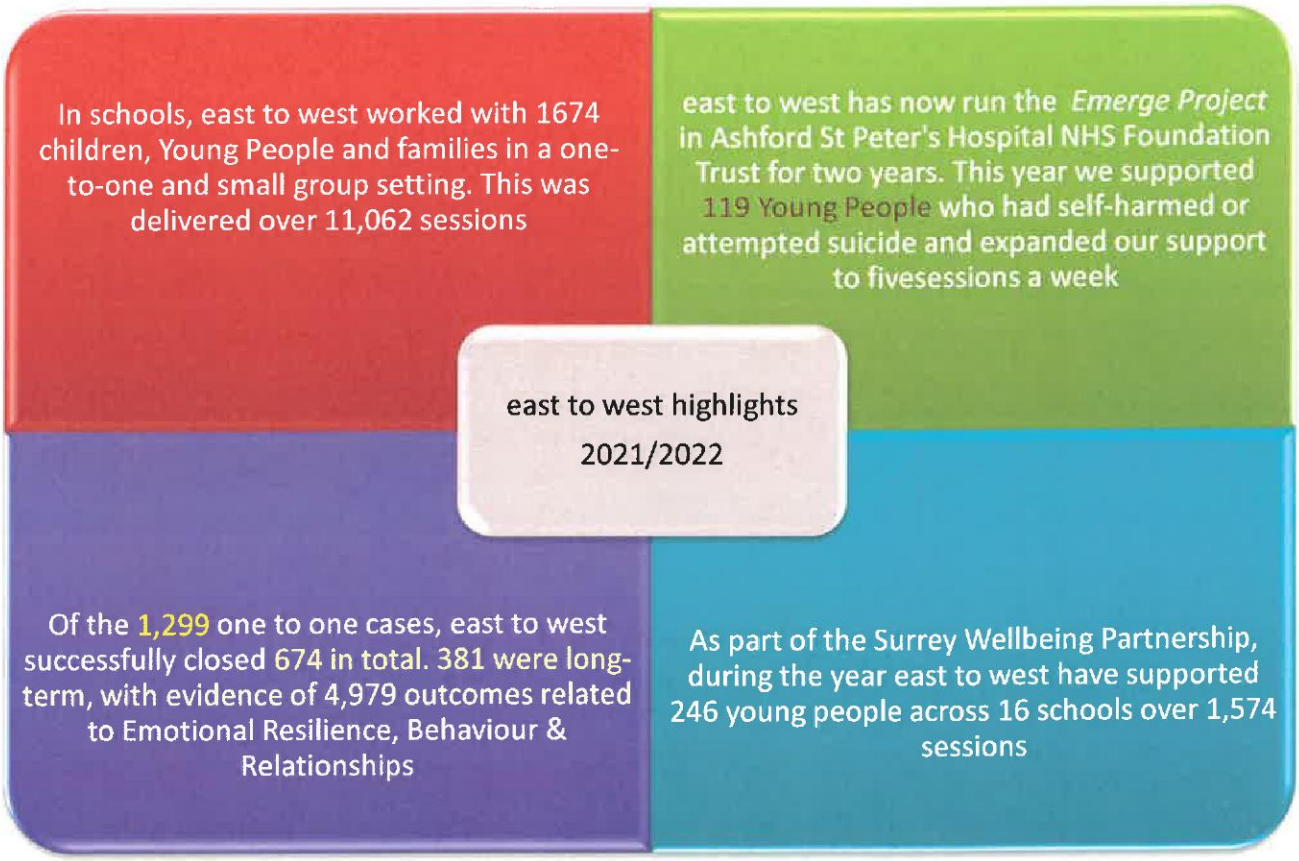
The east to west Trust

Perseverance pays off:

We recently met a young person aged 17 in St Peter's Hospital, Chertsey, on Ash Ward, who had been admitted for overdosing. When we spoke to them about Emerge (see page 11), she confidently said she knew all about us because although she had never spoken to a member of our team before, she had received our packs, read them and always coloured in the words "voice of hope" and that she had tacked 12 different versions onto her bedroom wall! She was worried we wouldn't want to speak to her, since she had declined so many times before but was so thankful that she finally said yes and opened up to someone and felt heard!

The impact of east to west in 2021/2022



Contact details and social media

Bringing hope to young lives through relational support work

Address:	Unit 3, 80 High Street, Egham, Surrey, TW20 9HE
Telephone:	01784 438007
Website:	www.easttowest.org.uk
Email:	info@easttowest.org.uk
Facebook:	e2wrelationalsupport
Twitter:	@east_towest
Instagram:	easttowest.charity

Legal and administrative information

Company/Charity name	The east to west Trust
Registered charity number	1131229
Registered company number	06972769
Registered office	Unit 3, 80 High Street Egham, Surrey TW20 9HE 01784 438007
Trustees/Directors	Susan Holloway (Chair of Trustees) (resigned October 2022) Ingrid Jack (resigned December 2021) John Salberg (resigned October 2021) Miriam Hanley Matthew Armsby Alison Matts Andrew Rich Jordan Amadi-Myers (appointed March 2022 – resigned December 2022) Lynda Donaldson (appointed June 2022)
Secretary	Kenneth Morgan
Bankers	The Co-Operative Bank plc PO Box 101 1 Balloon Street Manchester M60 4EP CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4TA
Solicitors	Moore Barlow The Oriel, Sydenham Road Guildford GU1 3SR
Independent examiner	T. A. Wells, FCA 31 Elizabeth Avenue Laleham Staines Middlesex TW18 1JW

Background Information

Introduction

east to west is at the forefront of bringing hope to young lives. Our vision is for children, Young People and families (the term Young People will be used as a collective noun for these groups throughout the document) to overcome the challenges (both emotional and physical) they face to becoming the very best they can be. To enable this, we've delivered Relational Support, a pastoral response based on compassionate, valuing relationships which puts those we serve at the heart of *all* we do. Working in partnership with schools, east to west has had a positive difference in the lives of over 35,000 Children, Young People and Families across a generation.

During the year to 31st August 2022 we worked with *1,299 (2021 699)* Young People in a 1:1 setting and saw successful conclusions in *674* instances. Of these cases, *381* Young People reached a point where they could function effectively without regular external support. A further *293* shared an issue that could either be resolved quickly or were referred more formally for additional support. As we moved out of lockdown and the schools re-opened (for all students) we ran a number of support groups, supporting *375* Young People. This year, we addressed issues such as exam stress, wellbeing, anxiety, and friendship.

Since September 2021 east to west has been part of the Surrey Wellbeing Partnership. This partnership has brought together 13 charities from across Surrey to work alongside the Surrey & Borders NHS Trust under the Mindworks banner to provide early support to young people who need to talk to about their mental health or signpost them to available support options.

25 Years of east to west

Saturday 11th June saw nearly 150 people join together to celebrate east to west's 25th Anniversary. Hosted by one of our church partners, St. John's Egham, we enjoyed a service of celebration followed by excellent food and conversations as those linked to east to west had the opportunity to meet, reconnect and build new friendships. Highlights of our day included Steve Holloway (our first CEO) sharing the origins of the charity and Andy Burns (former CEO) sharing about the ethos, the values and some very funny anecdotes about the Team's early years. Ant Horton spoke about how we deepened our relationship and reliance on God, whilst David Welch shared our exciting plans for the future.

"I just wanted to say a really big thank you for the lovely celebration to mark 25 years of east to west... It was so good to be reminded of the beginnings of east to west, it's development and its future projects. The service flowed so well, and the worship reflected the joy and celebration of God's many blessings." Katie Dodsworth – long-term supporter and guest.

The trustees wanted to say a massive thank you to all who prayed for the event and those who joined us in celebrating. We look forward to welcoming you to the 50th!

The future for east to west

The above paragraphs show the need for the services east to west provide and the value they have added to the lives of the Young People with whom we have been involved. It has become clear that the need for the support east to west is able to offer Young People is being recognised which has led directly to our growth in the year to August 2022 (see future plans). On this basis and having regard to the factors set out in note 2 to the financial statements, the trustees are confident of the continued need for the services of east to west and that sufficient funds will be available for these to be provided.

Trustee Report & Financial Statement

The trustees present their report and the financial statements for the year to 31 August 2022.

The east to west Trust is a company limited by guarantee and a registered charity. It is governed by its Memorandum and Articles of Association. The principal office is at: Unit 3, 80 High Street, Egham, Surrey, TW20 9HE

This charitable company commenced activities on 1 September 2009 when it received the assets, liabilities and operations of the former unincorporated charity "The east to west Trust" (registered charity number 1059177) founded in 1996. The charity now continues the work started and built up by its predecessor.

Please see the information page (page 5) for details of all trustees in post during the year.

Our aims

The objects of the trust set out in its Memorandum of Association are:

- To advance in life and relieve the needs of Young People through:
  - Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
  - The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.
- To assist in the relief of human suffering and poverty consequent upon the effect of personal, local, national or international disaster.
- To advance the Christian faith in accordance with the trust's statement of beliefs.

To assist the achievement of these objects, the trust has adopted the purposes:

- To see Young People impacted by hope.
- To see youth workers and churches empowered and equipped to impact Young People with hope.

By "hope" we mean hope of restoration, reconciliation and transformation.

These purposes are summarised in our strapline *"bringing hope to young lives"*.

Public benefit

We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Much of our work is targeted at Young People aged between 4 and 18. However, through the hospital based Emerge Project we now reach young adults up to 25. The impact of east to west's work is tangible and measurable and will benefit the individuals themselves as they mature into the next generation of adults, their families and society as whole. Outcomes from our current years' work are included in the review of activities below.

We do not discriminate or treat any young person less favourably on the grounds of gender, marital status, race, colour, nationality, ethnic origin, religion, disability, age or sexual orientation. This is because we believe that everyone is made in the image of God and therefore everyone is of equal value and of unfathomable worth.

Review of activities

Our principal activities and those whom we seek to help are described below.

Relational Support Work

At the heart of east to west is Relational Support Work which we define as a long-term commitment to actively journey with Young People through the issues and difficulties that they are addressing in their lives.

Schools based Relational Support Work

Our Schools based Relational Support Workers spend time building and maintaining purposeful relationships with students and staff in schools. The non-teacher, non-student nature of the role allows a unique relationship to be formed where trust and confidence is central and advice and support are offered.

The School Relational Support Workers are involved in a wide variety of activities aimed at increasing the students' emotional, physical and spiritual well-being.

This year east to west celebrated the fact that we have been involved in the life of secondary schools for 25 years, implementing, developing and sustaining placements. In 2021-22 we had Relational Support Workers placed in 14 secondary & 2 Primary schools:

- Jubilee High School, Addlestone
- Matthew Arnold School, Staines-upon-Thames
- Thomas Knyvett College, Ashford
- Epsom & Ewell High School *(commenced September 2021)*
- Kings International College *(commenced September 2021)*
- Bishop Wand Church of England School, Sunbury-on-Thames
- St Paul's Catholic College, Sunbury-on-Thames
- Thamesmead School, Shepperton
- Esher Church of England High School, Esher
- Hinchley Wood School, Hinchley Wood
- Teddington School, Teddington
- Hampton High School *(commenced February 2022)*
- Everest Community Academy *(commenced September 2021)*
- Twickenham School *(commenced September 2021)*
- Goldsworth Primary, Woking
- Sayes Court Primary School *(commenced April 2022)*

Schools based Family Link Work

Our Family Link Workers spend time building relationships with children and their carers in first schools in Windsor, with the goal of providing a constant support through the pressures of family life. east to west has been involved in first schools since 2010 and this year had placements across 2 schools:

- Trinity St Stephen Church of England Aided First School, Windsor
- Homer First School, Windsor

Early Intervention Coordinators

Commencing in September 2021 east to west became a partner in the Surrey Wellbeing Partnership. This partnership consists of thirteen locally based Third Sector organisations who came together to create an Alliance with the Surrey and Borders NHS Foundation Trust under the banner "Mindworks Surrey".

Under the title "Early Intervention Coordinator" we have provided Relational Support to young people in 16 Secondary Schools across the Surrey Boroughs of Woking, Elmbridge & Spelthorne. Of these, seven were schools that we have not been able to support prior to this point. Our role is to provide support at an early stage to young people within secondary schools in these boroughs who are struggling with their mental health and who would potentially be referred to the Intensive Intervention Team (previously Camhs). The aim is to provide effective support to them as early as possible and to reduce the number of referrals and therefore the number of young people waiting for support.

This partnership has enabled us to place team members in seven schools in Elmbridge & Woking where previously we had not had a presence. Across all the 16 schools we have been able to support a further 423 young people over the year.

Relational Counsellor

Our Relational Counsellors are experienced, qualified counsellors who are registered members of the British Association for Counselling and Psychotherapy ("BACP"). They spend time with Young People providing a confidential space where they can express their thoughts and feelings. east to west has placed counsellors in 3 schools:

- Town Farm Primary School, Stanwell
- Sunbury Manor Secondary School, Sunbury-on-Thames
- Hoe Valley Secondary School, Woking

Peripatetic Counsellor

The support we are able to offer through the Peripatetic Counsellor has recommenced this year with counsellors supporting team members by meeting a number of young people who have significant needs, but who do not reach the threshold or are on the waiting list.

The Emerge Project (supporting Young People and adults who have self-harmed or attempted suicide)

Despite Covid restrictions in place within St Peter's Hospital they enabled the Emerge team to visit regularly and, as things opened up, we increased our sessions to five each week (up from three in September 2021). We were present for 161 (121 20/21) evenings, which equated to at least 492 (242 20/21) hours of availability to Young People who have an average age of 16. The team have supported 119 (85 20/21) Young People over the year. A further 98 sessions were recorded with parents and/or a second visit with a young person. Subsequently the team have supported 64 young people across 217 (195 20/21) follow-up sessions in the community.

The Emerge team offers follow up sessions in the community for young people once they have been discharged from St Peters, supporting them whilst plans for other help and support can begin to take effect. This reduces the stress on young people, offers coping strategies, helps young people set goals and achieve them, which in turn reduces the risk of re-admission. The support given in these follow up sessions also helps to relieve some of the pressure on schools and allows us to bridge the gap that waiting lists have created for specialist care. The collaboration with Emerge Advocacy continues to flourish, with shared training and resources enabling us to deepen our support for the Young People between the ages of 10 and 25 who have presented at the Ashford and St Peter's Hospital NHS Foundation Trust's A&E department due to self-harm or attempted suicide.

Outcomes Improvement

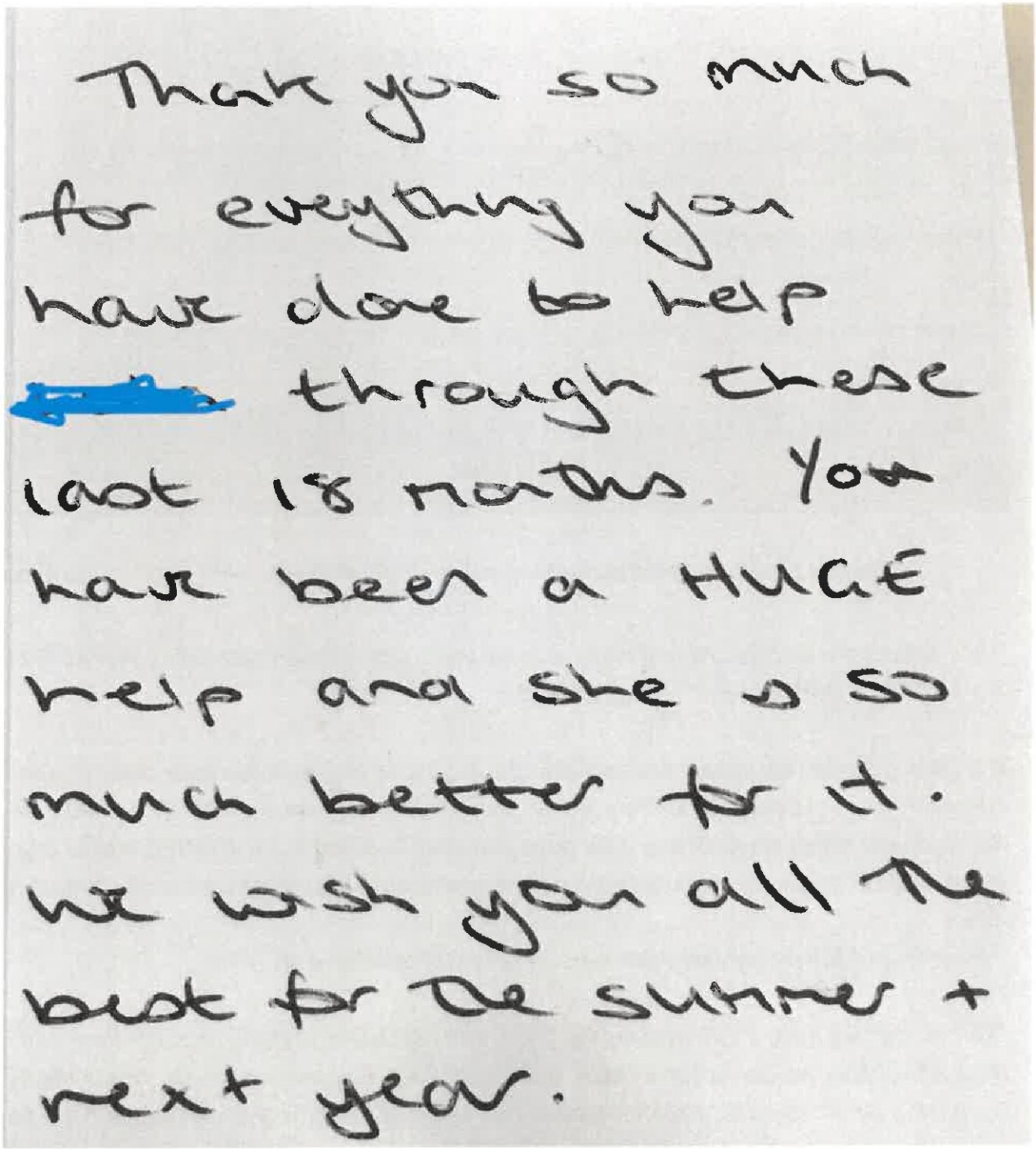
Our Team have positively impacted the lives of 1,674 (699 20/21) students and carers this year through 1:1 sessions. We have measured the improvement in outcomes from 381 (274 20/21) long-term 1:1 cases that have been closed during the year to help illustrate the contribution we have had in the lives of these Young People. Most Young People show improvements in a number of areas under each outcome during the time that they are supported, therefore the final number always exceeds the number of closed cases:

Key presenting issue	Outcome Areas	Total number of instances of improvement
Self-Awareness	Improved Emotional Resilience Improved confidence in social and relational activity Better understanding of self Able to self-monitor the build-up of stress/anxiety Able to display a healthy release of emotions	2,313 (1447 20/21)
Behaviour	Improved Behaviour Making a positive contribution in class Able to react well to problems and use appropriate strategies Reduced negative involvement of Senior Leadership Team (SLT) Increased ability to make good choices	1,035 (347 20/21)
Relationships	Improved Relationships With family members Parents engaging with outside agencies Increased knowledge of what a healthy friendship is Able to recognise/accept place in family	1,082 (694 20/21)
Total Closed Cases 381		4,430 (2488 20/21)
	Improved engagement in education Reduced negative involvement of SLT Making a positive contribution in class Increased knowledge of what a healthy friendship is Willingness to change/adapt behaviour	These improvements were seen across all 381 students whatever their presenting issue

What people say about the team:

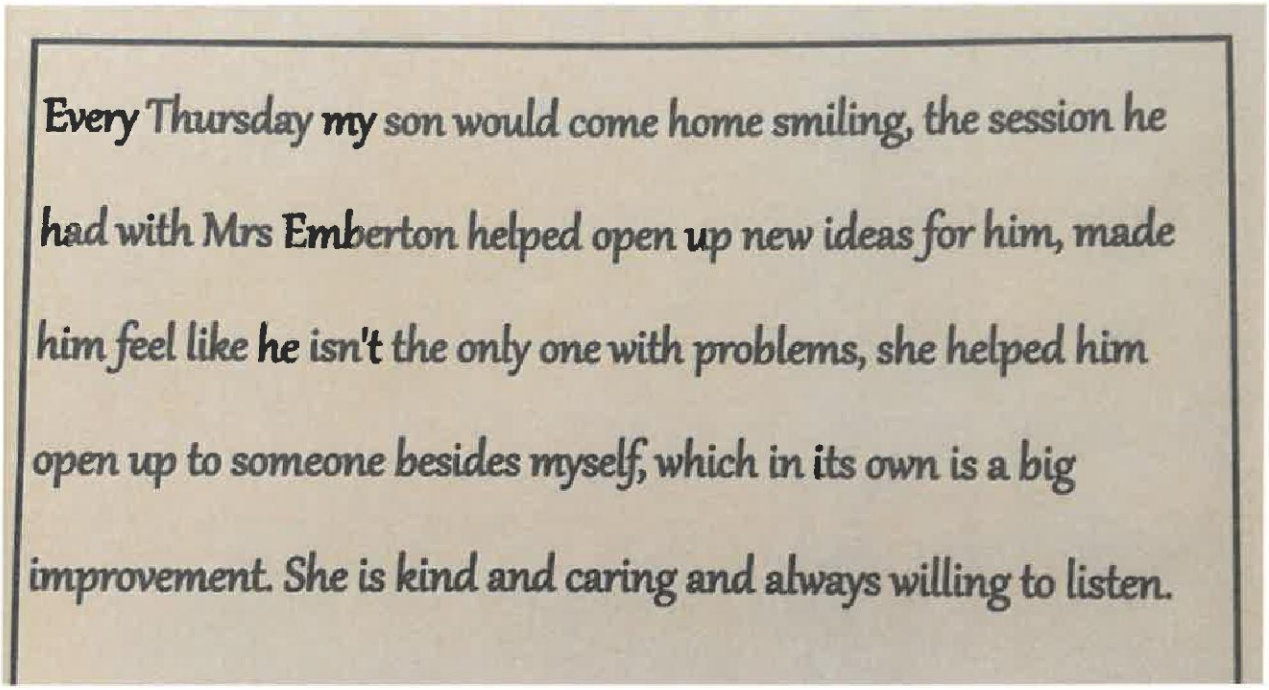
"You have been our lifeline" Parent to a team member

" Thank you we have our son back now !"
(Text from parent to Emerge Team Lead)


Thank you so much for everything you have done to help [redacted] through these last 18 months. You have been a HUGE help and she is so much better for it. We wish you all the best for the summer + next year.

Young person to RSW Team Member – Hinchley Wood School

"5 out of 5 service because I was understood, and I was listened to for the first time and felt heard. Thank you"
Young person to Emerge Team Member


Every Thursday my son would come home smiling, the session he had with Mrs Emberton helped open up new ideas for him, made him feel like he isn't the only one with problems, she helped him open up to someone besides myself, which in its own is a big improvement. She is kind and caring and always willing to listen.

A parent's note to a headteacher regarding an RSW's work with their young person

"their school are so blessed and lucky to have the support from counselling and RSW they are so grateful to east west": Deputy Head

A is having some real issues with xxx and it's getting to the point he really doesn't want to come into school because he feels xxx is constantly on at him and I'm concerned that all the work and effort yourself and Alfie have achieved is going to be affected, would it be at all possible to maybe have a chat with him regarding this situation as it's really getting him down
Parent to an RSW recognising the support received by their son

"Sometimes we have a talk to clear my mind, and establish what my problems are and we think about how we can resolve them. Sometimes we play games, which cheers me up if I'm having an off-day. I'm grateful to have that option as I know a lot of people don't have that. We have discussed next steps in my future and made if feel slightly less daunting. Also it makes me realise how far I've come in my mental health journey.": Year 10 Student

Safeguarding and Development

east to west recognises the importance of safeguarding in its work with children, Young People and adults. We have a responsibility to protect everyone entrusted to our care and we are committed to the safeguarding of children and vulnerable adults to ensure their well-being. We follow the requirements of UK legislation in relation to safeguarding children and vulnerable adults and current best practice recommendations based on the Online Safeguarding Manual created by thirtyone:eight - https://thirtyoneeight.org/).

east to west is passionate about delivering positive outcomes for Young People. We continue to learn and develop all we do through a framework for monitoring and reporting the outcomes of our work. The framework enables east to west to safeguard those we work with and continuously review and improve the outcomes we are delivering. The outcomes framework asks three very simple questions: 'What did we do?', 'How well did we do it?' and 'How did we make a difference?'.

Our team constantly seeks development opportunities. Each month they have input from outside agencies to grow their knowledge and enhance their practice. Throughout the year each team member is challenged to share:

- Accomplished: *What has gone really well (since the last supervision or across the whole year) that we might celebrate?*
- Breadth: *What has been learned (by the team member and/or east to west) in the process? How do we "take stock" of where things are now compared to where we thought they might be? What changes may be needed in east to west processes/practice in light of what has been learned?*
- Challenges: *What are you most excited about in this coming period? What concerns you the most? What ongoing professional development will help you to grow in your current role and for your future? How can the Lead (and the rest of the east to west Team) be of most help to you and your role?*

Partnerships

east to west seeks to empower and equip youth workers and churches to impact Young People with hope as one of its prime purposes. Our partnership base is the network through which we aspire to see this goal fulfilled and on which we continue to build.

In the year 2021-22 east to west partnered with:

- 7 Local churches
- 23 Secondary schools
- 5 First/Primary schools
- 23 Funding agencies, organisations and local authorities

Gender pay gap

The east to west Trust continues to review its salary structure in light of concerns over the Gender pay gap. Whilst reporting that this gender pay gap is now -18% (-27.5% 2021); the size of east to west means that this number varies widely from year to year due to the make-up of the team in any given reporting cycle. In line with Government guidelines we measure the gap in April. This year we have promoted team members meaning the Shared Leadership Team is more balanced. Pay rates for membership of this team are equal.

We have undertaken development and support to prepare new members of the team to take on the most senior levels of leadership, both within east to west and beyond.

The people who make it happen

Trustees

The trustees, who are also directors for the purposes of company law, and who served during the year and up to the date of this report, are listed on page 5.

Trustee Recruitment

Potential trustees are recruited to bring specific skills as needed on the board. These are identified through the annual board skills audit and board evaluation. After a preliminary discussion with the chair, the individual is invited to read the Core documents of the trust, and the Welcome to the Board document that outlines the characteristics, competences required and the Job Description for a trustee. Following an informal attendance at a board meeting, the existing trustees decide whether to proceed with the invitation to the individual to become a trustee. The trustee application form is then completed, and the new trustee is formally approved at the subsequent Board meeting.

Patrons

During the year we were honoured to announce that Ken and Gill Morgan, who have been supporting east to west since its inception, agreed to become east to west's very first Patrons. We're delighted they are continuing this long standing association with us. Gill writes *"Ken and I have enjoyed volunteering at east to west for around 18 years (Ken since it began), in a variety of innovative roles as the charity has grown. We are delighted to explore and develop what is needed as a patron... watch this space!"*

Team

This year we said a fond farewell to six team members: Nicola Lainsbury, Margaret Morbin, Rob Lewis, Tracy Gleeson, Emily Dodsworth and Helene Griffin. Nicola left to become part of the school team where she served as an RSW, Margaret returned to France, Rob retired from serving his school having served young people for over thirty years (and then re-joined us as our Chaplain),

Tracy joined the NHS as a Counsellor, Emily took up a role at start-up using her Financial Development skills and Helene set up another charity focused on families. We are incredibly grateful to all of them for their service to Young People while operating as part of east to west.

We employ a total of 31 paid team members (21 full time equivalents) whom we thank again for their ongoing commitment to the charity's work with Young People. This team is focussed on the delivery of our frontline programmes and is assisted by external advisers with specialist expertise in IT, communications and finance.

Volunteers

The trustees also extend heartfelt thanks to the charity's dedicated volunteers for the on-going contribution they make. In the year 2021/2022, while no volunteers were able to provide one-to-one mentoring in schools, 492 volunteer hours were completed in the Emerge Project. All our volunteers have enhanced DBS checks and the charity provides on-going development to equip them for their roles. Many in the past, as a result of working with east to west, have moved into counselling and other pastoral roles, or joined our team as a paid team member.

Trustees' annual report

Finance and Governance for the year ended 31 August 2022

Finance

Overview

Total income for 2021-22 was £695,044 which was an increase of £129,364 compared with the income of 2020-21. Despite the financial pressures on both grant making organisations and our partners we note that grants and partner contributions increased by £99,358 to £452,400, an increase of 28%. Voluntary donations from individuals and churches, whether through direct giving or through taking part in fundraising events, remains a very significant part of our total income; together with the gift aid we were able to reclaim and additional charitable activities, this total came to £91,757, an increase of £722 on 2020-2021. This recognises the real sacrifice people made to support us in difficult times and we are grateful for this support.

For the first time, our partnership with the Surrey Wellbeing Partnership (SWP) appears in the accounts with the amount received being £150,887.

Restricted income accounted for about 67% of the total, an increase on last year (partly driven by the additional funds under the SWP contract).

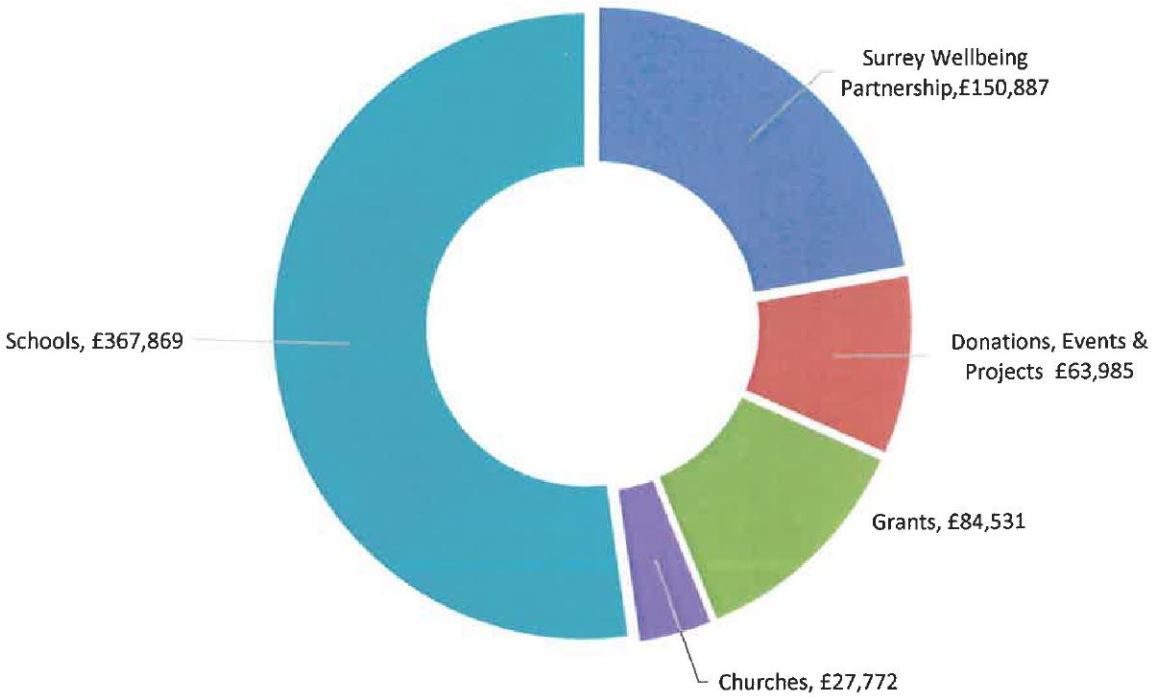
It goes without saying that we remain extremely grateful to all those faithful individuals, churches, businesses and other funding organisations who provide financial support for our work – without this east to west could not operate as it does today.

Compared with the previous year costs increased from £431,666 to £674,641, an increase of 56%. Although we have a net surplus for the year, this was mainly due to Restricted Funds, and we incurred a deficit on unrestricted funds of £23,235. After making a transfer from restricted funds of £4,718, we are carrying forward unrestricted funds of £149,486. At the balance sheet date net assets were £221,486. This equates to almost 3 months expenditure based on our budget for 2022-2023. The trustees believe the reserves (our policy is for two months reserves) at the balance sheet date are sufficient for the efficient future operations of the charity.

The Trustees again recognise that the focus and additional time given to one of the key management personnel, which enabled him to focus on fundraising through a coordinated approach to grant-making bodies and developing relationships with existing and new funders, has borne fruit this year.

Funding

The chart below breaks down our sources of income this year:



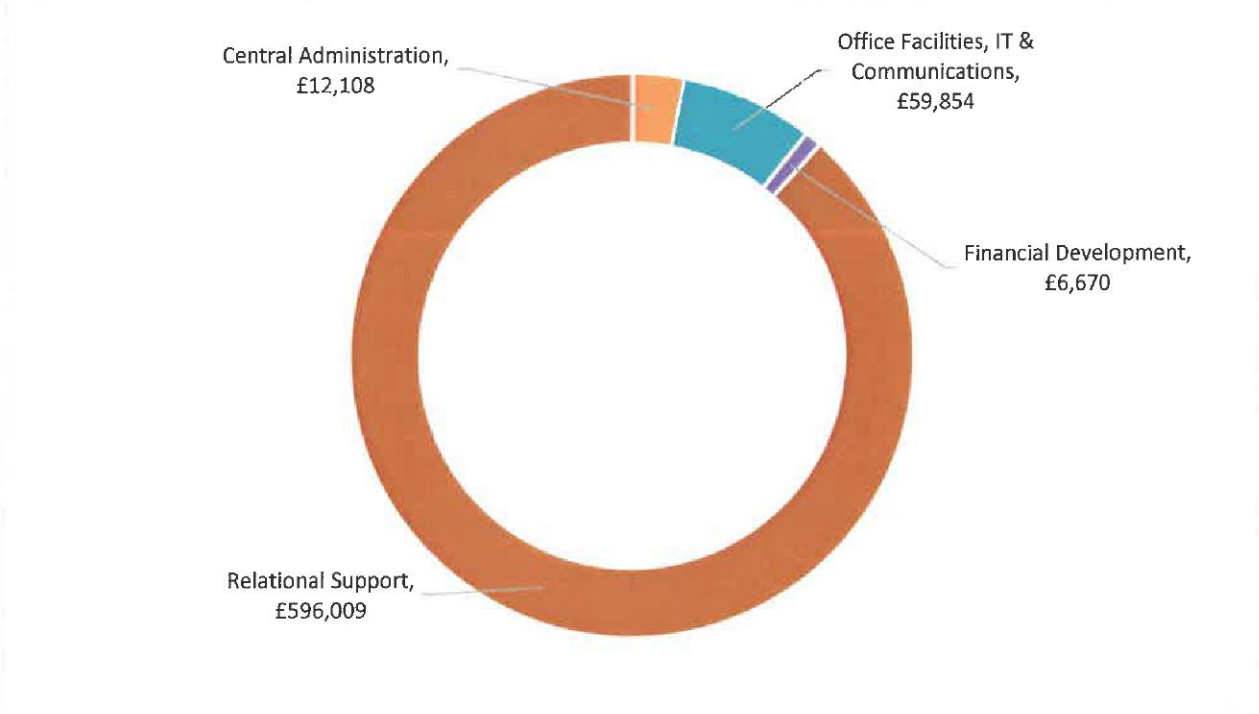
Donations from individuals and churches provided 13% (30%) of our income; this figure reflects regular and one-off donations plus gift aid where applicable. This provision is extremely beneficial as it underpins the ongoing work of east to west and enables us to plan into the future with greater certainty. Our partner schools have contributed 52% (42%) and we have received income from other partners and grants making up the remaining 35% (28%). We are extremely grateful for the loyalty of all our Church, Individual and Corporate financial supporters whose generosity we have been able to rely upon throughout the year, and especially during the recent pandemic. Listed below are those we have financially partnered with during 2021-22:

- Allchurches Trust
- Amazon
- Arnold Clark Charitable Trust
- Ashford Congregational Church
- Berkshire Community Foundation
- Borrows Foundation
- Chapman Charitable Trust
- Christ Church, Virginia Water
- Coleman Charitable Trust
- Community Foundation for Surrey
- Heathrow Community Fund
- High Sherriff Youth Award
- Joel's Place, Ascot
- Kelly Family Charitable Trust
- Menzies LLP(Accountants)
- St. John's Church, Egham
- St Peter's Relief in Sickness Fund
- Spelthorne Borough Council – Mayors Charity of the Year
- Sunningdale Baptist Church

- Co-op Community Fund
- Dedworth Green Baptist Church
- Edward Gostling Foundation
- Garfield Weston
- Heathrow Community Trust
- Homelands Charitable Trust
- Staines Methodist Church
- Surrey County Councillors
- Tesco
- TK Charitable Trust
- Windsor & Maidenhead Charitable Trust

Expenditure

The following chart analyses the total expenditure of the trust for the year between its different activities. (Spending from restricted and unrestricted funding has been amalgamated to give the full picture).



Governance

Board of trustees

The board of trustees has responsibility for directing and controlling the affairs of the trust. The board met five times during year to:

- review the trust's activities, finances and performance;
- approve future plans and strategy; and
- monitor risks and ensure that they are appropriately managed.

At the start of each year goals are agreed by the trustees with the team and progress is monitored throughout the year through individual, team and trust appraisal processes.

Leadership team

The trustees delegate day to day management of the trust to its Chief Executive Officer, currently Ian Smith, who is supported by the Head of Operations, Helen Hallett. Over the year the Shared Leadership Team grew to include the joint Heads of School, Clare Sampson & Caroline Case, the Head of Income & Communications (HOIC), Dan Beedell, and the Head of the Emerge Project, Elizabeth Argent. It is the Trustees' belief that during 2022/23 the trust will continue to benefit from work done by this team.

A Finance team, comprising the charity's senior team members, advisors and a Trustee, met intermittently during the year, with a remit to address day to day financial aspects of the charity.

Remuneration and pay levels for the key management personnel and within the charity generally are determined by the trustees with periodic benchmarking to organisations of a similar size and nature.

Risk management

The trustees and management team assess the potential risks to the running and financing of the organisation and the safeguarding of the team and Young People on a monthly basis. east to west has a comprehensive portfolio of policies which enables the projects to operate in a professional and safe manner. The team and trustees review the policies at the end of each academic year.

Principle risk area	Key mitigating factors
Governance over the organisation and activities	■ A Board of trustees with experience in a range of relevant disciplines who meet regularly together and with the trust management ■ Annual assessment of governance effectiveness ■ Assimilation of emerging issues and trends within the sector
Management of financial resources	■ Monthly financial reporting and forecasting ■ Rigorous documented fiscal management processes overseen by the Board ■ Financial and fundraising matters considered at every trustee and management meeting
Safeguarding and service delivery	■ Maintenance of comprehensive operations policies reviewed, updated with ongoing training to team ■ Continuous development of the organisation and its service delivery team ■ Access to external resources and benchmarking against best practice standards
People and employment	■ Stringent appointment and vetting processes following Safer Recruitment best practice, including DBS checks ■ Wide ranging induction and on-the-job development ■ Well established, effective supervision and development mechanisms in place

Future plans

We are partnering with the Bourne Educational Trust, growing across the Secondary and Primary schools within the trust, and we continue to expand the Emerge Project through additional evenings and community follow-up. We continue to respond to new opportunities. However, our scope for expansion will be dictated by the availability of new funding as we need to preserve our reserves to provide an adequate contingency fund.

The generous legacy that the trust received during the previous year has given us the opportunity to explore future growth in line with our founding documents. The trustees, in consultation with the SLT, agreed to start 'Making the Leap' (support for young people transitioning to Further Education colleges) & Connect (working with young men at a local Young Offenders Institute to give them the best opportunities for success following their release).

The board continues to seek to diversify its membership, actively seeking to recruit members of underrepresented groups.

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Small company provisions

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

Approved by the board and signed on its behalf by the Secretary on 18 January 2023.

Kenneth Morgan

Independent examiner's report

to the trustees/directors on the unaudited financial statements of
The east to west Trust (a company limited by guarantee)
for the year ended 31 August 2022

I report on the accounts of The east to west Trust for the year ended 31 August 2022, which are set out on pages 25 to 35 and comprise the statement of financial activities, the balance sheet and the related notes.

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

These financial statements have been prepared under the historical cost convention, in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities and Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit under charity or company law and is eligible for independent examination, it is my responsibility to:

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

Independent Examiner's Statement

As the charity's income for the year exceeds £500,000, I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Independent examiner's report - continued

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts 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 statements below.

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 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS 102) and in other respects comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

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

Signed T. A. Wells

T. A. Wells FCA
Chartered Accountant
Independent Examiner

31 Elizabeth Avenue
Laleham, Staines
Middlesex TW18 1JW

Date: 18 January 2023

Statement of financial activities

(incorporating the income and expenditure account) for the year ended 31 August 2022

	Notes	Unrestricted Funds £	Restricted funds £	2022 Total £	2021 Total £
Income and endowments					
Donations, legacy & Charitable activities	3	230,448	464,596	695,044	565,680
Other		-	-	-	-
Total		230,448	464,596	695,044	565,680
Expenditure					
Charitable activities & Fundraising	4	253,683	420,958	674,641	431,666
Total		253,683	420,958	674,641	431,666
Net income/(expenditure) for the year		(23,235)	43,638	20,403	134,014
Transfers between reserves	11(1)	4,718	(4,718)	0	0
Total funds brought forward		168,003	33,020	201,023	67,009
Total funds carried forward		149,486	71,940	221,426	201,023

All of the activities are continuing activities.

The statement of financial activities includes all gains and losses for the year and therefore no statement of total recognised gains and losses has been prepared.

The notes on pages 28 to 35 form part of these accounts.

Balance sheet as at 31 August 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	8		-		3
Current assets					
Debtors	9	25,719		4,695	
Cash at bank		221,192		242,630	
		246,911		247,325	
Creditors: amounts falling due within one year	10	(25,485)		(46,302)	
Net current assets			221,426		201,023
Net assets			221,426		201,023
The funds of the charity					
Restricted funds	11		71,940		33,020
Unrestricted funds	12		59,607		75,393
Designated funds	12		89,879		92,610
Total funds			221,426		201,023

Statement of Cash Flow for period ended 31 August 2022

	2022
Cash flows from operating activities	£
Surplus for the financial year	20,403
Adjustments for:	
Increase in debtors	(21,024)
Increase in creditors	(20,817)
Total	(41,841)
Cash from operations	(21,438)
Cash flows from investing activities	
Net decrease in cash and cash equivalents	(21,438)
Cash and cash equivalents at beginning of year	242,630
Cash and cash equivalents at end of year	221,192

Analysis of changes in net debt

	01/09/2021	Cash Flows	31/08/2022
	£	£	£
Cash at hand and in bank	242,630	(21,438)	221,192

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial period and of its surplus or deficit for each financial period in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with the FRS102 SORP.

The financial statements were approved for issue by the board of trustees on 18 January 2023 and were signed on its behalf by:

Matthew Armsby, Chair of Trustees

Registered company number 06972769

Notes to the financial statements

for the year ended 31 August 2022

1 Accounting policies

The charity, which constitutes a public benefit entity as defined by FRS 102, is a private company limited by guarantee and registered in England and Wales. It operates from the registered office address shown on page 5 and its objects, aims and activities are set out in the Trustees' Report. The principal accounting policies are summarised below and have been applied consistently throughout the year.

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects of the company at the discretion of the trustees. Restricted funds can only be used for particular, limited, purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular, restricted, purposes. Designated funds are unrestricted funds set aside for use in projects to be specified by the Trustees

Incoming resources

Incoming resources are recognised in the Statement of Financial Activities (SoFA) when the charity becomes unconditionally entitled to the income and the amount can be quantified with reasonable accuracy and where it is certain that it will be received.

Performance related income is only included in the SoFA once the related services have been provided.

Deferred income

Grants and donations received in advance and specified by the donor as relating to specific future periods or subject to conditions which are still to be met, are deferred to the period to which they relate.

Tax reclaims on donations

Gift aid tax reclaims on donations are included in the SoFA in the same period as the donations to which they relate.

Volunteer services

The value of volunteer services received is not included in the accounts but is described in the trustees' report.

Notes to the financial statements for the year ended 31 August 2022

continued

Investment income

Income from investments is included in the accounts in the period it is receivable.

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Operating leases

Operating lease rentals are expensed on a straight-line basis over the period of the lease.

Tangible fixed assets

Tangible fixed assets are assets with an expected useful life of more than one year and are recorded at cost or, if gifted, at the market value to the charity on receipt. The cost of Fixed Assets is written off as incurred

2 Going concern

These accounts show unrestricted funds of £149,486 and net assets of £221,426 (2021: £201,203) at the balance sheet date. A budget and cash flow forecast for the next twelve months has been prepared. Although this shows a projected deficit of £40,000, the Trustees believe they have sufficient resources to regard this being acceptable and that the Trust will be able to settle its liabilities as they fall due during the twelve months following the approval of these accounts. Therefore, taking these factors into account, they consider it is correct that these accounts have been prepared on the going concern basis.

3 Donations, legacies and incoming from charitable activities

	Unrestricted funds £	Restricted Funds £	2022 Total £	2021 Total £
Donations	75,163	6,050	81,213	80,668
Gift aid tax reclaims	9,032	-	9,032	7,713
Legacy (M. Bateman)	-		-	92,610
Grants	42,240	42,291	84,531	101,252
Partner Contributions	73,593	294,276	367,869	251,790
Surrey Wellbeing Partnership	28,908	121,979	150,887	1,823
Charitable Activity (SPA 500)	-	-	-	27,170
Fund Generation	1,512		1,512	2,654
Total Income	230,448	464,596	695,044	565,680

All income in the year was unrestricted except for £464,596 (£327,435) which was given by funders to pay for the work of a Relational Support Worker within a school, for the Emerge project, and for the Peripatetic Counsellor. Within the income items above there were no related party transactions requiring disclosure for the current year or the prior year

Notes to the financial statements for the year ended 31 August 2022

continued

4 Expenditure on raising funds and charitable activities

	Unrestricted Funds £	Restricted Funds £	2022 Total £	2021 Total £
Fundraising expenses (includes 25th Anniversary costs)	6,605	65	6,670	1,042
Staff costs	186,114	409,895	596,009	367,029
Training and travel	10,280	571	10,851	3,419
Office facilities	16,376	860	17,236	11,379
IT and communications	25,787	8,999	34,786	16,085
Fees and external assistance	2,061	341	2,402	12,106
SPA 500	-	-	-	10,900
Printing (Equipment Hire), postage and stationery	5,204	226	5,430	8,587
Depreciation	-	-	-	-
Other costs (books, subs, charges & transfers)	1,257	0	1,257	1,119
	253,683	420,958	674,641	431,666

Amounts payable to Independent Examiner

We do not pay any sums for the independent examination as his time is donated to the charity; nor do we make payments for:-

- Assurance services other than independent examination;
- Tax advisory services;
- Other financial services

5 Net income

	2022 £	2021 £
Net income is stated after charging:		
Operating lease rentals (Photocopier)	3,869	4,730
Digital File Storage	3,254	5,412

Notes to the financial statements for the year ended 31 August 2022

continued

6 Team

Team costs	2022 £	2021 £
Salaries	542,200	337,177
Social security costs	37,664	17,878
Pension Contributions	11,116	7,116
Supervision	5,029	4,914
	596,009	367,029

The remuneration of key management personnel was £125,612 (2021 £104,789). No employees received remuneration of £60,000 or more.

Number of staff

The average number of staff employed during the period, calculated in full-time equivalents, was as follows:

	2022 No.	2021 No.
Engaged in direct charitable activities	18	10
Other staff	3	3
	21	13

Trustees

None of the trustees received any remuneration or expenses during the year

7 Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988. Accordingly, there is no taxation charge or liability in these accounts.

Notes to the financial statements for the year ended 31 August 2022 continued

8 Tangible fixed assets

Cost	Fixtures, fittings & Equipment £
At 1 September 2021 and 31st August 2022	2,242
Depreciation at 1 September 2021 and 31st August 2022	(2,242)
	(0)

There were no additions to, or disposals of, tangible fixed assets during the year.

9 Debtors

	2022 £	2021 £
Prepayments and accrued income	2,355	3,442
Surrey Wellbeing Partnership	19,294	0
Gift Aid refund	3,984	1,253
Other debtors	86	0
	25,719	4,695

10 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	1,381	2,995
Other taxation, social security & Pension	16,881	6,022
Accruals and deferred income	7,223	37,285
	25,485	46,302

Notes to the financial statements for the year ended 31 August 2022

continued

11 Restricted funds

	At 1 September 2021	Transfers Between Reserves	Incoming Resources	Outgoing Resources	At 31 August 2022
	£		£	£	£
Supported Lodgings (11(1))	4,718	(4,718)	-	-	-
Schools Work	14,597		298,076	(309,397)	3,276
Make the Leap	-		4,000	-	4,000
Emerge	-		66,898	(33,647)	33,251
Peripatetic Counsellor	13,705		12,500	(341)	25,864
Surrey Wellbeing Partnership	-		83,122	(77,573)	5,549
	33,020	(4,718)	464,596	(420,958)	71,940

Restricted Funds table of movements 2020/2021 (for comparative purposes)

	At 1st September 2020	Transfers Between Reserves	Incoming Resources	Outgoing Resources	At 31st August 2021
	£		£	£	£
Supported Lodgings	4,718		-	-	4,718
Schools Work	716		300,984	(287,103)	14,597
Emerge	1,464		24,628	(26,092)	-
Peripatetic Counsellor	14,265	-	-	(560)	13,705
Surrey Wellbeing Partnership	-		1,823	(1,823)	-
	21,163	-	327,435	(315,578)	33,020

Notes to the financial statements for the year ended 31 August 2022

continued

i. The Supported Lodgings fund, no longer required for a closed project was agreed by the Trustees to be transferred to the General Funds

ii. The Schools Work funds are restricted to providing Relational Support Work in an educational establishment setting

iii. The Emerge funds area restricted to providing support for Young People in Ashford St Peter's NHS Foundation Trust

iv. The Peripatetic Counsellor funds are restricted to providing ongoing support to Young People identified by the Relational Support Worker as needing a specific therapeutic intervention followed up by Relational Support in the school

v. The Trust became a member of the Surrey Wellbeing Partnership this year and the funds are restricted to activities connected with the Emotional Wellbeing and Mental Health support being offered to Young People in Crisis and those requiring early support to enable them to work through the issues they are facing

12 Unrestricted funds

	At 1 September 2021	Transfers between reserves	Incoming Resources	Outgoing Resources & Designations	At 31 August 2022
	£	£	£	£	£
General Fund	75,393	4,718	230,448	(253,683)	59,607

Designated Funds	At 1 September 2021	New Designations	Utilised	Transfers	At 31 August 2022
	£	£		£	£
Future Projects	92,610	-	(2,731)	-	89,879

The unrestricted funds of the charity include the General funds, which can be used to support all aspects of relational support projects undertaken by the trust and directly funding these if there is not sufficient specific (restricted) funding available, and a legacy of £92,610 which has been designated by the Board of Trustees for future project opportunities.

Notes to the financial statements for the year ended 31 August 2022

continued

13 Operating lease commitments

	2022	2021
	£	£
Operating lease commitments are as follows:		
Payable within 1 year	3,290	3,290
Payable within 2 to 5 years	8,226	9,870
	11,516	13,160

14 Related parties

One of the trustees, Mr Matthew Armsby, is a partner in BC Technologies who provide IT support services for this trust. During the year they were paid £1,319 for this work. There are no other transactions requiring disclosure in this or the previous year.

THE EAST TO WEST TRUST

England & Wales - Charity number 1131229

Accounts

The east to west Trust

Trustees' Annual Report and Financial Statements

31 August 2021

Bringing Hope To Young Lives

A company limited by guarantee, registered in England and Wales number 06972769
Registered charity number 1131229

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The east to west Trust

As a secondary school, we have been working with East to West now for a little less than a year. As a school we received covid catchup funding via the government and we wanted to support the mental health and well-being of some of our most vulnerable students. After an initial consultation with Ian, we decided to move ahead with a relationship support worker and we were so lucky to have been given the opportunity to work with Nicola Lainsbury. Nicola has come into school with expert training from East to West and supports within our inclusion department. Nicola has already, in such a short amount of time, established great relationships with the students and works with them individually each week to support their academic progress and mental well-being. I cannot recommend East to West enough. They are truly professional in all they do and have the skills and expertise to support our students through any challenges they present. A true asset to any inclusion team. On behalf of Teddington School, thank you.

Kathy Pacey (Headteacher – Teddington School)

The impact of east to west in 2020/2021

Contact details and social media

Bringing hope to young lives through relational support work

Address:	Unit 3, 80 High Street, Egham, Surrey, TW20 9HE
Telephone:	01784 438007
Website:	www.easttowest.org.uk
Email:	info@easttowest.org.uk
Facebook:	e2wrelationalsupport
Twitter:	@east_towest
Instagram:	easttowest.charity

Legal and administrative information

Company/Charity name	The east to west Trust	
Registered charity number	1131229	
Registered company number	06972769	
Registered office	Unit 3 80 High Street Egham, Surrey TW20 9HE 01784 438007	
Trustees/Directors	Susan Holloway (Chair of Trustees) Ingrid Jack John Salberg James Foster (resigned February 2021) Miriam Hanley Matthew Armsby Alison Matts Andrew Rich	
Secretary	Kenneth Morgan	
Bankers	The Co-Operative Bank plc PO Box 101 1 Balloon Street Manchester M60 4EP	CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4TA
Solicitors	Moore Barlow The Oriel Sydenham Road Guildford GU1 3SR	
Independent examiner	T. A. Wells, FCA 31 Elizabeth Avenue Laleham Staines Middlesex TW18 1JW	

Trustees' annual report

(incorporating the directors' report) for the year ended 31 August 2021

Introduction

east to west are at the forefront of bringing hope to young lives. Our vision is for children, Young People and families (the term Young People will be used as a collective noun for these groups throughout the document) to overcome the challenges (both emotional and physical) they face to becoming the very best they can be. To enable this, we relationally support Young People through a pastoral response based on compassionate, valuing relationships which puts those we serve at the heart of *all* we do. Working in partnership with schools, east to west has made a difference in the lives of over 29,000 Children, Young People and Families across a generation.

During the year to 31st August 2021 we worked with *699 (2020 570)* Young People in a 1:1 setting and saw successful conclusions in *435* instances. Of these, *274* Young People reached a point where they could operate without regular external support, whilst a further *161* shared an issue that could either be resolved quickly or were referred more formally for additional support. Due to the pandemic we ran fewer support groups than usual, and so only supported *91* Young People this year addressing issues such as exam stress, wellbeing, anxiety, and friendship. In the first six months of the year we continued to work alongside the Child and Adolescent Mental Health Services ("CAMHS") team, helping meet the needs of Young People who had been referred to them. It was a mark of the professionalism of our team that they took on this work and made a considerable difference in the lives of 87 Young People & children.

Covid-19 Pandemic – east to west kept working

Last year we commented that numbers alone never tell the whole story; and this year it continued to be true! The work of east to west did not stop. Apart from the time when schools were closed in January & February this year the team provided face to face support to Young People in schools, while juggling their own responsibilities, pressures and concerns. They rose to the challenge of connecting with Young People who were kept in bubbles within school, working alongside the Special Educational Needs ("SEN") and Pastoral teams to address the new and ongoing issues Young People were facing. As stated in the previous annual report throughout the pandemic the east to west team lived out the east to west ethos (Compassionate, Integrity, Fun, Devoted, Selfless, and Community)!

The trustees recognise the flexibility and willingness of the team to adapt to new ways of working that allowed east to west to continue to bring hope to young lives. We received £5,000 in one-off grants by organisations to enable us to respond to the challenges faced by Young People due to the Covid-19 pandemic.

During this period the schools and St Peter's Hospital were heavily impacted by an increased need, and due to our ongoing support, a number of expressions of appreciation and gratitude were received. They particularly noted that all our team were physically present as soon as they were able to see Young People face-to-face.

Covid-19 Pandemic - the future for east to west

The above paragraphs show the need for the services east to west provide and the value they have added to the lives of the Young People with whom we have been involved. It has become clear that the need for the support east to west is able to offer Young People has been recognised and this has led directly to our growth in the year to August 2022 (see future plans). Furthermore, at the balance sheet date over £56,735 had been received by the Trust to pay for work to be undertaken in the new financial year. On this basis and having regard to the factors set out in note 2 to the financial statements, the trustees are confident of the continued need for the services of east to west and that sufficient funds will be available for them to be provided.

Trustee Report & Financial Statement

The trustees present their report and the financial statements for the year to 31 August 2021.

The east to west Trust is a company limited by guarantee and a registered charity. It is governed by its Memorandum and Articles of Association. The principal office is at: Unit 3, 80 High Street, Egham, Surrey, TW20 9HE

This charitable company commenced activities on 1 September 2009 when it received the assets, liabilities and operations of the former unincorporated charity "The east to west Trust" (registered charity number 1059177) founded in 1996. The charity now continues the work started and built up by its predecessor.

Please see the information page (page 5) for details of all trustees in post during the year.

Our aims

The objects of the trust set out in its Memorandum of Association are:

- To advance in life and relieve the needs of Young People through:
  - Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
  - The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.
- To assist in the relief of human suffering and poverty consequent upon the effect of personal, local, national or international disaster.
- To advance the Christian faith in accordance with the trust's statement of beliefs.

To assist the achievement of these objects, the trust has adopted the purposes:

- To see Young People impacted by hope.
- To see youth workers and churches empowered and equipped to impact Young People with hope.

By "hope" we mean hope of restoration, reconciliation and transformation.

These purposes are summarised in our strapline *"bringing hope to young lives".*

Public benefit

We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Much of our work is targeted at Young People aged between 4 and 18. However, through the hospital based Emerge Project we now reach young adults up to 25. The impact of east to west's work is tangible and measurable and will benefit the individuals themselves as they mature into the next generation of adults, their families and society as whole. Outcomes from our current years' work are included in the review of activities below.

We do not discriminate or treat any young person less favourably on the grounds of gender, marital status, race, colour, nationality, ethnic origin, religion, disability, age or sexual orientation. This is because we believe that everyone is made in the image of God and therefore everyone is of equal value and of unfathomable worth.

Review of activities

Our principal activities and those whom we seek to help are described below.

Relational Support Work

At the heart of east to west is Relational Support Work which we define as a long-term commitment to actively journey with Young People through the issues and difficulties that they are addressing in their lives.

Schools based Relational Support Work

Our Schools based Relational Support Workers spend time building and maintaining purposeful relationships with students and staff in schools. The non-teacher, non-student nature of the role allows a unique relationship to be formed where trust and confidence is central, and advice and support are offered.

The School Relational Support Workers are involved in a wide variety of activities aimed at increasing the students' emotional, physical and spiritual well-being.

east to west has been involved in the life of secondary schools for over 20 years, implementing, developing and sustaining placements. In 2020-21 we had Relational Support Workers placed in 9 secondary & 1 Primary school:

- Jubilee High School, Addlestone
- Matthew Arnold School, Staines-upon-Thames
- Thomas Knyvett College, Ashford
- Bishop Wand Church of England School, Sunbury-on-Thames
- St Paul's Catholic College, Sunbury-on-Thames
- Thamesmead School, Shepperton
- Esher Church of England High School, Esher
- Hinchley Wood School, Hinchley Wood
- Teddington School, Teddington *(commended January 2021)*
- Goldsworth Primary, Woking *(commenced January 2021)*

Schools based Family Link Work

Our Family Link Workers spend time building relationships with children and their carers in first schools in Windsor, with the goal of providing a constant support through the pressures of family life. east to west has been involved in first schools since 2010 and this year had placements across 3 schools:

- Clewer Green Church of England Aided First School, Windsor *(placement closed July 2021)*
- Trinity St Stephen Church of England Aided First School, Windsor
- Homer First School, Windsor

Relational Counsellor

Our Relational Counsellors are experienced, qualified counsellors who are registered members of the British Association for Counselling and Psychotherapy ("BACP"). They spend time with Young People providing a confidential space where they can express their thoughts and feelings. east to west has placed counsellors in 3 schools:

- Town Farm Primary School, Stanwell
- Sunbury Manor Secondary School, Sunbury-on-Thames
- Hoe Valley Secondary School, Woking

Peripatetic Counsellor

The support we are able to offer through the Peripatetic Counsellor has of necessity been curtailed this year. Schools were understandably unwilling to allow 'outside' counsellors on site during the pandemic. It is our hope that in the coming year this provision for Young People who do not meet the criteria for CAMHS will re-commence.

The Emerge Project (supporting Young People and adults who have self-harmed or attempted suicide)

Throughout this year starting in September the hospital welcomed the Emerge team back, although we were only able to provide a reduced support due to volunteer numbers (volunteers were cautious about returning to hospital). We were present for 121 evenings, which equated to at least 242 hours of availability to Young People. The team have supported 85 Young People over 110 sessions. Subsequently the team have undertaken 195 follow-up sessions in the community.

The collaboration with Emerge Advocacy continues to flourish, with shared training and resources enabling us to deepen our support for the Young People between the ages of 10 and 25 who have presented at the Ashford and St Peter's Hospital NHS Foundation Trust's A&E department due to self-harm or attempted suicide.

Closed Projects

Unfortunately Clewer Green First School had to end their partnership with us this year. However the team member who had served in that school has been able, due to additional funding, to increase her time to two days a week at one of the other schools in the borough.

Outcomes Improvement

Our Team have positively impacted the lives of 699 students and carers this year through 1:1 sessions. We have measured the improvement in outcomes from 274 long-term 1:1 cases that have been closed during the year to help illustrate the contribution we have had in the lives of these Young People. Most Young People show improvements in a number of areas under each outcome during the time that they are supported, therefore the final number always exceeds the number of closed cases:

Key presenting issue	Outcome Areas	Total number of instances of improvement
Self-Awareness	Improved Emotional Resilience Improved confidence in social and relational activity Better understanding of self Able to self-monitor the build-up of stress/anxiety Able to display a healthy release of emotions	1447
Behaviour	Improved Behaviour Making a positive contribution in class Able to react well to problems and use appropriate strategies Reduced negative involvement of Senior Leadership Team (SLT) Increased ability to make good choices	347
Relationships	Improved Relationships With family members Parents engaging with outside agencies Increased knowledge of what a healthy friendship is Able to recognise/accept place in family	694
Total Closed Cases 274		2488
	Improved engagement in education Reduced negative involvement of SLT Making a positive contribution in class Increased knowledge of what a healthy friendship is Willingness to change/adapt behaviour	These improvements were seen across all 274 students whatever their presenting issue

What people say about the team:

C loved meeting you both. It was such a special thing to happen on a terrible occasion. We talked after we met that there are so many nice, genuinely caring people in the world, it's just a matter of finding them. She found nice people through her horrendous illness. You both gave her hope and you both cheered her up. Thank you from the bottom of my heart. You gave me hope too.

Parent

"So glad you're hear" [sic] (in response to my continued support of several year 11s and the positive turnaround and inner resilience she's observed (between) last year to now ...) Head Teacher expressed in passing last Monday, "we are so blessed to have you here"

KS4 Coordinator & Head Teacher (Hinchley Wood Secondary School)

Luke has been great! He has really settled in well and is already a really valuable member of the team.

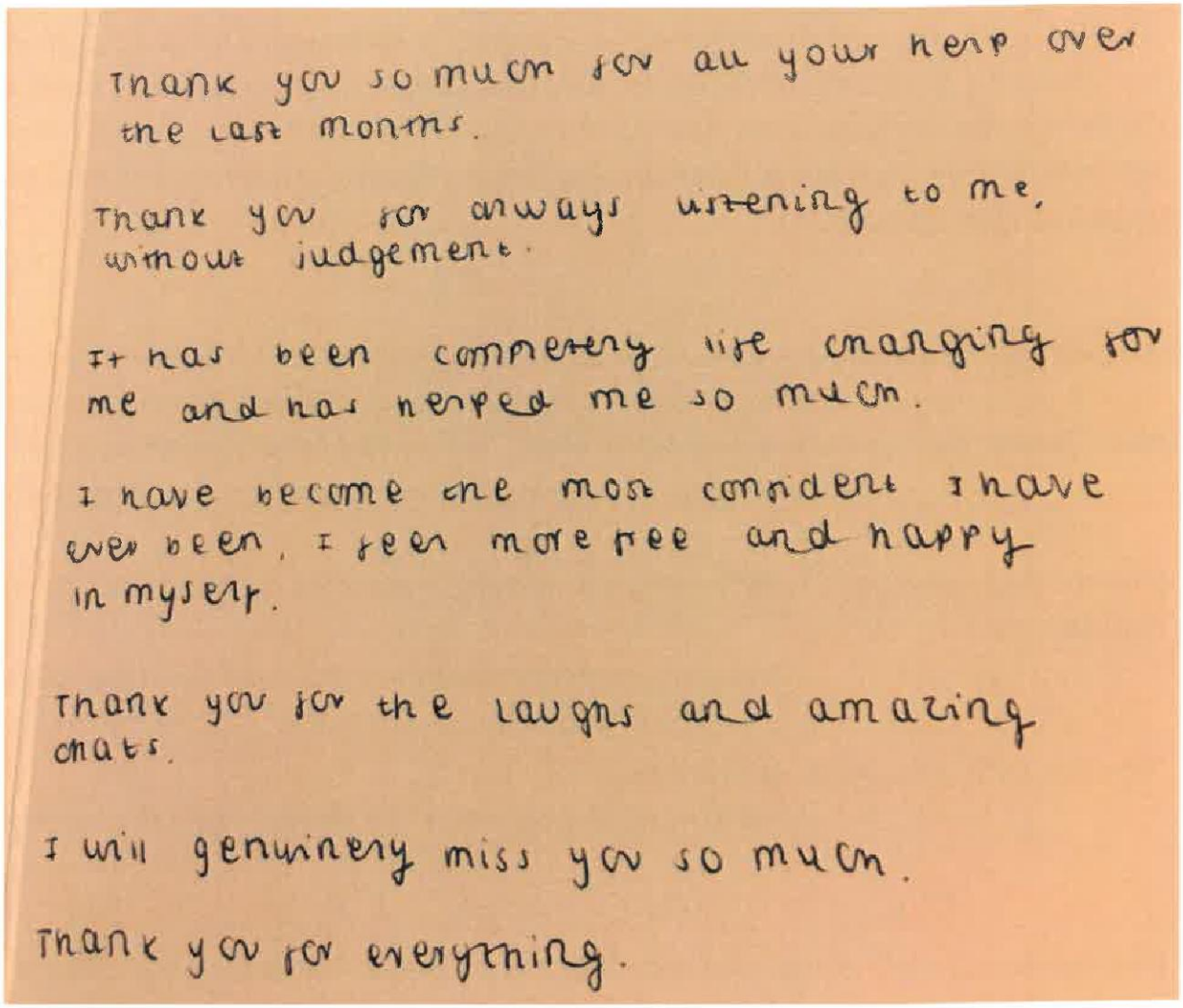
James Newman (Headteacher – Epsom & Ewell High School)

"My team are just so grateful you are back"

Head of Paediatric nursing to the Emerge Team post lockdown

My daughter says she was so glad she spoke with someone that evening she said it was relaxing after all the stress of sitting in A&E all day, she found that someone wanted to listen to her. I was so relieved as I was also so upset that we were in all day and I just wanted her to feel safe and listened to and you did that for her. My only upset was I wished I could have had someone speak to her ASAP as she was left to ponder her thoughts more as was no distractions this was the hospital busyness not your service. I was happy to receive the support as I also needed a breather when she went to speak with you to come to terms with how I was feeling and then was able to regain myself for her to support her once she was back again, so thank you.

Parent



Thank you so much for all your help over the last months.

Thank you for always listening to me, without judgement.

It has been completely life changing for me and has helped me so much.

I have become the most confident I have ever been, I feel more free and happy in myself.

Thank you for the laughs and amazing chats.

I will genuinely miss you so much.

Thank you for everything.

Young Person

Safeguarding and Development

east to west recognises the importance of safeguarding in its work with children, Young People and adults. We have a responsibility to protect everyone entrusted to our care and we are committed to the safeguarding of children and vulnerable adults to ensure their well-being. We follow the requirements of UK legislation in relation to safeguarding children and vulnerable adults and current best practice recommendations based on the Online Safeguarding Manual created by thirtyone:eight - https://thirtyoneeight.org/).

east to west is passionate about delivering positive outcomes for Young People. We continue to learn and develop all we do through a framework for monitoring and reporting the outcomes of our work. The framework enables east to west to safeguard those we work with and continuously review and improve the outcomes we are delivering. The outcomes framework asks three very simple questions: 'What did we do?', 'How well did we do it?' and 'How did we make a difference?'.

Our team constantly seeks development opportunities. Each month they have input from outside agencies to grow their knowledge and enhance their practice. Throughout the year each team member is challenged to share:

- Accomplished: *What has gone really well (since the last supervision or across the whole year) that we might celebrate?*
- Breadth: *What has been learned (by the team member and/or east to west) in the process? How do we "take stock" of where things are now compared to where we thought they might be? What changes may be needed in east to west processes/practice in light of what has been learned?*
- Challenges: *What are you most excited about in this coming period? What concerns you the most? What ongoing professional development will help you to grow in your current role and for your future? How can the Lead (and the rest of the east to west Team) be of most help to you and your role?*

Partnerships

east to west seeks to empower and equip youth workers and churches to impact Young People with hope as one of its prime purposes. Our partnership base is the network through which we aspire to see this goal fulfilled and on which we continue to build.

In the year 2020-21 east to west partnered with:

- 7 Local churches
- 11 Secondary schools
- 5 First/Primary schools
- 19 Funding agencies, organisations and local authorities

Gender pay gap

The east to west Trust continues to review its salary structure in light of concerns over the Gender pay gap. Whilst reporting that this gender pay gap is a -27.5% (-8.9% 2020); the size of east to west means that this number varies widely from year to year due to the make-up of the team in any given reporting cycle. In line with Government guidelines we measure the gap in April, and at that point we had both lost a male member of the RSW team and we had not yet made a number of appointments to the Shared Leadership Team, resulting in a worsening pay gap. This year we have promoted team members such that the Shared Leadership Team is balanced and pay rates for membership of this team are equal. We have undertaken development and support to prepare new members of the team to take on the most senior levels of leadership, both within east to west and beyond. These appointments and appointments of men to the RSW team from 1 September 2021 should greatly improve the position when we take another snapshot next April.

We are seeking to further develop this mentoring and support for other underrepresented groups in 2021. We continue to work to challenge discrimination and disadvantage in our own organisation as well as in wider society.

The people who make it happen

Trustees

The trustees, who are also directors for the purposes of company law, and who served during the year and up to the date of this report, are listed on page 5.

Trustee Recruitment

Potential trustees are recruited to bring specific skills as needed on the board. These are identified through the annual board skills audit and board evaluation. After a preliminary discussion with the chair, the individual is invited to read the Core documents of the trust, and the Welcome to the Board document that outlines the characteristics, competences required and the Job Description for a trustee. Following an informal attendance at a board meeting, the existing trustees decide whether to proceed with the invitation to the individual to become a trustee. The trustee application form is then completed, and the new trustee is formally approved at the subsequent Board meeting.

Team

This year we said a fond farewell to two team members: Paige Coleman & Amy Morbin. Paige was offered the opportunity to take on a new challenge with another member of the Surrey Wellbeing Partnership, while Amy took time to reflect during the lockdown and made the decision to move onto another organisation, having served Young People at Esher High School for the past year. We are incredibly grateful to all of them for their service to Young People while operating as part of east to west.

We employ a total of 18 paid team members (13 full time equivalents) whom we thank again for their ongoing commitment to the charity's work with Young People. This team is focussed on the delivery of our frontline programmes and is assisted by external advisers with specialist expertise in IT, communications and finance.

Volunteers

The trustees also extend heartfelt thanks to the charity's dedicated volunteers for the on-going contribution they make. In the year 2020/2021, while no volunteers were able to provide one-to-one mentoring in schools, 278 volunteer hours were completed in the Emerge Project. All our volunteers are DBS checked and the charity provides on-going development to equip them for their roles. Many in the past, as a result of working with east to west, have moved into counselling and other pastoral roles.

In addition, we are pleased to continue to have a key volunteer contributing time and skills to support the whole organisation in the area of governance - Gill Morgan.

Trustees' annual report

Finance and Governance for the year ended 31 August 2021

Finance

Overview

Total income for 2020-21 was £551,083 which was an increase of £163,723 compared with the income of 2019-20. Despite the financial pressures on both grant making organisations and our partners we note that grants and partner contributions increased by £56,202 to £338,445, an increase of 17%. Voluntary donations from individuals and churches, whether through direct giving or through taking part in fundraising events, remains a very significant part of our total income; together with the gift aid we were able to reclaim and additional charitable activities, this total came to £91,035, a decrease of £14,082 on 2019-2020. Part of the decrease in voluntary contributions is accounted for by the curtailing of fundraising events due to restriction imposed by the Covid-19 Pandemic. However, we would like to acknowledge the efforts of those who continued to work within the imposed limits to raise £2,654 this year.

Restricted income accounted for about 56% of the total, a decrease on last year (partly driven by a reduction in grants related to Covid-19).

In the year ended August 2021 our income figure reflected two significant income sources that will not be repeated in the subsequent year. Firstly we received a very generous legacy from the late Malcolm Bateman's estate totalling £92,610 – this gift opens up opportunities for east to west, which we will be exploring in the coming year. Additionally we were able to work closely with the Children & Adult Mental Health Team under the SPA 500 scheme to support 87 Young People, which brought in £27,170 of direct funding

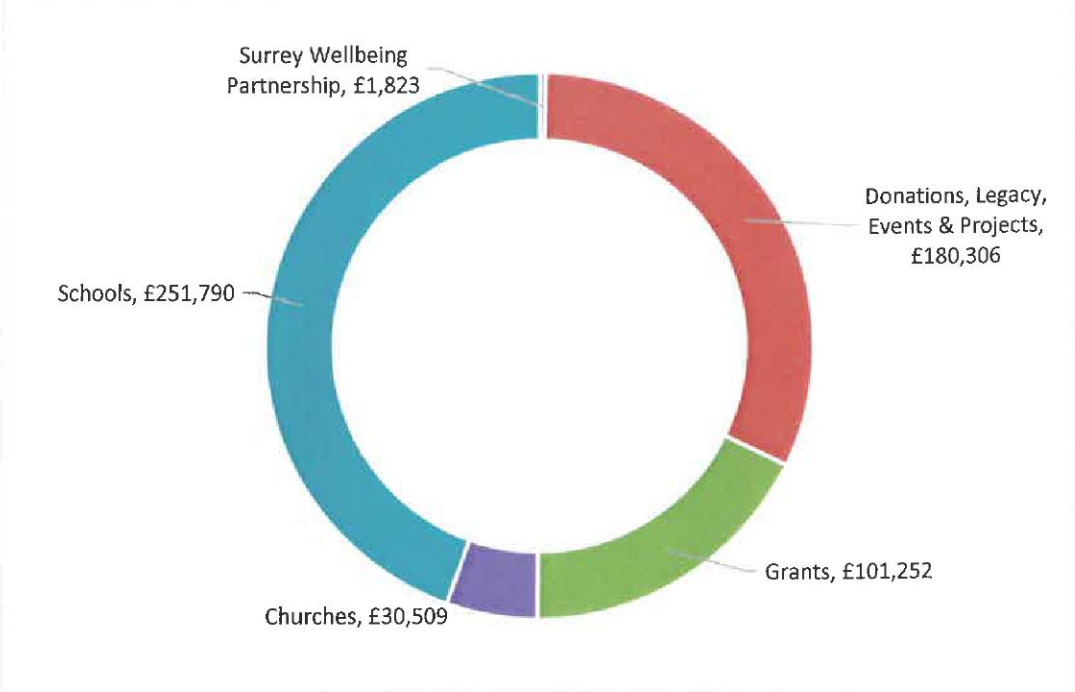
It goes without saying that we remain extremely grateful to all those faithful individuals, churches, businesses and other funding organisations who provide financial support for our work – without this east to west could not operate as it does today.

Compared with the previous year costs increased from £397,504 to £431,666, an increase of 8%. A net surplus for the year has enabled us to increase our unrestricted reserves to £168,003, allowing us to carry forward net assets of £201,023 at the balance sheet date. This equates to just over 5 months expenditure based on our budget for 2021-2022. The trustees believe the reserves (our policy is for two months reserves) at the balance sheet date are sufficient for the efficient future operations of the charity.

The Trustees again recognise that the focus and additional time given to one of the key management personnel, which enabled him to focus on fundraising through a coordinated approach to grant-making bodies and developing relationships with existing and new funders has borne fruit this year.

Funding

The chart below breaks down our sources of income this year:

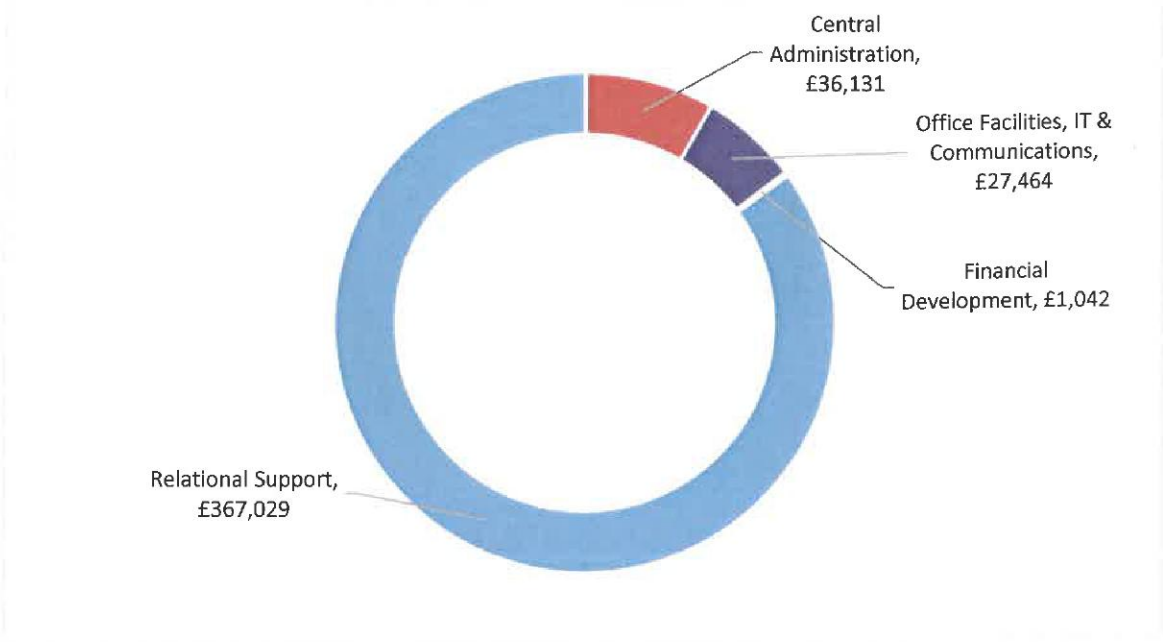


Donations from over 92 individuals and churches provided 30% of our income; this figure reflects regular and one-off donations plus gift aid where applicable. This provision is extremely beneficial as it underpins the ongoing work of east to west and enables us to plan into the future with greater certainty. Our partner schools have contributed 42% and we have received income from other partners and grants making up the remaining 28%. We are extremely grateful for the loyalty of all our Church, Individual and Corporate financial supporters whose generosity we have been able to rely upon throughout the year, and especially during the recent pandemic. Listed below are those we have financially partnered with during 2020-21:

- Allchurches Trust
- Ashford Congregational Church
- Berkshire Community Foundation
- Borrows Foundation
- Christ Church, Virginia Water
- Coleman Charitable Trust
- Community Foundation for Surrey
- Dedworth Green Baptist Church
- Edward Gostling Foundation
- Garfield Weston
- Heathrow Community Trust
- Homelands Charitable Trust
- Heathrow Community Fund
- High Sherriff Youth Award
- Joel's Place, Ascot
- Kelly Family Charitable Trust
- Menzies LLP(Accountants)
- St. John's Church, Egham
- St Peter's Relief in Sickness Fund
- Sunningdale Baptist Church
- Staines Methodist Church
- Surrey County Councillors
- Tesco
- TK Charitable Trust
- Windsor & Maidenhead Charitable Trust

Expenditure

The following chart analyses the total expenditure of the trust for the year between its different activities. (Spending from restricted and unrestricted funding has been amalgamated to give the full picture).



Governance

Board of trustees

The board of trustees has responsibility for directing and controlling the affairs of the trust. The board met five times during year to:

- review the trust's activities, finances and performance;
- approve future plans and strategy; and
- monitor risks and ensure that they are appropriately managed.

At the start of each year goals are agreed by the trustees with the team and progress is monitored throughout the year through individual, team and trust appraisal processes.

Management team

The trustees delegate day to day management of the trust to Chief Executive Officer, Anthony Horton (who resigned in June 2021), who is supported by the Head of Finance & Operations, Ian Smith. Over the year the Shared Leadership Team has grown to include the Head of Schools, Clare Sampson, the Head of Income & Communications (HOIC), Dan Beedell, the Head of the Emerge Project (Elizabeth Argent) and the Volunteer Lead (Caroline Case). Following an open recruitment process, the Trustees appointed David Welch as Chief Executive Officer in June 2021. It is the Trustees' belief that 2021/22 will continue to benefit from work done by this team.

A governance team, comprising the charity's senior team members, advisors and a Trustee, continued to meet monthly during the year, with a remit to address all day to day operational, personnel, financial and administrative aspects of the charity and ensure its smooth running.

Remuneration and pay levels for the key management personnel and within the charity generally are determined by the trustees with periodic benchmarking to organisations of a similar size and nature.

Risk management

The trustees and management team assess the potential risks to the running and financing of the organisation and the safeguarding of the team and Young People on a monthly basis. east to west has a comprehensive portfolio of policies which enables the projects to operate in a professional and safe manner. The team and trustees review the policies at the end of each academic year.

Principle risk area	Key mitigating factors
Governance over the organisation and activities	■ A Board of trustees with experience in a range of relevant disciplines who meet regularly together and with the trust management ■ Annual assessment of governance effectiveness ■ Assimilation of emerging issues and trends within the sector
Management of financial resources	■ Monthly financial reporting and forecasting ■ Rigorous documented fiscal management processes overseen by the Board ■ Financial and fundraising matters considered at every trustee and management meeting
Safeguarding and service delivery	■ Maintenance of comprehensive operations policies reviewed, updated with ongoing training to team ■ Continuous development of the organisation and its service delivery team ■ Access to external resources and benchmarking against best practice standards
People and employment	■ Stringent appointment and vetting processes following Safer Recruitment best practice, including DBS checks ■ Wide ranging induction and on-the-job development ■ Well established, effective supervision and development mechanisms in place

Future plans

The project that started at Hoe Valley School last year has now grown to a full-time role, and we continue to expand the Emerge Project through additional evenings and community follow-up. We continue to respond to new opportunities and are exploring several new partnerships in the coming year, primarily as a member of the Surrey Wellbeing Partnership. However our scope for expansion will be dictated by the availability of new funding as we need to preserve our reserves to provide an adequate contingency fund.

The generous legacy that the trust received during the year has given us the opportunity to explore future growth in line with our founding documents. The trustees, in consultation with the SLT, will be meeting during the year to carefully consider how best to apply the funding to our work, in order to maximise the opportunity to bring hope to young lives.

The board continues to seek to diversify its membership, actively seeking to recruit members of underrepresented groups.

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and regulations.

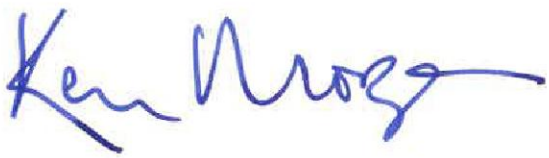
Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board and signed on its behalf by



Kenneth Morgan
Secretary
Date 18 November 2021

Independent examiner's report

to the trustees/directors on the unaudited financial statements of The east to west Trust (a company limited by guarantee) for the year ended 31 August 2021

I report on the accounts of The east to west Trust for the year ended 31 August 2021, which are set out on pages 27 to 33 and comprise the statement of financial activities, the balance sheet and the related notes.

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

These financial statements have been prepared under the historical cost convention, in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities and Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit under charity or company law and is eligible for independent examination, it is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts 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 statements overleaf.

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 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS 102) and in other respects comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

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

Signed T.A. Wells

T. A. Wells FCA
Chartered Accountant
Independent Examiner

31 Elizabeth Avenue
Laleham
Staines
Middlesex TW18 1JW

Date: 18 November 2021

Statement of financial activities

(incorporating the income and expenditure account) for the year ended 31 August 2021

	Notes	Unrestricted Funds £	Restricted funds £	2021 Total £	2020 Total £
Income and endowments					
Donations, legacy & Charitable activities	3	238,245	327,435	565,680	387,360
Other		-	-	-	-
Total		238,245	327,435	565,680	387,360
Expenditure					
Charitable activities & Fundraising	4	116,088	315,578	431,666	397,504
Total		116,088	315,578	431,666	397,504
Net income/(expenditure) for the year		122,157	11,857	134,014	(10,144)
Total funds brought forward		45,846	21,163	67,009	77,153
Total funds carried forward		168,003	33,020	201,023	67,009

All of the activities, other than Clewer Green First School, are continuing activities.

The statement of financial activities includes all gains and losses for the year and therefore no statement of total recognised gains and losses has been prepared.

The notes on pages 26 to 32 form part of these accounts.

Balance sheet as at 31 August 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Tangible assets	8		-		3
Current assets					
Debtors	9	4,695		3,540	
Cash at bank		242,630		105,636	
		247,325		109,176	
Creditors: amounts falling due within one year	10	(46,302)		(42,170)	
Net current assets			201,023		67,006
Net assets			201,023		67,009
The funds of the charity					
Restricted funds	11		33,020		21,163
Unrestricted funds	12		75,393		45,846
Designated funds	12		92,610		-
Total funds			201,023		67,009

Statement of Cash Flow for period ended 31 August 2021

	2021
Cash flows from operating activities	£
Surplus for the financial year	134,014
Adjustments for:	
Increase in debtors	-1,152
Increase in creditors	4,132
Cash from operations	136,994
Cash flows from investing activities	
Net increase/decrease in cash and cash equivalents	136,994
Cash and cash equivalents at beginning of year	105,636
Cash and cash equivalents at end of year	242,630

Analysis of changes in net debt

	01/09/2020	Cash Flows	31/08/2021
	£	£	£
Cash at hand and in bank	105,636	136,994	242,630

The notes on pages 25 to 31 form part of these accounts.

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

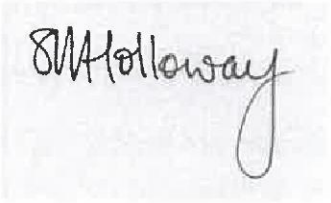
The trustees acknowledge their responsibilities for

(a) ensuring that the company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial period and of its surplus or deficit for each financial period in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with the FRS102 SORP.

The financial statements were approved for issue by the board of trustees on 30th October 2021 and were signed on its behalf by:



Susan Holloway, Chair of Trustees

Registered company number 06972769

Notes to the financial statements

for the year ended 31 August 2021

1 Accounting policies

The charity, which constitutes a public benefit entity as defined by FRS 102, is a private company limited by guarantee and registered in England and Wales. It operates from the registered office address shown on page 5 and its objects, aims and activities are set out in the Trustees' Report. The principal accounting policies are summarised below and have been applied consistently throughout the year.

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects of the company at the discretion of the trustees. Restricted funds can only be used for particular, limited, purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular, restricted, purposes.

Incoming resources

Incoming resources are recognised in the Statement of Financial Activities (SoFA) when the charity becomes unconditionally entitled to the income and the amount can be quantified with reasonable accuracy and where it is certain that it will be received.

Performance related income is only included in the SoFA once the related services have been provided.

Deferred income

Grants and donations received in advance and specified by the donor as relating to specific future periods or subject to conditions which are still to be met, are deferred to the period to which they relate.

Tax reclaims on donations

Gift aid tax reclaims on donations are included in the SoFA in the same period as the donations to which they relate.

Volunteer services

The value of volunteer services received is not included in the accounts but is described in the trustees' report.

Notes to the financial statements continued

Investment income

Income from investments is included in the accounts in the period it is receivable.

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Operating leases

Operating lease rentals are expensed on a straight-line basis over the period of the lease.

Tangible fixed assets

Tangible fixed assets are assets with an expected useful life of more than one year and are recorded at cost or, if gifted, at the market value to the charity on receipt, less accumulated depreciation. Depreciation is calculated so as to write off the cost of an asset over 1 year

2 Going concern

These accounts show unrestricted funds of £168,003 and net assets of £201,023 (2020: £67,009) at the balance sheet date. A budget and cash flow forecast for the twelve months from the approvals of these accounts has been prepared showing a similar result for 2020/2021, which the trustees believe is achievable. Therefore, taking these factors into account and having considered the likely impact of Covid-19 upon the charity, the trustees consider it is correct that these accounts have been prepared on the going concern basis.

3 Donations, legacies and incoming from charitable activities

	Unrestricted funds £	Restricted Funds £	2021 Total £	2020 Total £
Donations	80,668	-	80,668	72,663
Gift aid tax reclaims	7,713	-	7,713	7,970
Legacy (M. Bateman)	92,610		92,610	-
Grants	27,430	73,822	101,252	52,779
Partner Contributions	-	251,790	251,790	229,464
Surrey Wellbeing Partnership		1,823	1,823	-
Charitable Activity (SPA 500)	27,170	-	27,170	6,570
Fund Generation	2,654		2,654	17,914
Total Income	238,245	327,435	565,680	387,360

All income in the year was unrestricted except for £327,435 (£267,199) which was given by funders to pay for the work of a Relational Support Worker within a school, for the Emerge project, and for the Peripatetic Counsellor. Within the income items above there were no related party transactions requiring disclosure for the current year or the prior year

Notes to the financial statements continued

for the year ended 31 August 2021

4 Expenditure on raising funds and charitable activities

	Unrestricted Funds £	Restricted Funds £	2021 Total £	2020 Total £
Fundraising expenses	992	50	1,042	1,924
Staff costs	71,844	295,185	367,029	339,829
Training and travel	1,846	1,573	3,419	9,040
Office facilities	10,941	438	11,379	13,334
IT and communications	3,378	12,707	16,085	21,913
Fees and external assistance	6,601	5,505	12,106	5,912
SPA 500	10,900	-	10,900	2,412
Printing (Equipment Hire), postage and stationery	8,512	75	8,587	1,486
Depreciation	-	-	-	314
Other costs (books, subs, & charges)	1,074	45	1,119	1,340
	116,088	315,578	431,666	397,504

Amounts payable to Independent Examiner

We do not pay any sums for the independent examination as his time is donated to the charity; nor do we make payments for:-

- Assurance services other than independent examination;
- Tax advisory services;
- Other financial services

5 Net income

	2021 £	2020 £
Net income is stated after charging:		
Operating lease rentals (Photocopier)	4,730	9,096
Digital File Storage	5,412	-
Depreciation	-	314

Notes to the financial statements continued

for the year ended 31 August 2021

6 Staff

Staff costs		2021	2020
		£	£
	Direct	Total	
Salaries	337,177	337,177	306,026
Social security costs	17,878	17,878	22,639
Pension Contributions	7,116	7,116	6,227
Supervision	4,914	4,914	4,937
	367,029	367,029	339,829

The remuneration of key management personnel was £104,789 (2020 £108,165). No employees received remuneration of £60,000 or more.

Number of staff

The average number of staff employed during the period, calculated in full-time equivalents, was as follows:

	2021	2020
	No.	No.
Engaged in direct charitable activities	10	10
Other staff	3	3
	13	13

Trustees

None of the trustees received any remuneration or expenses during the year

7 Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988. Accordingly, there is no taxation charge or liability in these accounts.

Notes to the financial statements continued

for the year ended 31 August 2021

8 Tangible fixed assets

	Fixtures, fittings & Equipment
Cost	£
At 1 September 2020	3,513
Additions	-
Disposals	(1,271)
At 31 August 2021	2,242
Depreciation	
At 1 September 2020	3,510
Additions	
Disposals	(1,271)
Charge for the year	3
At 31 August 2021	2,242
Net book value	
At 31 August 2020	3
At 31 August 2021	-

9 Debtors

	2021	2020
	£	£
Prepayments and accrued income	3,442	2,187
Other debtors (Gift Aid refund)	1,253	1,353
	4,695	3,540

Notes to the financial statements continued

10 Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	2,995	1,586
Other taxation, social security & Pension	6,022	5,132
Accruals and deferred income	37,285	35,452
	46,302	42,170

11 Restricted funds

	At 1 September 2020	Incoming Resources	Outgoing Resources	At 31 August 2021
	£	£	£	£
Supported Lodgings	4,718	-	-	4,718
Schools Work	716	300,984	(287,103)	14,597
Emerge	1,464	24,628	(26,092)	-
Peripatetic Counsellor	14,265	-	(560)	13,705
Surrey Wellbeing Partnership		1,823	(1,823)	-
	21,163	327,435	(315,578)	33,020

Restricted Funds table of movements 2019/2020 (for comparative purposes)

	At 1st September 2019	Transfers Between Reserves	Incoming Resources	Outgoing Resources	At 31st August 2020
	£		£	£	£
Supported Lodgings	4,718		-	-	4,718
Schools Work	35,692		246,723	(281,699)	716
Emerge	14,825		10,623	(23,984)	1,464
Peripatetic Counsellor	1,437	6,146	9,853	(3,171)	14,265
Cycle Project	3,000		-	(3,000)	-
	59,672	6,146	267,199	(311,854)	21,163

- The Supported Lodgings fund is restricted for use in assisting homeless Young People by providing safe accommodation
- The Schools Work funds are restricted to providing Relational Support Work in an educational establishment setting

- The Emerge funds area restricted to providing support for Young People in Ashford St Peter's NHS Foundation Trust
- The Peripatetic Counsellor funds are restricted to providing ongoing support to Young People identified by the Relational Support Worker as needing a specific therapeutic intervention followed up by Relational Support in the school
- The Trust became a member of the Surrey Wellbeing Partnership this year and the funds are restricted to activities connected with the Emotional Wellbeing and Mental Health support being offered to Young People in Crisis and those requiring early support to enable them to work through the issues they are facing

12 Unrestricted funds

	At 1 September 2020	Transfers between reserves	Incoming Resources	Outgoing Resources & Designations	At 31 August 2021
	£	£	£	£	£
General Fund	45,846	0	238,245	(208,698)	75,393

Designated Funds	At 1 September 2020	New Designations	Utilised	Transfers	At 31 August 2021
	£	£		£	£
Future Projects	-	92,610	-	-	92,610

The unrestricted funds of the charity include the General funds, which can be used to support all aspects of relational support projects undertaken by the trust and directly funding these if there is not sufficient specific (restricted) funding available, and a legacy of £92,610 which has been designated by the Board of Trustees for future project opportunities.

13 Operating lease commitments

	2021	2020
	£	£
Operating lease commitments are as follows:		
Payable within 1 year	3,290	1,728
Payable within 2 to 5 years	9,870	1,728
	13,160	3,456

14 Related parties

One of the trustees, Mr Matthew Armsby, is a partner in BC Technologies who provide IT support services for this trust. During the year they were paid £1,019 for this work. There are no other transactions requiring disclosure in this or the previous year.

THE EAST TO WEST TRUST

England & Wales - Charity number 1131229

Accounts

The east to west Trust

Trustees' Annual Report and Financial Statements

31 August 2020

Bloom where you are planted

A company limited by guarantee, registered in England and Wales number 06972769
Registered charity number 1131229

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The east to west Trust

Hi D.....It has been a pleasure to work with you over the years, you have given many of my (HOY role) students invaluable support and have made a real difference.

Head of Year, Esher Church of England High School

The impact of east to west in 2019/2020

Contact details and social media

Bringing hope to young lives through relational support work

Address: Unit 3, 80 High Street, Egham, Surrey, TW20 9HE
Telephone: 01784 438007
Website: www.easttowest.org.uk
Email: info@easttowest.org.uk
Facebook: e2wrelationalsupport
Twitter: @east_towest

"Thank you so so so much for that letter, it means so much to me & made me so emotional!!! You made a lot of us student (sic) feel safe around school and helped us to become brave, strong and determined people, not just inside school but outside. I want to thank you for the sessions you had with me as it made me understand myself and understand why I reacted in a certain way. You've taught me so much these past few months and helped me way more than anyone has. This is something I'll cherish forever! I have so much respect for you and for your job and wish you and your family the best (especially through this (sic) strange awful times). Again, thank you for your card and for everything you've done for me... I just wish I had spoken to you sooner!"

SC – Student: Year 11
Thamesmead School

Legal and administrative information

Company/Charity name	the east to west trust
Registered charity number	1131229
Registered company number	06972769
Registered office	Unit 3 80 High Street Egham Surrey TW20 9HE 01784 438007
Trustees/Directors	Paul Marchant (Chair until 31 December 2019, when he resigned) Susan Holloway (Chair from 1 January 2020) Ingrid Jack John Salberg James Foster Miriam Hanley Matthew Armsby Alison Matts Andrew Rich (joined July 2020)
Secretary	Kenneth Morgan
Bankers	The Co-Operative Bank plc PO Box 101 1 Balloon Street Manchester M60 4EP CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA
Solicitors	Moore Barlow The Oriel Sydenham Road Guildford GU1 3SR
Independent examiner	T. A. Wells, FCA 31 Elizabeth Avenue Laleham Staines Middlesex TW18 1JW

Trustees' annual report

(incorporating the directors' report)

for the year ended 31 August 2020

Introduction

east to west are at the forefront of bringing hope to young lives. Our vision is for children, young people and families (the term Young People will be used as a collective noun for these groups throughout the document) to overcome the challenges (both emotional and physical) they face to becoming the very best they can be. To enable this, we **Relationally Support** young people through a pastoral response based on compassionate, valuing relationships which puts those we serve at the heart of *all* we do. Working in partnership with schools, **east to west** has made a difference in the lives of over 28,000 children, young people and families across a generation.

During the year to 31st August 2020 we worked with ***570*** young people in a 1:1 setting and saw successful conclusions in ***345*** instances. Of these, ***154*** young people reached a point where they could operate without regular external support, whilst a further ***191*** shared an issue that could either be resolved quickly or were referred more formally for additional support. Additionally, we ran support groups during the year, which supported ***261*** young people addressing issues such as exam stress, anger management and self-esteem, as well as providing breakfast clubs for vulnerable students and supporting Young Carers. This year we were called upon to work alongside the Child and Adolescent Mental Health Services ("CAMHS") team, helping meet the needs of Young People who had been referred to them. It was a mark of the professionalism of the team that they took on this work and made a considerable difference in the lives of 38 young people & children.

Covid-19 Pandemic – east to west kept working

Numbers alone never tell the whole story; and this year it is particularly true! The team faced a challenge that was unprecedented in modern times. The response to the Covid-19 pandemic led to a nationwide lockdown which closed schools, but the work of east to west did not stop. The team continued to provide support to Young People while juggling their own responsibilities, pressures and concerns. They rose to the challenge of connecting with Young People remotely via phone, e-mail and video conferencing, none of which they had had to use before for 1:1 work with Young People. They worked alongside the schools, liaising with Special Educational Needs ("SEN") and Pastoral teams to address the new and ongoing issues Young People were facing. The east to west team undertook over 1,000 remote sessions and a number of the team continued to operate from their schools, supporting those vulnerable Young People and Key Worker children – they lived out the east to west ethos!

During a time when many charities and other organisations had to pause their services or even stop for good, the trustees are immensely grateful for financial provision during this period and the flexibility and willingness of the team to adapt to new ways of working that allowed east to west to continue to bring hope to young lives. £25,590 was generously donated in one-off grants by organisations to enable us to respond to the challenges faced by Young People due to the Covid-19 pandemic.

Covid-19 Pandemic - the future for east to west

The above paragraphs show the need for the services east to west provide and the value they have added to the lives of the Young People with whom they have been involved. Many expressions of appreciation and gratitude have been received from the schools and colleges attended by these Young People and from the recipients themselves. Furthermore, at the balance sheet date over £30,000 had been received by the Trust to pay for work to be undertaken in the new financial year. On this basis and having regard to the factors set out in note 2 to the financial statements, the trustees are confident of the continued need for the services of east to west and that sufficient funds will be available for them to be provided.

Trustees' annual report continued

(incorporating the directors' report)

for the year ended 31 August 2020

The trustees present their report and the financial statements for the year to 31 August 2020.

The east to west Trust is a company limited by guarantee and a registered charity. It is governed by its Memorandum and Articles of Association. The principal office is at: Unit 3, 80 High Street, Egham, Surrey, TW20 9HE

This charitable company commenced activities on 1 September 2009 when it received the assets, liabilities and operations of the former unincorporated charity "The east to west Trust" (registered charity number 1059177) founded in 1996. The charity now continues the work started and built up by its predecessor.

Please see the information page (page 5) for details of all trustees in post during the year.

Our aims

The objects of the trust set out in its Memorandum of Association are:

- To advance in life and relieve the needs of young people through:
  - Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
  - The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.
- To assist in the relief of human suffering and poverty consequent upon the effect of personal, local, national or international disaster.
- To advance the Christian faith in accordance with the trust's statement of beliefs.

To assist the achievement of these objects, the trust has adopted the purposes:

- To see young people impacted by hope.
- To see youth workers and churches empowered and equipped to impact young people with hope.

By "hope" we mean hope of restoration, reconciliation and transformation.

These purposes are summarised in our strapline *"bringing hope to young lives"*.

Public benefit

We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Much of our work is targeted at Young People aged between 4 and 18. However, through the hospital based Emerge Project we now reach young adults up to 25. The impact of east to west's work is tangible and measurable and will benefit the individuals themselves as they mature into the next generation of adults, their families and society as whole. Outcomes from our current years' work are included in the review of activities below.

We do not discriminate or treat any young person less favourably on the grounds of gender, marital status, race, colour, nationality, ethnic origin, religion, disability, age or sexual orientation. This is because we believe that everyone is made in the image of God and therefore everyone is of equal value and of unfathomable worth. In the light of world events this year we have taken some time to review our policies, protocols and practice, to ensure that we as a team we continue to consistently operate in this way.

Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

Review of activities

Our principal activities and those whom we seek to help are described below.

Relational Support Work

At the heart of east to west is Relational Support Work which we define as a long-term commitment to actively journey with Young People through the issues and difficulties that they are addressing in their lives.

Schools based Relational Support Work

Our Schools based Relational Support Workers spend time building and maintaining purposeful relationships with students and staff in schools. The non-teacher, non-student nature of the role allows a unique relationship to be formed where trust and confidence is central, and advice and support are offered.

The School Relational Support Workers are involved in a wide variety of activities aimed at increasing the students' emotional, physical and spiritual well-being.

east to west has been involved in the life of secondary schools for over 20 years, implementing, developing and sustaining placements. In 2019-20 we had Relational Support Workers placed in 8 secondary schools:

- Jubilee High School, Addlestone
- Matthew Arnold School, Staines-upon-Thames
- Thomas Knyvett College, Ashford
- Bishop Wand Church of England School, Sunbury-on-Thames
- St Paul's Catholic College, Sunbury-on-Thames
- Thamesmead School, Shepperton
- Esher Church of England High School, Esher
- Hinchley Wood School, Hinchley Wood

Schools based Family Link Work

Our Family Link Workers spend time building relationships with children and their carers in first schools in Windsor and Iver Village, with the goal of providing a constant support through the pressures of family life. east to west has been involved in first schools since 2010 and now runs placements across 5 schools:

- Clewer Green Church of England Aided First School, Windsor
- Trinity St Stephen Church of England Aided First School, Windsor
- Homer First School, Windsor
- Iver Infant School, Iver Village (project closed December 2019)
- Iver Junior School, Iver Village (project closed July 2020)

Relational Counsellor

Our Relational Counsellors are experienced, qualified counsellors who are registered members of the British Association for Counselling and Psychotherapy ("BACP"). They spend time with Young People providing a confidential space where they can express their thoughts and feelings. east to west has placed counsellors in 3 schools:

- Town Farm Primary School, Stanwell
- Sunbury Manor Secondary School, Sunbury-on-Thames
- Hoe Valley Secondary School, Woking

Trustees' annual report continued

(incorporating the directors' report)

for the year ended 31 August 2020

Peripatetic Counsellor

We have continued to respond to the needs of Young People who do not meet the criteria for CAMHS through supporting the team with Peripatetic Counsellors, who are experienced, qualified counsellors, and registered with the BACP. They meet with Young People that our team are supporting to offer clinical intervention where it is required. 14 Young People have been supported during the year.

Emerge Project (supporting young people and adults who have self-harmed or attempted suicide)

Prior to the disruption caused by the lockdown in March, which had an immediate impact as the team were unable to go into the hospital, we had been present for 59 evenings, which equates to 177 hours of availability to Young People. Between September and March we supported 69 young people over 59 sessions; subsequently the team have undertaken 68 follow-up sessions in the community.

The collaboration with Emerge Advocacy continues to flourish, with shared training and resources enabling us to deepen our support for the Young People between the ages of 10 and 25 who have presented at the Ashford and St Peter's Hospital NHS Foundation Trust's A&E department due to self-harm or attempted suicide.

Closed Projects

Unfortunately, due to financial difficulties exacerbated by the Covid-19 pandemic, both Iver schools have had to end their partnership. Although the team member has been made redundant, her experience while with us has led to her joining SAFE (Support for Young People Affected by Crime). It is the hope of both the Junior School and east to west that the partnership recommences in the coming year

Trustees' annual report continued

(incorporating the directors' report)

for the year ended 31 August 2020

Improvement Outcomes

Our Team have impacted the lives of 570 students and carers this year through 1:1 sessions. We have measured the improvement outcomes from 154 long-term 1:1 cases that have been closed during the year to help illustrate the contribution we have had in the lives of these Young People – most Young People show improvements in a number of areas during the time that they are supported, therefore the final number always exceeds the number of closed cases:

Key presenting issue	Improvement Outcome areas	Number of areas of improvement
Self-Awareness	Improved Emotional Resilience Improved confidence in social and relational activity Better understanding of self Able to self-monitor the build-up of stress/anxiety Able to display a healthy release of emotions	**386**
Behaviour	Improved Behaviour Making a positive contribution in class Able to react well to problems and use appropriate strategies Reduced negative involvement of Senior Leadership Team (SLT) Increased ability to make good choices	**115**
Relationships	Improved Relationships With family members Parents engaging with outside agencies Increased knowledge of what a healthy friendship is Able to recognise/accept place in family	**143**
Total Closed Cases 154		**644**
	Improved engagement in education Reduced negative involvement of SLT Making a positive contribution in class Increased knowledge of what a healthy friendship is Willingness to change/adapt behaviour	These improvements were seen across all 154 students whatever their presenting issue

Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

What people say about the team:

"I've learnt that my worries don't control me, I can control them"
(Youngster – aged 8 referred to CAMHS and supported by east to west)

"....the service is much appreciated and valued by the staff team"
(Chaplain St Peter's Hospital)

"...J has clearly connected with you, he feels very comfortable talking to you and without you, we would never have known how he feels. If it comes down to it, and if you don't mind, the best information we feel he is getting now, is from you"
(Parent)

...wanted to say how invaluable C continues to be with our most vulnerable students at such a critical time
(Head Teacher – Matthew Arnold School)

Hello R, hope you're well and don't mind me contacting you, it's LC's mum. I just wanted you to know that L is now sleeping in her own bed all the way through the night! I'm so happy and proud of her. I see the work you did with her as a big part of her making this breakthrough so once again thank you for all you did for her/us
(Parent –Iver Village Junior School)

Thank you for sharing this with me. I would like to use the opportunity to say thank you for making such a difference to our students lives. I know G is but one of many
(Head Teacher – Thamesmead School)

Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

Safeguarding and Development

east to west recognises the importance of safeguarding in its work with children, Young People and adults. We have a responsibility to protect everyone entrusted to our care and we are committed to the safeguarding of children and vulnerable adults to ensure their well-being. We follow the requirements of UK legislation in relation to safeguarding children and vulnerable adults and current best practice recommendations based on the Online Safeguarding Manual created by thirtyone:eight - https://thirtyoneeight.org/).

east to west is passionate about delivering positive outcomes for Young People. We continue to learn and develop all we do through a framework for monitoring and reporting the outcomes of our work. The framework enables east to west to safeguard those we work with and continuously review and improve the outcomes we are delivering. The outcomes framework asks three very simple questions: 'What did we do?', 'How well did we do it?' and 'How did we make a difference?'.

As a team we constantly seek development opportunities; monthly we have input from outside agencies to grow our knowledge and enhance our practice, and throughout the year each team member is challenged to share:

- **Accomplished:** *What has gone really well (since the last supervision or across the whole year) that we might celebrate?*
- **Breadth:** *What has been learned (by the team member and/or east to west) in the process? How do we "take stock" of where things are now compared to where we thought they might be? What changes may be needed in east to west processes/practice in light of what has been learned?*
- **Challenges:** *What are you most excited about in this coming period? What concerns you the most? What ongoing professional development will help you to grow in your current role and for your future? How can the Lead (and the rest of the east to west Team) be of most help to you and your role?*

Partnerships

east to west seeks to empower and equip youth workers and churches to impact Young People with hope as one of its prime purposes. Our partnership base is the network through which we aspire to see this goal fulfilled and on which we continue to build.

In the year 2019-20 east to west partnered with:

- 7 Local churches
- 10 Secondary schools
- 6 First/Primary schools
- 32 Funding agencies, organisations and local authorities

Gender pay gap

The east to west Trust continues to review its salary structure in light of concerns over the Gender pay gap.

This year the east to west gender pay gap is a -8.9% – we continue to actively seek means of closing the gap, recognising the size and nature of the organisation – primarily schools-based with most of the team on part-time academic contracts.

Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

The people who make it happen

Trustees

The trustees, who are also directors for the purposes of company law, and who served during the year and up to the date of this report, are listed on page 5.

Trustee Recruitment

Potential trustees are recruited to bring specific skills as needed on the board. These are identified through the annual board skills audit and board evaluation. After a preliminary discussion with the chair, the individual is invited to read the Core documents of the trust, and the Welcome to the Board document that outlines the characteristics, competences required and the Job Description for a trustee. Following an informal attendance at a board meeting, the existing trustees decide whether to proceed with the invitation to the individual to become a trustee. The trustee application form is then completed, and the new trustee is formally approved at the subsequent Board meeting.

Team

This year we said a fond farewell to four team members: David Pearce, Ruth Phillips, Rajvinder Kaur & Clare Hale. David took time to reflect during the lockdown and made the decision to retire from east to west, having served Young People at Esher High School for over five years. As mentioned earlier, Rajvinder took the opportunity provided by the closure of the Iver project to move roles but continues to support Young People, while Ruth & Clare, two of our Counsellors, have decided to move into private practice. We are incredibly grateful to all of them for their service to Young People while operating as part of east to west.

We employ a total of 18 paid team members (13 full time equivalents) whom we thank again for their ongoing commitment to the charity's work with Young People. This team is focussed on the delivery of our frontline programmes and is assisted by external advisers with specialist expertise in IT, communications and finance.

Volunteers

The trustees also extend heartfelt thanks to the charity's dedicated volunteers for the on-going contribution they make. In the year 2019/2020 6 volunteers enthusiastically and diligently supported the charity, providing 35 hours of one-to-one mentoring in schools, plus 177 hours through the Emerge Project. All our volunteers are DBS checked and the charity provides on-going development to equip them for their roles. Many in the past, as a result of working with east to west, have moved into counselling and other pastoral roles.

In addition, we are pleased to continue to have a key volunteer contributing time and skills to support the whole organisation in the area of governance (Gill Morgan).

Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

Finance

Overview

Total income for 2019-20 was £387,360 which was an increase of £38,259 compared with the income of 2018-19. Despite the financial pressures on both grant making organisations and our partners we note that grants and partner contributions increased by £66,380 to £282,243, an increase of 23%. Voluntary donations from individuals and churches, whether through direct giving or through taking part in fundraising events, remains a very significant part of our total income; together with the gift aid we were able to reclaim and additional charitable activities, this total came to £105,117, a decrease of £28,121 on 2018-2019. Restricted income continues to account for about 69% of the total, a 6% rise on last year (partly driven by the Covid-19 grants, but this also recognises the increase in our overall work).

Part of the decrease in voluntary contributions is accounted for by the curtailing of fundraising events in the summer due to the Covid-19 Pandemic. However, we would like to acknowledge the efforts of those who continued to work within the imposed limits to raise £1,600 this year.

It goes without saying that we remain extremely grateful to all those faithful individuals, churches, businesses and other funding organisations who provide financial support for our work – without this east to west could not operate as it does today.

Compared with the previous year costs increased from £344,777 to £397,504, an increase of 13%. Although this led to a decrease in restricted reserves, our unrestricted reserves have increased, which has allowed us to carry forward net assets of £67,009 at the balance sheet date. This equates to just over 2 months expenditure based on our budget for 2020-2021. The trustees believe the reserves at the balance sheet date are sufficient for the efficient future operations of the charity.

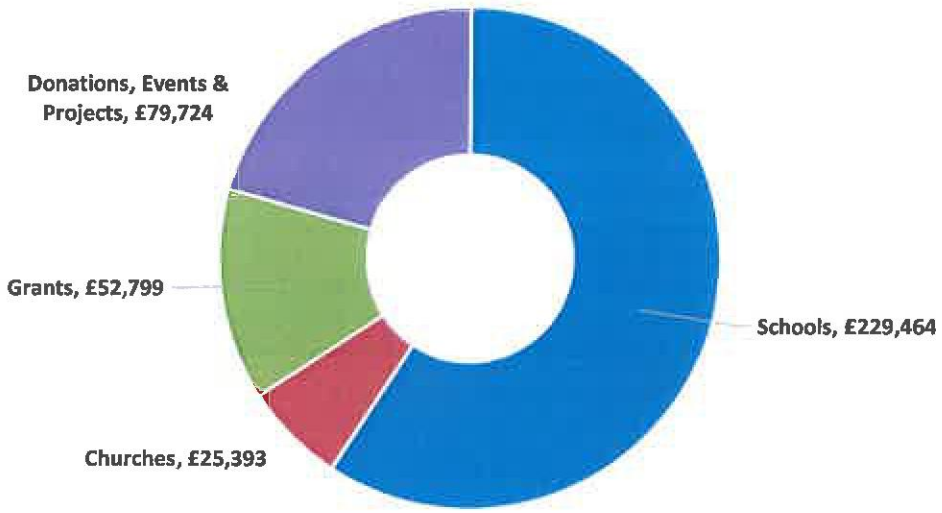
The Trustees recognise that the focus and additional time given to one of the key management personnel, which enabled him to focus on fundraising through a coordinated approach to grant-making bodies and developing relationships with existing and new funders has borne fruit this year. The success of this approach has allowed the charity to continue employing a Head of Income and expand the role to include Communications, adding to the breadth and scope of the role in raising funds for the charity.

Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

Funding

The chart below breaks down our sources of income this year:



Donations from over 100 individuals and churches provided 21% of our income; this figure reflects regular and one-off donations plus gift aid where applicable. This provision is extremely beneficial as it underpins the ongoing work of east to west and enables us to plan into the future with greater certainty. Our partner schools have contributed 59% and we have received income from other partners and grants making up the remaining 20%. We are extremely grateful for the loyalty of all our Church, Individual and Corporate financial supporters whose generosity we have been able to rely upon throughout the year, and especially during the recent pandemic. Listed below are those we have financially partnered with during 2019-20:

- Ashford Congregational Church
- Ashford Sick & Needy Charity
- Borrows Foundation
- CAF Bank
- Charities Aid Foundation
- Christ Church, Virginia Water
- Coleman Charitable Trust
- Community Foundation for Surrey
- Davies Blunden
- Dedworth Green Baptist Church
- Edward Gostling Foundation
- Elmbridge Borough Council
- Gartner
- Grace Dear Foundation
- Heathrow Community Trust
- Homelands Charitable Trust
- Heathrow Community Fund
- High Sherriff Youth Award
- Joel's Place, Ascot
- John Laing Trust
- Menzies LLP(Accountants)
- Shanley Foundation
- Spelthorne Borough Council
- St. John's Church, Egham
- St Peter's Relief in Sickness Fund
- Still House
- Sunningdale Baptist Church
- Surrey Police Commissioner's Office
- Staines Methodist Church
- Tesco
- TK Charitable Trust
- W.H. Smith

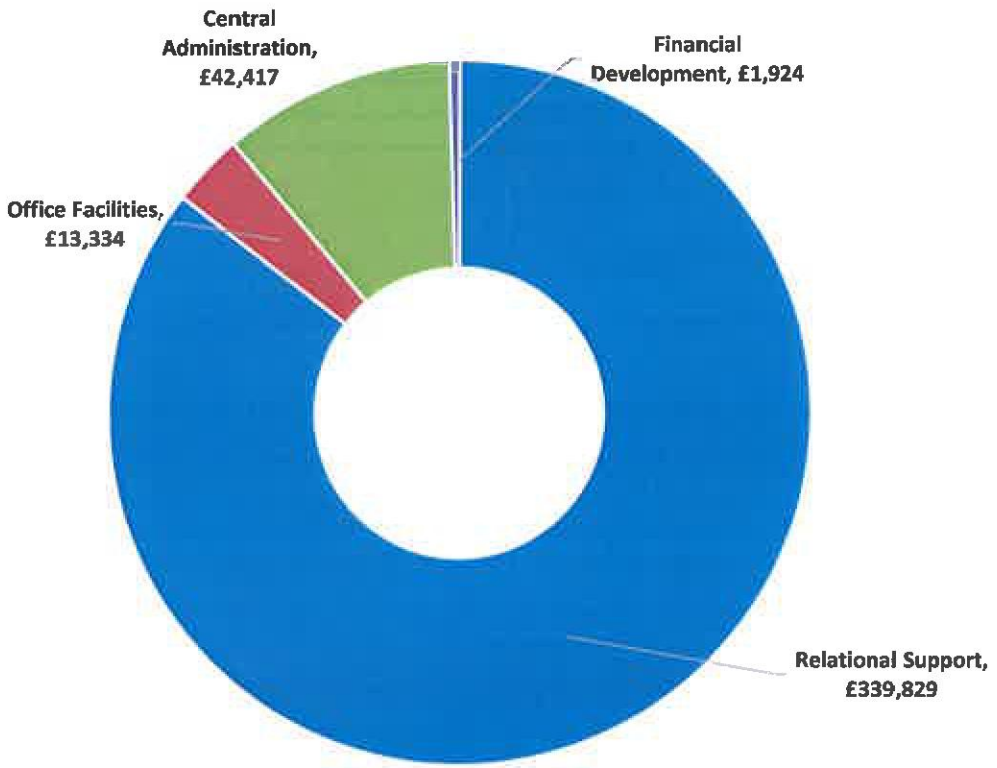
Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

east to west benefitted from a small number of fundraising activities this year due to Covid-19 and records its thanks to all those who participated!

Expenditure

The following chart analyses the total expenditure of the trust for the year between its different activities. (Spending from restricted and unrestricted funding has been amalgamated to give the full picture).



Governance

Board of trustees

The board of trustees has responsibility for directing and controlling the affairs of the trust. The board met five times during year to:

- review the trust's activities, finances and performance;
- approve future plans and strategy; and
- monitor risks and ensure that they are appropriately managed.

At the start of each year goals are agreed by the trustees with the team and progress is monitored throughout the year through individual, team and trust appraisal processes.

Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

Management team

The trustees delegate day to day management of the trust to Chief Executive Officer, Anthony Horton, who is supported by the Head of Finance & Operations, Ian Smith. Over the year the Senior Leadership Team has continued to be supported by the Head of Schools, Clare Sampson, the Head of Income & Communications (HOIC), Dan Beedell, the Emerge Project Lead (Elizabeth Argent) and the Volunteer Lead (Caroline Case). It is the Trustees' belief that 2020/21 will continue to benefit from work done by this team.

A governance team, comprising the charity's senior team members, advisors and a Trustee, met monthly during the year, with a remit to address all day to day operational, personnel, financial and administrative aspects of the charity and ensure its smooth running.

Remuneration and pay levels for the key management personnel and within the charity generally are determined by the trustees with periodic benchmarking to organisations of a similar size and nature.

Risk management

Twice yearly the trustees and management team assess the potential risks to the running and financing of the organisation and the safeguarding of the team and young people. east to west has a comprehensive portfolio of policies which enables the projects to operate in a professional and safe manner. The team and trustees review the policies at the end of each academic year.

Principle risk area	Key mitigating factors
Governance over the organisation and activities	■ A Board of trustees with experience in a range of relevant disciplines who meet regularly together and with the trust management ■ Annual assessment of governance effectiveness ■ Assimilation of emerging issues and trends within the sector
Management of financial resources	■ Monthly financial reporting and forecasting ■ Rigorous documented fiscal management processes overseen by the Board ■ Financial and fundraising matters considered at every trustee and management meeting
Safeguarding and service delivery	■ Maintenance of comprehensive operations policies reviewed, updated with ongoing training to team ■ Continuous development of the organisation and its service delivery team ■ Access to external resources and benchmarking against best practice standards
People and employment	■ Stringent appointment and vetting processes following Safer Recruitment best practice, including DBS checks ■ Wide ranging induction and on-the-job development ■ Well established, effective supervision and development mechanisms in place

Trustees' annual report continued

(incorporating the directors' report)
for the year ended 31 August 2020

Future plans

A new project has started at Hoe Valley School, and we continue to expand the Emerge Project through additional evenings and community follow-up. We continue to respond to new opportunities and are exploring several new partnerships in the coming year, primarily as a member of the Surrey Wellbeing Partnership; however our scope for expansion will be dictated by the availability of new funding as we need to preserve our reserves to provide an adequate contingency fund.

In our reflections on the issues highlighted by the Black Lives Matter Movement we recognise our need to ensure that we are a diverse organisation, which reflects the make-up of the Young People we work with, our schools, our supporters and our partners. We are committed to reviewing the diversity of our staff and trustees, to ensure that we become even more representative of those we serve; and as part of this commitment we are taking part in Surrey's Diversity, Equity & Inclusion Survey this year, the outputs of which will be used to inform our practice and appointments. In this light we are actively seeking to recruit trustees from a diverse background who will add depth and wisdom to our current board.

Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board and signed on its behalf by

Ken Morgan

Kenneth Morgan
Secretary

Date 26 November 2020

Independent examiner's report

to the trustees/directors on the unaudited financial statements of The east to west Trust (a company limited by guarantee) for the year ended 31 August 2020

I report on the accounts of The east to west Trust for the year ended 31 August 2020, which are set out on pages 21 to 29 and comprise the statement of financial activities, the balance sheet and the related notes.

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

These financial statements have been prepared under the historical cost convention, in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities and Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit under charity or company law and is eligible for independent examination, it is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts 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 statements overleaf.

Independent examiner's report
for the year ended 31 August 2020 (continued)

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 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS 102) and in other respects comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

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

Signed

T. A. Wells FCA
Chartered Accountant
Independent Examiner

31 Elizabeth Avenue
Laleham
Staines
Middlesex TW18 1JW

Date: 26 November 2020

Statement of financial activities

(incorporating the income and expenditure account)

for the year ended 31 August 2020

	Notes	Unrestricted Funds £	Restricted funds £	2020 Total £	2019 Total £
Income and endowments					
Donations, legacies & Charitable activities	3	120,161	267,199	387,360	349,101
Other		-	-	-	-
Total		120,161	267,199	387,360	349,101
Expenditure					
Charitable activities & Fundraising	4	85,650	311,854	397,504	344,777
Total		85,650	311,854	397,504	344,777
Net income/(expenditure) for the year		34,511	(44,655)	(10,144)	4,324
Transfers between Reserves	11	(6,146)	6,146	-	
Net income/(expenditure) after transfers		28,365	(38,509)	(10,144)	4,324
Reconciliation of funds					
Total funds brought forward		17,481	59,672	77,153	72,829
Total funds carried forward		45,846	21,163	67,009	77,153

All of the activities, other than Iver Village Schools (as shown in Note 11), are continuing activities.

The statement of financial activities includes all gains and losses for the year and therefore no statement of total recognised gains and losses has been prepared.

The notes on pages 23 to 29 form part of these accounts.

Balance sheet as at 31 August 2020

	Notes	2020 £	2020 £	2019 £	2019 £
Fixed assets					
Tangible assets	8		3		317
Current assets					
Debtors	9	3,540		3,526	
Cash at bank		105,636		82,464	
		109,176		85,990	
Creditors: amounts falling due within one year	10	(42,170)		(9,154)	
Net current assets			67,006		76,836
Net assets	13		67,009		77,153
The funds of the charity					
Restricted funds	11		21,163		59,672
Unrestricted funds	12		45,846		17,481
Total funds			67,009		77,153

The notes on pages 23 to 29 form part of these accounts.
The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The trustees acknowledge their responsibilities for

(a) ensuring that the company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial period and of its surplus or deficit for each financial period in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with the FRS102 SORP.

The financial statements were approved for issue by the board of trustees on 15 November 2020 and were signed on its behalf by:

S M Holloway

Susan Holloway, Chair of Trustees
Registered company number 06972769

Notes to the financial statements

for the year ended 31 August 2020

1 Accounting policies

The charity, which constitutes a public benefit entity as defined by FRS 102, is a private company limited by guarantee and registered in England and Wales. It operates from the registered office address shown on page 5 and its objects, aims and activities are set out in the Trustees' Report. The principal accounting policies are summarised below and have been applied consistently throughout the year.

Basis of accounting
These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objects of the company at the discretion of the trustees. Restricted funds can only be used for particular, limited, purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular, restricted, purposes.

Incoming resources
Incoming resources are recognised in the Statement of Financial Activities (SoFA) when the charity becomes unconditionally entitled to the income and the amount can be quantified with reasonable accuracy and where it is certain that it will be received.

Performance related income is only included in the SoFA once the related services have been provided.

Deferred income
Grants and donations received in advance and specified by the donor as relating to specific future periods or subject to conditions which are still to be met, are deferred to the period to which they relate.

Tax reclaims on donations
Gift aid tax reclaims on donations are included in the SoFA in the same period as the donations to which they relate.

Volunteer services
The value of volunteer services received is not included in the accounts but is described in the trustees' report.

Notes to the financial statements continued

for the year ended 31 August 2020

Investment income
Income from investments is included in the accounts in the period it is receivable.

Liability recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Operating leases
Operating lease rentals are expensed on a straight-line basis over the period of the lease.

Tangible fixed assets
Tangible fixed assets are assets with an expected useful life of more than one year and are recorded at cost or, if gifted, at the market value to the charity on receipt, less accumulated depreciation.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Fixtures, fittings and equipment: 3 years on the straight-line basis

Statement of Cash Flow
The Trustees have taken advantage of the exemption provision for charities with an annual income under £500,000 and have not produced such a statement.

2 Going concern

These accounts show unrestricted funds of £45,846 and net assets of £67,009 (2019: £77,153) at the balance sheet date. A budget and cash flow forecast for the twelve months from the approvals of these accounts has been prepared showing a similar result for 2020/2021, which the trustees believe is achievable. Therefore, taking these factors into account and having considered the likely impact of Covid-19 upon the charity, the trustees consider it is correct that these accounts have been prepared on the going concern basis.

3 Donations, legacies and incoming from charitable activities

	Unrestricted funds £	Restricted Funds £	2020 Total £	2019 Total £
Donations	72,663	-	72,663	76,779
Gift aid tax reclaims	7,970	-	7,970	9,499
Grants	15,044	37,735	52,779	26,959
Partner Contributions	-	229,464	229,464	188,904
Charitable Activity (SPA 500)	6,570	-	6,570	-
Fund Generation	17,914		17,914	46,960
Total Income	120,161	267,199	387,360	349,101

All income in the year was unrestricted except for £267,199 (£222,649) which was given by funders to pay for the work of a Relational Support Worker within a school, for the Emerge project, and for the Peripatetic Counsellor. Within the income items above there were no related party transactions requiring disclosure for the current year or the prior year

Notes to the financial statements continued

for the year ended 31 August 2020

4 Expenditure on raising funds and charitable activities

	Unrestricted Funds £	Restricted Funds £	2020 Total £	2019 Total £
Fundraising expenses	1,924	-	1,924	4,999
Staff costs	52,410	287,419	339,829	286,937
Training and travel	2,065	6,975	9,040	10,494
Office facilities	12,755	579	13,334	14,186
IT and communications	10,455	11,458	21,913	15,739
Fees and external assistance	489	5,423	5,912	6,629
SPA 500	2,412	-	2,412	-
Printing, postage and stationery	1,486	-	1,486	1,169
Depreciation	314	-	314	781
Other costs (books, subs, & charges)	1,340	-	1,340	3,843
	85,650	311,854	397,504	344,777

Amounts payable to Independent Examiner

We do not pay any sums for the independent examination as his time is donated to the charity; nor do we make payments for:-

- Assurance services other than independent examination;
- Tax advisory services; and
- Other financial services

5 Net income

	2020 £	2019 £
Net income is stated after charging:		
Operating lease rentals (Photocopier)	9,096	12,908
Depreciation	314	781

6 Staff

Staff costs

	Direct	Other	2020 Total £	2019 £
Salaries	306,026	-	306,026	269,896
Social security costs	22,639	-	22,639	9,250
Pension Contributions	6,227	-	6,227	4,823
Supervision	4,937	-	4,937	2,968
	339,829	-	339,829	286,937

The remuneration of key management personnel was £108,165 (2019 £109,480). No employees received remuneration of £60,000 or more.

Notes to the financial statements continued

for the year ended 31 August 2020

Number of staff

The average number of staff employed during the period, calculated in full-time equivalents, was as follows:

	2020 No.	2019 No.
Engaged in direct charitable activities	10	11
Other staff	3	4
	13	15

Trustees

None of the trustees received any remuneration or expenses during the year

7 Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988. Accordingly, there is no taxation charge or liability in these accounts.

8 Tangible fixed assets

	Fixtures, fittings & Equipment £
Cost	
At 1 September 2019	5,199
Additions	-
Disposals	(1,686)
At 31 August 2020	3,513
Depreciation	
At 1 September 2019	4,882
Additions	
Disposals	(1,686)
Charge for the year	314
At 31 August 2020	3,510
Net book value	
At 31 August 2019	317
At 31 August 2020	3

Notes to the financial statements continued

for the year ended 31 August 2020

9 Debtors

	2020	2019
	£	£
Prepayments and accrued income	2,187	1,974
Other debtors (Gift Aid refund)	1,353	1,552
	3,540	3,526

10 Creditors: amounts falling due within one year

	2020	2019
	£	£
Trade creditors	1,586	1,576
Other taxation and social security	5,132	4,078
Accruals and deferred income	35,452	3,500
	42,170	9,154

11 Restricted funds

	At 1 September 2019	Transfers Between Reserves	Incoming Resources	Outgoing Resources	At 31 August 2020
	£		£	£	£
Supported Lodgings	4,718		-	-	4,718
Schools Work	35,692	-	246,723	(281,699)	716
Emerge	14,825		10,623	(23,984)	1,464
Peripatetic Counsellor	1,437	6,146	9,853	(3,171)	14,265
Cycle Project	3,000	-	-	(3,000)	-
Other	-		-	-	-
	59,672	6,146	267,199	(311,854)	21,163

Restricted Funds table of movements for comparative purposes

	At 1st September 2018	Incoming Resources	Outgoing Resources	At 31st August 2019
	£	£	£	£
Supported Lodgings	4,718	-	-	4,718
Schools Work	8,308	202,498	(175,114)	35,692
Emerge	-	15,459	(634)	14,825
Peripatetic Counsellor	-	4,692	(3,255)	1,437
Cycle Project	9,000	-	(6,000)	3,000
Other	197	-	(197)	-
	22,223	222,649	(185,200)	59,672

Notes to the financial statements continued

for the year ended 31 August 2020

- The Supported Lodgings fund is restricted for use in assisting homeless Young People by providing safe accommodation
- The Schools Work funds are restricted to providing Relational Support Work in an educational establishment setting
- The Emerge funds area restricted to providing support for young people in Ashford St Peter's NHS Foundation Trust
- The Peripatetic Counsellor funds are restricted to providing ongoing support to young people identified by the Relational Support Worker as needing a specific therapeutic intervention followed up by Relational Support in the school
- The Cycle project did not move forward, so although we carried £3000 forward into 2019/2020, this was returned to Santander during the year
- The amount of £6146 has been transferred from the general funds to restricted funds this year as this was misallocated in the previous year

12 Unrestricted funds

	At 1 September 2019	Transfers between reserves	Incoming Resources	Outgoing resources	At 31 August 2020
	£	£	£	£	£
General Fund	17,481	(6,146)	120,161	(85,650)	45,846

The General Fund is applied to supporting all aspects of relational support projects undertaken by the trust and directly funding these if there is not sufficient specific (restricted) funding available.

13 Analysis of net assets between funds

	Unrestricted Funds £	Restricted funds £	2020 Total £
Tangible fixed assets	3	-	3
Current assets	53,061	56,115	109,176
Current liabilities	(7,218)	(34,952)	(42,170)
	45,846	21,163	67,009

	Unrestricted Funds £	Restricted funds £	2019 Total £
Tangible fixed assets	317	-	317
Current assets	26,318	59,672	85,990
Current liabilities	(9,154)	-	(9,154)
	17,481	59,672	77,153

Notes to the financial statements continued

for the year ended 31 August 2020

14 Operating lease commitments

	2020	2019
	£	£
Operating lease commitments are as follows:		
Payable within 1 year	1,728	1,728
Payable within 2 to 5 years	1,728	3,456
	3,456	5,184

15 Related parties

One of the trustees, Mr Matthew Armsby, is a partner in BC Technologies who provide IT support services for this trust. During the year they were paid £1,319 for this work. There are no other transactions requiring disclosure in this or the previous year.