

A WAY OUT

England & Wales · Charity number 1137535

Details

Status	Registered
Legal form	Charitable company
Company number	06265354
Registered	2010-08-17
Register	View on the Charity Commission register

Contact

Address A Way Out
The Gate
Unit 1-2
Castlegate Quay
The Riverside
STOCKTON

Phone 01642655071

Email info@awayout.co.uk

Website www.awayout.co.uk

Activities

Objects: TO RELIEVE SUFFERING AND PROMOTE GOOD HEALTH AND THE ADVANCEMENT OF EDUCATION AMONGST MEMBERS OF THE COMMUNITY IN THE BOROUGH OF STOCKTON ON TEES AND SURROUNDING AREAS AFFECTED BY DRUGS, PARTICULARLY, BUT NOT EXCLUSIVELY AMONGST WOMEN, CHILDREN AND YOUNG PEOPLE. TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTEREST OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: A WAY OUT AIMS TO EDUCATE, SUPPORT AND EMPOWER OUR COMMUNITY'S MOST VULNERABLE AND AT-RISK WOMEN, YOUNG PEOPLE AND FAMILIES TO LIVE HEALTHY, SAFE & WHOLE LIVES, FREE FROM POVERTY, ADDICTION & HARM. OUR WORK SPANS OUTREACH, DRUGS PREVENTION & ALTERNATIVE EDUCATION PROGRAMMES, REHABILITATION & INTENSIVE LIFE SUPPORT.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Other Defined Groups

Geography

- **Area of benefit:** STOCKTON ON TEES AND SURROUNDING AREAS.
- Hartlepool
- Middlesbrough
- Redcar And Cleveland
- Stockton-on-tees

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£1,030,210	£992,074	£569,675	21
2023-09-30	£773,938	£839,530	£335,534	26
2022-09-30	£705,861	£781,389	£401,126	24
2021-09-30	£766,884	£702,246	£481,319	26
2020-09-30	£51,371	£654,411	£416,681	27

Trustees

Name	Role	Appointed
Andrew George Malcolm		2019-09-23
Hassan Al-Bahrani		2022-10-31
Julie Allan		2022-05-09
Karen Parker		2025-02-10
Michelle Carr		2020-07-13
Phaedra Andrew		2025-11-10
Robert Martin Thompson		2017-06-12

A WAY OUT

England & Wales - Charity number 1137535

Accounts

away out

ANNUAL REPORT AND AUDITED ACCOUNTS

LOVE
HOPE
FREEDOM

OCTOBER 23
- SEPTEMBER 24



A Way Out is a registered charity (1137535) and company limited by guarantee (6265354). Registered in England.

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Introduction

The trustees are pleased to present their report, together with the financial statements of the charity for the year ended 30th September 2024.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in October 2019.



LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name:	A Way Out
Charity Registration Number:	1137535
Company Registration Number:	06265354
Registered Office:	The Gate 1-2 Castlegate Quay The Riverside Stockton-on-Tees, TS18 1BZ
Website Address:	www.awayout.co.uk
Directors/Trustees:	Robert Thompson (Chair) David Emerton (Vice-Chair) Andrew Malcolm (Treasurer) Michelle Carr Julie Allan Hassan Al-Bahrani Helen Williams Joanna Norman (appointed 18/3/2024, resigned 25/5/2025) Alison Coates (appointed 30/9/2024, resigned 25/5/2025) Karen Parker (appointed 10/2/2025)
Chief Executive:	Kay Nicolson
Auditors:	Baines Jewitt Limited Chartered Accountants Spitfire House 19 Falcon Court Preston Farm Industrial Estate Stockton-on-Tees, TS18 3TU
Bank:	HSBC Bank plc 136 High Street Stockton-on-Tees, TS18 1LR
Solicitors:	Punch Robson 34 Myton Road Ingleby Barwick Stockton-on-Tees, TS17 OWG



STRUCTURE, GOVERNANCE AND MANAGEMENT

A Way Out is a company limited by guarantee governed by its Memorandum and Articles of Association dated 27th January 2016. It is also a charity registered with the Charity Commission. The members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the company in the event of a winding up during their period of membership and within one year of their ceasing to be a member.

Appointment of Trustees

The charity currently has 8 trustees.

New trustees are appointed through an open and transparent process which is ratified at Board. An annual skills audit is undertaken to ensure gaps in expertise and skills are actively recruited. Compliance with the Charity Governance Code and the development of an action plan to address gaps in governance is monitored throughout each financial year.

New trustees undergo an induction process that gives them an insight into the roles and responsibilities of trustees and the aims and objectives of the charity. Following their induction, trustees are encouraged to participate in internal and external training events that will benefit their role and are kept informed of relevant matters by the Chief Executive. We also operate a Trustee Mentor scheme to help support new Trustees matching them with an existing Trustee as part of their induction, sharing skill sets, expertise and building understanding around the governance structure and arrangements.

Trustees have also been actively involved in shaping the induction programme for future trustees, developing webinar content and multimedia methods of engagement. Trustees have attended training sessions on Governance, Equality, Diversity and Inclusion, Sex Work, Risk and other important operational topics over this year

Organisation

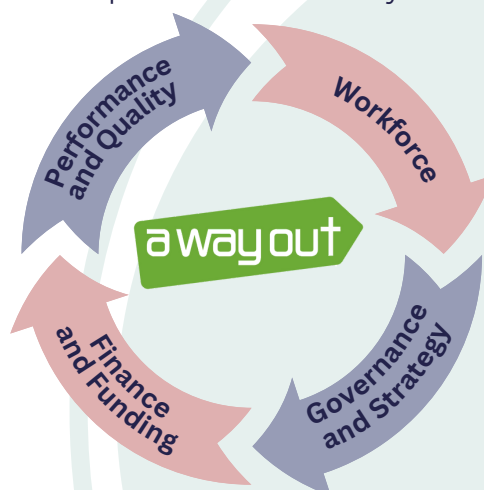
A Way Out was formed in 2002. Its founder, being brought up in the town of Stockton-on-Tees, was so moved by the abuse, poverty and addiction that devastated the lives of young girls and young people across the area, that she started an organisation, with a group of like-minded individuals, with the aim of providing outreach and support to women and young people experiencing multiple disadvantages in the Teesside area.

The organisation secured charitable grants and began project work by the end of 2002. It became a registered charity in September 2004 and transferred its assets and liabilities to a charitable company limited by guarantee in October 2010. It also moved to its present operational site at the end of 2008 in order to provide better equipped facilities and a greater portfolio of services.

A Way Out currently employs 37 full and part-time staff members and works with partners and experts. It is governed by a board of Trustees. The board meets four times a year, with additional sessions to develop the business plan.

Our objectives over the lifetime of the business plan are scrutinised by the following Board Sub-Groups:

- Performance and Quality
- Workforce
- Finance and Funding
- Governance and Strategy



Related Parties

Other than as disclosed in note 21 to the accounts, there were no related party transactions during the year under review.

Pay Policy

Staff pay is reviewed annually and where financially possible is increased in accordance with cost-of-living increments. The trustees also benchmark against pay levels in other voluntary sector organisations of a similar size operating in the North East region. All trustees give their time and expertise freely and no trustee received remuneration in the year.

Risk Management

A robust risk management policy and framework has been agreed by trustees and is used to inform decision making on policy, strategy and finance. This includes a strategic risk register that is reviewed by trustees and senior managers via the Finance and Funding Sub Committee monthly with significant changes in risk, or risks that are considered above the 'risk appetite' of the organisation, then reported to the full Board on a quarterly basis.

In 2024, bespoke risk training was undertaken by an industry expert and a revised risk register developed along with a refreshed risk policy and framework. Annual risk training takes place alongside a full review of the strategic risk register at each annual cycle of strategic business planning to develop the organisational business plan.



OBJECTIVES AND ACTIVITIES

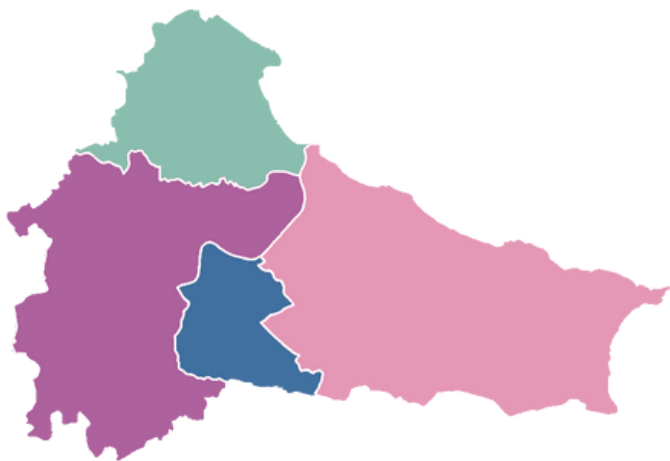
The Current Need

A Way Out operates across Teesside (formally known as Cleveland) whilst also maintaining its historic focus on Stockton-on-Tees. Teesside consists of Hartlepool, Stockton, Middlesbrough and Redcar & Cleveland, all of which experience significant disadvantage and score high on the indices of deprivation.

The town of Stockton itself is a part of Stockton North and does boast a proud history of prosperity and achievement – as a major port with a thriving shipbuilding industry throughout the 17th and 18th centuries - where the world's first passenger railway was engineered by George Stephenson in 1822, and where the chemist John Walker invented the friction match in 1827 – but sadly the town saw a significant demise in the later part of the 20th century.

A large number of factors contributed to the decline, but primarily it was the disappearance of much of the engineering industry alongside the national economic recession of the 1980s leading to considerable unemployment and a widening of inequality gaps. Whilst there is a significant economic regeneration programme now taking place, years of inequality and the current cost of living crisis have contributed to a difficult economic and social climate.

This map taken from the End Child Poverty Campaign, shows the number and percentage of children in poverty (after housing costs) by constituency in June 2024:



Stockton:

28.4%

This means that there are 12,921 children living in poverty in this area.

Hartlepool:

32.9%

This means that there are 6,861 children living in poverty in this area.

Middlesbrough:

38.7%

This means that there are 13,440 children living in poverty in this area.

Redcar:

31.6%

This means that there are 8,801 children living in poverty in this area.

Local and national needs assessments demonstrate the following issues of concern for women and young people within the Tees Valley:

- 73.6% of women who experienced sexual harassment, were harassed by a stranger (including online) in year ending March 2023[^].
- 3.6% of 16-19 year olds received unwanted messages/calls of a sexual nature in year ending March 2023[^].
- In year ending March 2023, 6.7% of 16-19 year old women were in receipt of inappropriate sexual jokes/comments/gestures[^].
- 5.7% of 16-19 and 7.6% of 20-24 year old women reported unwanted touching in the year ending March 2023[^].
- 65% of victims of stalking were women in the year ending March 2024[^].
- 72% of victims reporting cyber stalking were women in the year ending March 2024[^].
- A woman is killed by a man every three days in the UK[~].
- In the year ending March 2022, there were 194,683 sexual offences, of which 70,330 were rape[^]
- Throughout 2022 there was a total of 106,984 offences recorded in relation to Child Sexual Abuse and Exploitation (CSAE) in the UK; 6,098 of these were in the North East. 25% of this figure included sexual assault on a child, 20% of this figure related to rape of a child. 79% of these victims were female[>].
- Online Child Sexual Abuse and Exploitation made up 32% of all the CSAE offences in 2022[>].
- Teesside has the third highest violent crime rate in the country[#].
- Middlesbrough and Hartlepool account for the highest rates of Opiate/Crack Cocaine users in the country standing at 25.5 and 20.6 per 1,000 population, more than double the national average of 8.6[#].
- 21,402 women were being supervised by the probation service as at June 2024^{\$}.
- Rate of hospital admissions for self harm in 10-24 year olds in Stockton on Tees is 347.96 per 1,000 of population compared to a National average of 421.05 per 1,000 of population[@].
- Rate of hospital admissions for under 18s where the primary or secondary diagnosis is an alcohol-specific condition in Stockton on Tees was 26.86 per 1,000 population compared to a national average of 32.35 per 1,000 population[@].

* Stockton on Tees Joint Health and Wellbeing Strategy <https://bit.ly/4fGl9ue>

+ South Tees Joint Strategic Needs Assessment <https://bit.ly/3WYPYD5>

\$ <https://data.justice.gov.uk/probation>

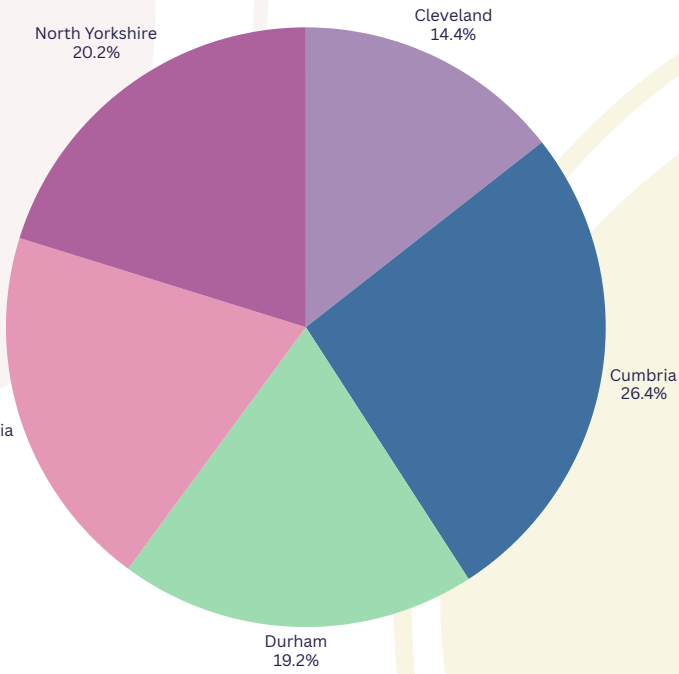
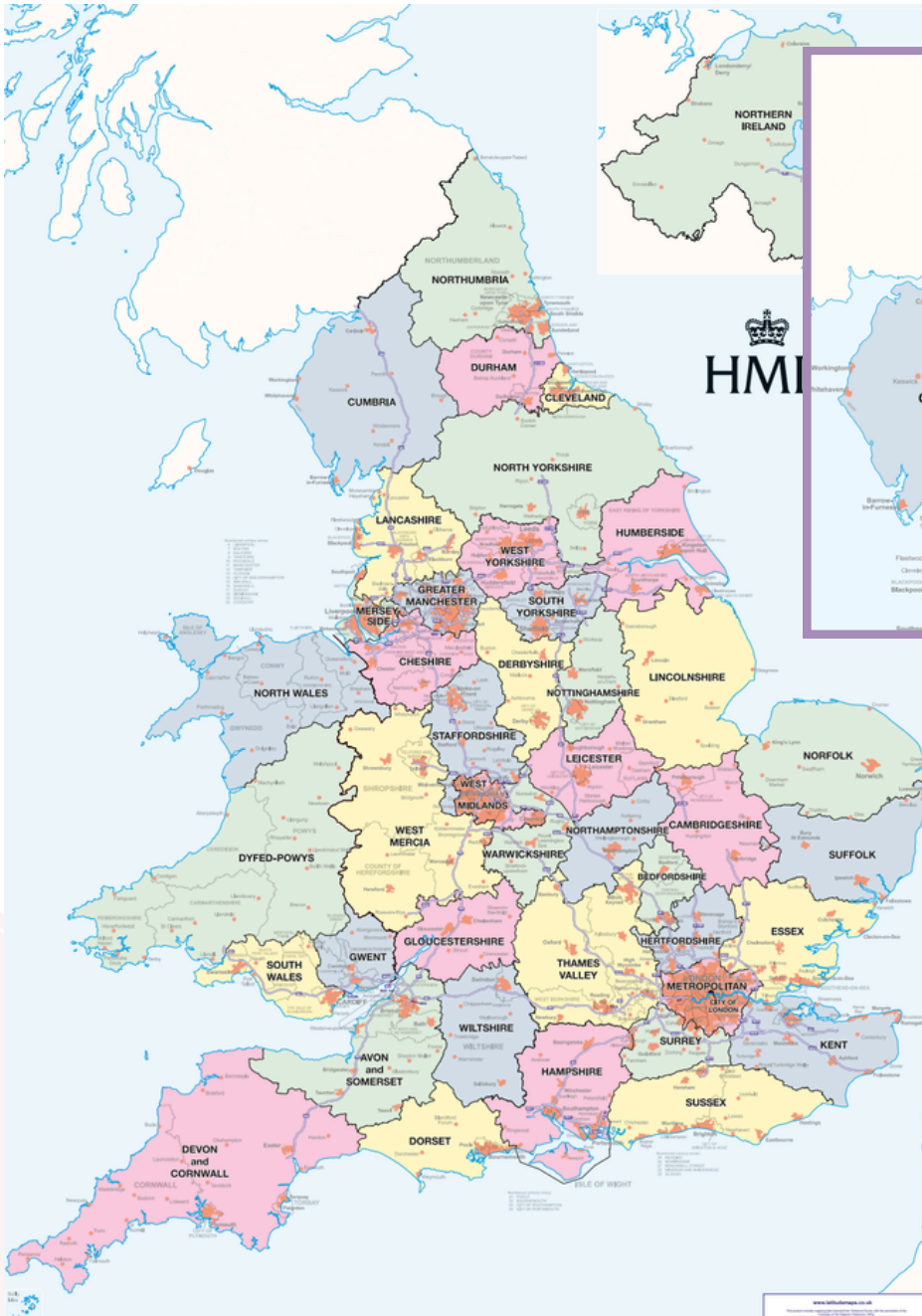
^ Office of National Statistics <https://www.ons.gov.uk/>

<https://www.cleveland.pcc.police.uk/wp-content/uploads/2020/10/Appendix-A-Violence-in-Clevelandredact.pdf>

~ <https://www.femicidecensus.org/>

> <https://www.vkpp.org.uk/assets/Files/Publications/National-Analysis-of-police-recorded-CSAE-Crimes-Report-2022-external.pdf>

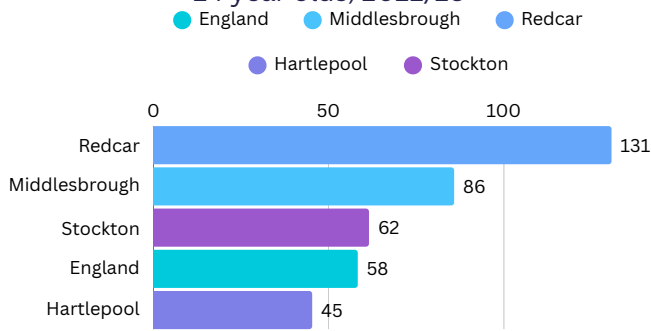
@ <https://www.gov.uk/government/organisations/office-for-health-improvement-and-disparities>



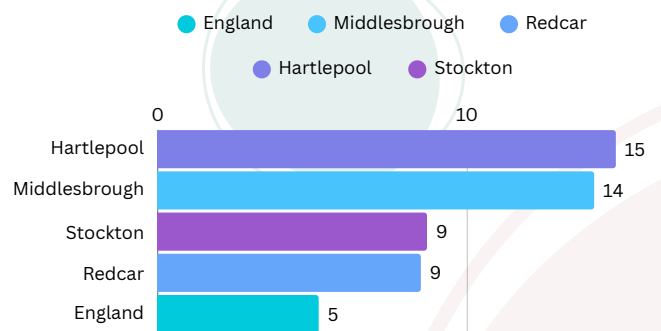
Violence and Sexual Offences recorded by Cleveland Police Force in the North between October 2023 and September 2024[^]

Health and Wellbeing inequalities affecting women, families and young people in the Tees Valley:

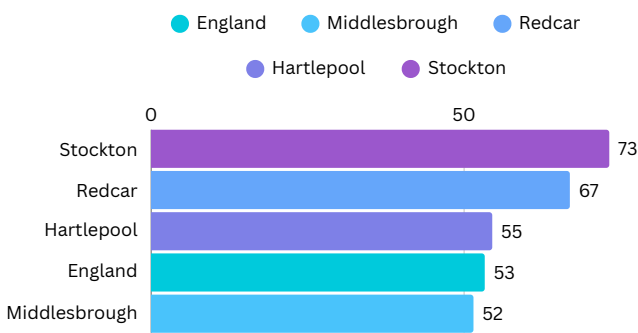
Hospital admissions due to substance misuse (15-24 year olds) 2022/23



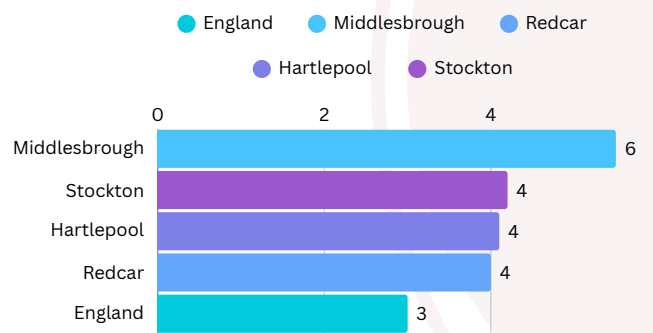
Death from drug misuse 2020/22



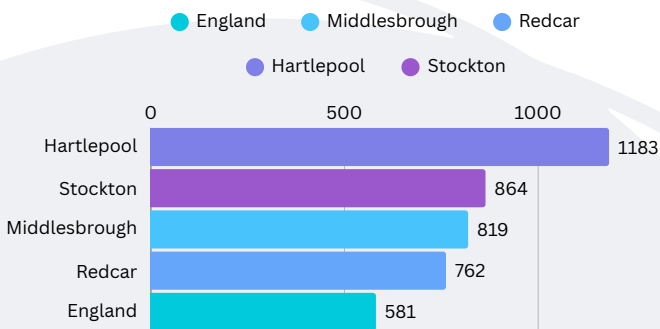
Adults with substance misuse treatment successfully engaged in community based treatment following release from prison 2023/24



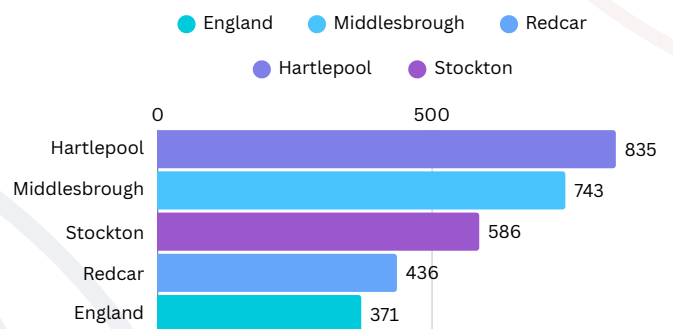
Violet Crime, sexual offences per 1,000 population 2022/23



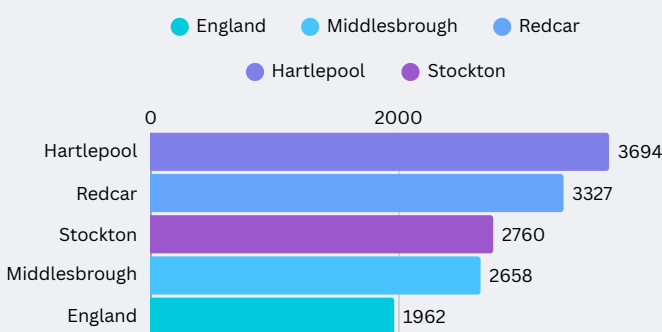
Admission for alcohol specific conditions 2023/24



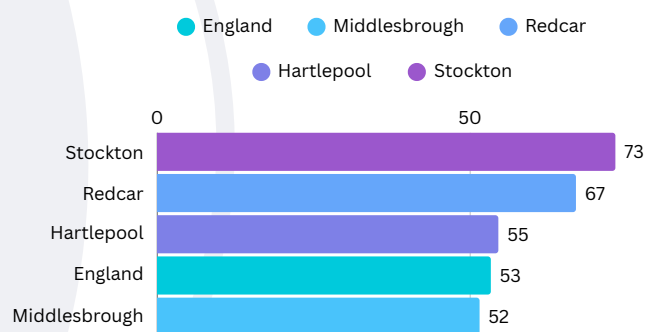
Admission episodes for mental and behavioural disorders due to use of alcohol (broad) 2022/23



Sexually Transmitted Infection (STI) Chlamydia detection rate 2023



New STI diagnosis, excluding Chlamydia 2023



- Cleveland Police Force has one of the highest recording and detection rates for sexual violence offences of comparable police forces in England and Wales.
- Sex workers often experience multiple, repetitive and regular sexual violence attacks and are disproportionately represented in the police’s rape and sexual assault figures with less than 5% of offenders receiving positive court outcomes, such as a charge, caution or sentence.
- Binge drinking amongst women is significantly higher than average and amongst those aged 16 to 25 it is significantly worse.
- Many of the women and young people we encounter suffer with poor self-image, feeling victimised and excluded from mainstream activities and social networks.
- Many are involved in self-harming behaviour and most struggle to develop and maintain positive engagement around education, training, and employment.

Despite cutbacks and austerity measures, continued efforts are being made to address these issues and, along with other groups and agencies, A Way Out is seeking to be part of the solution and meet the need of many individuals in our local communities. Focus is on developing a multi-agency systems-based approach to address unmet need, multiple disadvantage and trauma.



VISION

We believe that no one should experience or fear abuse, harm and exploitation.



MISSION

We work tirelessly to prevent abuse, harm and exploitation by empowering women, families and young people to overcome the challenges they face and tackling the injustice and inequality that they experience (our mission).



VALUES

This is informed by values of: being accepted without judgement or stigma overcoming trauma and recognising potential living lives free from abuse, harm and exploitation.

LOVE
HOPE
FREEDOM

being accepted without judgement or stigma

overcoming trauma and recognising potential

living lives free from abuse, harm and exploitation

A Christian ethos of love, truth and justice underpins everything we do to support those with a Christian faith, another faith or no faith.

We deliver our vision and mission and through our values by enacting our Theory of Change



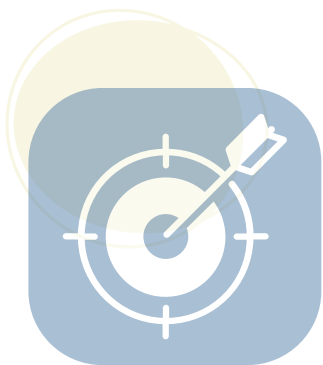
A Christian ethos of love, truth and justice underpins everything we do to support those with a Christian faith, another or no faith.



Our Approach

The individuals and families we work alongside (341 between 1st October 2023 and 30th September 2024) confirm that we are unique in:

- providing multiple opportunities to engage (in-person or online) without complex referrals and assessments of eligibility criteria or the needs for a specific diagnosis (e.g. mental ill health) - including proactive street / community based outreach to engage those who choose not to access other services because of previous negative experience (such as parents who have had children removed) or fear of being discriminated or stigmatised (such as street based sex workers), as well as those who are ineligible or excluded.
- offering opportunities to access and move between a range (or lifecycle) of flexible support that provides choice (type, frequency and duration) and follows changing needs- including increasing support rather than imposing sanctions or exclusions when disengagement takes place and celebrating achievements, no matter how small, to build hope for the future.
- are the only organisation in the North-East with an organisational Silver Trauma Quality Mark.
- offering flexible one to one and group support that addresses all the challenges faced, is responsive to changing needs, builds on strengths and enables those using our services to 'be' before they are expected to 'do', so they can make informed choices about the future.
- training/supporting (including clinical supervision) staff and volunteers to build consistent and positive relationships as 'trusted adults' (particularly those who do not have positive relationships with friends / family or wider support networks) and address trauma (including implementing our trauma recovery model and addressing the vicarious trauma staff and volunteers may experience).
- creating opportunities for voices to be heard and lived experience shared to influence the language, behaviour, and views of others and achieve wider system change - including participating in or delivering local/national campaigns (such as Changing The Narrative with the Adult Sexual Exploitation Partnership) to address the issues faced and/or influencing policy and practice and co-designing services with partners such as North East Sex Workers Forum (NESWF), local authorities, NHS, police etc.
- Operating a 'no wrong door' approach to all who approach the charity. Partnership networks and professional relationships ensure we are able to navigate individuals to the right services with relevant support.



How are we going to get there?

Through the design and delivery of our services, including ongoing monitoring, we have learned that the individuals and families we work alongside ...

- face growing challenges including navigating the digital world, addiction, homelessness, mental and/or physical ill health including learning difficulties / disabilities, poverty as a cause and/or consequence of the abuse, harm and exploitation they experience.
- fear (often based on previous experience) they will not be taken seriously or will experience discrimination and stigmatisation and/or repercussions (e.g. criminal convictions) if they disclose abuse, harm and exploitation (particularly MVAWG – male violence against women and girls)
- find accessing services increasingly difficult (because of complex referrals, narrowing eligibility criteria, increasing exclusions etc) and often only receive support after abuse, harm and exploitation has taken place (e.g. when in contact with the police, attending A&E, taken into care etc) rather than when this could have been prevented.
- are inherently resilient because of the challenges they face and have strengths they can build on.

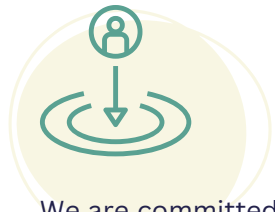
Our annual SWOT (Strength, Weakness, Opportunities, Threats) and PESTLE (Political, Economic, Social, Technological, Legal, Environmental) analysis ensures that we can best respond to this by continuing to:

- work with, rather than to or for, those we support to ensure they are equal participants in the process of designing and delivering, monitoring and evaluating, our services, rather than just recipients, to build trust and overcome the isolation and consequence vulnerability they experience.
- provide specialist, and trauma and/or gender informed, interventions by building the skills and experience of our staff and expanding our services so those we work alongside are safe and can make informed choices about their future.
- build our evidence base to better understand the complex and changing unmet needs of those we work alongside and how best we can engage them and then empower them to overcome the discrimination and stigma they face.
- work collaboratively with partner organisations to share learning and resources, inform policy and practice, and promote wider system change.

This includes partnership work to undertake outreach, facilitate referrals, co-ordinate support and share learning.

We are committed to creating new opportunities to promote Love, Hope and Freedom by supporting those whose needs are not met by other services. We have strong collaborative relationships with:

- the police, probation and others within the criminal justice system to reduce the risk of clients becoming a victim and / or perpetrator of crime and prevent reoffending - including creating new opportunities to address the causes and consequences of offending such as trauma.
- local authorities, the NHS and their partners to ensure addiction, homelessness, mental health, poverty and other services provide coordinated and holistic support – including identifying and addressing unmet needs and gaps in provision or creating new opportunities for intervention / prevention.
- charities and community groups to increase our impact through collaborative working including as a subcontractor to larger organisations delivering universal services – providing additional support for clients with protected characteristics and/or higher levels of unmet need and unmanaged risk.



IMPACT

We are committed to evidence-based practice and have a number of ongoing evaluations in place linked to project delivery. Our Evolve school work was evaluated in 2022 by Sunderland University and in 2023 we undertook both an internal and external evaluation of our adult work, linked to our Liberty delivery, exploring community engagement and addressing community tensions in the Stockton area. We are involved in a number of campaigns at a national level and take part in policy and influencing work linked to the development of a statutory definition of Adult Sexual Exploitation and the Decriminalisation of Sex Work. We have an exceptional track record of securing and delivering small and large grants and contracts, creating projects that identify gaps and address unmet need.

Our Trauma Quality Mark award (Silver across the whole of the Charity) has identified us as a trail blazer for the Northeast in that we are the first organisation in the North to achieve the award for the whole organisation rather than just a project.

Our evidence base informs us that we can best respond to this by continuing to;

- work with, rather than to or for, those we support to ensure they are equal participants in the process of designing, delivering, monitoring and evaluating, our services, rather than just recipients (Our Sage Programme was designed with feedback from staff and the women we work with)
- provide specialist and trauma and/or gender informed, interventions by building the skills and experience of our staff and expanding our services (we have expanded our psychological pathway to include counselling services for young people)
- build our evidence base to better understand the complex and changing unmet needs of those we support and how best to engage and support them (we have a number of commissioned evaluations underway at this time)
- work collaboratively with partner organisations to share learning and resources, inform policy and practice, and promote wider system change (we have consulted on two police operations to safeguard the needs of women who are on street sex working).

Recognised Achievements:

- Our Blossom service was awarded Winner of the High Sheriff of County Durham Award 2023.
- Our Liberty and Stage services were awarded the Health and Wellbeing Impact Award at the Catalyst Conference 2023.
- We were recognised as part of an award winning police led partnership and operation, Operation Beech.



ORGANISATIONAL DEVELOPMENT

The last financial year has yielded some significant operational opportunities, challenges and changes for the Charity which include the following:

- Achieved the One Small Thing, Trauma Informed Service Silver Award.
- An in-house training programme developed around Trauma Informed Services.
- Training to develop a new intervention that works with women who do not have access to their children, recognising their trauma and utilising the paradigm of matricentric feminism.
- Training local police in how to work with women who are on street sex working and those experiencing adult sexual exploitation.
- Embedding a team of workers within the Complex Exploitation Team within Cleveland Police.
- Collaborating on the development of an Adult Sexual Exploitation Toolkit with the Safeguarding Partnership in Teesside.
- Sitting on the regional Rape Scrutiny Panel.
- Developing a set of organisational standards which will be implemented in the following financial year.
- Hosting professionals days and embedding in the local Children's Hub to deliver smoother transitions between services.
- Working with the local authority to develop work around 'transitional safeguarding'.

- Developing our schools programme to incorporate families who are at risk of or are experiencing serious violence.
- Expanding our family services to include providing support to women in the criminal justice system.
- Expanding our drop in and outreach approaches to reach more women .
- Recruiting to a new role of Digital Inclusion Worker to address women and children experiencing digital poverty across Teesside.

During the past 12 months A Way Out has undertaken successful targeted recruitment of additional trustees and will continue to do so moving forward as part of a succession plan for the Board.

Trustees have also

- Reviewed and approved the Business Plan.



LOCAL INFLUENCE AND COMMUNITY INVOLVEMENT

A Way Out has:

- Worked in collaboration with the North East Sex Work Forum (NESWF) to undertake an evaluation of the impact of on street sex work in the local area and is part of a multi agency group to deliver on the action plan.
- Has campaigned and met with local politicians, and Police and Crime Commissioner to promote a harm reduction approach to sex work advocating for a decriminalisation agenda.
- Sits on a number of strategic groups to promote Health and Justice and participates in the Inclusion Health agenda (core 20+5).
- Has worked with Cleveland Police on two campaigns to safeguard women involved in on street sex work (Operation Beech and Operation Nightfall).
- Is Vice Chair on the Cleveland Sex Work Harm Reduction Strategy strategic group.
- Is part of the Adult Sexual Exploitation Partnership and campaigns locally and nationally for a statutory definition of Adult Sexual Exploitation.
- Sits on a number of high risk strategic panels to address harm and exploitation.
- Attends Community Safety Partnerships and Teesside Safeguarding Adults Board.
- Has worked with Durham University and NESWF to undertake Participatory Action Research training.
- Celebrated International Women's Day with professionals across the region highlighting the impact of male violence.
- Is part of the Cleveland Police Clear Hold Build approach to addressing community safety, specifically related to organised crime in local areas.
- Has met with local Councillors and the community to address tensions around on street sex working and promote a harm reduction approach to addressing the issue.
- Undertakes outreach in the local community to support women via drop in sessions and through our outreach van, providing basic needs provision and harm reduction equipment.

SERVICES OVERVIEW



UNITY

YOUNG PEOPLES SERVICE

Unity is A Way Out's umbrella of services that ensures children and young people (up to 26 years old) receive the right support at the right time and by the right service, as they transition into adulthood. This includes trauma and gender informed one to one and group interventions, as well as digital engagement and peer support.

Unity Service includes:



supports children and young people aged 9-16 years. Delivered within schools and the community as a 6-week social skills intervention program which equips young people with the knowledge, understanding and resources they need to increase self-awareness, self-direction, motivation, self-regulation, social skills and resilience.



supports girls and young women aged 13-26 years who experience stigma, poor mental health and have multiple unmet needs and/or disadvantages to build resilience, prevent abuse, harm and exploitation.



supports and empowers girls and young women, aged 16-26 who are experiencing or have experienced gender-based violence. Through collaborative assessment, person centred, trauma informed support and advocacy, young women are made aware of their rights and can recognise and address Violence Against Women and Girls.



ADULTS SERVICE

Horizon is A Way Out's umbrella of services that ensures adults receive support to overcome the causes and consequences of the abuse, harm and exploitation they experience. This includes compassion and solution focused, gender and trauma informed, one to one and group interventions, combined with outreach and advocacy as well as specialist therapeutic support.



supports women who are at risk or have experienced multiple disadvantages (including addiction, homelessness and mental ill health) are socially isolated, involved in street sex work and fear the consequences of accessing support (criminalisation, repercussions from perpetrators, having children removed into care or being stigmatised by professionals). Through advocacy, proactive outreach and therapy women are empowered to address the abuse, harm and exploitation they experience.



(Adult Sexual Exploitation Partnership) supports women who have been groomed by individuals or groups of men for sexual exploitation and consequently experience multiple challenges including mental ill health, substance misuse and breakdown of support networks to address the abuse, harm and exploitation experienced. The ASE Partnership is led by Changing Lives, includes eight other organisations across the North and undertakes research into survivor experiences to influence policy and practice as well as providing targeted support.



supports adult women in the criminal justice system as they transition from the prison gates to the community, recognising that pathways into offending for women are often different to that of men because of the abuse, harm and exploitation they experience and the wider power dynamics within society, to move past previous offending and build a stronger future for themselves and their families. Phoenix Women is delivered as part of the Ministry of Justice women's services contract in the Tees Valley which is led by Changing Lives.

Horizon services are designed by and for women, but support is also provided for men on a case-by-case basis.

UNIVERSAL SERVICES

A Way Out has a wrap around service that provides additional support to those accessing our services, their families and significant others.



reaching • inspiring • supporting • empowering

family project supports families of individuals accessing other A Way Out services to develop relationships that are nurturing and fulfilling and offers a non-judgemental safe space for reflection and healing.



is integrated across all A Way Out projects and provides additional psychological and therapeutic interventions for those who struggle to engage because of historic trauma and challenges, such as mental ill health. Staff and volunteers also benefit from additional support and opportunities for reflective learning, particularly when working with clients who face barriers to engagement such as discrimination, stigma or trauma.

PROJECT BREAKDOWNS

UNITY



YOUNG PEOPLE

Project Outline:

Evolve supports children and young people aged 9-16 years. It is delivered within schools and the community as a 6-week social skills intervention program which equips young people with the knowledge, understanding and resources they need to increase self-awareness, self-direction, motivation, self-regulation, social skills and resilience. Topics covered include peer pressure, bullying, hormones, making friends, internet safety, vaping and mindfulness.

Many of the children taking part come from chaotic homes, witness domestic abuse, family breakdown and not having positive role models to look up to. Many display anger, struggle to follow instruction, talk over one another with a go to reaction to fight/square up to one another/ argue/throw things. Some children are unable to engage within the group setting and for those we offer 1:1 sessions. Additionally, many children really struggle with feeling happy in themselves, with one child even stating he didn't like himself. It is very rewarding at the end of the six weeks to achieve a very positive outcome in relation to children reporting an improvement of feeling comfortable with their self.

Achievements October 2023 to March 2024:

The team worked in 5 primary and secondary schools including a pilot project at Abbey Hill school with a cohort of young people with additional needs.

OUTCOMES (October-March)

9 unique individuals

9

children self-report improved confidence in doing what feels right for them.



8

children self-report improved ability to calm self-down when feeling stressed, angry or upset



8

children self-report increased feeling of being comfortable with self.



7

children self-report increased understanding of how being unkind to someone can make them feel.



9

children self-report increased understanding of the importance of self-care.



Achievements April to September 2024:

Evolve was funded through an MOJ contract administered by OPCC Cleveland to deliver the CURV programme. The focus was to reduce the risk of future involvement in serious violence by providing 10 targeted weekly group (and in some cases 1:1) sessions with young people who have experience of school absenteeism, school exclusion, service/care experience, criminal justice experience or domestic abuse. As a category of intervention, social skills training already has a strong evidence base indicating that it is effective at reducing serious violence and/or reducing behavioural difficulties. Evolve modules were adapted and expanded to include additional topics including violence and knife crime.

A great deal of time was dedicated to setting up the CURV intervention program including establishing referral pathways, new sessions planned and developed, additional staff training, agreeing service protocols, methods of delivery, identifying appropriate standardised measures and evaluation methods and producing the means to gather, collate and analyse the data. This has provided the staff with new learning opportunities and the acquirement of new skills, knowledge and abilities all of which they were able to integrate into the flow of their everyday work and activities for the greater benefit of the service.

The project started work in 3 schools over the year and has showed positive results with the interventions, making a real difference. However, for those areas where we do not appear to have made a great leap in improvement, we are mindful that the young people we are supporting have no control over most aspects of their lives and their home situation may have actually worsened during the CURV course. The children who attend our CURV sessions experience multiple disadvantages so even small positive steps are testament that incremental changes can be made with brief interventions.

OUTCOMES (April to September)

15 unique individuals

13

children self-report improved confidence in doing what feels right for them



10

children self-report improved ability to calm self-down when feeling stressed, angry or upset



11

children self-report having an understanding of the effects that violence can have



13

children self-reported improved understanding of how being unkind to someone can make them feel



10

children self-reported improved understanding of expressing feelings and emotions



“ I enjoyed learning about how we are all different. ”

“ I enjoyed everyone opening up about their emotions. ”

“ I know that I can say no if I feel uncomfortable. ”

“ Everyone needs to stop hurting people’s feelings and be nice ”

“ I learnt what peer pressure is ”

“ I’m calm and happy because I am here in this group ”

“ I loved the games and making the peer pressure poster ”

“ I learnt that we shouldn’t bully ”



SUPPORT FOR YOUNG WOMEN

Project Outline:

The Blossom Project supports girls and young women aged 13-24 (or up to 25 years if they have additional needs such as learning difficulties / disabilities), who experience multiple unmet needs and disadvantages. One to one and group, trauma informed and person centred, interventions build their resilience and prevent abuse, harm and exploitation and opportunities to lead campaigns, events and projects further ensure their voices are heard.

Blossom accepts referrals from a wide range of sources including Social Care (both childrens’ and adults’) education, health, housing schemes, mental health services (statutory and voluntary) as well as self-referrals. The girls and young women we support have a range of presenting needs upon referral including; sexual assault and harassment, low self-esteem and worth, lack of confidence, low resilience and struggling to regulate emotions, to name but a few. The support is focussed, exploring with the client what they want to work on first, together identifying actions and working together to co-produce their support goals.

The support offered is flexible and can be adapted to suit the changing needs of the clients. For example, this can take place in person, digitally as well as a combination of these to suit clients’ needs. The support is very much tailored to their individual needs to ensure clients feel comfortable in their sessions. It is not time constricted in that clients can access support for however long they need it and they can also access ad hoc support once exited if they find they need this again. The girls and young women who have accessed Blossom tell us that this is one of the most important things to them; that they are listened to, felt heard and not judged and that support is there for them when they need it. Our clients co-produced outcomes that they felt are most important to them to achieve during their journey with Blossom; to be confident, to be safe (at home and contextually), to be healthy (mentally and physically) to increase confidence and to gain knowledge and awareness of issues that matter to them.

Achievements October 2023 to September 2024:

Collaborative working with external professionals and agencies has remained pivotal to ensuring maximum engagement with our Blossom Project. Our work often entails supporting young women subject to statutory interventions which necessitates the need for case holders to work in partnership with professionals from a wide range of different disciplines to safeguard our young women. In doing so, staff have maximised every opportunity presented to them, not only in terms of promoting all aspects of the work undertaken by the Blossom Project, but also to strengthen partnership working in ensuring the best outcomes possible for the women we serve, who invariably are some of the most at risk and oppressed members of our society.

Blossom staff have spent much time implementing learning attained from completing neurodiversity/neurodivergent training to ensure the services we offer reflect the needs of neurodivergent individuals. This has included the undertaking of an assessment of our Blossom Group Room environment, looking at it through an additional needs lens to identify potential barriers and obstacles and making any necessary changes to ensure it became a fully accessible and enabling environment.

Demand for Blossom services over the past year has continued to increase steadily by 18%. The most cited presenting needs at the point of all referrals was emotional wellbeing, self-esteem/confidence and mental health. We are therefore delighted to announce the introduction of our new Blossom Mental Health Service. This exciting addition to Blossom will serve to create new opportunities right across Teesside for young women aged 16-25 with existing mental health issues, including undiagnosed conditions and/or risk of self-harm, who are not receiving the support they need from other services, to access co-designed, gender and age-appropriate, therapy. The service has been shaped by young women proving that trauma-informed approaches are the most effective way in enabling us to understand their trauma and their behaviour and thereby address the complex causes and consequences of their mental health.

“ Blossom isn't like the other services, it's actually good, that's why I come every week, you actually care ”

“ I wouldn't be where I am right now without the help and support from Blossom. ”

“ Blossom is my safe space where I am able to be myself. ”

“ Blossom has made such a difference in my life, and I find it comforting to know that when I need to reach out for support I can ”

“ Coming to Blossom has given me a safe place to talk and feel understood without worrying about being judged, I can say what I need to say, and my keyworker will understand. ”

“ You made my day, knowing I was seeing you today helped me through my day ”

“

After completing the circles of control exercise, it's helped me to see I have a lot more control over my life than I thought I had, and this is really reassuring.

”

“

I enjoy coming to the group sessions and meeting new people, having snacks and learning about different things every week, the groups are always fun.

”

OUTCOMES

44 unique individuals

31

young women self-report increased or maintained how confident they feel.



33

young women self-report feeling safe within their home environment.



32

young women self-report feeling safe outside of their home environment.



28

young women self-report maintained or increased physical health.



28

young women self-report maintained or increased mental health and well-being.



30

young women self-report an increased ability to make and maintain relationships with others.



32

young women self-report feeling confident to seek support with their health.



32

young women self-report having increased knowledge/awareness of topics they did not know before (as a result of Blossom 1:1 or group work).



9

young women not on case load attended drop-in sessions





VIOLENCE AGAINST WOMEN AND GIRLS

Project Outline:

The Violence Against Women and Girls advocacy project reaches, engages and empowers girls and young women aged 16 - 26 who are experiencing or have experienced gender-based violence against them. Through collaborative assessment, person centred and trauma informed support and advocacy, we ensure they know their rights and can recognise and address VAWG. This service supports girls and young women who are resident in Stockton, Middlesbrough, Hartlepool and Redcar and Cleveland.

Our VAWG project accepts referrals from a wide range of agencies similar to those that refer into Blossom as well as self-referrals. The young women supported have wide ranging needs linked to the gendered violence they have experienced, including sexual assault, sexual harassment, rape, sexual abuse (historic), stalking and domestic abuse and coercive control. As a result of these experiences the young women often present with secondary needs such as poor mental health and emotional wellbeing, ability to regulate emotions, lack of confidence and self esteem, body image issues as well as eating disorders.

As with the Blossom service offer, support is flexible and person centred to suit the clients individual needs and circumstances. Clients can access one to one support where they feel most comfortable. In person this can be at A Way Out office, within the community as well as an education establishment. Clients can also access digital support to suit their needs too, this is helpful for clients who are in full time work or education. Client feedback to date evidences that being listened to and feeling cared for is different to support they have previously received.

Achievements October 2023 to September 2024:

In the early part of this year, it became very apparent to the VAWG worker that the young women accessing the service had little understanding of the meaning of consent. As a result of this, ensuring women are fully informed about the meaning of consent has become an inherent focus of our work and feedback has been very positive with many clients stating how beneficial they have found this as it is not something they had previously been educated on. The practice of inviting all new VAWG clients referred into the service for a pre-engagement session which includes a tour of A Way Out premises and an informal chat prior to their initial assessment visit has been introduced. This pre-engagement session also provides new clients with the opportunity to meet the VAWG worker, ask any questions they may have and familiarise themselves with the building. It also allows clients to consider whether the support offered is right for them before committing to the completion of an initial assessment. The gathering of such information ensures the VAWG worker has a full understanding of a client's individual needs and along with the client is able to develop a personal support plan that is both client informed, and client centred.

Much attention has been given to clients spoken narratives in terms of how they speak about themselves, their challenges and their coping strategies and progress recorded. Additionally, clients also set goals relating to coping and resilience throughout the sessions which also serves to enable the measurement of their progress in achieving their identified goals. Throughout the work, wellbeing cards and worksheets that focus on anxiety, grounding techniques, journaling, managing stress and healthy boundaries are frequently used. Use of such measures provide insight into how the client is feeling before work is undertaken and how the client is feeling post intervention following completion of the work. This triangulated approach ensures we stringently monitor every client's progress throughout their journey of working with the VAWG advocate. As a result, the VAWG service has received some amazing feedback from clients. .

“

I feel like I'm bossing life right now. I didn't think I'd get to this point but since chatting to you I feel like I'm shining again.

”

“

I've applied for 3 different universities and have been offered a place at 2, thanks for helping build my confidence and show me anything is possible

”

“

Although I only see you for one hour a week, the sessions have helped me so much. I always leave feeling more positive and ready to take on the week ahead. I just wanted you to know that I have applied to Uni to study dance, something I never thought I'd have the confidence or drive to do before we started our work. I'm so excited. Thank you.

”

“

I've been practicing the work we completed on healthy boundaries with my friends and work colleagues, it's really helped me to communicate better and I feel so much better about the future. Thank you

”

“

I actually look forward to our sessions, I feel like you listen and actually care rather than it just being your job. I didn't think things were going to get better, but since we started completing our work they really have.

”

OUTCOMES

17 unique individuals

17

young women self-report feeling safe



17

young women self-report improved health and well-being



17

young women self-report feeling more knowledgeable and informed around the Criminal Justice process



17

young women self-report ability to return to lifestyle or adjust to changes





HORIZON



OUTREACH AND RECOVERY

Project Outline:

The Liberty Project is made up of three different strands. Our core provision offers support for women who are currently, have been involved in, or are at risk of engaging in street sex work across the Stockton, Middlesbrough, Hartlepool and Redcar & Cleveland areas. As a lead partner in the Adult Sexual Exploitation Partnership (ASEP), we provide support for women who are currently experiencing, have experienced, or are at risk of sexual exploitation in the Stockton, Middlesbrough, Redcar & Cleveland and Hartlepool areas of Teesside. South Tees Changing Futures provides support to men and women who are facing challenges in at least two of the following areas; homelessness or acute housing need, substance or alcohol misuse, domestic abuse, mental health and repeated contact with the criminal justice system. As part of our funding from South Tees Changing Futures, we provide support to those who fall under this criteria and are currently experiencing or have previously experienced sexual exploitation, or are engaging in street sex work to meet their basic needs in the Middlesbrough and Redcar & Cleveland areas.

Achievements October 2023 to September 2024:

Over this year, the Liberty Project has gone through an exciting period of change, continuing to support women across Stockton, Middlesbrough, Hartlepool and Redcar & Cleveland. STAGE came to an end at the start of this period, but this has now transitioned to the Adult Sexual Exploitation Partnership (ASEP) which allows us to support women who have experienced or are experiencing sexual exploitation. We have also been successful in our application for South Tees Changing Futures funding which allows us to support women, and for the first time men, who are experiencing sexual exploitation or are involved in opportunistic on street sex work across the Middlesbrough and Redcar & Cleveland local authority areas.

In February, our STAGE worker and previous Services Manager left the organisation, triggering a period of recruitment. This left us with one Project Worker on the Liberty Project from February to the end of April when the new Services Manager started work. During this time we were successful in a number of funding applications which enabled us to employ a new Liberty Project Worker, working solely in the Stockton area and a new ASEP Project Worker who covers the entire Teesside area, followed by two Changing Futures Project Workers who have joined us towards the end of the year.

Evening Outreach provision was affected by the change in staffing and was reduced to match staff availability, but from June was back to 2 sessions per week, covered by our new staff team and volunteers. Over the year we have been able to support 69 individuals through our Evening Outreach, providing women with food, hot drinks and water, condoms and other safety items, also supporting women via safety planning at the side of the road and taking self-referrals from any women who would like to request 1:1 support.

Continuing our partnership with local police has been a focus over this year as we have worked together with Cleveland Police in Stockton on Operation Nightfall which operates 2 nights per week to safeguard women sex working on the streets around Stockton. We have also delivered training to police over this time to help develop their understanding of the nature of sex work in the area and the kind of support needed.

A review of the Liberty Project was carried out by Gaynor Trueman and presented to the team in June which enabled us to begin redevelopment of the project, putting wish list ideas from the team into practice to ensure a wider offer of support from the project. As a result of this, we now have a Duty Worker rota in place ensuring that 2 members of the Liberty Team are working in the Liberty Lounge each day providing support to women who present at the office in need of support. This review of the service has been a positive experience for the whole team and has enabled us to begin to redevelop the service to match the changing needs of the women we support.

We have developed stronger links with local organisations across Stockton, Middlesbrough, Hartlepool and Redcar & Cleveland, sharing about the service we provide, and visiting local authority teams and local charities to deliver training to staff and establish strong referral pathways. One member of staff based in a council department commented that “it was the most useful meeting she'd attended in a long time”. This is enabling us to spread awareness and work together more closely with other organisations, both statutory and within the third sector.

We continue to be involved in HRAP (High Risk Adults Panel) and SEHP (Sexual Exploitation and Harm Panel) meetings across Teesside, sharing information in a multiagency forum to safeguard some of the most at risk women in Teesside. Alongside this, we have also been invited to work within the Complex Exploitation Team (CET) in Cleveland Police one afternoon per week. We are able to send 3 staff to this each week and this is a valuable opportunity which allows us to support our clients more effectively while sharing information with police.

As a lead partner in ASEP, we attended the induction day in Leeds in September, which gave us an opportunity to meet other organisations involved in the partnership and hear about what they do. Our ASEP worker will continue to attend quarterly case supervisions with other workers from the partnership and our CEO and Services Manager will continue to attend strategy meetings throughout the duration of the contract. ASEP is made up of organisations across the North East and Yorkshire including, Changing Lives, GROW, Together Women, Basis, WomenCentre, Ashiana and the Angelou Centre. As a partnership, we will work together and meet requests to influence change to policy and practice at local and national levels, to systemically improve outcomes for women and girls.

The changes and development of the project this year put us in a positive position as we move into the next year. We have been able to lay the foundations for more outreach and group work, ensuring we uphold our important “no wrong door” approach to supporting women who present at the building for support. We have built stronger links with organisations across Teesside and will continue to do so as we move forward. As a team, we are excited to see how the work we have done this year will help us to move forward into the next, enabling us to continue to support increasing numbers of women, and to begin to work with men in the Middlesbrough and Redcar & Cleveland areas.

OUTCOMES - 100 Unique Individuals

100

women engaged with in-house support and outreach service



56

women reported a positive benefit from participating in our one to one wellbeing sessions, doorstep checks, walk and talk sessions



40

women reported a positive benefit from participating in group wellbeing sessions



17

women reported an increase in self-esteem and confidence



21

women reported feeling safe



22

women are in stable accommodation



21

women are accessing sexual health screening and health checks



12

accessed health care appointments including GP, dentist, mental health and sexual health services



6

disclosed rape and sexual violence



33

disclosed non-sexual acts or threats of violence made to them



FUTURE STEPS

Project Outline:

Future Steps is a project funded by, and working alongside, Thirteen, and seeks to support at risk women to maintain secure tenancies. We have one Adult Worker Accommodation Specialist who maintains a caseload of clients who can be referred to her from any project across A Way Out.

Our Adult Worker Accommodation Specialist provides holistic support to women by supporting them to ensure they are receiving correct benefits, to register with Tees Valley Homefinder and Thirteen Housing as required. She empowers her clients to independently contact services, and supports clients in the areas of employability by supporting them to access training and other courses, and around finances and budgeting.

Achievements October 2023 to September 2024:

In February 2024, our previous Adult Worker Accommodation Specialist left the organisation to move to a different role, with our new Adult Worker Accommodation Specialist joining the organisation in May 2024. Support has been given to numerous women both through caseload support and ad hoc support. Prior to our new member of staff commencing her employment in May 2024, the previous worker was based within the Phoenix team and supported women who mainly came through this project. Our new worker is now based within the Liberty team and this has enabled her to support women across more projects.

Since May 2024, we have engaged with 12 women via caseload support, and achieving £2,394 in monies gained which has helped clients with rent arrears, food bags and items for the home including a fridge/freezer, microwave, toaster, bedding and crockery. Our Adult Worker Accommodation Specialist has also been involved in supporting women who present at our Stockton office with issues around street homelessness and sofa surfing, including supporting a client to make repeated presentations to Housing and arranging a solicitor to support her in making her case for emergency housing. The Adult Worker Accommodation Specialist is available to all members of staff to give advice on how to approach housing services and routes to take with clients who have rent arrears and prior convictions for things like anti-social behaviour which often hinders their ability to apply for social housing.

Our Adult Worker Accommodation Specialist has also become a Lead Worker on our Liberty Evening Outreach, contributing to the smooth running of this service and being part of the wider team that has enabled us to return to consistent provision of outreach 2 nights per week.



PHOENIX WOMEN

CRIMINAL JUSTICE SERVICES

Project Outline:

The Criminal Justice Project commenced in 2021 and is now fully embedded into the organisation. The project, now known as Phoenix Women, works in partnership with Changing Lives and the National Probation Service covering the areas of Middlesbrough and Redcar & Cleveland. The women are referred to our case workers by Probation Officers who have identified specific pathways to help and encourage them to move past previous offending and build a stronger and fulfilling future for themselves and their families.

Achievements October 2023 to September 2024:

Pathways into offending for women are often different to those of men and can be because of harm, abuse and exploitation that they have experienced. Many women are disproportionately affected by harsher sentences and struggle with the separation from their children, in addition to experiencing structural inequality, marginalisation and increased risk of harm. In our experience the women often have complex issues that they require support to navigate through.

To help build resilience women are referred to us by Probation with specific pathways to work. There are seven pathways including Emotional Well-Being, Finance Benefit and Debt, Accommodation, Family and significant others, Lifestyle and Associates, Dependency and recovery and Employment education/training. Women are generally referred for on average of 3 of the 7 pathways. In addition, we provide a further level of support through referrals to several agencies outside of the criminal justice system who can provide specialist support for issues such as; substance misuse, domestic abuse, housing, debt management and emotional wellbeing. We work hand in hand with these agencies to provide trauma informed support for women. We also have the benefit of expertise within A Way Out who can provide family support for both adults and children, a VAWG worker and a team who can support women who have experienced on street sex working in addition to women who are, or who have experienced sexual exploitation.

Due to traumatic life experiences many of the women we work with have trust issues. It takes time, patience and understanding to break down barriers to create a positive working relationship. The team work with commitment and passion to create a safe space, where women feel able to open up and begin to make steps towards a more fulfilling future.

We are delighted to see the progress made during the women's journey with us. Whilst the work can be challenging, we have success stories, where we are able to see women overcoming adversity and barriers that they never thought possible. We are very fortunate to have a creative therapist working with us from Wandering Goose who has successfully taken a number of women through a 6 week Creative Journaling group work programme. The women have spoken highly of the course and the value it has been for them. This has also been echoed by Probation as the positive impact on the women she had referred to the group. The work allows the women to make sense of difficult and challenging life experiences, using creative techniques that accumulate into a journal, that is theirs to keep. One of the women described sharing the journal with her mother and how it helped to heal the rift that had occurred between them due to her criminal activity. She shared how the content of her journal had helped her mother to understand the journey she had been on. Another woman described doing creative journaling with her young daughter during contact sessions and how this was helping the bonding process between them. Some of the women have gone on to become peer mentors for the Probation Service and eventually to full time employment with partner agencies, which is fantastic news. We continue to welcome women into Horizon our Middlesbrough building, and still receive positive comments from those women who attend for the first time.

We continue to work closely with Probation both in Middlesbrough and Redcar and have excellent working relationships with Probation colleagues in both areas. We work in trauma informed spaces alongside key partner organisations and more specifically Ingeus Charity who run the hub in Middlesbrough and are a key partner in the women's rehabilitation journey. We meet once a month with the Probation team to discuss cases and potential new referrals. This is proving to be very worthwhile as we are seeing an increase in referrals and women attending the Hub.

Intervention Delivery

The interventions we deliver are directly related to the 7 pathways identified above. We aim to 'meet women where they are' providing interventions that are adaptable to meet individual need, effective and relevant. We have provided the following:

Supporting clients with accommodation issues

- Assisting women to set up accommodation bidding systems such as Tees Valley home finder. Many of the women would struggle to do this without the support of their community coach.
- Managing a tenancy, which would include support with budgeting, paying bills.

Emotional wellbeing

- Support to access and attend counselling sessions.
- Activities to build self-esteem and resilience.
- One of the team recently supported a woman with a final contact session with her child, who has been placed for adoption.
- ITEC, recently delivered a 3-week course around emotional well-being. This included a focus on physical as well as emotional well-being.

Supported to address issues within their families

- Support around healthy relationships,
- Working alongside A Way Out's family workers to support parents and children with challenges they are facing.
- Supporting survivors of domestic abuse to understand perpetrator behaviour.

Supported through addiction and recovery

- Support to attend addiction services.
- Relapse Prevention.

Education, Training and Employment

- Purchasing tablets, laptops to provide a platform for accessing training.
- We were able to purchase a sewing machine to allow a woman to attend an online sewing course with a view to increase employability.

Support to identify positive and negative relationships

- Work around healthy relationships
- Looking at circle of friends using a red flag system, i.e., identifying positive and negative influences.

Supported with benefits, money management and debt

- Budgeting.
- Compiling a cookbook, based on 'Cooking on a Budget'. This was peer led, by a woman who had previously worked as a chef.
- Supporting woman to access specialist debt management, including CAB. This led to a successful application for a Debt Recovery Order. Not only did it have an impact on the woman's financial situation, but it also had a positive outcome on her emotional wellbeing.

Supported in the transition between custody and community

- The transition from Custody to the community can be a difficult and challenging experience for women. As part of social inclusion, we have picked up a woman upon release from Low Newton and transported her to her Probation appointment.

Group work commencement

- Work continues in A Way Out's Middlesbrough building. This is a warm, comfortable, trauma informed space, where we can provide one to one and group work interventions.
- A group focusing on emotional well-being has just concluded. Group members shared positive feedback and expressed an eagerness to engage in other groups.
- We deliver Sage (A Way Out's bespoke compassion and solution focussed therapy course) which is a strengths based and future focussed programme aimed at unlocking potential to problem solve and recognises the woman as the authority on their own solutions.
- We undertake specific group interventions based around the 7 referral pathway interventions and these are informed by the women we work alongside
- We utilise lived experience to deliver group programmes (cooking course as an example).

CASE STUDY

CC* was referred to A Way Out for support with accommodation, finance and benefit debt. In order to secure a source of income, be a role model and to support her 3 children CC was keen to gain employment.

CC disclosed that her dream job was to carry out body piercing, working together we sourced a company in Durham who provided a one-day training course that also provided advice and guidance on how someone can set up their own business and obtain relevant insurance cover.

The Smallwood Trust Client Grants funded CC to carry out the one-day training course. She has sourced a room in a local tattoo parlour where she can carry out her work now that she is qualified.

This has helped CC to lead an offence free lifestyle. It has had a huge impact on her self-esteem and self-worth.

We are still working with CC to secure accommodation, however things are looking much more positive for her now that she is successfully began her career.



OUTCOMES

141 unique individuals

83

supported with their accommodation issues



35

supported through addiction and recovery



25

in education, training and employment



141

supported to improve their emotional wellbeing



33

supported to address issues within their families



50

supported with benefits, money management and debt



71

supported to identify positive and negative relationships



21

supported in the transition between custody and the community



UNIVERSAL SERVICES



reaching • inspiring • supporting • empowering

FAMILIES

Project Outline:

The RISE Families service provides support to increase wellbeing and improve relationships within families of individuals who are currently accessing support through other A Way Out projects. This service provides support around mental health and emotional wellbeing, parenting skills, money management and budgeting, understanding trauma and its impact, advocacy and liaison with other services.

Support is person-centred, trauma informed and can be flexible and adapted to meet the unique needs of each family. Our Family Intervention Workers work with families using a solution focussed approach which means that they work together with parents and children to come up with solutions to the challenges they face, empowering families to regain a sense of control and stability in their own lives so that they can move forward into a positive future.

Achievements October 2023 to September 2024:

The RISE Families team has had a busy year, starting with a modest number of clients each, both Family Interventions Workers now have full caseloads and regularly have a small waiting list. The team have worked jointly on two particularly complex cases, supporting both parents and children within two families, both with a high level of need, working alongside statutory services to provide intensive support to reduce risk within both family units and support around school attendance, home management and abuse.

Working alongside our EVOLVE worker on a project funded by CURV, our Family Intervention Workers have supported parents in schools via coffee mornings whose children have been selected to receive support in school as they have been identified as at risk of committing violent offences in the future. The purpose of this project is to reduce the risk of offending by educating parents and children in order to reduce this risk.

Both members of the team have also supported our Liberty Evening Outreach as Lead Workers, enabling us to provide 2 outreach sessions per week as part of the wider team who support this aspect of our provision.

The team continue to receive referrals from other projects within the organisation and have consistently good outcomes. They work brilliantly as a team and this can be seen through the positive outcomes they achieve.

OUTCOMES

6 unique families

4

reported a positive improvement in their mental health and overall well-being.



4

reported a positive improvement in their family relationships.



4

reported improved resilience.



5

reported that they found the service useful.



6

reported that they didn't have suggestions to improve the service.



THERAPEUTIC PSYCHOTHERAPY COUNSELLING

Service Outline:

The psychological service and psychological pathway work across all projects. The key role of the service is to provide psychological support. The service has evolved over time and continues to evolve according to the needs of the clients and the organisation.

Key functions of the service:

- Provide psychological support to clients either through 1 to 1 psychotherapy and / or therapeutic programmes.
- Support staff working with clients with complex mental health needs through regular “clinics”; ad-hoc clinics; developing & delivering training programmes on psychological topics.
- Support volunteer counsellors / psychotherapists through meetings and supervision.
- Supporting trainee counsellors and psychotherapists on placement with A Way Out through supervision and training. When there are trainees on placements written reports are required by the training organisation.

Examples of training programmes developed and delivered through the psychological services:

- Establishing & maintaining the therapeutic relationship.
- Working with chaotic behaviours.
- When the client gets inside your head.
- Trauma informed services.
- Empowering conversations.
- Attachment.

Client experiences:

The clients we see at A Way Out have experienced trauma in their lives. Some of the clients we work with have experienced multiple traumatic experiences. The trauma can be from childhood or as adults and has included:

- Growing up in a violent household.
- Sexual abuse.
- Parents with addiction issues.
- Parents selling drugs from the house – one client disclosed “scary people coming to the house”.
- Multiple foster placements.
- Parents unable to provide positive emotional nurturing.
- Ignored as children; in a couple of cases the clients had very ill siblings who took up the parents’ attention to the exclusion of the client.
- Being attacked when sex working.
- Many other adverse childhood events.

We work with clients who have diagnosed mental health conditions. The most common one is “Emotionally Unstable Personality Disorder”. However, women who are given this label are more likely suffering from complex post-traumatic stress. Invariably these are the women who have experienced multiple traumas. Their behaviours can be chaotic and challenging. Mental health services tend to regard this client group as “incurable” and label them as “attention seeking”. The therapy needed by this client group is the therapeutic relationship, however because of their experiences they struggle with being in a “healthy” relationship. Therein lies the challenge and the paradox of working with this client group.

1 to 1 Psychotherapy – how we work with the clients

When clients are referred into psychological services for 1 to 1 psychotherapy a lot of time is given to establishing and maintaining the therapeutic relationship. For a lot of clients this phase of the psychotherapy is as much as they can cope with especially those who did not receive positive emotional nurturing.

The approach taken with clients is to establish a safe space for the client and to avoid forcing conversations about what’s happened in their life. This avoids retraumatizing the client.

OUTCOMES
18 individuals

195

one to one psychotherapy sessions.



20

group therapy sessions.



23

clients exited therapy after achieving their outcome.



3

therapists available during the reporting period.





VOLUNTEERS

A Way Out is extremely grateful for the generous assistance our services receive from our bank of volunteers. During 2023/2024, we were able to return to twice weekly outreach sessions and improve our links with local universities to increase our pool of potential volunteers.

We were also able to recruit a new Psychotherapy volunteer. We have been grateful for the support of local organisations who have given time to help us improve our building, and to other groups who regularly collect food for our food bank.

SUPPORT

13

number of dedicated volunteers.



214

number of volunteer hours delivered.



Achievements October 2023 to September 2024:

Our team of dedicated volunteers:

- Worked alongside our Liberty team during twice weekly outreach in Stockton and Middlesbrough.
- Supported with Psychotherapy sessions for clients.
- Assisted in the collection of regular food donations.
- Raised awareness and fundraised for A Way Out.
- Supported with fundraising events.
- Assisted in the maintenance of the building.



RESERVES POLICY

It is the intention of the trustees to maintain cash-backed unrestricted general reserve funds at a minimum of three months core expenditure and they estimate that a reserve of circa £170,000 (previous year £165,000) would cover that requirement at the present point in time.


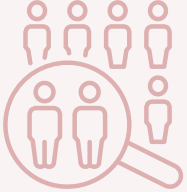
The trustees consider that, in the event of a significant reduction in the level of grants and charitable donations, this level of reserve would allow sufficient time to source new funding or wind down the operations of the charity in an orderly manner.



It is the intention of the trustees to designate any unrestricted funds above this reserve to invest in sustaining existing or developing new services/activities/roles to ensure we continue to meet the needs of those accessing our services.

With net current assets/cash liquidity of £561,080 at 30 September 2024 (30/9/23 £516,096 as restated) and unspent restricted funds of £303,320 (30/9/23 £294,870 as restated) the above level of cash-backed unrestricted funds was achieved.



PLANS FOR THE FUTURE

Board Sub Group	Priorities	Outcome
Performance and Quality 	enhance service delivery by implementing service standards and an internal quality assurance framework	greater consistency of and ongoing improvements in service delivery.
	expand our evidence base by establishing a new or upgraded case management system, completing external evaluation of Unity and Horizon, and continuing to implement our monitoring methodology (including capturing informal feedback from those accessing our services)	more informed decision making and more effective business development.
	expand our monitoring methodology to include partners by scoping opportunities for them to provide informal and formal feedback.	stronger relationships with partner organisations and enhanced professional reputation.
	deliver wider system change by seeking opportunities to influence others and share learning through external evaluation and research and/or networks, workshops and meetings.	increased opportunities to influence the policy, procedures and practice of other organisations.
	ensure we respond to the challenges of Artificial Intelligence and Climate Change by developing our policies and procedures.	strengthened cyber security and reduced environmental impact.
Workforce 	create new learning opportunities by establishing a development programme (including in-house and external training) for staff (including apprentices), trustees and volunteers.	increased skills and experience (including accredited qualification) and legal/ regulatory compliance (equality and diversity, GDPR, health and safety, safeguarding etc).
	enhance our offer to staff by establishing a menu of non-financial staff benefits (on an opt in or opt out basis).	increased recruitment and retention and improved wellbeing.
	promote flexible working by training and supporting staff to work across different roles and teams.	more efficient and effective delivery of services and opportunities for personal development.
	expand our volunteer team by actively promoting opportunities to churches, local businesses and the wider community and develop our volunteer offer by providing ongoing supervision and training.	greater capacity to deliver our services and opportunities for volunteers to gain skills and experience.

Board Sub Group	Priorities	Outcome
Strategy and Governance 	strengthen governance by undertaking an annual audit of trustee's skills and experience to identify opportunities to contribute to delivery of strategy/business plan and inform future trustee recruitment.	increased board capacity and capability and greater awareness and understanding of strategy and business plan.
	inform the development of our strategy, our policies and process and practice by establishing an advisory group structure.	greater oversight (and scrutiny) and increased accountability.
	establish advisory group of staff and trustees supported by a consultant to review our name and brand, develop our approach to advocacy and campaigning and support wider communication and marketing activity.	greater clarity and consistency in internal and external meetings as well as increase understanding and awareness of A Way Out.
	develop our offer by establishing our new Always a Mother and Housing services in partnership with others and seeking opportunities to expand geographically or thematically in response to unmet need.	address changing needs of those we work alongside to increase our impact and geographical reach.
	maintain our relationship with our local community, including our faith communities by promoting opportunities to support our work and ensuring board representation.	ensure everything we do is informed by values of love, hope and freedom and underpinned by our Christian ethos.
Finance and Funding 	ensure effective and efficient financial management by continuing to develop our planning and reporting.	informed decision making, more efficient and effective use of resources and proactive management of financial risks.
	achieve a balanced budget (including core costs) within the financial year by continuing to diversify our income (particularly commissioning and fundraising) and realise efficiency savings.	increased financial sustainability and greater organisational capacity to meet the needs of those we work alongside.
	build organisational capacity by using reserves to develop existing and new services whilst retaining sufficient funds to cover our liabilities.	greater resilience when responding to internal and external challenges and increased impact.
	ensure our accommodation is 'fit for purpose' by exploring opportunities to lease or purchase and (if necessary, refurbish) our existing or another building.	enhanced and possibly expanded service delivery and potential to reduce core costs and/or increase income (subletting).

In addition to those identified in the Business Plan, the directors/trustees and senior management team are going to take a holistic look at risk management in response to the current economic climate, so that commissioners, partners and funders understand how we respond to increasing demand, reduced funding and greater regulations.

Trustees' responsibilities

The trustees (who are also directors of A Way Out for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

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

The directors/trustees have prepared this report in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the directors/trustees on 25 June 2025 and signed on their behalf by:



.....
Robert Thompson
Chair

A WAY OUT
(A Company Limited by Guarantee)

INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF A WAY OUT

Opinion

We have audited the financial statements of A Way Out (the 'charitable company') for the year ended 30 September 2024 which comprise the Statement of Financial Activities including Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including 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 30 September 2024, and of its incoming resources and application of resources, including its income and expenditure, 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 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 charitable company's ability to continue as a going concern for a period of at least twelve 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 trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. 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 the 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 with the trustees' report has been prepared in accordance with applicable legal requirements.

**A WAY OUT
(A Company Limited by Guarantee)**

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF A WAY OUT
(CONTINUED)**

Matters on which we are required to report by exception

In the light of the knowledge and the understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within 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 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 or our audit; or
- 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 directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 35, 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 charitable company'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 charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor 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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charitable company, we identified that the principal risks of non-compliance with laws and regulations related to Company and Charity law, and we considered the extent to which non-compliance might have a material effect on the financial statements.

We evaluated management's opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Audit procedures performed by the engagement team include:

- enquiring of management concerning actual and potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- testing the appropriateness of journal entries and other adjustments;
- assessing whether the judgements made in making accounting estimates were indicative of a potential bias; and
- reviewing minutes of meetings of those charged with governance.

**A WAY OUT
(A Company Limited by Guarantee)**

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF A WAY OUT
(CONTINUED)**

Auditor responsibilities for the audit of the financial statements (continued)

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely it is that we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities is available on the FRC's website at: <https://www.frc.org.uk/auditors/audit-assurance/auditor-s-responsibilities-for-the-audit-of-the-fi/description-of-the-auditor%E2%80%99s-responsibilities-for>. This description forms part of our auditor's report.

Use of this 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. 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 auditor's 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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

**Mr Jeremy Lester BFP FCA (Senior Statutory Auditor)
For and on behalf of Baines Jewitt Limited
Statutory Auditors
Spitfire House
19 Falcon Court
Preston Farm Industrial Estate
Stockton-on-Tees
TS18 3TU**

Date: 25 June 2025

JL/AJW

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2024
(including Summary Income and Expenditure Account)

	Notes	Unrestricted Funds		Restricted Funds		Total Funds	
		2024 £	2023 £	2024 £	2023 £	2024 £	2023 £
					Restated		Restated
INCOME							
Grants and donations	4(a)	41,462	55,143	980,529	828,876	1,021,991	884,019
Income from charitable activities	4(b)	-	20,160	-	-	-	20,160
Investment income	4(c)	7,559	4,544	-	-	7,559	4,544
Other income	4(d)	660	-	-	865	660	865
TOTAL INCOME		49,681	79,847	980,529	829,741	1,030,210	909,588
EXPENDITURE							
Charitable Activities	6	-	-	976,335	826,681	976,335	826,681
Raising funds	8	15,739	-	-	12,849	15,739	12,849
TOTAL EXPENDITURE		15,739	-	976,335	839,530	992,074	839,530
Net Income/(Expenditure)		33,942	79,847	4,194	(9,789)	38,136	70,058
Transfers between Funds	15	(4,256)	(147,076)	4,256	147,076	-	-
Net Movement in Funds	10	29,686	(67,229)	8,450	137,287	38,136	70,058
Reconciliation of funds:							
Total funds brought forward as previously stated	15	236,669	303,898	294,870	97,228	531,539	401,126
Prior year adjustment	15	-	-	-	60,355	-	60,355
Total Funds Carried Forward	15&16	266,355	236,669	303,320	294,870	569,675	531,539

The Statement of Financial Activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

A WAY OUT
(A Company Limited by Guarantee)

Company Registration Number: 06265354

BALANCE SHEET
AS AT 30 SEPTEMBER 2024

	Note	£	2024 £	£		2023 £ Restated
FIXED ASSETS						
Tangible assets	11		8,595			15,443
CURRENT ASSETS						
Debtors	12		144,029	52,459		
Cash at bank and in hand			509,302	486,078		
			<u>653,331</u>	538,537		
CREDITORS: Amounts falling due within one year	13		<u>(92,251)</u>	<u>(22,441)</u>		
NET CURRENT ASSETS			<u>561,080</u>			516,096
NET ASSETS			<u>569,675</u>			<u>531,539</u>
FUNDS	15 & 16					
Unrestricted funds			266,355			236,669
Restricted funds			303,320			294,870
TOTAL FUNDS			<u>569,675</u>			<u>531,539</u>

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved and authorised for issue by the trustees on 25 June 2025 and signed on their behalf by:



.....
R Thompson
Director/Trustee



.....
A Malcolm
Director/Trustee

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Notes	2024 £	2023 £
Cash inflow from operating activities	23	<u>15,665</u>	<u>60,109</u>
Cash inflow/(outflow) from investing activities:			
Interest receivable		7,559	4,544
Purchase of tangible fixed assets		<u>-</u>	<u>(5,766)</u>
Net cash outflow from investing activities		<u>7,559</u>	<u>(1,222)</u>
Increase in cash and cash equivalents in year		23,224	58,887
Cash and cash equivalents at the beginning of the year		486,078	427,191
Total cash and cash equivalents at the end of the year		<u>509,302</u>	<u>486,078</u>
Cash and cash equivalents consist of:			
Cash at bank and in hand		<u>509,302</u>	<u>486,078</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

1. CHARITY INFORMATION

The charity (registered number 1137535) is a public benefit entity incorporated in the UK on 1 June 2007 as a company limited by guarantee. The company remained dormant until October 2010 when all of the assets and liabilities were transferred from the former unincorporated charity, which was founded in 2002. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The objective of the charity's operation and principal activities is to improve the health and wellbeing of women and young people.

2. BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS

Basis of Preparation and Assessment of Going Concern

The charity constitutes a public entity as defined by FRS 102. The financial statements have been prepared on a going concern basis under the historical cost convention and in accordance with applicable accounting standards, the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

3. ACCOUNTING POLICIES

Income Recognition

(a) Grants and donations

Incoming resources from non-exchange contracts, grants and donations are included in the Statement of Financial Activities when the charity is legally entitled to the income, the amount can be measured reliably and it is probable that the income will be received.

Incoming resources from exchange contracts, grants and donations are included in the Statement of Financial Activities when the charity is legally entitled to the income, after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received. If entitlement conditions are not met, then these amounts are deferred.

When donors specify that contracts, grants and donations, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

(b) Gift aid recoverable on donations and gifts

Gift aid recoverable is included in incoming resources in the same period as the gift to which it relates.

(c) Investment income

Investment income is included when receivable by the charity.

(d) Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the financial statements as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in incoming resources when receivable.

(e) Donated services and facilities

Donated services and facilities are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value of the service or facility received.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

3. ACCOUNTING POLICIES (Continued)

(f) Volunteer help

The value of any volunteer help received is not included in the financial statements.

(g) Resources Expended

Resources expended are accounted for on an accruals basis, inclusive of attributable VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been apportioned to the costs of those activities on a basis consistent with the use of resources.

(h) Tangible Fixed Assets

Fixed assets are included at cost less depreciation unless details of cost are not available. Where details of cost are not available, fixed assets are included at an estimated value. Where neither details of cost nor estimated values are available, fixed assets are not shown in the financial statements.

(i) Depreciation

Tangible fixed assets are depreciated over their estimated useful lives as follows:

Leasehold property	- straight line over the initial primary term of the lease
Fixtures, fittings and equipment	- 33.33% per annum straight line
Motor vehicles	- 25.00% reducing balance

(j) Pension Costs

Contributions payable to a group personal pension and individual personal pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

(k) Financial Instruments

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

Financial assets held at amortised cost comprise cash at bank, together with trade and other debtors. Financial liabilities held at amortised cost comprise trade and other creditors.

(l) Fund Accounting

Funds held by the charity are either:

- **unrestricted funds** - these are funds which can be used in accordance with the objects of the charity at the discretion of the trustees. They may include designated funds which have been set aside by the trustees for particular purposes.
- **restricted funds** - these are funds which can only be used for particular restricted purposes within the objects of the charity; whether it be for the purchase or construction of a fixed asset or in respect of a specific project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Once the restrictions imposed by the provider of the grant/the donor have been observed, the fund is then transferred to unrestricted funds.

(m) Operating Leases

Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged against revenue on a straight line basis over the period of the lease.

(n) Hire Purchase and Finance Lease Commitments

Assets obtained under hire purchase contracts or on finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

(o) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

4. INCOME BREAKDOWN

(a) Grants and Donations	Unrestricted Funds		Restricted Funds		Total Funds	
	2024	2023	2024	2023	2024	2023
	£	£	£	£	£	£
				Restated		Restated
Grant and Contract Income:						
Accenture	-	-	10,000	-	10,000	-
Anonymous	-	-	-	13,000	-	13,000
Ashburn Charitable Trust	3,000	3,000	-	-	3,000	3,000
Awards for All	-	-	19,924	9,999	19,924	9,999
B&Q/Neighbourly	-	-	-	5,000	-	5,000
BLF – reaching communities	-	-	54,000	-	54,000	-
Ballinger Trust	-	-	20,000	-	20,000	-
Benefact Trust	-	-	-	3,600	-	3,600
Big Lottery Fund	-	-	-	63,176	-	63,176
Bursary	-	-	-	700	-	700
Catalyst	-	-	500	-	500	-
Changing Futures	-	-	34,115	-	34,115	-
Changing Lives (Criminal Justice Team)	-	-	236,882	231,031	236,882	231,031
Changing Lives	-	-	36,796	-	36,796	-
Charities Trust	-	250	-	-	-	250
Cleveland PCC	-	-	32,321	-	32,321	-
Cleveland Police – safer streets	-	-	3,750	-	3,750	-
Cleveland Womens Network Partnership	-	2,000	2,000	-	2,000	2,000
County Durham Community Foundation (Frank Brown)	-	-	2,639	2,816	2,639	2,816
County Durham Community Foundation (High Sheriff)	-	-	-	1,000	-	1,000
County Durham Community Foundation (iwill)	-	-	-	10,000	-	10,000
Curv	-	-	10,000	-	10,000	-
Darlington Building Society	-	-	-	7,600	-	7,600
The Edward Gosling Foundation	-	-	-	25,000	-	25,000
Evolve	-	-	19,334	-	19,334	-
Garfield Weston	-	-	-	30,000	-	30,000
H Jarvis and F Connolly	-	-	8,000	-	8,000	-
Henry Smith	-	-	68,850	34,950	68,850	34,950
High Clarence	-	-	330	-	330	-
Ingeus (North East)	2,053	-	9,891	9,939	11,944	9,939
Ingeus (West Midlands)	-	-	12,987	-	12,987	-
Leathersellers	-	-	25,000	25,000	25,000	25,000
Lloyds Bank Foundation	-	-	25,000	27,250	25,000	27,250
Middlesbrough Borough Council	-	-	-	5,907	-	5,907
Ministry of Justice (Core)	-	-	118,417	41,635	118,417	41,635
Ministry of Justice (OPCC)	-	-	15,092	-	15,092	-
Ministry of Justice (VAWG)	-	-	-	22,579	-	22,579
Ministry of Justice (Womens)	-	-	-	29,431	-	29,431
MVDA	-	-	-	4,800	-	4,800
Northfield School	-	-	-	1,980	-	1,980
Ormesby School	-	-	-	415	-	415
Pattisons Estate Agents	-	-	750	-	750	-
Pilgrim Trust	-	-	15,000	7,500	15,000	7,500
Sherburn	-	-	-	3,000	-	3,000
Sir Tom Cowie	-	-	-	1,000	-	1,000
Smallwood Trust	-	-	-	59,800	-	59,800
Smallwood Trust	-	-	30,000	-	30,000	-
Smallwood Trust	-	-	10,000	-	10,000	-
St James Place	-	-	10,000	-	10,000	-
Stockton Borough Council	-	-	16,667	42,000	16,667	42,000
Carried forward	5,053	5,250	848,245	720,108	853,298	725,358

A WAY OUT
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

4. INCOME BREAKDOWN (continued)

(a) Grants and Donations	Unrestricted Funds		Restricted Funds		Total Funds	
	2024	2023	2024	2023	2024	2023
	£	£	£	£	£	£
				Restated		Restated
Grant and contract income						
Brought forward	5,053	5,250	848,245	720,108	853,298	725,358
The Mercer Company	-	-	24,683	28,123	24,683	28,123
Thirteen	-	-	27,476	36,327	27,476	36,327
Trusthouse Charitable Trust	-	-	23,866	23,989	23,866	23,989
Virgin Money Foundation	-	2,700	37,514	9,000	37,514	11,700
Vonne/Rend	-	-	-	8,000	-	8,000
1989 Willian Trust	-	-	10,000	-	10,000	-
Women's Voice	-	-	8,045	-	8,045	-
	<u>5,053</u>	<u>7,950</u>	<u>979,829</u>	<u>825,547</u>	<u>984,882</u>	<u>833,497</u>
Donations	36,409	47,193	700	3,329	37,109	50,522
	<u>41,462</u>	<u>55,143</u>	<u>980,529</u>	<u>828,876</u>	<u>1,021,991</u>	<u>884,019</u>

The charity benefits greatly from the enthusiastic support of its many volunteers. In accordance with accounting standards, the economic contribution of general volunteers is not reflected in the accounts.

(b) Income from Charitable Activities	Unrestricted Funds		Restricted Funds		Total Funds	
	2024	2023	2024	2023	2024	2023
	£	£	£	£	£	£
Building income	-	20,160	-	-	-	20,160
	<u>-</u>	<u>20,160</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>20,160</u>
(c) Investment Income						
	2024	2023	2024	2023	2024	2023
	£	£	£	£	£	£
Bank interest receivable	<u>7,559</u>	<u>4,544</u>	<u>-</u>	<u>-</u>	<u>7,559</u>	<u>4,544</u>
(d) Other Income						
	2024	2023	2024	2023	2024	2023
	£	£	£	£	£	£
Sundry income	<u>660</u>	<u>-</u>	<u>-</u>	<u>865</u>	<u>660</u>	<u>865</u>

5. RESOURCES EXPENDED - CHARITABLE ACTIVITIES BY PROJECT

For details of project costs, see note 16.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds		Restricted Funds		Total Funds	
	2024	2023	2024	2023	2024	2023
	£	£	£	£	£	£
Direct project costs	-	-	37,277	25,713	37,277	25,713
Grants to individuals	-	-	28,549	21,260	28,549	21,260
Repayment of restricted grants	-	-	28,895	-	28,895	-
Monitoring and evaluation	-	-	11,428	7,500	11,428	7,500
Fundraising expenses	-	-	1,843	1,037	1,843	1,037
External supervision	-	-	9,720	-	9,720	-
Salaries	-	-	548,772	504,055	548,772	504,055
Pension costs	-	-	14,972	13,244	14,972	13,244
Staff recruitment	-	-	4,803	122	4,803	122
Training	-	-	11,121	5,192	11,121	5,192
Office rent and service charges	-	-	14,492	17,201	14,492	17,201
Cleaning and waste disposal	-	-	2,909	2,657	2,909	2,657
Insurance	-	-	2,939	2,912	2,939	2,912
Rates and water	-	-	198	314	198	314
Heat and light	-	-	8,985	4,792	8,985	4,792
Telephone and IT support	-	-	14,297	9,281	14,297	9,281
Printing, postage and stationery	-	-	1,888	1,910	1,888	1,910
Repairs and maintenance	-	-	5,372	3,136	5,372	3,136
Legal and professional fees	-	-	5,797	4,658	5,797	4,658
Bank charges	-	-	13	134	13	134
Staff and volunteer expenses	-	-	9,882	8,987	9,882	8,987
Motor expenses	-	-	2,018	2,158	2,018	2,158
Licence fees	-	-	497	1,223	497	1,223
Depreciation	-	-	6,848	10,629	6,848	10,629
Support costs - see below	-	-	136,763	110,125	136,763	110,125
Governance costs - see below	-	-	66,057	68,441	66,057	68,441
	-	-	976,335	826,681	976,335	826,681

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(A Company Limited by Guarantee)

NOTES TO THE UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

7. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

	Basis of Apportionment	Support Costs £	Governance Costs £	Total 2024 £	Support Costs £	Governance Costs £	Total 2023 £
Salaries and national insurance	Staff role	105,864	49,815	155,679	86,641	52,427	139,068
Pension costs	Staff role	2,636	1,313	3,949	2,187	1,715	3,902
Business development	Time	23,501	-	23,501	17,281	1,887	19,168
Office rent and service charges	Staff time	1,610	-	1,610	1,911	-	1,911
Cleaning and waste disposal	Staff time	323	-	323	295	-	295
Rates and water	Staff time	22	-	22	35	-	35
Heat and light	Staff time	998	-	998	532	-	532
Telephone and internet charges	Staff time	1,599	-	1,599	1,031	-	1,031
Printing, postage and stationery	Staff time	210	-	210	212	-	212
Audit and accountancy	Governance	-	14,080	14,080	-	9,260	9,260
Trauma quality mark	Governance	-	-	-	-	2,400	2,400
Trustee insurance	Governance	-	758	758	-	729	729
Trustee meeting costs	Governance	-	91	91	-	23	23
		136,763	66,057	202,820	110,125	68,441	178,566

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

8. FUNDRAISING COSTS

	2024	2023
	£	£
Salaries and national insurance	15,191	12,487
Pension costs	117	362
Staff expenses	336	-
Telephone and internet	95	-
	15,739	12,849
	15,739	12,849

9. STAFF COSTS AND REMUNERATION OF KEY MANAGEMENT PERSONNEL

	2024	2023
	£	£
Salaries and wages	656,584	601,380
Social security costs	31,427	38,345
Agency costs	31,631	34,756
	719,642	674,481
Pension costs (note 22)	19,038	17,508
	738,680	691,989
	738,680	691,989

The total employment benefits, including employer pension contributions, of key management personnel were £61,046 (2023: £58,253).

No employees earned more than £60,000 per annum, excluding employer pension costs (2023: none).

No remuneration was paid to trustees in the year. No expenses were reimbursed to trustees in the year.

The charity has indemnity insurance on behalf of the trustees, officers and directors. The cost of the premium included in these financial statements is £758 (2023: £729).

The average monthly number of staff employed by the charity during the year was as follows:

	2024	2023
	No	No
Direct charitable work	23	22
Administrative	3	4
	26	26
	26	26

The full-time equivalent number of staff employed by the charity during the year was 21 (2023: 22).

10. NET MOVEMENT IN FUNDS

This is stated after charging:

	2024	2023
	£	£
Depreciation of tangible fixed assets	6,848	10,629
Auditor's/Independent Examiner's fees:		
- Accountancy services	5,000	4,500
- Audit/Independent examination	8,200	3,020
- Under provision re previous year	880	1,740
	880	1,740
	880	1,740

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

11. TANGIBLE FIXED ASSETS

	Leasehold property £	Fixtures, Fittings and Equipment £	Motor Vehicles £	Total £
Cost/Valuation				
At beginning of year	127,294	76,038	15,780	219,112
Additions at cost	-	-	-	-
At end of year	<u>127,294</u>	<u>76,038</u>	<u>15,780</u>	<u>219,112</u>
Depreciation				
At beginning of year	127,294	69,471	6,904	203,669
Charge for the year	-	4,630	2,218	6,848
At end of year	<u>127,294</u>	<u>74,101</u>	<u>9,122</u>	<u>210,517</u>
Net Book Value				
At beginning of year	-	6,567	8,876	15,443
At end of year	<u>-</u>	<u>1,937</u>	<u>6,658</u>	<u>8,595</u>

12. DEBTORS

	2024 £	2023 £
Due within one year:		
Grant/contract income receivable	96,763	45,141
Prepayments and accrued income	46,914	7,178
Other debtors	352	140
	<u>144,029</u>	<u>52,459</u>

13. CREDITORS: Amounts falling due within one year

	2024 £	2023 £
Taxation and social security	9,694	Restated 11,388
Other creditors and accruals	82,557	11,053
	<u>92,251</u>	<u>22,441</u>

14. DEFERRED INCOME

Grants received in advance relate to monies received during the year which are specified to be spent in a future period as follows:

	Balance received in advance as at 1.10.23 £	Received in Year £	Balance Received in Advance as at 30.9.24 £	Per SOFA £
Evolve	Restated -	41,334	(22,000)	19,334
Ingeus (North East)	-	22,008	(12,117)	9,891
Ingeus (West Midlands)	-	19,879	(6,892)	12,987
Changing Lives	-	252,282	(15,400)	236,882
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

A WAY OUT
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

15. OPERATING LEASES - LESSEE

Total future minimum lease payments under non-cancellable leases are as follows:

	Land and Buildings	Land and Buildings
	2024	2023
	£	£
Within one year	11,000	15,000
Later than one and not later than five years	-	-
Later than 5 years	-	-
	=====	=====

16. MOVEMENT IN FUNDS

Restricted Funds:

	Balance			Transfers	Balance
	As at	Incoming	Outgoing	Between	As at
Core Costs, Projects and Support Services	01.10.23	Resources	Resources	Funds	30.09.24
	£	£	£	£	£
Core Services	76,461	162,455	297,445	161,715	103,186
Phoenix (Criminal Justice)	49,640	219,510	233,111	(32,771)	3,268
Liberty	-	127,095	96,162	(11,009)	19,924
Liberty / STAGE	17,659	36,689	23,818	(24,530)	6,000
Liberty – Changing Futures	-	34,415	12,771	(4,144)	17,500
Liberty Future Steps (Thirteen)	-	37,421	22,397	(5,079)	9,945
Rise Family (Youth)	1,559	23,253	20,218	(4,594)	-
Rise Family (Adults)	36,136	22,399	20,889	(12,963)	24,683
Ingeus (CFO) – West Midlands	-	1,000	-	(1,000)	-
Ingeus (CFO) – North East	-	2,000	-	(2,000)	-
Blossom	53,631	149,354	147,548	(21,537)	33,900
VAWG	-	43,664	19,843	(8,821)	15,000
Evolve	4,996	20,324	18,860	(6,460)	-
Psychotherapy	10,311	25,687	24,635	(1,363)	10,000
Volunteering	5,833	-	10,089	4,256	-
Vehicle	800	(800)	-	-	-
Client Grants	37,844	46,849	28,549	(25,444)	30,700
Digital inclusion	-	28,514	-	-	28,514
Fundraising	-	700	-	-	700
	<u>294,870</u>	<u>980,529</u>	<u>976,335</u>	<u>4,256</u>	<u>303,320</u>
Unrestricted Funds	236,669	49,681	15,739	(4,256)	266,355
Total All Funds	531,539	1,030,210	992,074	-	569,675
	=====	=====	=====	=====	=====

Previous year:

Restricted Funds: Restated	Balance				Transfers	Balance
	As at	Prior year	Incoming	Outgoing	Between	As at
Core Costs, Projects and Support Services	01.10.22	Adjustment	Resources	Resources	Funds	30.09.23
	£	£	£	£	£	£
Core Services	-	25,259	242,289	275,155	84,068	76,461
Volunteering	-	-	9,999	4,583	417	5,833
Liberty	8,782	-	94,445	115,952	12,725	-
Rise Family (Adults)	-	22,409	30,408	15,431	(1,250)	36,136
Psychotherapy	-	-	19,522	9,211	-	10,311
Evolve	19,205	5,250	4,755	24,214	-	4,996
Rise Family (Youth)	-	-	12,315	10,756	-	1,559
Blossom	(10,748)	1,704	172,789	149,206	39,092	53,631
Blossom Specialist	2,465	-	-	-	(2,465)	-
Liberty / STAGE	21,154	-	27,832	30,077	(1,250)	17,659
Monitoring & Evaluation	5,569	-	-	7,500	1,931	-
Community Engagement Officer	-	-	634	13,822	13,188	-
Vehicle	-	733	417	2,217	1,867	800
Phoenix (Criminal Justice)	27,697	-	183,336	160,146	(1,247)	49,640
Client grants	23,104	5,000	31,000	21,260	-	37,844
	<u>97,228</u>	<u>60,355</u>	<u>829,741</u>	<u>839,530</u>	<u>147,076</u>	<u>294,870</u>
Unrestricted Funds	303,898	-	79,847	-	(147,076)	236,669
Total Funds	401,126	60,355	909,588	839,530	-	531,539
	=====	=====	=====	=====	=====	=====

Transfers between funds are as agreed by the Board of Trustees.

**A WAY OUT
(A Company Limited by Guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

16. MOVEMENT IN FUNDS *Continued*

Restricted Funds:

Core Services - this relates to the Chief Executive Officer, Service Managers, Business Development, Administration, Finance and centre running costs (e.g. utilities). Restricted funding includes Changing Lives, Thirteen, MoJ, Pilgrim Trust, Smallwood Trust and Lloyds Bank Foundation.

Volunteer – working with the local community, VCSE infrastructure organisations and churches to build a bank of volunteers to support project delivery within A Way Out. Funded by Awards for All.

Liberty – project delivers an outreach, engagement and recovery service to adult women who experience multiple disadvantages, providing trauma and gender informed support for sex workers and adult female survivors of sexual exploitation. Restricted funding includes Big Lottery Reaching Communities, MoJ, MVDA, Anchor Foundation and Thirteen.

Family Services (RISE) - Reach, Inspire, Support and Empower, supporting families of Liberty and Blossom clients who have experienced trauma and are often impacted by this. Restricted funded by The Mercer Company.

Psychological pathway – is our in-house psychotherapeutic counselling service. Restricted funding includes Ingeus, Darlington Building Society and Benefact Trust.

Evolve – consists of projects working with vulnerable young people in areas with high levels of deprivation to educate and promote healthy relationships between parents/guardians, friends and potential partners. Restricted funding includes Ring/Sport Ed and The Vardy Trust.

Family Services - (RISE) Reach, Inspire, Support and Empower. Supporting the young people within the families of Liberty and Blossom clients. Restricted funding by Trusthouse Charitable Foundation.

Blossom - offers trauma and gender informed support to girls and young women aged between 13 to 24 (or 25 where a young woman has additional needs) to prevent exploitation and harm; enabling them to reach their full potential. Restricted funding by Big Lottery Reaching Communities, Virgin Foundation, County Durham Community Foundation and Stockton Borough Council.

Incorporated within Blossom is the VAWG project which works with young women in transition (aged 16 to 24) who have experienced any form of gender-based violence. Restricted funding includes MoJ administered via the Police and Crime Commissioner.

STAGE Project - a partnership of seven charities across the North East and Yorkshire helping women affected by sexual exploitation and grooming. The STAGE Project provides a range of one-to-one support, drop-ins and specialist group work programmes, as well as specialist work in custody. Restricted funded by Changing Lives.

Monitoring & Evaluation - funding towards additional costs of the Liberty and Blossom projects. Restricted funding from Big Lottery.

Community Engagement Officer - working with the local community, businesses, charities and other partners to fundraise and raise awareness and understanding of A Way Out and increase the unrestricted funds to enable an increase in service provision.

Vehicle - restricted funding from Smallwood Trust and The Vardy Foundation to purchase a new van which is used for outreach and community delivery.

Criminal Justice Team - restricted funding through Changing Lives as part of a Ministry of Justice (MoJ) contract to work with female offenders across Cleveland supporting them to transition and integrate back into the community through rehabilitation and resettlement services that will also reduce re-offending rates.

Client Grants - restricted funding from Smallwood Charitable Trust to offer grants to clients as a method of assisting with housing stability and financial resilience.

A WAY OUT
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds	-	303,320	303,320
Unrestricted funds	<u>8,595</u>	<u>257,760</u>	<u>266,355</u>
	<u><u>8,595</u></u>	<u><u>561,080</u></u>	<u><u>569,675</u></u>

18. FUNDS OF THE CHARITY

Unrestricted funds comprise those funds which the trustees are free to use in accordance with the charitable objects, although the trustees may decide to designate part of these funds for specific purposes.

Restricted funds are funds which have been given for particular purposes and projects.

19. TAXATION

HM Revenue & Customs have approved the charitable status of A Way Out and its income is therefore exempt from tax under Sections 505 and 506 of The Taxes Act 1988, provided that such income is applied for charitable purposes.

20. CONTROLLING PARTY

Throughout the year, the charity was under the control of the Board of Trustees.

21. RELATED PARTY TRANSACTIONS

The total amount of donations received without conditions from trustees in the year to 30 September 2024 was £1,080 (2023: £1,080). Other than the above, there were no reportable related party transactions (2023: none).

22. PENSION COSTS

The charity operates a group personal pension scheme. The assets of the scheme are held separately from those of the charity, being invested by the insurance company. The pension costs charged in the financial statements represent contributions payable by the charity in the year and amounted to £19,038 (2023: £17,508).

23. RECONCILIATION OF NET MOVEMENTS IN FUNDS TO CASH INFLOW/(OUTFLOW) FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net movement in funds	38,136	Restated 70,058
Add: Depreciation charge	6,848	10,629
Less: Interest receivable	(7,559)	(4,544)
Decrease/(increase) in debtors	(91,570)	2,575
Increase/(decrease) in creditors	<u>69,810</u>	<u>(18,609)</u>
Cash Inflow from Operating Activities	<u><u>15,665</u></u>	<u><u>60,109</u></u>

A WAY OUT
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

24. FINANCIAL INSTRUMENTS

At the year end, the charity had financial assets at amortised cost of £606,417 (2023: £531,359) and financial liabilities at amortised cost of £82,557 (2023: £11,053).

The income attributable to the charity's financial instruments is summarised as follows:

	2024	2023
Interest receivable:	£	£
On financial assets at amortised cost	<u>7,559</u>	<u>4,544</u>

25. PRIOR YEAR ADJUSTMENT AND RESTATEMENT OF COMPARATIVE FIGURES

Following a change in accounting policy to bring accounting for grants and donations more closely in line with the Statement of Recommended Practice on Accounting and Reporting by Charities, certain elements of income which had previously been deferred to future accounting periods have now been reflected through the Statement of Financial Activities and reclassified as unspent restricted funds as at 30 September 2023 and 30 September 2024. Comparative figures have been restated accordingly.



www.awayout.co.uk



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A Way Out is a registered charity (1137535) and company limited by guarantee (6265354). Registered in England.

A WAY OUT

England & Wales - Charity number 1137535

Accounts

Charity Registration Number: 1137535

Company Registration Number: 06265354

**A WAY OUT
(A Company Limited by Guarantee)
REPORTS AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

Swimming
against the tide?

We will help you find
calmer waters

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CHARTERED ACCOUNTANTS
AND BUSINESS ADVISERS

A WAY OUT

(A Company Limited by Guarantee)

**REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

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The directors/trustees are pleased to present their report, together with the financial statements of the charity for the year ended 30th September 2023.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in October 2019.



LEGAL AND ADMINISTRATIVE INFORMATION



Charity Name:	A Way Out
Charity Registration Number:	1137535
Company Registration Number:	06265354
Registered Office:	The Gate 1-2 Castlegate Quay The Riverside Stockton-on-Tees TS18 1BZ
Website Address:	www.awayout.co.uk
Directors/Trustees:	Robert Thompson (Chair) David Emerton (Vice-Chair) Andrew Malcolm (Treasurer) Michelle Carr Julie Allan Hassan Al-Bahrani Helen Williams (appointed 24/4/2023)
Chief Executive:	Kay Nicolson
Independent Examiner:	Mr J. Lester FCA Baines Jewitt Limited Chartered Accountants Spitfire House 19 Falcon Court Preston Farm Industrial Estate Stockton-on-Tees TS18 3TU
Bank:	HSBC Bank plc 136 High Street Stockton-on-Tees TS18 1LR
Solicitors:	Punch Robson 34 Myton Road Ingleby Barwick Stockton-on-Tees TS17 0WG



STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

A Way Out is a company limited by guarantee a registered charity governed by its memorandum and articles of association dated 27th January 2016. It is also a charity registered with the Charity Commission. The members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the company in the event of a winding up during their period of membership and within one year of their ceasing to be a member.

Appointment of Trustees

The charity currently has 7 trustees.

New trustees are appointed through an open and transparent process which is ratified at Board. An annual skills audit is undertaken to ensure gaps in expertise and skills are actively recruited. Compliance with the Charity Governance Code and the development of an action plan to address gaps in governance is monitored throughout each financial year.

Trustee Induction and Training

Whilst many on the current Board are familiar with the ethos and workings of A Way Out there continues to be an induction and training for all trustees over the year. The action plan generated from compliance with the Governance Code along with information from the trustee skills audits will determine further learning and development, along with external and internal factors and context.

New trustees undergo an induction process that gives them an insight into the roles and responsibilities of trustees and the aims and objectives of the charity. Following their induction, trustees are encouraged to participate in external training events that will benefit their role and are kept informed of relevant matters by the Chief Executive. We also operate a Trustee Mentor scheme to help support new Trustees matching them with an existing Trustee as part of their induction, sharing skill sets, expertise and building understanding around the governance structure and arrangements.

Trustees have also been actively involved in shaping the induction programme for future trustees, developing webinar content and multimedia methods of engagement. Trustees have attended a training session on equality, diversity and inclusion (EDI) as this is becoming an increasingly important issue.

Organisation

A Way Out was formed in 2002. Its founder, being brought up in the town of Stockton-on-Tees, was so moved by the abuse, poverty and addiction that devastated the lives of young girls and young people across the area, that she started an organisation, with a group of like-minded individuals, with the aim of providing outreach and support to at risk women and young people.

The organisation secured some charitable grants and began project work by the end of 2002. It became a registered charity in September 2004 and transferred its assets and liabilities to a charitable company limited by guarantee in October 2010. It also moved to its present operational site at the end of 2008 in order to provide better equipped facilities and a greater portfolio of services.

A Way Out currently employs 26 full and part-time staff members and works with partners and experts. It is governed by a board of Trustees. In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission.

Related Parties

Other than as disclosed in note 21 to the accounts, there were no related party transactions during the year under review.

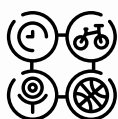
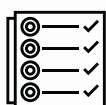
Pay Policy

Staff pay is reviewed annually and is normally increased in accordance with cost-of-living increments. The trustees also benchmark against pay levels in other voluntary sector organisations of a similar size operating in the North East region. All trustees give their time and expertise freely and no trustee received remuneration in the year.

Risk Management

A robust risk management policy and framework has been agreed by trustees and is used to inform decision making on policy, strategy and finance. This includes an organisational risk register that is reviewed by trustees and senior managers via the Finance and Funding Sub Committee monthly with significant changes in risk, or risks that are considered above the 'risk appetite' of the organisation, then reported to the full Board on a quarterly basis.

A risk audit was conducted in the previous year with an action plan now in operation to enhance risk management oversight. Further risk training is planned in the coming year with a refresh of the risk policy and strategic register.



OBJECTIVES AND ACTIVITIES

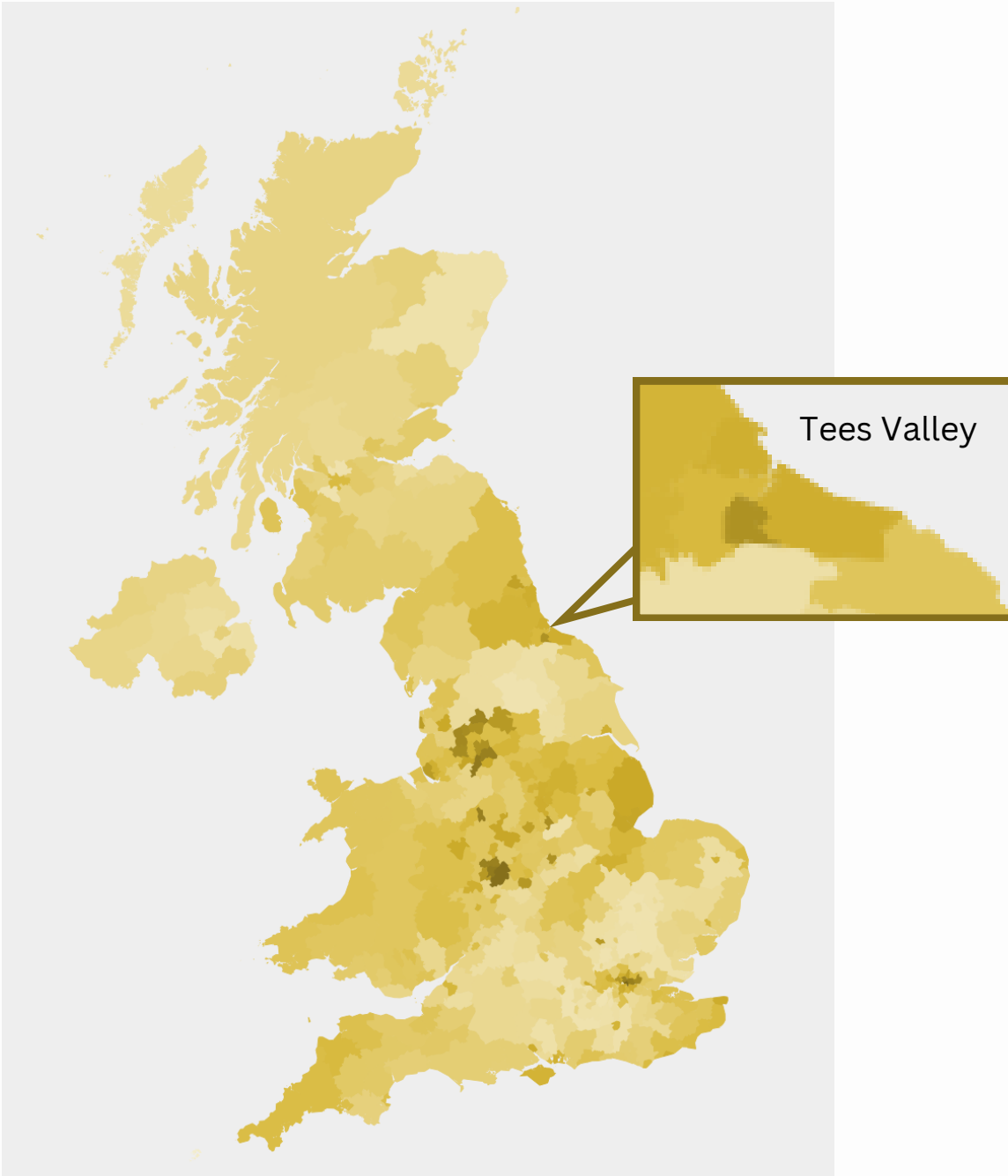
The Current Need

A Way Out operates across the Tees Valley (formally known as Cleveland) whilst also maintaining its historic focus on Stockton-on-Tees. The Tees Valley consists of Hartlepool, Stockton, Middlesbrough and Redcar & Cleveland, all of which experience significant disadvantage and score high on the indices of deprivation.

The town of Stockton itself is a part of Stockton North and does boast a proud history of prosperity and achievement – as a major port with a thriving shipbuilding industry throughout the 17th and 18th centuries - where the world's first passenger railway was engineered by George Stephenson in 1822, and where the chemist John Walker invented the friction match in 1827 – but sadly the town saw a significant demise in the later part of the 20th century.

A large number of factors contributed to the decline, but primarily it was the disappearance of much of the engineering industry alongside the national economic recession of the 1980s leading to considerable unemployment and a widening of inequality gaps. Whilst there is a significant economic regeneration programme now taking place, years of inequality and the current cost of living crisis have contributed to a difficult economic and social climate.

This map taken from the End Child Poverty Campaign, shows the number and percentage of children in poverty (after housing costs) by constituency in June 2023. The darker the map the higher the poverty rate:



Middlesbrough:

40.6%

This means that there are 6,825 children living in poverty in this area.

Redcar:

35.4%

This means that there are 9,946 children living in poverty in this area.

Hartlepool:

35.3%

This means that there are 7,384 children living in poverty in this area.

Stockton:

32.6%

This means that there are 14,608 children living in poverty in this area.

Local and national needs assessments demonstrate the following issues of concern for women and young people within the Tees Valley:

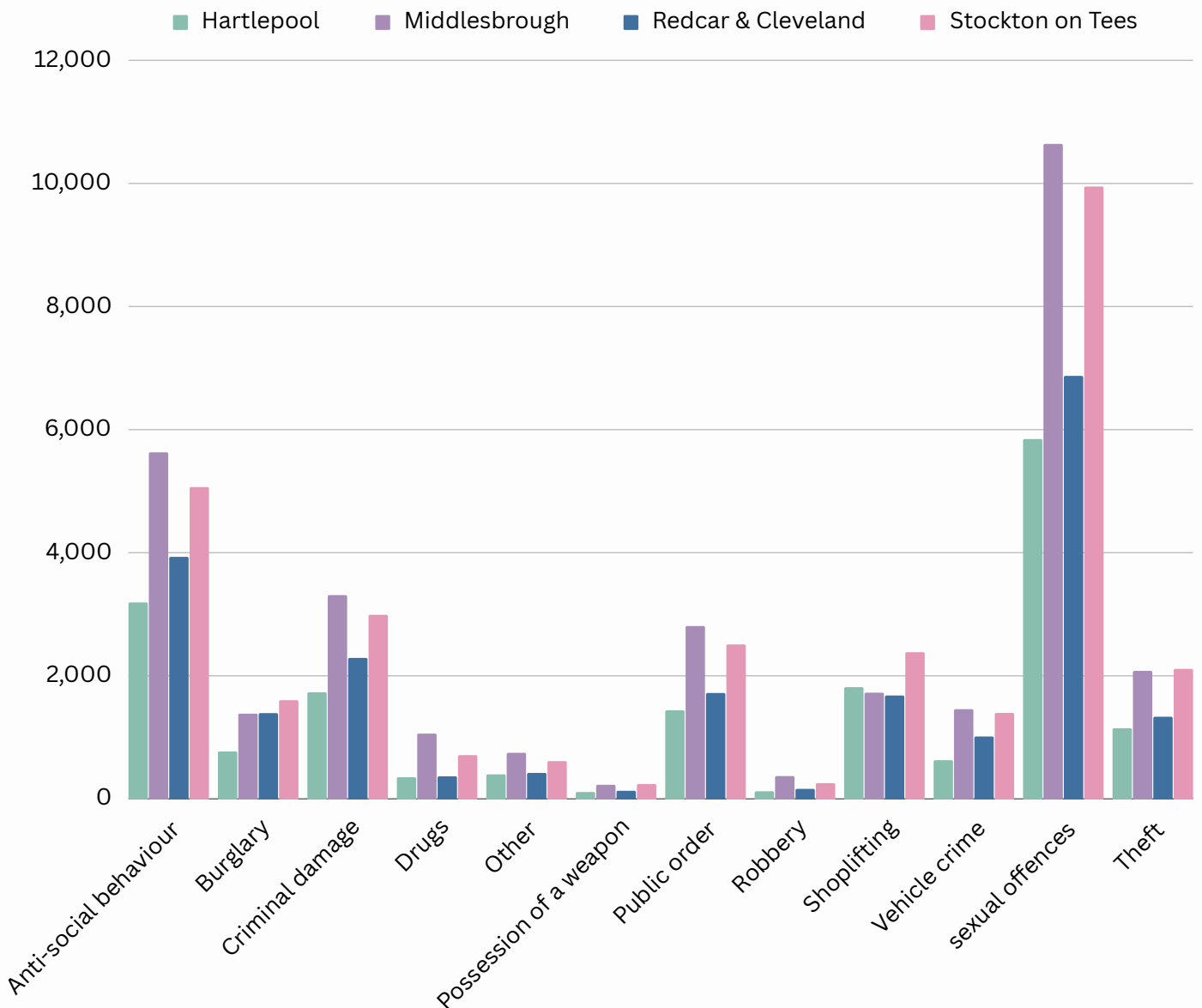
- 20.6% of children in Stockton on Tees are in low income families compared to 16.8% in England.*
- Of the 120 neighbourhoods in Stockton on Tees, 39 were among the 20% most income deprived in England.^
- Of the 86 neighbourhoods in Middlesbrough, 49 were among the 20% most income deprived in England.^
- 144 hospital admissions as a result of self harm in young people aged 10-24 (415 per 100,000 compared to 407 per 100,000 in England).*
- 21,541 people recorded as having depression (13.6% vs 9.9% in England).*
- Over 2,200 domestic abuse related crimes per year in Stockton on Tees.*
- 13.4% of people are in fuel poverty compared to 11.1% in England*.
- Around 4 out of 10 people are finding it difficult to pay their rent or mortgage^.
- 17,350 crimes were flagged as child sexual exploitation in England, from this 7% was in the North East^.
- 86,794 crimes were flagged as child sexual abuse in England, from this 2% were in Cleveland^.
- Reported cases of rape and sexual assault involving a knife for the UK were 1068. 1028 of these were in the North East with 46 taking place in Cleveland^.
- 10,084 sexual offences were reported in the North East, 2,627 / 26% of these were in Cleveland^.

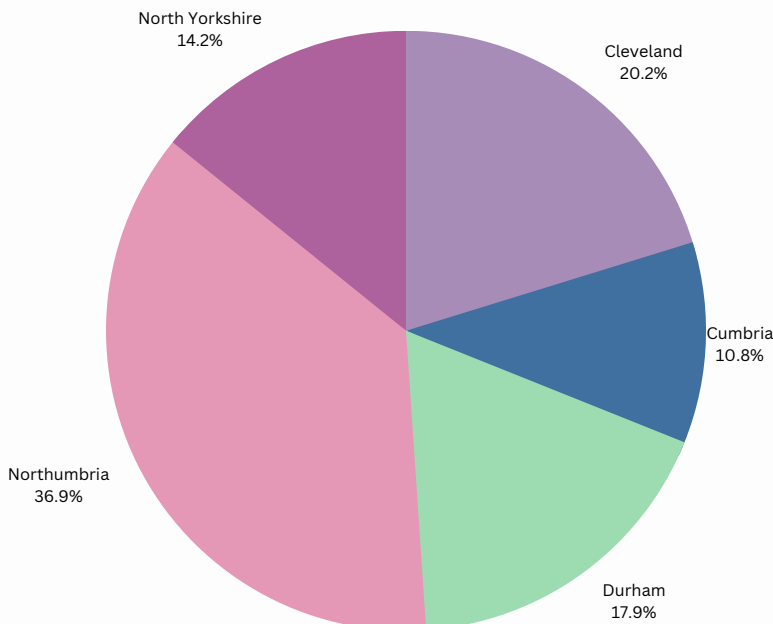
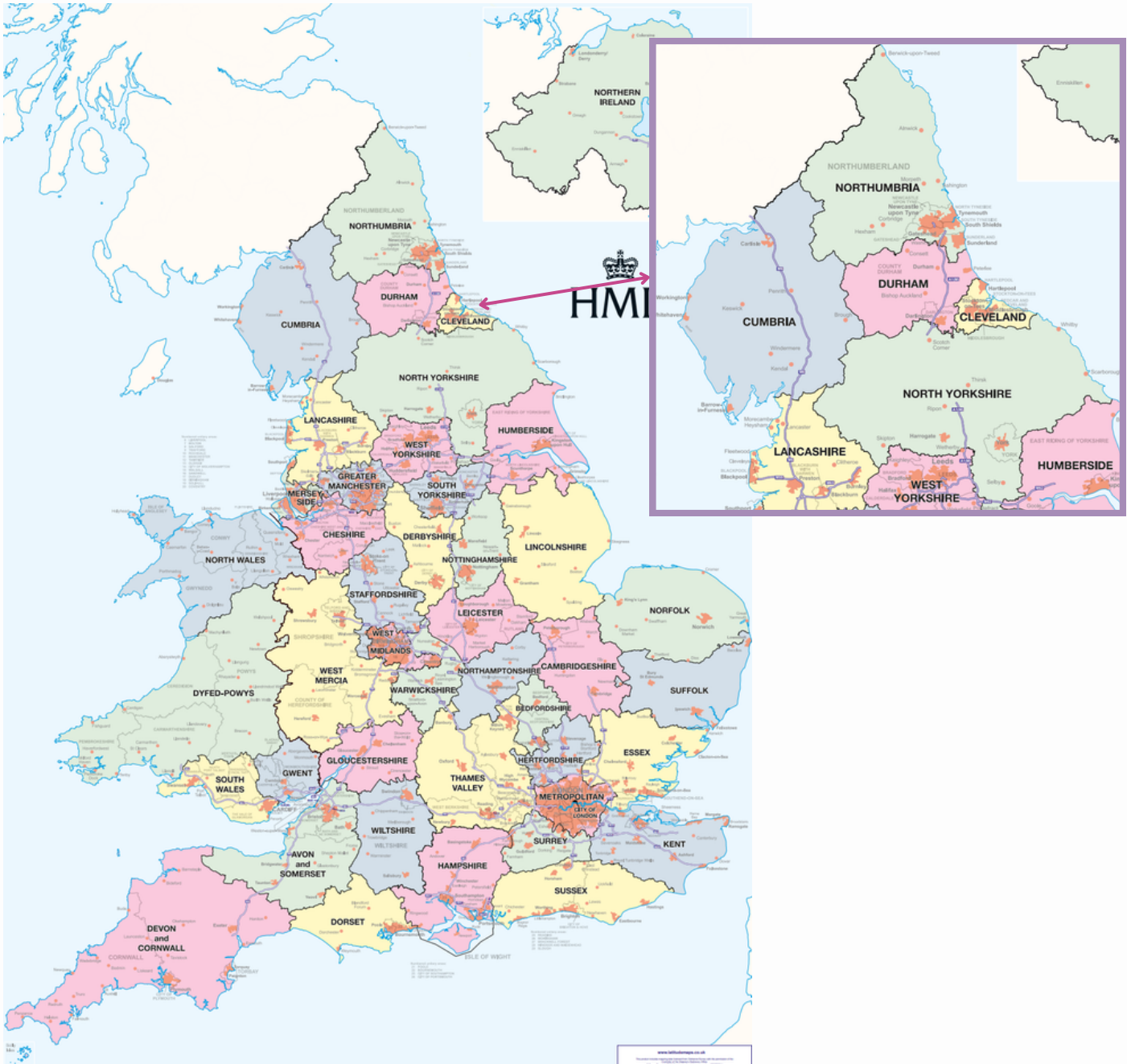
* Stockton on Tees Joint Health and Wellbeing Strategy <https://bit.ly/46I6j0N>

^ Office of National Statistics <https://www.ons.gov.uk/>

+ www.police.uk

Breakdown of Crime in Cleveland by Borough (Cleveland Police area - Tees Valley)

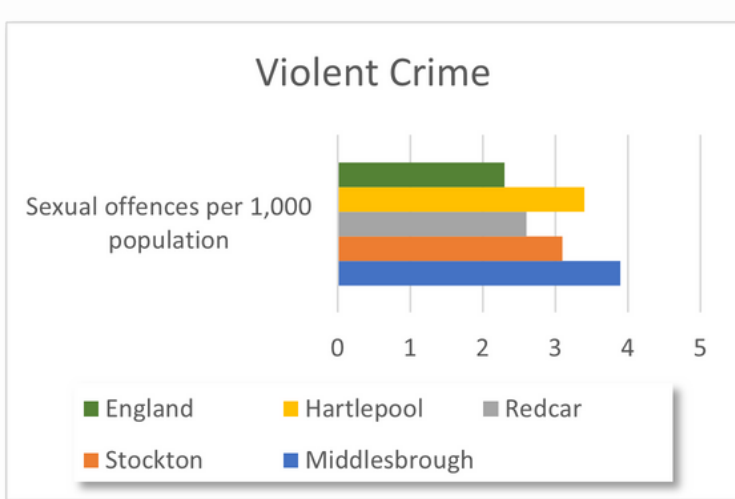
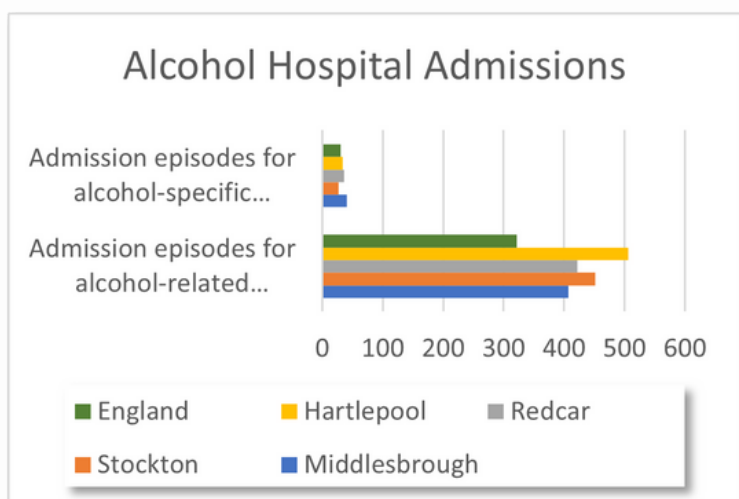
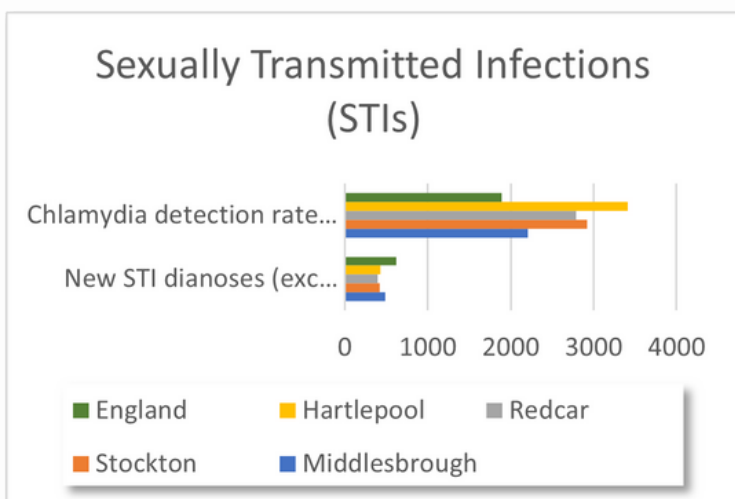
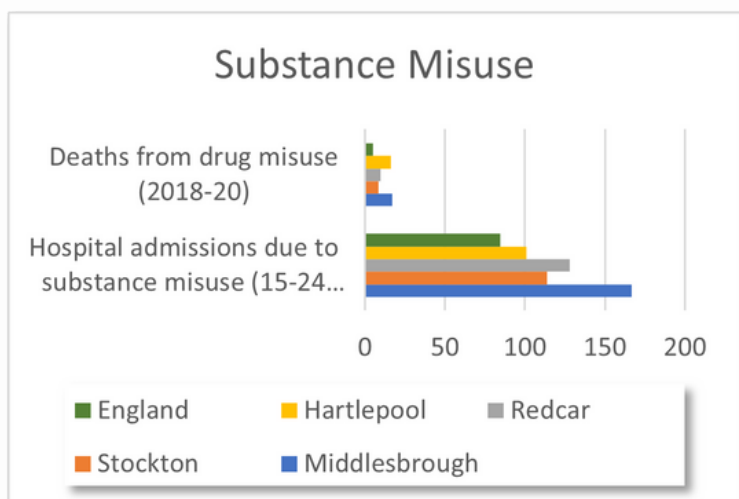
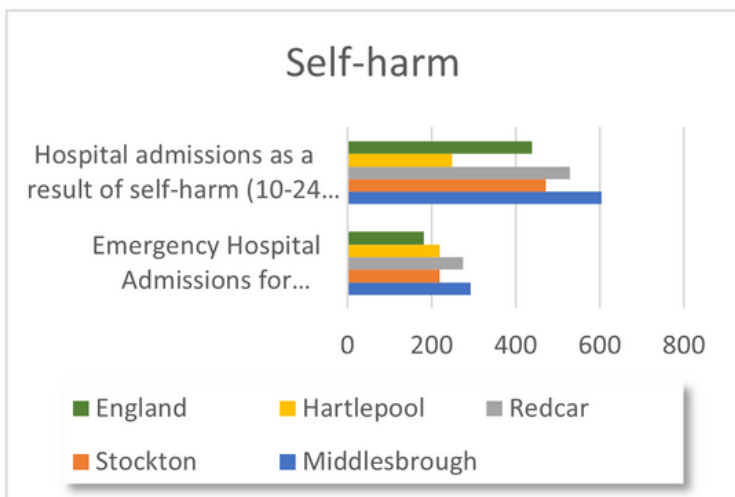
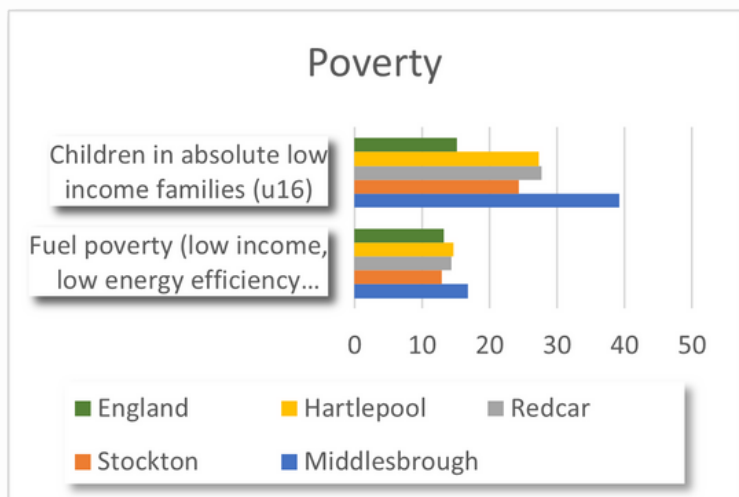




Violence and Sexual Offences recorded by Cleveland Police Force in the North between October 2022 and September 2023

Data taken from: <https://data.police.uk/>

Health and Wellbeing inequalities affecting women, families and young people in the Tees Valley:



- This year A Way Out has been actively engaged with over 100 women who have been sexually exploited and / or actively engaged in street-based survival sex work within the Stockton and Middlesbrough areas. This figure is comparable with information contained within research conducted by Barefoot Research in 2014.
- From regional research and current caseload figures, over 90% of on-street sex workers have used an illegal drug in the past six months; much survival sex is self-medicating because of historic abuse and trauma and linked to very poor mental health, depression, PTSD, bipolar (The GAP Peer Research 2013 & Barefoot Research 2014).

- Many women and young people who are sexually exploited and involved in on street sex work experience extreme violence and a range of increased health risks including exposure to blood-borne viruses and infections, abscesses, sexually transmitted infections, weakened immune system. (Barefoot Research 2014). This information remains true and is evidenced in the work A Way Out continues to undertake.
- Cleveland Police Force has one of the highest recording and detection rates for sexual violence offences of comparable police forces in England and Wales.
- Sex workers often experience multiple, repetitive and regular sexual violence attacks and are disproportionately represented in the police's rape and sexual assault figures with less than 5% of offenders receiving positive court outcomes, such as a charge, caution or sentence.
- Binge drinking amongst women is significantly higher than average and amongst those aged 16 to 25 it is significantly worse. Many of the women and young people we encounter suffer with poor self-image, feeling victimised and excluded from mainstream activities and social networks.
- Many are involved in self-harming behaviour and most struggle to develop and maintain positive engagement around education, training, and employment.

Despite cutbacks and austerity measures, efforts are being made to address these issues and, along with other groups and agencies, A Way Out is seeking to be part of the solution and meet the need of many individuals in our town. Focus is on developing a multi-agency systems-based approach to address unmet need, multiple disadvantage and trauma.

A Way Out:



Summary (What):

A Way Out is an outreach and prevention charity which aims to engage, empower and equip vulnerable and excluded women, families and young people to live lives free from harm, abuse and exploitation.



The Charity's purpose is to:

Inspire – through shared beliefs, values and goals, to build understanding, trust and commitment.

Inform – by offering clear choices, options and priorities, enabled by evidence based decision making that responds to gaps and trends, driven by the needs of those we support, not opportunity.

Influence – by clearly defining what is unique and special about A Way Out and understanding how we can work with partner organisations to achieve wider change.



Vision / Mission (Why):

We believe that no one should experience or fear abuse, harm and exploitation (our vision).

We prevent abuse, harm and exploitation by empowering women, families and young people to overcome the challenges they face and tackling the injustice and inequality that they experience (our mission).

This is informed by values of:

- love - being accepted without judgement or stigma
- hope - overcoming trauma and recognising potential
- freedom - living lives free from abuse, harm and exploitation

A Christian ethos of love, truth and justice underpins everything we do to support those with a Christian faith, another faith or no faith.



Approach (How):

The individuals we support confirm through monitoring and evaluation that we are unique in:

- providing multiple opportunities to engage (in-person or online) without complex referrals and assessments or eligibility criteria or the need for a specific diagnosis (e.g. mental ill health) – including proactive street / community based outreach to engage those who choose not to access other services because of previous negative experience (such as parents who have had children removed) or fear being discriminated or stigmatised (such as street based sex workers), as well as those who are ineligible or excluded.
- not placing arbitrary limits on who is eligible, the support provided and for how long, and instead offering opportunities to access and move between a range (or lifecycle) of support that follows changing needs – including increasing support rather than imposing sanctions or exclusions when disengagement takes place and celebrating achievements, no matter how small, to build hope for the future – specific examples of our holistic (wrap around) approach also includes our co-design of Stage and Sage Program to provide solution focused and shame sensitive interventions.
- providing gender- and trauma-informed, strengths based, inclusive support that enables and addresses historic and/or recent abuse, harm and exploitation and overcoming the inequality and injustice that lead to isolation and vulnerability – including flexible one to one and group support that addresses all the challenges faced, is responsive to changing needs, builds on strengths, and enables those using our services to ‘be’ before they are expected to ‘do’, so that informed choices about the future can be made – additional support (including access to our psychological pathway for ‘non engagers’) is available to address challenges such as addiction, homelessness, mental and/or physical ill health, learning difficulties / disabilities, poverty etc. - we are also partnering with ReNew to develop our specialism in forensic service provision.
- training/supporting (including clinical supervision) staff and volunteers to build consistent and positive relationships as ‘trusted adults’ (particularly those who do not have positive relationships with friends / family or wider support networks) and address trauma (including implementing our trauma recovery model and addressing the vicarious trauma staff and volunteers may experience).
- creating opportunities for voices to be heard and lived experience shared to influence the language, behaviour and views of others and achieve wider system change - including participating in or delivering local/national campaigns to address the issues faced (e.g. 'reclaim the streets') and/or influencing policy and practice and co-designing services with partners such as local authorities, NHS, police etc.



Actions / Priorities (Who, What, Where and When):

Our long term goal is that women, families, children and young people who are at risk of or experience harm, abuse or exploitation have access to support that provides:

- Compassion - using a non judgmental approach that builds on individual strengths and addresses recent and/or historic trauma.
- Connections – creating opportunities to access support through proactive outreach and by building trusting relationships.
- Care – providing the right support at the right time in the right place whether someone is in crisis, needing support or advocacy to address immediate needs, or ready to make lasting changes.
- Choice – building hope for the future through individuals having the freedom to make informed decisions and opportunities to achieve their potential.
- Community – enabling lasting change and providing support at times of need by building positive relationships with friends, family and the wider community.
- Change – addressing the causes of injustice and inequality, and wider stigma and discrimination, by ensuring that learning from lived experience is used to change the language, behaviour, views, of other individuals and policy and practice of organisations.

This includes working with other organisations to prioritise outreach, facilitate referrals, coordinate support and share learning to create new opportunities to prevent abuse, harm and exploitation and, particularly, to engage and support those whose needs are not met by other services.

Our priorities including working with:

- the police, probation and others within the criminal justice system to reduce the risk of clients becoming a victim and / or perpetrator of crime and prevent reoffending - including creating new opportunities to address the causes and consequences of offending such as trauma.
- local authorities, the NHS and their partners to ensure addiction, homelessness, mental health, poverty and other services provide coordinated and holistic support – including identifying and addressing unmet needs and gaps in provision or creating new opportunities for intervention / prevention.
- charities and community groups to increase our impact through collaborative working including as a subcontractor to larger organisations delivering universal services – including providing additional support for clients with protected characteristics and/or higher levels of unmet need and unmanaged risk.



Monitoring / Review

- using a balanced scorecard to measure our success in achieving internal and external targets.
- capturing further quantitative and qualitative data as part of the ongoing monitoring of our services.
- providing reports to staff and Board meetings.
- confirming progress made in our annual report.
- including evaluation within bids and tenders wherever possible.
- and then use learning from this to review our business plan annually.

Evidence will also be used to co-design services with those we support, in individual supervision and team and board meetings, and in workshops / meetings with partners, to create shared learning and identify and promote opportunities for continuous improvement.



Liberty is an outreach, engagement and recovery service for women who experience multiple disadvantages, are socially isolated, involved in on street sex work, and fear the consequences of accessing support. We aim to increase stability around mental health and wellbeing, substance misuse, personal safety and accommodation. Reduce criminalisation, repercussions from perpetrators, having children removed into care, or being stigmatised by professionals and addressing wider system changes are also a priority

Proactive engagement, through a range of interventions such as community based appointments, walk and talk sessions, daytime and evening outreach utilising our vehicle where we distribute condoms, personal safety leaflets, food and snacks and one to one support. Outreach is delivered by staff, volunteers and partner agencies eg substance misuse and local authority. Referrals are received from a range of agencies such as health, local authority, third sector organisations, probation. Women also self refer. Our approach is gender and trauma informed with personalised one to one and group interventions, so women can address the abuse, harm and exploitation they experience.

STAGE

STAGE provides trauma informed and personalised support for women who have been groomed for sexual exploitation by both groups and individuals and consequently experience multiple challenges including mental ill health. It is integrated within the delivery of Liberty and Phoenix Women to provide additional targeted support for women experiencing abuse, harm and exploitation.

The STAGE partnership is led by Changing Lives, includes the Angelou Centre, Ashiana, Basis, GROW, Together Women and the Women’s Centre, and undertakes research into survivor experiences to influence policy and practice as well as providing targeted support.



Phoenix Women provides specialist support for adult women in the criminal justice system as they transition from the prison gates to the community recognising that pathways into offending for women are often different to that of men because of the abuse, harm and exploitation they experience and their sentences are often harsher. Trauma and gender informed, shame sensitive, and strength-based community and custody group and one to one support empowers women to move past previous offending and build a stronger future for themselves and their families.

This work is led by Changing Lives as part of a wider Ministry of Justice (MOJ) contract.

Women accessing Liberty confirmed that the abuse, harm and exploitation they experience may have been reduced, or even prevented, had support been available sooner. Unity therefore provides the right support at the right time for children and young people (up to 25 years old) as they transition to adulthood including trauma informed and person centred one to one and group interventions as well as digital engagement and peer support.

UNITY



The **Blossom Project** supports girls and young women aged 13-24 (or up to 25 years if they have additional needs such as learning difficulties / disabilities) , who experience multiple unmet needs and disadvantages. One to one and group, trauma informed and person centred, interventions build their resilience and prevent abuse, harm and exploitation and opportunities to lead campaigns, events and projects further ensure their voices are heard.



The **VAWG** advocacy project reaches, engages and empowers girls and young women aged 16 - 26 who are experiencing or have experienced gender-based violence against them. Through collaborative assessment, person centred and trauma informed support and advocacy, we ensure they know their rights and can recognise and address VAWG.



Evolve supports children and young people aged 9-16 years. Delivered within schools and the community as a 6-week educational program which equips them with the knowledge, awareness and resources they need to identify unhealthy relationships and how to access support.

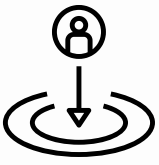
We have also developed services that provide additional support to those accessing our services and their families :



The **RISE family project** provides one to one and group work to increase wellbeing and improve relationships for families of individuals accessing other A Way Out services.



Our **Psychological Pathway** is integrated within Liberty, Blossom, Phoenix and our Family Project and provides additional support, including a non-engager strategy, one to one and group therapeutic support, as well as shame sensitive and solution focused interventions, for those who struggle to engage because of historic trauma and challenges such mental ill health. Staff and volunteers also benefit from additional support and opportunities for reflective learning, particularly when working with clients who face barriers to engagement such as discrimination and stigma or trauma.



IMPACT

The impact of our services is evidenced by recent external evaluation (Barefoot 2019 and Sunderland University 2022), involvement in national projects (e.g. STAGE - working with 7 other charities/public sector partners to support vulnerable women who have been groomed by gangs) and awards (e.g. NEPACS Ruth Cranfield 2019) as well as our track record of securing grants and contracts to develop and deliver services.

Through the delivery of our services, and the completion of SWOT and PESTLE analysis and risk assessments we have also learned that individuals who experience and/or are at risk of abuse, harm and exploitation:

- face growing challenges including addiction, homelessness, mental and/or physical ill health including learning difficulties / disabilities, poverty etc because of the trauma they have experienced
- fear (often based on previous experience) they will not be taken seriously or will experience discrimination and stigmatisation and/or repercussions (e.g. criminal convictions) if they disclose abuse, harm and exploitation (particularly VAWG – violence against women and girls)
- find accessing services increasingly difficult (because of complex referrals, narrowing eligibility criteria, increasing exclusions etc) and often only receive support after abuse, harm and exploitation has taken place (e.g. when in contact with the police, attending A&E, taken into care etc) rather than when this could have been prevented
- are inherently resilient because of the challenges they face and have strengths they can build on.

And that we can best respond to this by continuing to;

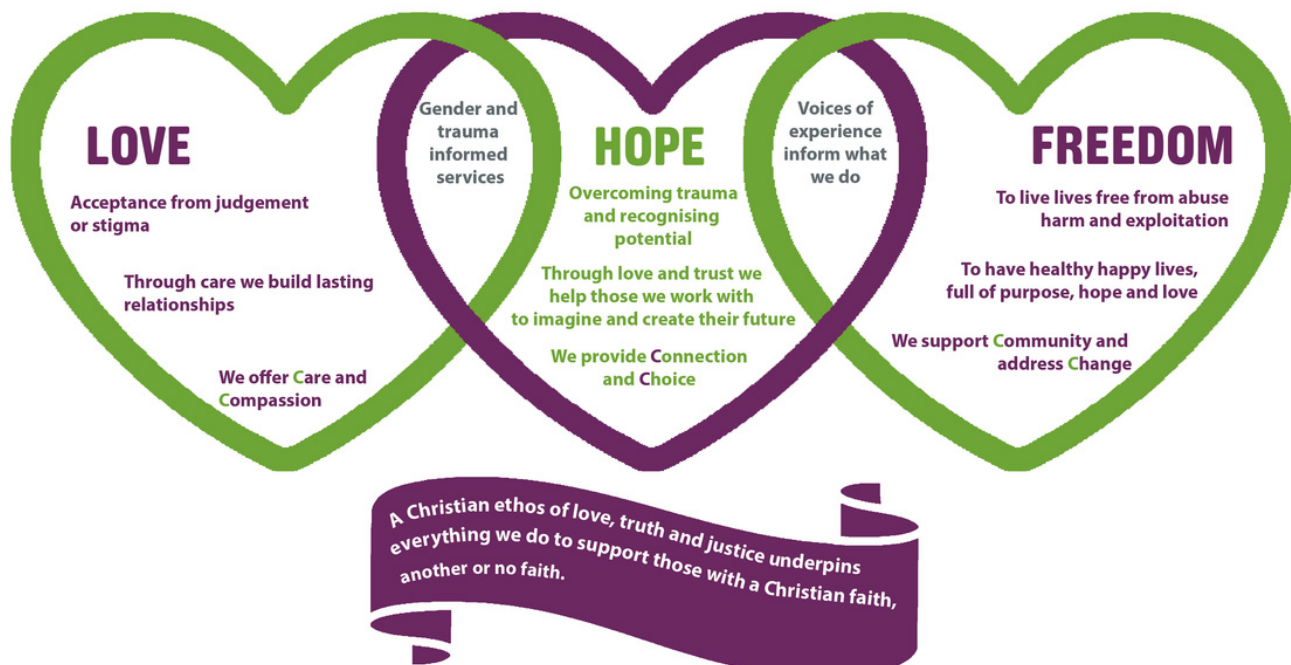
- work with, rather than to or for, those we support to ensure they are equal participants in the process of designing, delivering, and monitoring and evaluating, our services, rather than just recipients
- provide specialist and trauma and/or gender informed, interventions by building the skills and experience of our staff and expanding our services
- build our evidence base to better understand the complex and changing unmet needs of those we support and how best to engage and support them
- work collaboratively with partner organisations to share learning and resources, inform policy and practice, and promote wider system change.

Our Blossom service was awarded Winner of the High Sheriff of County Durham Award 2023

Our Liberty and Stage services were awarded the Health and Wellbeing Impact Award at the Catalyst Conference 2023.



THEORY OF CHANGE





ORGANISATIONAL DEVELOPMENT

The last financial year has yielded some significant operational opportunities, challenges and changes for the Charity which include the following:

- A full review of service delivery to create two distinct operational service areas (Unity and Horizon).
- A review of workforce roles and a move to harmonised terms and conditions across both new service areas.
- Exciting new work with Ingeus, a large charity with an excellent reputation for delivering services to individuals in the criminal justice system. This work has enabled A Way Out to expand our psychological services.
- Evaluation work with both Sunderland University (evaluation of Evolve) and Barefoot Research (evaluation of Liberty/Stage) both of which have enabled learning and further developments of those project areas.
- A second year of the staff survey which has provided excellent feedback to drive and develop the work of our workforce advisory group and staff wellbeing committee.
- A project to capture the voices of women working with our Liberty / Stage projects and an example of fantastic collaboration with the North East Sex Workers Forum.
- A collaborative partnership with VONNE to deliver a research project engaging with young people and their access to mental health provision.
- A partnership with Cleveland Police to develop joint working around women at risk of or subject to Adult Sexual Exploitation.
- Joint leading and partnering Cleveland Police in their Operation Beech (a time limited police operation to reduce sexual and violent offences perpetrated against women who were on street sex working).
- Participation in the Cleveland Sex Work Strategy being delivered by the North East Sex Workers Forum.
- A partner in the Changing Futures Programme across the South Tees area.
- The opening of an outstanding new building in Middlesbrough which will be operational imminently in the new financial year.

During the past 12 months A Way Out has undertaken successful targeted recruitment of additional trustees and will continue to do so moving forward as part of a succession plan for the Board.

Trustees have also

- Reviewed and approved the Business Plan.
- Undertaken a review of the Trans Position Statement.
- Undertaken a review of the Decriminalisation of Sex Work Position Statement
- Reviewed the A Way Out Mission, Vision and Values.
- Reviewed the Strategic Objectives for the charity.
- Undertaken a staff role review, harmonising roles to enable staff to work across projects should the need arise.
- Agreed to the formal appraisal system being implemented for staff and trustees.
- A full governance review has taken place alongside a self-assessment of the Charity Commission Governance Code.



LOCAL INFLUENCE

- A Way Out's Blossom Service has been recommissioned by the Local Authority to respond to the local need identified by multiple agencies and is further developing the service to girls aged 13-16.
- A Way Out continues to be an influential member of the North East Sex Work Forum and works closely at a strategic level with the Community Safety Partnerships, Health and Wellbeing Partnership, Domestic Abuse Strategic Partnerships meetings raising awareness in relation to understanding issues around exploitation and sex work.
- A Way Out has been asked to sit on Teesside Safeguarding Adult's Board in an advisory capacity to ensure Adult Sexual Exploitation is given due regard in all areas and discussions.

- A Way Out continues to work closely with Cleveland Police and Council-led Vulnerable, Exploited, Missing and Trafficked (VEMT) strategic and operational groups to support work with young people experiencing these issues.
- Member of the Strategic VEMT Task and Finish Group for transitions, sharing learning, findings, recommendations and the voice of the women and girls that we work with to inform system change and guiding principles around working with people in the transition phase.
- Member of the sexual violence data group for Cleveland looking at trends, patterns, gaps and areas for improvement to inform resources and delivery that better meets the needs of the survivors and can help strengthen prevention practices.
- Embedded, alongside Stage partnerships, a sexual exploitation toolkit for practitioners and professionals to enhance and improve delivery led by what matters to the survivors.
- A Way Out has regularly attended the Cleveland Anti-Slavery Network Meetings; Problem Solving Panels; Domestic Abuse Strategic Partnership in Middlesbrough; Hate Crime Group in Stockton; Community Safety Partnership in Stockton; Strategic and operational meetings for the Northeast Sex Work Forum; Cleveland Women's Network; Big Lottery Women and Girls Initiative meetings; Stage partnership strategic and operational meetings to name but a few.
- A Way Out continues to successfully raise the profile of members of our community who have reduced opportunity to benefit from the economic growth occurring in the region, thus providing those who experience isolation, marginalisation and multiple disadvantages to have their voices heard and to influence and bring about local change.
- Member of the Child Sexual Abuse transformation partnership, led by Cleveland PCC piloting work with girls and young women in the transition stage from children to adult services to inform a toolkit for professionals, good practice, system change and delivery.
- A Way Out is an advisory member of the Teesside Safeguarding Adults Board (TSAB) and are consulted on issues linked to adult sexual exploitation.
- Attendance at Safer Stockton Partnership meetings



NATIONAL INFLUENCE

- A Way Out continues to be part of a consortium of eight organisations in the North East and Yorkshire influencing and contributing to research, which aims to develop the first ever national safeguarding framework to support women who have been sexually exploited.
- Contributed to policy and influencing via the Stage project to improve women's access to justice and health care.
- Part of the Beyond the Gaze practitioners group sharing learning, good practice and challenges for sex workers with partners and leads across the country.
- Engaging with Beyond the Streets to develop practice and skills across England.
- As part of the Stage project, A Way Out have participated in a number of webinar events to raise the profile of women's experiences of service provision when they have been subject to adult sexual exploitation and are actively campaigning for ASE to be recognised in law with a statutory definition. This is culminating in an event at Parliament in the next financial year.



COMMUNITY INVOLVEMENT

A Way Out attends monthly information sharing briefings with Cleveland Police and Community Safety Street Wardens to maintain awareness of arising issues in the local community which may impact those receiving support from the organisation.

Our Liberty and Stage team have been working with Cleveland Police on Operation Beech working to decrease violent crime relating to sex work in the Newport area of Middlesbrough.

A Way Out has recently secured funding through Safer Streets, to work with the community around harm reduction for women who are on street sex working.

Actively work alongside local CCTV when out on evening outreach.

A Way Out actively recruits local volunteers who are essential to the delivery of our Horizon and Unity services. All volunteers receive A Way Out’s core volunteer training along with specialised supplementary workshops to equip each willing supporter with background knowledge and information regarding outreach, drug and alcohol awareness and related issues.

Our Volunteer Co-ordinator actively engages with the local church network, raising awareness, recruiting volunteers and fundraising.

Engaging with local councillors to promote a safe environment for the community we work with.



A Way Out is extremely grateful for the generous assistance our services receive from our bank of volunteers. During 2022/2023, we were able to return to twice weekly outreach sessions and improve our links with local universities to increase our pool of potential volunteers.

We were also able to recruit a new Psychotherapy volunteer. We have been grateful for the support of local organisations who have given time to help us improve our building, and to other groups who regularly collect food for our food bank.



Achievements October 2022 to September 2023:

Our team of dedicated volunteers:

- Worked alongside our Liberty team during twice weekly outreach in Stockton and Middlesbrough.
- Supported with Psychotherapy sessions for clients.
- Assisted in the collection of regular food donations.
- Raised awareness and fundraised for A Way Out.
- Supported with fundraising events.
- Revamped our Liberty lounge to create a more welcoming and trauma informed space.
- Supported the maintenance of the building by updating our counselling room to create a more trauma informed space and removed fittings from the Blossom Projects room in expectation of creating a more useful space for one to one sessions.
- Assisted in the maintenance of the building.



OUTREACH AND RECOVERY

Project Outline:

A Way Out's Liberty and STAGE projects seeks to provide unique opportunities to facilitate engagement into services and establish recovery pathways for women aged 18 plus experiencing multiple disadvantages. Such women have needs relating to issues such as sex work/sexual exploitation, substance dependency, homelessness, and domestic abuse. This women-only specialist service includes one to one support, drop-ins and structured programmes intended to help improve self-esteem, confidence, and lifestyle choices with an aim to widen their long-term aspirations beyond such marginalisation and offer a way back into mainstream services and activities.

Achievements October 2022 to September 2023:

During this year Liberty and STAGE have continued to offer support to women across Teesside and Liberty have recently extended that support reach to Hartlepool and Redcar/Cleveland.

These projects continue to see women engaging on caseload with an allocated support worker with walk and talk, doorstep checks and one to one sessions. We also continue to support women via our evening on street outreach sessions, alongside a cohort of dedicated volunteers and staff from other teams within A Way Out.

We have increased our evening outreach delivery to two nights per week which has enabled us to provide greater support to women who are on-street sex working. This has increased our presence on the street and in the local community and in turn will hopefully encourage those women who are new to us or hesitant about engaging with us to feel confident knowing we offer a safe space and provision that can be accessed without any judgement or expectation.

During on-street outreach, we continue to work closely with Community Safety teams across Middlesbrough and Stockton, linking in with CCTV and use of their radios in case of emergency. The Community Safety teams update us during the sessions of any vulnerable women they see on the streets that we can engage with.

Safety remains central to our work, and we offer safety advice to the women while they are working via a safety card and for those women on caseload, we complete structured safety plans with them. The women have highlighted that having safety cards, safety plans and reviewing them with their worker increases feelings of being safer when working. They also highlight the use of National Ugly Mugs, both receiving alerts from Liberty Staff and being able to make reports through the team and maintain their anonymity. We provide condoms, wipes, needle exchange, one to one sessions, outreach sessions and drop-in sessions.

The team have worked alongside Cleveland Police during Operation Beech, after identifying high numbers of crime such as rape and sexual assault to women who had links to on street sex working. As a result of this extra support is offered to those women identified as being at most risk of harm. The team support a weekly drop-in that is run by the police for women in Middlesbrough, which runs alongside our evening street outreach sessions.

Partnership working is integral to offering the best support to the women we work with and Liberty and STAGE co-deliver weekly drop-in sessions at a local supported accommodation setting for female residents. We look at many issues from health and wellbeing, sexual health, empowerment and practical sessions around housing, finances/budgeting. These groups are well attended, and feedback from the women is very positive around building confidence, feeling empowered to make independent decisions and building on life skills.

Our Sexual Exploitation worker (STAGE) has been involved in working groups across the North East and Yorkshire. They have been looking at barriers that women who have been sexually exploited face in accessing support around various issues such as access to justice, health, housing, BAME, transition from Child Sexual Exploitation to Adult and how support changes with that. These working groups have provided evidence and research to start the process of challenge and change.

OUTCOMES - 129 Unique Individuals

IMPROVED WELLBEING

81

women have reported an increase in self-esteem by participating in a variety of group and one to one sessions.



75

women have benefited from engaging with staff via Walk & Talk sessions, doorstep checks, one to one's and engaging with our in-house psychotherapist.



129

women have engaged with the team both on caseload and during our delivery of weekly on street outreach sessions.



IMPROVED LIFESTYLE

15

women have reported to have remained in treatment and engaged with local substance misuse services to maintain this.



25

women remain in stable accommodation. During COVID these numbers were higher due to government guidelines around provisions to the homeless, rough sleepers and tighter restrictions around evictions.



21

women to access health care appointments, this includes registering with GP and Dentists and accessing mental health and sexual health services.



REDUCE HARM

10

women have disclosed Rape and Sexual Violence. 3 women have made reports to Police. The team support women in accessing support from SARC, if a decision is made to report to police then women are also supported to deal with this process and their decision making.



32

women have disclosed nonsexual acts of violence/threats of violence made to them. If these offenses occur whilst the women are sex working, they will often disclose further details to their worker and consent to a report being made by the Liberty team to National Ugly Mugs where this can be shared with other sex workers allowing for wider safety awareness.



74

women have stated they feel safer with support from the team via Safety Plans, On street Outreach, National Ugly Mug alerts and having a safe space within A Way Out via one to one and group sessions.



“

Thank you for listening. Why don't other people listen like you do?

”

“

I don't know what I would have done without your support, you have gone above and beyond my expectations

”

“

I can't believe I cried...in a nice way, as I don't normally let my guard down and show my emotions after being hurt so many times

”





PHOENIX WOMEN CRIMINAL JUSTICE SERVICES

Project Outline:

The Criminal Justice Project commenced in 2021 and is now fully embedded into the organisation. The project, now known as Phoenix Women, works in partnership with Changing Lives and the National Probation Service covering the areas of Middlesbrough, Redcar and Cleveland. The women are referred to our case workers by Probation Officers who have identified specific pathways to help and encourage them to move past previous offending and build a stronger and fulfilling future for themselves and their families. Those pathways include, accommodation, emotional wellbeing, family and significant others, addiction and recovery, education, training and employment, lifestyle and associates and finance, benefit and debt.

Achievements October 2022 to September 2023:

Pathways into offending for women are often different to that of men and can be because of harm, abuse and exploitation that they have experienced. Many women are disproportionately affected by harsher sentences and struggle with the separation from their children, in addition to experiencing structural inequality, marginalisation and increased risk of harm.

In our experience the women often have a wide range of vulnerabilities. To help build resilience we work with several agencies outside of the criminal justice system who can provide specialist support for issues such as; substance misuse, domestic abuse, housing, debt management and emotional wellbeing. We work hand in hand with these agencies to provide trauma informed support for the women.

Many of the women we work with have trust issues. It takes time, patience and understanding to break down barriers to create a positive working relationship. The team work with commitment and passion to create a safe space, where women feel able to open up and begin to make steps towards a more fulfilling future.

Intervention Delivery

The interventions we deliver are directly related to the 7 pathways identified above. We aim to 'meet women where they are' providing interventions that are adaptable to meet individual need, effective and relevant. We have provided the following:

Supporting clients with accommodation issues

- Assisting women to set up accommodation bidding systems such as Tees Valley home finder. Many of the women would struggle to do this without the support of their community coach.
- Managing a tenancy, which would include support with budgeting, paying bills.

Emotional wellbeing

- Support to access and attend counselling sessions.
- Activities to build self-esteem and resilience.
- One of the team recently supported a woman with a final contact session with her child, who has been placed for adoption.
- ITEC, recently delivered a 3-week course around emotional well-being. This included a focus on physical as well as emotional well-being.

Supported to address issues within their families

- Support around healthy relationships,
- Working alongside A Way Out's family workers to support parents and children with challenges they are facing.
- Supporting survivors of domestic abuse to understand perpetrator behaviour.

Supported through addiction and recovery

- Support to attend addiction services.
- Relapse Prevention.

Education, Training and Employment

- Purchasing tablets, laptops to provide a platform for accessing training.
- We were able to purchase a sewing machine to allow a woman to attend an online sewing course with a view to increase employability.

Support to identify positive and negative relationships

- Work around healthy relationships
- Looking at circle of friends using a red flag system, i.e., identifying positive and negative influences.

Supported with benefits, money management and debt

- Budgeting.
- Compiling a cookbook, based on 'Cooking on a Budget'. This was peer led, by a woman who had previously worked as a chef.
- Supporting woman to access specialist debt management, including CAB. This led to a successful application for a Debt Recovery Order. Not only did it have an impact on the woman's financial situation, but it also had a positive outcome on her emotional wellbeing.

Supported in the transition between custody and community

- The transition from Custody to the community can be a difficult and challenging experience for women. As part of social inclusion, we have picked up a woman upon release from Low Newton and transported her to her Probation appointment.

Group work commencement

- A Way Out has been successful in securing a 2nd building. This a warm, comfortable, trauma informed space, where we can provide one to one and group work interventions.
- A group focusing on emotional well-being has just concluded. Group members shared positive feedback and expressed an eagerness to engage in other groups.
- We have Sage, a solution focused programme, which is a strengths-based, future focused way of working with clients to help them discover and then work towards, a better future.
- We have group work sessions planned around each of the referral pathways and look forward to working alongside the women and provide them with relevant and effective sessions.
- Lived experience developing the group work (cooking course).

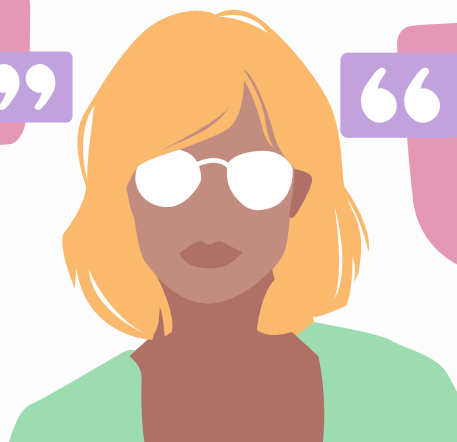
We are delighted to see the progress made during the women's journey with us. Whilst the work can be challenging, we have many success stories.

Helen has been working with us for some time, she has been consistent in her engagement and has shared how valuable she has found the support provided by her community coach. She is just about to embark upon a new journey as a peer mentor for the probation service. This is a great achievement, and we are so proud of the steps that Helen has taken to get to the point where she is able to take up this role. We have every confidence that she will do a great job and be an asset to the Probation service, and the women that she meets in her capacity as a peer mentor.

We have worked hard to provide a trauma informed space in Middlesbrough, which has been described by one of our women as a "warm and welcoming space". We are so pleased that our Middlesbrough building is now up and running. We are looking forward to using this to provide a place and space for women to grow and develop.

“ Thank you for everything you have done for me, I don't know what I would have done without your support ”

”



“

Kim has gone from strength to strength and as she comes to the end of her time with us, she is embarking on a new experience as a peer mentor for the Probation service ”

”

OUTCOMES

115 unique individuals

68

supported with their accommodation issues



46

supported through addiction and recovery



19

in education, training and employment



76

supported to improve their emotional wellbeing



41

supported to address issues within their families



35

supported with benefits, money management and debt



42

supported to identify positive and negative relationships



9

supported in the transition between custody and the community



“ I am happy with the relationship that is building between A Way Out and Ingeus, it is only going to strengthen the support available to those ladies on programme ”

Ingeus

“ I just wanted to say a big thank you for the work you are undertaking with Bea*. She was absolutely buzzing (her words) when talking about the support you've offered, especially in terms of setting up her tenancy ”

Probation Officer



UNITY



SUPPORT FOR YOUNG WOMEN

Project Outline:

The Blossom Project supports girls and young women aged 13-24 (or up to 25 years if they have additional needs such as learning difficulties / disabilities), who experience multiple unmet needs and disadvantages. One to one and group, trauma informed and person centred, interventions build their resilience and prevent abuse, harm and exploitation and opportunities to lead campaigns, events and projects further ensure their voices are heard.

Blossom accepts referrals from a wide range of sources including Social Care (both childrens' and adults') education, health, housing schemes, mental health services (statutory and voluntary) as well as self-referrals. The girls and young women we support have a range of presenting needs upon referral including; sexual assault and harassment, low self-esteem and worth, lack of confidence, low resilience and struggling to regulate emotions, to name but a few. The support is focussed, exploring with the client what they want to work on first, together identifying actions and working together to co-produce their support goals.

The support offered is flexible and can be adapted to suit the changing needs of the clients. For example, support can take place in person, digitally as well as a combination of these to suit clients' needs. The support is very much tailored to their individual needs to ensure clients feel comfortable in their sessions. The support is also not time constricted in that clients can access support for however long they need it and they can also access ad hoc support once exited from support if they find they need this again. The girls and young women who have accessed Blossom tell us that this is one of the most important things to them; that they are listened to, felt heard and not judged and that support is there for them when they need it. Our clients co-produced outcomes that they felt are most important to them to achieve during their support journey with Blossom; to be confident, to be safe (at home and contextually), to be healthy (mentally and physically) to increase confidence and to gain knowledge and awareness of issues that matter to them.

Achievements October 2022 to September 2023:

Across the past year the support process/journey of support for Blossom clients has been revised which has provided a more structured way of working with clients which has been effective. Clients set their support goals with their keyworker which are then reviewed at set intervals to review progress and change direction where needed.

Within the past year we have also set up a co-location arrangement with a Stockton Council's children's department. This arrangement is working well and has helped streamline referrals and continues to evidence demand for the Blossom service.

Additionally, earlier this year received a High Sheriff Youth Award from the County Durham Community Foundation. The award recognises our commitment to improving the lives of children and young people in our community. We were delighted to receive this award, which is testament to the work undertaken in Stockton with the children and young people we support.

“

You're the only person that actually listens to me and never judged me in any situation. I feel comfortable telling you anything I don't know what I'm gonna do!

”



OUTCOMES

51 unique individuals

43

young women self-report increased or maintained how confident they feel.



37

young women self-report feeling safe within their home environment.



43

young women self-report feeling safe outside of their home environment.



39

young women self-report maintained or increased physical health.



41

young women self-report maintained or increased mental health and well-being.



42

young women self-report an increased ability to make and maintain relationships with others.



47

young women self-report feeling confident to seek support with their health.



48

young women self-report having increased knowledge/awareness of topics they did not know before (as a result of Blossom 1:1 or group work).





VIOLENCE AGAINST WOMEN AND GIRLS

Project Outline:

The Violence Against Women and Girls advocacy project reaches, engages and empowers girls and young women aged 16 - 26 who are experiencing or have experienced gender-based violence against them. Through collaborative assessment, person centred and trauma informed support and advocacy, we ensure they know their rights and can recognise and address VAWG. This service supports girls and young women who are resident in Stockton, Middlesbrough, Hartlepool and Redcar and Cleveland.

Our VAWG project accepts referrals from a wide range of agencies similar to those that refer into Blossom as well as self-referrals. The young women supported have a wide ranging need around the gendered violence they have experienced, including sexual assault, sexual harassment, rape, sexual abuse (historic), stalking and domestic abuse and coercive control. As a result of these experiences the young women often present with secondary needs such as poor mental health and emotional wellbeing, ability to regulate emotions, lack of confidence and self esteem, body image issues as well as eating disorders.

As with the Blossom service offer, support is flexible and person centred to suit the clients individual needs and circumstances. Clients can access one to one support where they feel most comfortable. In person this can be at A Way Out office, within the community as well as an education establishment. Clients can also access digital support to suit their needs too, this is helpful for clients who are in full time work or education. Client feedback to date evidences that being listened to and feeling cared for is different to support they have previously received.

Achievements October 2022 to September 2023:

In terms of partnership working the VAWG worker has worked closely with staff from Blossom and Families, helping to co-deliver group sessions, completing initial assessments together and working jointly with clients. The VAWG worker has also completed joint outreach sessions with the Blossom young people's worker and with Cornerhouse youth project who are based in Stockton. Undertaking the outreach has allowed the VAWG worker to raise further awareness of the service. The VAWG worker has also continued to complete outreach sessions with the Liberty team across Middlesbrough and Stockton on an evening to again reach more women.

The VAWG worker has met with the Education Collective and as a result has attended a Freshers Event at Redcar & Cleveland college, this event allowed the VAWG worker to speak to many young people from across Redcar and Cleveland, provide them with information about the services A Way Out offer as well as raise awareness around VAWG. The VAWG worker has also attended the Hartlepool Domestic Abuse Local Strategic Partnership meeting, where they were given the opportunity to speak, this allowed them to share information on VAWG and the referral process as well as meet with other local professionals and agencies. The presence of the VAWG worker at such networking opportunities has raised awareness of local professionals of VAWG issues and how/where to refer young women who may need support.



“

Although I only see you for one hour a week, the sessions have helped me so much. I always leave feeling more positive and ready to take on the week ahead. I just wanted you to know that I have applied for Uni to study dance, something I never thought I'd have the confidence or drive to do before we started our work. I'm so excited.

”

Thank you.

“

I actually really look forward to our sessions, I feel like you listen and actually care rather than it just being your job. I didn't think things were going to get better but since we started completing our work they really have

”

“

I've been practicing the work we completed on healthy boundaries with my friends and work colleagues, it's really helped me to communicate better and I feel so much better about the future. Thank you

”

“

I've been looking forward to my session all week, I always feel so much better after being here

”



OUTCOMES

21 unique individuals

10

young women self-report feeling safe



12

young women self-report improved health and well-being



9

young women self-report feeling more knowledgeable and informed around the Criminal Justice process



11

young women self-report ability to return to lifestyle or adjust to changes



Project Outline:

Evolve supports children and young people aged between 9-16 years. Delivered within schools and the community as a six week educational program which equips them with the knowledge, awareness and resources they need to identify unhealthy relationships and how to access support. The remit of the support is early intervention group work delivered over six weeks, ensuring that children and young people are educated around topics such as; respect, boundaries, recognising harm and abuse, expressing emotions, safety planning, gender and role expectations, contextual safety among much more. The programme is age and stage appropriate and tailored in partnership with the school to meet the needs of the cohort of the young people referred.

The presenting needs of the children and young people we have support have been varied. The presenting needs of secondary school aged children have included vulnerable, risk of exclusion, easily influenced/led, parental illness, chaotic home life, poor attendance, anxiety, social conflicts, social media exploitation and antisocial behaviour. Presenting needs of the primary school ages children have included low confidence/self-esteem, no friendship groups/struggles with friendships, domestic abuse in the home, lack of appropriate boundaries and lack of positive relationships.

Achievements October 2022 to September 2023:

Evolve has continued to develop across the past year and we have continued to work in schools we already had links with, alongside some new ones. We have supported a group of year 5 children in a Primary School in Middlesbrough that we have never delivered in before.

The Evolve programme has grown to encompass topics to address specific issues that have been identified by the schools as impacting their children and young people. Sessions have been amended and adapted to ensure the content is meeting the needs of the young people. A new partnership has been established with Abbey Hill School and Evolve is due to be delivered there following the October half term.

“

I was counting down the seconds 'til this lesson!
Primary School Pupil

”



“

I think these sessions have been really good and useful. It made me reflect on a lot of things and has had a positive impact on me. Thank you!
Secondary School Pupil

”

“

The week before last, I felt invisible/isolated, last week I felt sort of isolated. Today, I am happy.
Primary School Pupil

”

OUTCOMES

71 unique individuals

50

now understand what a healthy relationship is.



50

understand how they should be treated in their relationships.



46

understand the red and green flags of relationships.



46

understand how to stay safe online.



41

if they were in a situation that was unsafe, they would know what to do.



reaching • inspiring • supporting • empowering

FAMILIES

Project Outline:

The RISE family project provides one to one and group to increase wellbeing and improve relationships for families of individuals accessing other A Way Out services. Via internal referral, any clients who are accessing another A Way Out service can receive support for any of their family members who may need it. Support is provided at the right time to ensure that the families receive the support they need. Depending on which service area their client is linked to, presenting needs can vary significantly from; parenting support, money management and budgeting, understanding trauma and its impact, mental health and emotional well-being, supporting with caring responsibilities and advocacy and liaison with other services.

Like the other projects the support is flexible and can be adapted to meet the clients needs. Both face to face and telephone support has been invaluable to the cohort of individuals supported across the last year. Support plans are developed in partnership with clients to ensure that they are integral to leading the support. Via a trauma informed, person centred, solution focussed approach, clients and families are supported to come up with their own solutions to issues they are experiencing, ultimately empowering them to be in control of their own lives.

Achievements October 2022 to September 2023:

During this timeframe there have been a number of successes. Firstly, we have been able to expand our family offer following securing additional funding from Trusthouse Charitable Foundation. The position was advertised in February 2023 and the successful applicant commenced their role in March 2023. The additional Family Co-ordinator has enabled the expansion of RISE across all of the A Way Out project areas, across both service areas supporting adults as well as children and young people.

We have integrated the Family Co-ordinators within our wider service provision to ensure that all staff understand the remit of the support that can be offered to family members of A Way Out clients. This has included one Family Co-ordinator being involved in and now leading on Liberty outreach sessions, co-delivering Blossom group sessions and supporting initial assessments where there is a family need identified.

“ It’s reassuring knowing that I have you should I need you. ”

“ Thanks for the food, I’m really struggling ”

“ I’m happy my daughter is back to school and seeing her keyworker regularly. Her keyworker is a godsend ”



OUTCOMES

6 unique families

4

reported a positive improvement in their mental health and overall well-being.



4

reported a positive improvement in their family relationships.



4

reported improved resilience.



5

reported that they found the service useful.



6

reported that they didn't have suggestions to improve the service.





THERAPEUTIC PSYCHOTHERAPY COUNSELLING

Service Outline:

The psychological service and psychological pathway work across all projects. The key role of the service is to provide psychological support. The service has evolved over time and continues to evolve according to the needs of the clients and the organisation.

Key functions of the service:

- Provide psychological support to clients either through 1 to 1 psychotherapy and / or therapeutic programmes.
- Support staff working with clients with complex mental health needs through regular “clinics”; ad-hoc clinics; developing & delivering training programmes on psychological topics.
- Support volunteer counsellors / psychotherapists through meetings and supervision.
- Supporting trainee counsellors and psychotherapists on placement with A Way Out through supervision and training. When there are trainees on placements written reports are required by the training organisation.

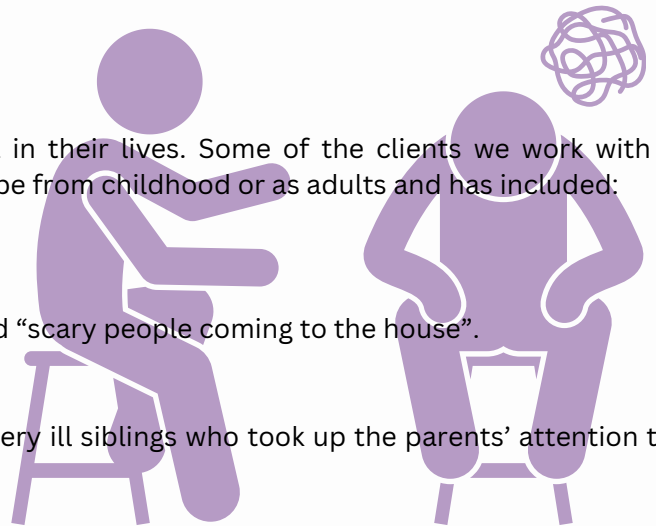
Examples of training programmes developed and delivered through the psychological services:

- Establishing & maintaining the therapeutic relationship.
- Working with chaotic behaviours.
- When the client gets inside your head.
- Trauma informed services.
- Empowering conversations.
- Attachment.

Client experiences:

The clients we see at A Way Out have experienced trauma in their lives. Some of the clients we work with have experienced multiple traumatic experiences. The trauma can be from childhood or as adults and has included:

- Growing up in a violent household.
- Sexual abuse.
- Parents with addiction issues.
- Parents selling drugs from the house – one client disclosed “scary people coming to the house”.
- Multiple foster placements.
- Parents unable to provide positive emotional nurturing.
- Ignored as children; in a couple of cases the clients had very ill siblings who took up the parents’ attention to the exclusion of the client.
- Being attacked when sex working.
- Many other adverse childhood events.



We work with clients who have diagnosed mental health conditions. The most common one is “Emotionally Unstable Personality Disorder”. However, women who are given this label are more likely suffering from complex post-traumatic stress. Invariably these are the women who have experienced multiple traumas. Their behaviours can be chaotic and challenging. Mental health services tend to regard this client group as “incurable” and label them as “attention seeking”. The therapy needed by this client group is the therapeutic relationship, however because of their experiences they struggle with being in a “healthy” relationship. Therein lies the challenge and the paradox of working with this client group.

1 to 1 Psychotherapy – how we work with the clients

When clients are referred into psychological services for 1 to 1 psychotherapy a lot of time is given to establishing and maintaining the therapeutic relationship. For a lot of clients this phase of the psychotherapy is as much as they can cope with especially those who did not receive positive emotional nurturing.

The approach taken with clients is to establish a safe space for the client and to avoid forcing conversations about what’s happened in their life. This avoids retraumatising the client.

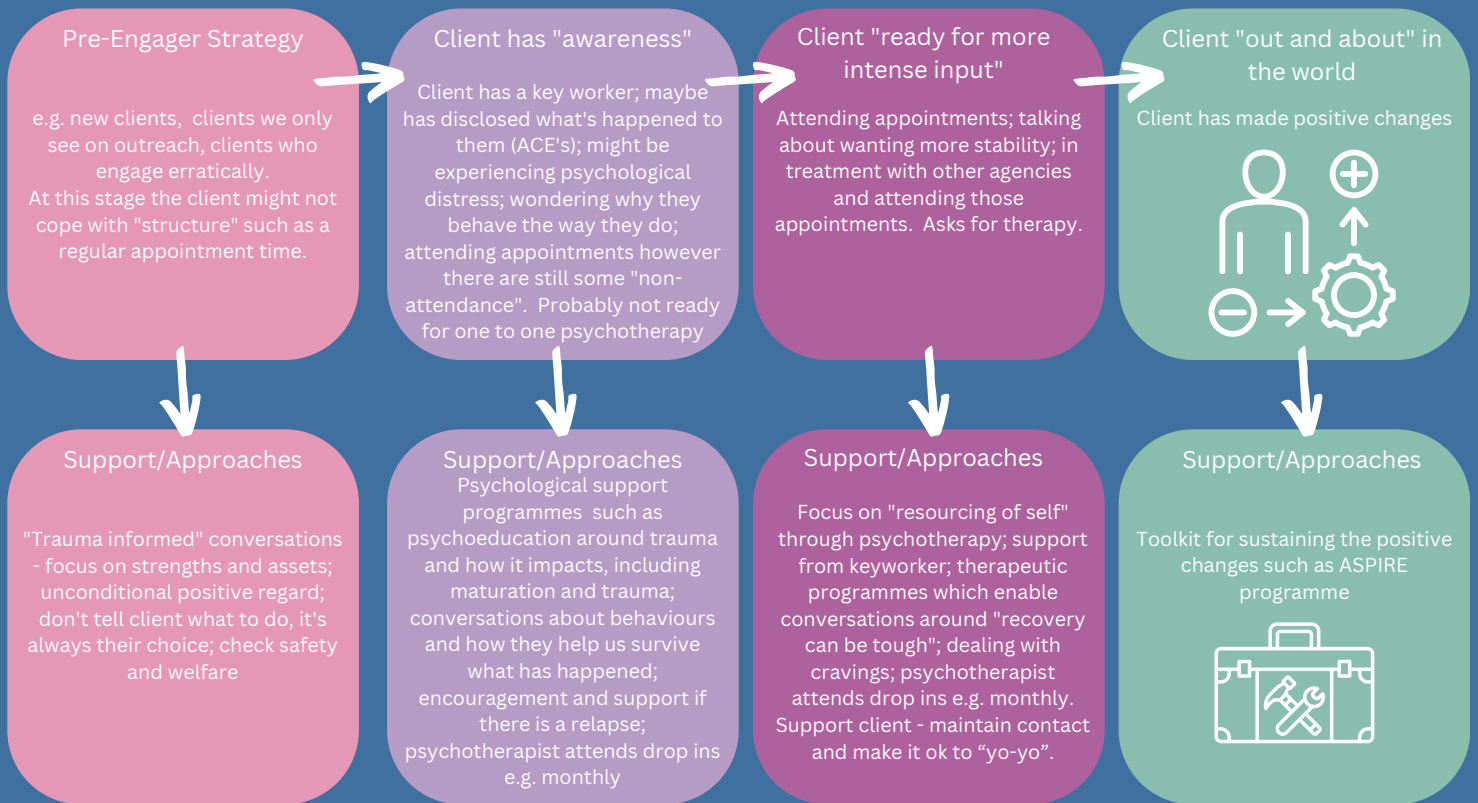
Psychological Services Pathway

During the year the Psychological Service Pathway was developed and launched. The aim of the pathway is to help us understand where a client might be in relation to the level of mental health support they require.

Initially the pathway consisted of 3 phases:

- Pre-Engagement – at this stage we may meet people during outreach or they have just been referred to A Way Out.
- Awareness – at this stage the client might decide that they want psychotherapy
- Ready for more intense input – at this stage the client is ready to deal with what has happened to them.

When the pathway had been in use for a few months a pattern emerged regarding the awareness stage. The pattern is that the client starts the psychotherapy and then maybe realises that it’s a tough process and disengages. The awareness stage of the pathway has been amended to reflect the new understanding of this stage.



OUTCOMES
18 individuals

122 one to one psychotherapy sessions.



16 clients exited therapy after achieving their outcome.



2 therapists available during the reporting period.



Developments

In July 2023 we were contacted by Ingeus to provide one to one psychotherapy to female clients attending Ingeus.

Ingeus provides support to individuals on probation and helps their participants with housing, benefits etc. through weekly hubs. They also provide access to various activities such as art, yoga and basket weaving.

From this work we commissioned two therapists, one attending the Middlesbrough Hub and provides support with creative journaling and one attending the Durham hub to provide one to one psychotherapy support.

Rebecca* was referred for psychotherapy via the Phoenix Women’s team.

Rebecca has a history of childhood trauma which included verbal and physical abuse from a young age. She was in a violent relationship for a number of years and has a child from that relationship.

Rebecca was referred into psychotherapy as she was experiencing major symptoms of post traumatic stress which had started to interfere with day to day life.

Rebecca attends her sessions and we are gradually unpacking what has happened to her. This is taking time because in order to cope with what happened Rebecca has developed a number of different coping strategies. Whilst these have helped with dealing with what happened they also result in behaviours which are un-useful. We are gradually unpacking the un-useful behaviours so that Rebecca can develop more useful strategies to enable her to heal from the childhood trauma.



Samantha* has had an up and down year with regards to attending sessions. There have been times when Samantha hasn’t engaged with therapy for several weeks, throughout these periods the Psychotherapist maintained contact with Samantha and her key worker. It is possible that major therapeutic benefits for Samantha have come from remaining in contact and not ending therapy sessions due to non-attendance.

Samantha’s background is one of having been criticised and rejected within the family because of her behaviours.

The main theme of Samantha’s therapy remains one of ego strengthening and validating.

* Real names not used



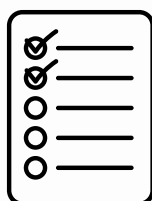
RESERVES POLICY

It is the intention of the trustees to maintain cash-backed unrestricted general reserve funds at a minimum of three months core expenditure and they estimate that a reserve of circa £150,000 (previous year £165,000) would cover that requirement at the present point in time.

The trustees consider that, in the event of a significant reduction in the level of grants and charitable donations, this level of reserve would allow sufficient time to source new funding or wind down the operations of the charity in an orderly manner.



It is the intention of the trustees to designate any unrestricted funds above this reserve to invest in sustaining existing or developing new services/activities/roles to ensure we continue to meet the needs of those accessing our services.

With net current assets/cash liquidity of £320,091 at 30 September 2023 (30/9/22 £380,820) and unspent restricted funds of £98,865 (30/9/22 £97,228) the above level of cash-backed unrestricted funds was achieved.



PLANS FOR THE FUTURE

Board Sub Group	Priorities	Outcome
Finance and Funding 	review our processes and procedures, including internal meetings, to identify further efficiency savings	reduce core costs and/or increase capacity to develop new opportunities
	explore opportunities to share 'back office' support with other organisations	
	consider other options for office / delivery space	more flexible delivery of services and/or reduce core costs
	ensure all services achieve a balanced budget within the financial year	increased financial sustainability
	increase our (particularly unrestricted) income from commissioning, fundraising and trading	sufficient resources to respond to the increasing and changing needs of those we support
	continue to develop our planning and reporting to ensure effective and efficient financial management	proactive management of increasing financial risks
Workforce 	continue to invest in staff skills and experience through in house and external learning and development opportunities	increased recruitment and retention
	review contracts and job descriptions and provide training and supervision so staff can work across different roles and teams.	more efficient and effective delivery of services and opportunities for personal development
	define core roles and move to permanent staff contracts wherever possible	increased retention through greater job security
	increase staff capacity and/or secure partner support to expand the recruitment, training and supervision of volunteers	greater capacity to deliver our services and opportunities for volunteers to gain skills and experience

Board Sub Group	Priorities	Outcome
Performance and Quality 	achieve the trauma quality mark	demonstrate that our trauma informed and responsive approach is integral to everything we do
	continue to develop our monitoring and evaluation methodology and review our key performance indicators	informed decision making based on a greater understanding of the needs of those accessing our services and how best to meet them
	use wider learning to inform the ongoing development of our business plan / strategy	develop innovative and creative solutions to the internal and external challenges we face
	seek opportunities to influence others and share learning through external evaluation and research and/or networks, workshops and meetings	address injustice and inequality through wider system change by influencing the policy, procedures and practice of other organisations
Strategy and Governance 	combine Blossom, Evolve, and VAWG into Unity	prevent abuse, harm and exploitation through coordinated outreach and support for children and young people
	integrate the delivery of Liberty and Phoenix Women	address abuse, harm and exploitation through coordinated outreach and support for women (including those within the criminal justice system)
	develop a long term plan for our psychological service	continue to develop our psychological pathway as an integral part of our services
	establish RISE as an integral part of all our services	ensure families of those accessing our services can also access support
	build our network of partners across the North East and beyond	develop new opportunities for collaborative working and wider influence
	expand the delivery of our services across Teesside and potentially the wider North East and Yorkshire and/or develop new services e.g. housing, mental health, training etc	address gaps in provision and unmet needs and reduce our reliance on a small number of funders and partners

In addition to those identified in the Business Plan, the directors/trustees and senior management team are going to take a holistic look at risk management in response to the current economic climate, so that commissioners, partners and funders understand how we respond to increasing demand, reduced funding and greater regulations.

The directors/trustees have prepared this report in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the directors/trustees on 29th January 2024 and signed on their behalf by:

Robert Thompson
Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF A WAY OUT

I report to the charity trustees on my examination of the accounts of the company for the year ended 30 September 2023 which are set out on pages 36 to 51.

Responsibilities and Basis of Report

As the charity trustees (who are also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

J Lester

**Mr J Lester FCA
Baines Jewitt Limited
Chartered Accountants
Spitfire House
19 Falcon Court
Preston Farm Industrial Estate
Stockton on Tees
TS18 3TU**

Dated: 29 January 2024

JL/AJW

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2023
(including Summary Income and Expenditure Account)

	Notes	Unrestricted Funds		Restricted Funds		Total Funds	
		2023 £	2022 £	2023 £	2022 £	2023 £	2022 £
INCOME							
Grants and donations	4(a)	55,143	36,640	693,226	659,261	748,369	695,901
Income from charitable activities	4(b)	20,160	-	-	-	20,160	-
Investment income	4(c)	4,544	630	-	-	4,544	630
Other income	4(d)	-	550	865	4,115	865	4,665
TOTAL INCOME		79,847	37,820	694,091	663,376	773,938	701,196
EXPENDITURE							
Charitable Activities	6	-	3,883	826,681	764,676	826,681	768,559
Raising funds	8	-	-	12,849	12,830	12,849	12,830
TOTAL EXPENDITURE		-	3,883	839,530	777,506	839,530	781,389
Net income/(expenditure)	10	79,847	33,937	(145,439)	(114,130)	(65,592)	(80,193)
Transfers between Funds	16	(147,076)	(63,744)	147,076	63,744	-	-
Net Movement in Funds		(67,229)	(29,807)	1,637	(50,386)	(65,592)	(80,193)
Reconciliation of funds:							
Total funds brought forward	16	303,898	333,705	97,228	147,614	401,126	481,319
Total Funds Carried Forward	16&17	236,669	303,898	98,865	97,228	335,534	401,126

The Statement of Financial Activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

A WAY OUT
(A Company Limited by Guarantee)

Company Registration Number: 06265354

BALANCE SHEET
AS AT 30 SEPTEMBER 2023

	Note	£	2023 £	£	2022 £
FIXED ASSETS					
Tangible assets	11		15,443		20,306
CURRENT ASSETS					
Debtors	12	52,459		55,034	
Cash at bank and in hand		486,078		427,191	
		<u>538,537</u>		<u>482,225</u>	
CREDITORS: Amounts falling due within one year	13	(218,446)		(101,405)	
NET CURRENT ASSETS			<u>320,091</u>		<u>380,820</u>
NET ASSETS			<u>335,534</u>		<u>401,126</u>
FUNDS	16 & 17				
Unrestricted funds			236,669		303,898
Restricted funds			98,865		97,228
TOTAL FUNDS			<u>335,534</u>		<u>401,126</u>

The directors/trustees are satisfied that the charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2022.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 September 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006, and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year 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 are applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

These financial statements were approved by the directors/trustees on 29 January 2024 and signed on their behalf by:

R. Thompson
Director/Trustee

A. Malcolm
Director/Trustee

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Notes	2023 £	2022 £
Cash inflow/(outflow) from operating activities	23	60,109	(97,188)
Cash inflow/(outflow) from investing activities:			
Interest receivable		4,544	630
Purchase of tangible fixed assets		(5,766)	(23,914)
Net cash inflow/(outflow) from investing activities		(1,222)	(23,284)
Increase/(decrease) in cash and cash equivalents in year		58,887	(120,472)
Cash and cash equivalents at the beginning of the year		427,191	547,663
Total cash and cash equivalents at the end of the year		486,078	427,191
Cash and cash equivalents consist of:			
Cash at bank and in hand		486,078	427,191

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

1. CHARITY INFORMATION

The charity (registered number 1137535) is a public benefit entity incorporated in the UK on 1 June 2007 as a company limited by guarantee. The company remained dormant until October 2010 when all of the assets and liabilities were transferred from the former unincorporated charity, which was founded in 2002. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The objective of the charity's operation and principal activities is to improve the health and wellbeing of women and young people.

2. BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS

Basis of Preparation and Assessment of Going Concern

The charity constitutes a public entity as defined by FRS 102. The financial statements have been prepared on a going concern basis under the historical cost convention and in accordance with applicable accounting standards, the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

3. ACCOUNTING POLICIES

Income Recognition

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income, after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

(a) Grants and donations

- Where donors specify that grants and donations given to the charity must be used in future accounting periods, the income is deferred until those periods.
- Where donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that grants and donations, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

(b) Gift aid recoverable on donations and gifts

Gift aid recoverable is included in incoming resources in the same period as the gift to which it relates.

(c) Fees and similar income

Fees receivable and charges for services provided are accounted for in the period in which the service is provided.

(d) Investment income

Investment income is included when receivable by the charity.

(e) Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the financial statements as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in incoming resources when receivable.

(f) Donated services and facilities

Donated services and facilities are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value of the service or facility received.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

3. ACCOUNTING POLICIES (Continued)

(g) Volunteer help

The value of any volunteer help received is not included in the financial statements.

(h) Resources Expended

Resources expended are accounted for on an accruals basis, inclusive of attributable VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been apportioned to the costs of those activities on a basis consistent with the use of resources.

(i) Tangible Fixed Assets

Fixed assets are included at cost less depreciation unless details of cost are not available. Where details of cost are not available, fixed assets are included at an estimated value. Where neither details of cost nor estimated values are available, fixed assets are not shown in the financial statements.

(j) Depreciation

Tangible fixed assets are depreciated over their estimated useful lives as follows:

Leasehold property	- straight line over the initial primary term of the lease
Fixtures, fittings and equipment	- 33.33% per annum straight line
Motor vehicles	- 25% reducing balance

(k) Pension Costs

Contributions payable to a group personal pension and individual personal pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

(l) Financial Instruments

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

Financial assets held at amortised cost comprise cash at bank, together with trade and other debtors. Financial liabilities held at amortised cost comprise trade and other creditors.

(m) Fund Accounting

Funds held by the charity are either:

- **unrestricted funds** - these are funds which can be used in accordance with the objects of the charity at the discretion of the trustees. They may include designated funds which have been set aside by the trustees for particular purposes.
- **restricted funds** - these are funds which can only be used for particular restricted purposes within the objects of the charity; whether it be for the purchase or construction of a fixed asset or in respect of a specific project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Once the restrictions imposed by the provider of the grant/the donor have been observed, the fund is then transferred to unrestricted funds.

(n) Operating Leases

Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged against revenue on a straight line basis over the period of the lease.

(o) Hire Purchase and Finance Lease Commitments

Assets obtained under hire purchase contracts or on finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

(i) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

4. INCOME BREAKDOWN

(a) Grants and Donations	Unrestricted Funds		Restricted Funds		Total Funds	
	2023	2022	2023	2022	2023	2022
Grant and Contract Income:	£	£	£	£	£	£
Accenture	-	-	-	1,667	-	1,667
Anchor Foundation	-	-	-	4,000	-	4,000
Anonymous	-	-	4,333	2,404	4,333	2,404
Arnold Clark	-	-	583	1,417	583	1,417
Ashburn Charitable Trust	3,000	3,000	-	-	3,000	3,000
Awards for All	-	-	4,166	833	4,166	833
B&Q/Neighbourly	-	-	2,000	-	2,000	-
Ballinger Charitable Foundation	-	-	-	15,000	-	15,000
Benefact Trust	-	-	600	-	600	-
Big Lottery Fund	-	-	63,176	80,338	63,176	80,338
Bursary	-	-	700	-	700	-
Catalyst	-	-	-	16,739	-	16,739
Changing Lives (STAGE)	-	-	-	27,065	-	27,065
Changing Lives (Criminal Justice Team)	-	-	231,031	157,133	231,031	157,133
Charities Trust	250	-	-	-	250	-
Charles Hayward Foundation	-	-	-	24,000	-	24,000
Cleveland PCC	-	-	-	23,401	-	23,401
Cleveland PCC (STAGE)	-	-	-	7,997	-	7,997
Cleveland Womens Network Partnership	2,000	-	-	-	2,000	-
Co-op	-	-	-	625	-	625
County Durham Community Foundation	-	-	-	973	-	973
County Durham Community Foundation (Frank Brown)	-	-	2,816	-	2,816	-
County Durham Community Foundation (High Sheriff)	-	-	500	-	500	-
County Durham Community Foundation (iwill)	-	-	6,667	2,500	6,667	2,500
County Durham Community Foundation (NESWF)	-	-	-	1,250	-	1,250
CSA Transformation Fund	-	-	-	15,848	-	15,848
Darlington Building Society	-	-	3,167	-	3,167	-
Durham Community Partnership (Growth & Resilience Fund)	-	-	-	3,775	-	3,775
The Edward Gostling Foundation	-	-	12,917	9,333	12,917	9,333
Garfield Weston	-	-	10,000	10,000	10,000	10,000
Hadrian Trust	-	-	333	667	333	667
Hospital of God	-	-	1,750	1,250	1,750	1,250
Ingeus	-	-	9,939	-	9,939	-
Leathersellers	-	-	18,750	-	18,750	-
Lloyds Bank Foundation	-	-	25,166	25,000	25,166	25,000
Marsh Charitable Trust	-	-	-	500	-	500
Middlesbrough Borough Council	-	-	5,907	9,355	5,907	9,355
Ministry of Justice (Core)	-	-	41,635	50,000	41,635	50,000
Ministry of Justice (VAWG)	-	-	22,579	-	22,579	-
Ministry of Justice (Womens)	-	-	29,431	-	29,431	-
MVDA	-	-	4,800	5,000	4,800	5,000
Newcastle Building Society	-	-	250	2,750	250	2,750
Northfield School	-	-	1,980	-	1,980	-
Ormesby School	-	-	415	-	415	-
Pilgrim Trust	-	-	11,250	12,500	11,250	12,500
Smallwood Trust	-	-	26,050	32,383	26,050	32,383
Sherburn	-	-	2,000	-	2,000	-
Sir Tom Cowie	-	-	417	-	417	-
Sport ED/Ring	-	-	5,000	-	5,000	-
Stockton Borough Council	-	-	38,667	33,333	38,667	33,333
Souter	-	-	1,250	1,750	1,250	1,750
Tees Valley Community Foundation	-	-	-	2,500	-	2,500
Teesside Poverty Fund	-	-	-	300	-	300
The Mercer Company	-	-	29,684	15,772	29,684	15,772
The Vardy Foundation	-	-	-	35,000	-	35,000
Thirteen	-	-	36,327	12,370	36,327	12,370
Trusthouse Charitable Trust	-	-	13,994	-	13,994	-
Virgin Money Foundation	2,700	-	9,000	9,000	11,700	9,000
Carried forward	7,950	3,000	679,230	655,728	687,180	658,728

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

4. INCOME BREAKDOWN (continued)

(a) Grants and Donations	Unrestricted Funds		Restricted Funds		Total Funds	
	2023	2022	2023	2022	2023	2022
	£	£	£	£	£	£
Grant and contract income						
Brought forward	7,950	3,000	679,230	655,728	687,180	658,728
Vonne/Rend	-	-	4,000	-	4,000	-
1989 Willian Trust	-	-	6,668	-	6,668	-
Women's Voice	-	-	-	200	-	200
Anonymous	-	-	-	3,333	-	3,333
	7,950	3,000	689,898	659,261	697,848	662,261
Donations	47,193	33,640	3,328	-	50,521	33,640
Total Grants and Donations	55,143	36,640	693,226	659,261	748,369	695,901

The charity benefits greatly from the enthusiastic support of its many volunteers. In accordance with accounting standards, the economic contribution of general volunteers is not reflected in the accounts.

(b) Income from Charitable Activities	Unrestricted Funds		Restricted Funds		Total Funds	
	2023	2022	2023	2022	2023	2022
	£	£	£	£	£	£
Building income	20,160	-	-	-	20,160	-
(c) Investment Income	Unrestricted Funds		Restricted Funds		Total Funds	
	2023	2022	2023	2022	2023	2022
	£	£	£	£	£	£
Bank interest receivable	4,544	630	-	-	4,544	630
(d) Other Income	Unrestricted Funds		Restricted Funds		Total Funds	
	2022	2021	2022	2021	2022	2021
	£	£	£	£	£	£
Sundry income	-	550	865	4,115	865	4,665

5. RESOURCES EXPENDED - CHARITABLE ACTIVITIES BY PROJECT

For details of project costs, see note 16.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds		Restricted Funds		Total Funds	
	2023	2022	2023	2022	2023	2022
	£	£	£	£	£	£
Direct project costs	-	-	25,713	22,918	25,713	22,918
Grants to individuals	-	-	21,260	10,049	21,260	10,049
Monitoring and evaluation	-	-	7,500	2,500	7,500	2,500
Fundraising expenses	-	-	1,037	567	1,037	567
Marketing	-	-	-	-	-	-
External supervision	-	-	-	2,690	-	2,690
Volunteer expenses	-	-	191	271	191	271
Salaries	-	-	504,055	489,763	504,055	489,763
Pension costs	-	-	13,244	12,897	13,244	12,897
Staff recruitment	-	-	122	4,606	122	4,606
Training	-	-	5,192	1,925	5,192	1,925
Office rent and service charges	-	-	17,201	19,627	17,201	19,627
Cleaning and waste disposal	-	-	2,657	2,281	2,657	2,281
Insurance	-	(203)	3,641	3,729	3,641	3,526
Rates and water	-	-	314	582	314	582
Heat and light	-	693	4,792	2,994	4,792	3,687
Telephone and IT support	-	-	9,281	7,846	9,281	7,846
Printing, postage and stationery	-	-	1,910	1,508	1,910	1,508
Repairs and maintenance	-	-	3,136	3,347	3,136	3,347
Legal and professional fees	-	-	4,658	4,220	4,658	4,220
Consultancy fees	-	-	-	-	-	-
Bank charges	-	-	134	149	134	149
Staff expenses	-	-	8,796	6,921	8,796	6,921
Motor expenses	-	(193)	2,158	3,244	2,158	3,051
Licence fees	-	-	1,223	1,121	1,223	1,121
Depreciation	-	3,586	10,629	6,558	10,629	10,144
Profit on disposal of motor vehicle	-	-	-	-	-	-
Support costs - see below	-	-	110,125	94,501	110,125	94,501
Governance costs - see below	-	-	67,712	57,862	67,712	57,862
	-	3,883	826,681	764,676	826,681	768,559

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

7. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

	Basis of Apportionment	Support Costs	Governance Costs	Total 2023	Support Costs	Governance Costs	Total 2022
		£	£	£	£	£	£
Salaries and national insurance	Staff role	86,641	52,427	139,068	72,946	48,163	121,109
Pension costs	Staff role	2,187	1,715	3,902	1,751	1,256	3,007
Training	Staff time	-	-	-	748	-	748
Business development	Time	17,281	1,887	19,168	14,404	1,483	15,887
Office rent and service charges	Staff time	1,911	-	1,911	2,181	-	2,181
Cleaning and waste disposal	Staff time	295	-	295	253	-	253
Rates and water	Staff time	35	-	35	65	-	65
Heat and light	Staff time	532	-	532	410	-	410
Telephone and internet charges	Staff time	1,031	-	1,031	1,500	-	1,500
Printing, postage and stationery	Staff time	212	-	212	168	-	168
Staff expenses	Direct	-	-	-	75	-	75
Accountancy	Governance	-	9,260	9,260	-	6,960	6,960
Trauma quality mark	Governance	-	2,400	2,400	-	-	-
Trustee meeting costs	Governance	-	23	23	-	-	-
		110,125	67,712	177,837	94,501	57,862	152,363

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

8. FUNDRAISING COSTS

	2023	2022
	£	£
Salaries and national insurance	12,487	12,719
Pension costs	362	111
	12,849	12,830
	12,849	12,830

9. STAFF COSTS AND REMUNERATION OF KEY MANAGEMENT PERSONNEL

	2023	2022
	£	£
Salaries and wages	601,380	571,015
Social security costs	38,345	35,828
Agency costs	34,756	32,277
	674,481	639,120
Pension costs (note 22)	17,508	16,015
	691,989	655,135
	691,989	655,135

The total employment benefits, including employer pension contributions, of key management personnel were £58,253 (2022: £67,043).

No employees earned £60,000 per annum or more.

No remuneration was paid to trustees in the year. No expenses were reimbursed to trustees in the year.

The charity has indemnity insurance on behalf of the trustees, officers and directors. The cost of the premium included in these financial statements is £729.47 (2022: £710.12).

The average monthly number of staff employed by the charity during the year was as follows:

	2023	2022
	No.	No.
Direct charitable work	22	21
Administrative	4	3
	26	24
	26	24

The full-time equivalent number of staff employed by the charity during the year was 22 (2022: 20).

10. NET OUTGOING RESOURCES FOR THE YEAR

This is stated after charging:

	2023	2022
	£	£
Depreciation of tangible fixed assets	10,629	10,144
Independent Examiner's fees:		
- Accountancy services	4,500	3,800
- Independent examination	3,020	2,560
- Under provision re previous year	1,740	600
	9,260	6,960
	9,260	6,960

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

11. TANGIBLE FIXED ASSETS

	Leasehold Property £	Fixtures, Fittings and Equipment £	Motor Vehicles £	Total £
Cost/Valuation				
At beginning of year	127,294	70,272	15,780	213,346
Additions at cost	-	5,766	-	5,766
	<u>127,294</u>	<u>76,038</u>	<u>15,780</u>	<u>219,112</u>
At end of year	<u>127,294</u>	<u>76,038</u>	<u>15,780</u>	<u>219,112</u>
Depreciation				
At beginning of year	127,294	61,801	3,945	193,040
Charge for the year	-	7,670	2,959	10,629
	<u>127,294</u>	<u>69,471</u>	<u>6,904</u>	<u>203,669</u>
At end of year	<u>127,294</u>	<u>69,471</u>	<u>6,904</u>	<u>203,669</u>
Net Book Value				
At beginning of year	-	8,471	11,835	20,306
	<u>-</u>	<u>8,471</u>	<u>11,835</u>	<u>20,306</u>
At end of year	<u>-</u>	<u>6,567</u>	<u>8,876</u>	<u>15,443</u>

12. DEBTORS

	2023 £	2022 £
Due within one year:		
Grant/contract income receivable	45,141	49,409
Prepayments and accrued income	7,178	5,575
Other debtors	140	50
	<u>52,459</u>	<u>55,034</u>

13. CREDITORS: Amounts falling due within one year

	2023 £	2022 £
Creditors and accruals	11,053	20,697
Grants received in advance (see note 14)	196,005	60,355
Taxation and social security	11,388	20,353
	<u>218,446</u>	<u>101,405</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

14. DEFERRED INCOME

Grants received in advance relate to monies received during the year which are specified to be spent in a future period as follows:

	Balance Received in advance as at 1.10.22 £	Received in Year £	Balance Received in Advance as at 30.9.23 £	Per SOFA £
Anonymous	-	13,000	(8,667)	4,333
Arnold Clark	583	-	-	583
Awards for All	-	9,999	(5,833)	4,166
B & Q/Neighbourly	-	5,000	(3,000)	2,000
Benefact Trust	-	3,600	(3,000)	600
County Durham Community Foundation (iwill)	-	10,000	(3,333)	6,667
Darlington Building Society	-	7,600	(4,433)	3,167
The Edward Gostling Foundation	6,667	25,000	(18,750)	12,917
Garfield Weston Foundation	-	30,000	(20,000)	10,000
Hadrian Trust	333	-	-	333
Henry Smith	-	34,950	(34,950)	-
CDCF – High Sheriff	-	1,000	(500)	500
Hospital of God	1,750	-	-	1,750
Leathersellers	-	25,000	(6,250)	18,750
Lloyds Bank Foundation	2,083	25,000	(4,167)	22,916
Mercers	25,772	-	-	25,772
Newcastle Building Society	250	-	-	250
Pilgrim Trust	3,750	-	-	3,750
Sherburn	-	3,000	(1,000)	2,000
Sir Tom Cowie	-	1,000	(583)	417
Smallwood Trust	6,250	30,000	(30,000)	6,250
Smallwood Trust	-	10,000	(10,000)	-
Souter	1,250	-	-	1,250
Sport ED/Ring	5,000	-	-	5,000
Stockton Borough Council	-	40,000	(3,333)	36,667
The Mercer Company	-	24,211	(24,211)	-
Trusthouse Charitable Trust	-	23,989	(9,995)	13,994
Vonne/Rend	-	8,000	(4,000)	4,000
1989 Willian Trust	6,668	-	-	6,668
	<u>60,356</u>	<u>330,349</u>	<u>(196,005)</u>	<u>194,700</u>

15. OPERATING LEASES - LESSEE

Total future minimum lease payments under non-cancellable leases are as follows:

	Land and Buildings 2023 £	Land and Buildings 2022 £
Not later than one year	15,000	21,600
Later than one and not later than five years	-	-
Later than 5 years	-	-
	<u>=====</u>	<u>=====</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

16. MOVEMENT IN FUNDS

	Balance as at 1.10.22	Incoming Resources	Outgoing Resources	Transfers Between Funds	Balance as at 30.9.23
	£	£	£	£	£
Restricted Funds:					
Core Costs, Projects and Support Services					
Core Services	-	191,087	275,155	84,068	-
Volunteer	-	4,166	4,583	417	-
Liberty	8,782	94,445	115,952	12,725	-
Family Services (RISE)	-	22,970	15,431	(1,250)	6,289
Psychological pathway	-	12,089	9,211	-	2,878
Evolve	19,205	10,005	24,214	-	4,996
Family Services (RISE)	-	12,315	10,756	-	1,559
Blossom	(10,748)	120,862	149,206	39,092	-
Blossom Specialist	2,465	-	-	(2,465)	-
STAGE Project	21,154	27,832	30,077	(1,250)	17,659
Monitoring & Evaluation	5,569	-	7,500	1,931	-
Community Engagement Officer	-	634	13,822	13,188	-
Vehicle	-	350	2,217	1,867	-
Criminal Justice Team	27,697	182,336	160,146	(1,247)	48,640
Client grants	23,104	15,000	21,260	-	16,844
	97,228	694,091	839,530	147,076	98,865
Unrestricted Funds	303,898	79,847	-	(147,076)	236,669
Total Funds	401,126	773,938	839,530	-	335,534
Previous year:					
Restricted Funds:					
Core Costs, Projects and Support Services					
Core Services	42,028	161,419	257,746	54,299	-
Liberty	35,958	84,006	111,182	-	8,782
Family Services (RISE)	-	8,522	17,818	9,296	-
Psychological pathway	32	8,168	8,200	-	-
Evolve	13,763	56,945	51,503	-	19,205
Family Services (RISE)	2,018	587	2,605	-	-
Blossom	10,826	109,290	130,864	-	(10,748)
Blossom Specialist	7,037	21,906	26,478	-	2,465
STAGE Project	6,142	44,285	29,273	-	21,154
North East Sex Work Forum	1,802	1,250	3,052	-	-
Monitoring & Evaluation	8,069	-	2,500	-	5,569
Community Engagement Officer	1,552	833	12,877	10,492	-
Vehicle	-	13,587	3,244	(10,343)	-
Criminal Justice Team	6,901	130,911	110,115	-	27,697
Client grants	11,486	21,667	10,049	-	23,104
	147,614	663,376	777,506	63,744	97,228
Unrestricted Funds	333,705	37,820	3,883	(63,744)	303,898
Total Funds	481,319	701,196	781,389	-	401,126

Transfers between funds are as agreed by the Board of Trustees.

**A WAY OUT
(A Company Limited by Guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

16. MOVEMENT IN FUNDS (Continued)

Restricted Funds:

Core Services - this relates to the Chief Executive Officer, Service Managers, Business Development, Administration, Finance and centre running costs (e.g. utilities). Restricted funding includes Changing Lives, Thirteen, MoJ, Pilgrim Trust, Smallwood Trust and Lloyds Bank Foundation.

Volunteer – working with the local community, VCSE infrastructure organisations and churches to build a bank of volunteers to support project delivery within A Way Out. Funded by Awards for All.

Liberty – project delivers an outreach, engagement and recovery service to adult women who experience multiple disadvantages, providing trauma and gender informed support for sex workers and adult female survivors of sexual exploitation. Restricted funding includes Big Lottery Reaching Communities, MoJ, MVDA, Anchor Foundation and Thirteen.

Family Services (RISE) - Reach, Inspire, Support and Empower, supporting families of Liberty and Blossom clients who have experienced trauma and are often impacted by this. Restricted funded by The Mercer Company.

Psychological pathway – is our in-house psychotherapeutic counselling service. Restricted funding includes Ingeus, Darlington Building Society and Benefact Trust.

Evolve – consists of projects working with vulnerable young people in areas with high levels of deprivation to educate and promote healthy relationships between parents/guardians, friends and potential partners. Restricted funding includes Ring/Sport Ed and The Vardy Trust.

Family Services - (RISE) Reach, Inspire, Support and Empower. Supporting the young people within the families of Liberty and Blossom clients. Restricted funding by Trusthouse Charitable Foundation.

Blossom - offers trauma and gender informed support to girls and young women aged between 13 to 24 (or 25 where a young woman has additional needs) to prevent exploitation and harm; enabling them to reach their full potential. Restricted funding by Big Lottery Reaching Communities, Virgin Foundation, County Durham Community Foundation and Stockton Borough Council.

Incorporated within Blossom is the VAWG project which works with young women in transition (aged 16 to 24) who have experienced any form of gender-based violence. Restricted funding includes MoJ administered via the Police and Crime Commissioner.

STAGE Project - a partnership of seven charities across the North East and Yorkshire helping women affected by sexual exploitation and grooming. The STAGE Project provides a range of one-to-one support, drop-ins and specialist group work programmes, as well as specialist work in custody. Restricted funded by Changing Lives.

Monitoring & Evaluation - funding towards additional costs of the Liberty and Blossom projects. Restricted funding from Big Lottery.

Community Engagement Officer - working with the local community, businesses, charities and other partners to fundraise and raise awareness and understanding of A Way Out and increase the unrestricted funds to enable an increase in service provision.

Vehicle - restricted funding from Smallwood Trust and The Vardy Foundation to purchase a new van which is used for outreach and community delivery.

Criminal Justice Team - restricted funding through Changing Lives as part of a Ministry of Justice (MoJ) contract to work with female offenders across Cleveland supporting them to transition and integrate back into the community through rehabilitation and resettlement services that will also reduce re-offending rates.

Client Grants - restricted funding from Smallwood Charitable Trust to offer grants to clients as a method of assisting with housing stability and financial resilience.

North East Sex Work Forum (NESWF) - a multi-agency not-for-profit regional group aiming to give a voice to people involved in or exploited through the sex industry across the North East, enabling them to shape and contribute to service provision and respond to their needs. Restricted funding from County Durham Community Foundation.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds	-	98,865	98,865
Unrestricted funds	15,443	221,226	236,669
	<u>15,443</u>	<u>320,091</u>	<u>335,534</u>

18. FUNDS OF THE CHARITY

Unrestricted funds comprise those funds which the trustees are free to use in accordance with the charitable objects, although the trustees may decide to designate part of these funds for specific purposes.

Restricted funds are funds which have been given for particular purposes and projects.

19. TAXATION

HM Revenue & Customs have approved the charitable status of A Way Out and its income is therefore exempt from tax under Sections 505 and 506 of The Taxes Act 1988, provided that such income is applied for charitable purposes.

20. CONTROLLING PARTY

Throughout the year, the charity was under the control of the Board of Trustees.

21. RELATED PARTY TRANSACTIONS

The total amount of donations received without conditions from trustees in the year to 30 September 2023 was £1,080 (2022: £1,080).

Other than the above, there were no reportable related party transactions (2022: none).

22. PENSION COSTS

The charity operates a group personal pension scheme. The assets of the scheme are held separately from those of the charity, being invested by the insurance company. The pension costs charged in the financial statements represent contributions payable by the charity in the year and amounted to £17,508 (2021: £16,015).

**23. RECONCILIATION OF NET MOVEMENTS IN FUNDS TO
CASH OUTFLOW FROM OPERATING ACTIVITIES**

	2023 £	2022 £
Net movement in funds	(65,592)	(80,193)
Depreciation charge	10,629	10,144
Interest receivable	(4,544)	(630)
Decrease/(increase) in debtors	2,575	2,306
Increase/(decrease) in creditors	117,041	(28,815)
	<u>60,109</u>	<u>(97,188)</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

24. FINANCIAL INSTRUMENTS

At the year end, the charity had financial assets at amortised cost of £531,359 (2022: £476,650) and financial liabilities at amortised cost of £11,053 (2022: £20,697).

The income attributable to the charity's financial instruments is summarised as follows:

	2023	2022
Interest receivable:	£	£
Financial assets at amortised cost	4,544	630
	<u>=====</u>	<u>=====</u>

A WAY OUT

England & Wales - Charity number 1137535

Accounts

Charity Registration Number: 1137535

Company Registration Number: 06265354

A WAY OUT
(A Company Limited by Guarantee)

REPORTS AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2022

Swimming
against the tide?

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calmer waters

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A WAY OUT
(A Company Limited by Guarantee)

REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

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Directors’/Trustees’ Report	1 to 25
Independent Examiner’s Report	26
Statement of Financial Activities/Summary Income and Expenditure Account	27
Balance Sheet	28
Statement of Cash Flows	29
Notes to the Financial Statements	30 to 41

The directors/trustees are pleased to present their report, together with the financial statements of the charity for the year ended 30th September 2022.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in October 2019.



LEGAL AND ADMINISTRATIVE INFORMATION



Charity Name:	A Way Out
Charity Registration Number:	1137535
Company Registration Number:	06265354
Registered Office:	The Gate 1-2 Castlegate Quay The Riverside Stockton-on-Tees TS18 1BZ
Website Address:	www.awayout.co.uk
Directors/Trustees:	Robert Thompson (Chair) David Emerton Andrew Malcolm Michelle Carr Julie Allan (appointed 9/5/2022) Hassan Al-Bahrani (appointed 31/10/2022) Gemma Scire (resigned 30/1/2023) Toks Sangowawa (resigned 30/9/2022) Lesley Blundell (resigned 30/9/2022) Catherine Neville (resigned 22/8/2022)
Chief Executive:	Kay Nicolson
Independent Examiner:	Mr J. Lester FCA Baines Jewitt Limited Chartered Accountants Barrington House 41-45 Yarm Lane Stockton-on-Tees TS18 3EA
Bank:	HSBC Bank plc 136 High Street Stockton-on-Tees TS18 1LR
Solicitors:	Punch Robson 35 Albert Road Middlesbrough TS1 1NU



STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

A Way Out is a company limited by guarantee and not having a share capital, governed by its memorandum and Articles dated 27 January 2016. It is also a charity registered with the Charity Commission. The members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the company in the event of a winding up during their period of membership and within one year of their ceasing to be a member.

Appointment of Trustees

The charity currently has 6 trustees.

New trustees are appointed through an open and transparent process which is ratified at Board. An annual skills audit is undertaken to ensure gaps in expertise and skills are actively recruited. Compliance with the Charity Governance Code and the development of an action plan to address gaps in governance is monitored throughout each financial year.

Trustee Induction and Training

Whilst many on the current Board are familiar with the ethos and workings of A Way Out there continues to be an induction and training for all trustees over the year. The action plan generated from compliance with the Governance Code along with information from the trustee skills audits will determine further learning and development, along with external and internal factors and context.

New trustees undergo an induction process that gives them an insight into the roles and responsibilities of trustees and the aims and objectives of the charity. Following their induction, trustees are encouraged to participate in external training events that will benefit their role and are kept informed of relevant matters by the Chief Executive. We also operate a Trustee Mentor scheme to help support new Trustees matching them with an existing Trustee as part of their induction, sharing skill sets, expertise and building understanding around the governance structure and arrangements.

Organisation

A Way Out was formed in 2002. Its founder being brought up in the town of Stockton-on-Tees, was so moved by the abuse, poverty and addiction that was devastating the lives of young girls and young people across the area, that she started an organisation, with a group of like-minded individuals, with the aim of providing outreach and support to at-risk women and young people.

The organisation secured some charitable grants and began project work by the end of 2002. It became a registered charity in September 2004 and transferred its assets and liabilities to a charitable company limited by guarantee in October 2010. It also moved to its present site at the end of 2008 in order to provide better equipped facilities and a greater portfolio of services.

A Way Out currently employs 26 full and part-time staff members and 4 consultants. It is governed by a board of trustees.

In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission.

Related Parties

Other than as disclosed in note 21 to the accounts, there were no related party transactions during the year under review.

Pay Policy

Staff pay is reviewed annually and is normally increased in accordance with cost-of-living increments. The trustees also benchmark against pay levels in other voluntary sector organisations of a similar size operating in the North East region. All trustees give their time and expertise freely and no trustee received remuneration in the year.

Risk Management

A robust risk management policy and framework has been agreed by trustees and is used to inform decision making on policy, strategy and finance. This includes an organisational risk register that is reviewed by trustees and senior managers via the Finance and Risk Sub Committee monthly with significant changes in risk, or risks that are considered above the 'risk appetite' of the organisation, then reported to the full Board on a quarterly basis.

A risk audit was conducted by an external consultant this year involving staff interviews and a desk top review of our policy, procedures and risk register. Training for staff and the Board of Trustees followed along with a number of good practice items that had been identified and some learning to enhance what we do.



OBJECTIVES AND ACTIVITIES

The Current Need

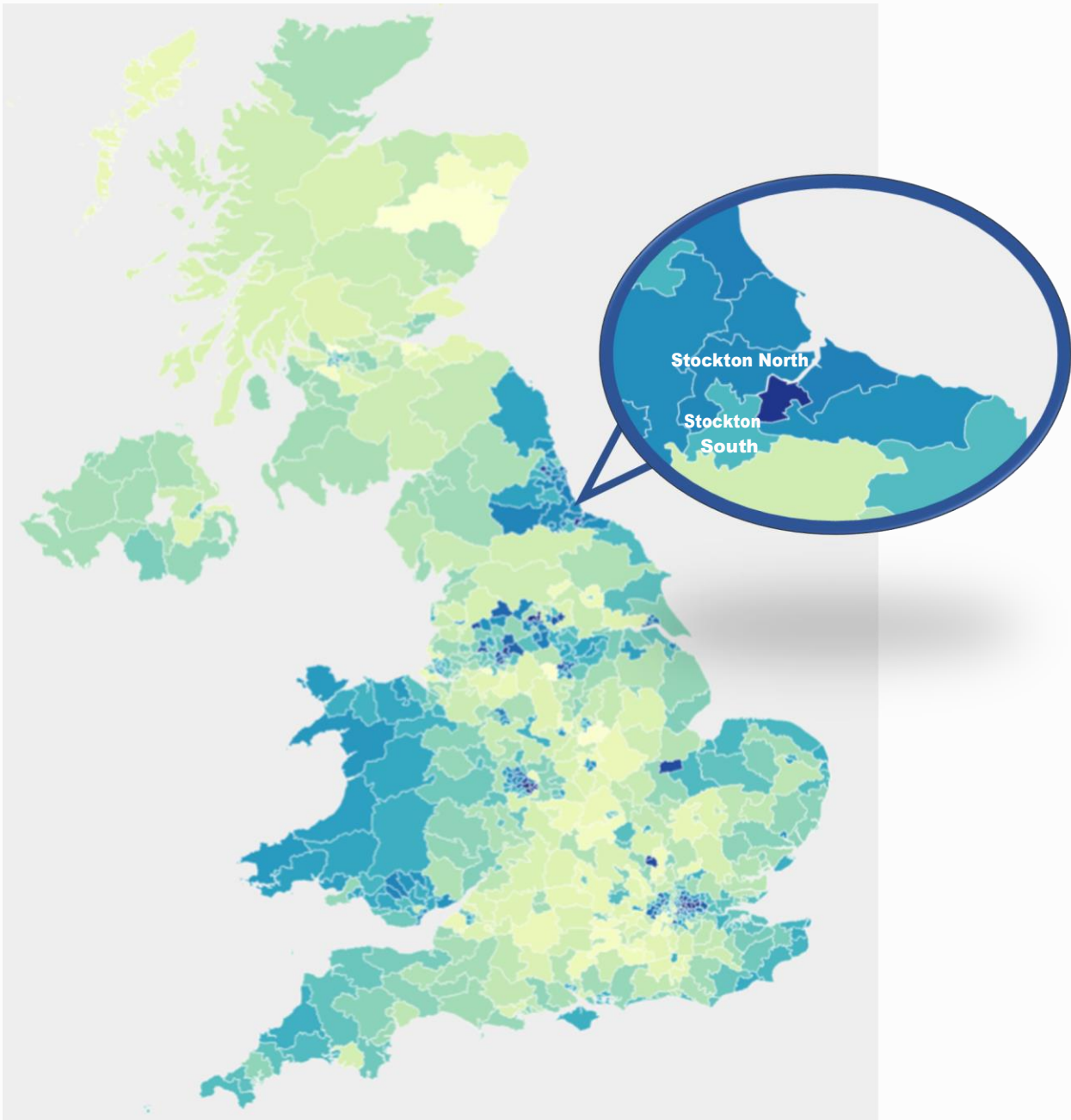
A Way Out operates across the Tees Valley whilst also maintaining its historic focus on Stockton-on-Tees. The Tees Valley consists of Hartlepool, Stockton, Middlesbrough and Redcar & Cleveland, all areas of which experience significant disadvantage and score high on the indices of deprivation.

With the River Tees running right through the heart of Stockton town, and the smaller towns and villages that make up the borough (including Thornaby, Billingham, Yarm, Eaglescliffe, Norton and Ingleby Barwick) to both the north and south, Stockton-on-Tees is now the only council area in England or Wales to be split between two ceremonial counties (Durham and North Yorkshire), a unique status that isn't always an easy place to be.

The town of Stockton itself is a part of Stockton North and does boast a proud history of prosperity and achievement – as a major port with a thriving shipbuilding industry throughout the 17th and 18th centuries - where the world's first passenger railway was engineered by George Stephenson in 1822, and where the chemist John Walker invented the friction match in 1827 – but sadly saw a significant demise in the later part of the 20th century.

A large number of factors contributed to this, but primarily it was the severe decline of much of the engineering industry alongside the national economic recession of the 1980s leading to considerable unemployment and a widening of inequality gaps.

This map taken from the End Child Poverty Campaign, shows the number and percentage of children in poverty (after housing costs) by constituency in 2020/21. The darker the map the higher the poverty rate:



Middlesbrough:

50.7%

This means that there are 10,394 children living in poverty in this area.

Redcar:

40.6%

This means that there are 6,464 children living in poverty in this area.

Stockton North:

39.8%

This means that there are 7,271 children living in poverty in this area.

Hartlepool:

39.4%

This means that there are 6,918 children living in poverty in this area.

Middlesbrough South & East Cleveland:

38.5%

This means that there are 6,466 children living in poverty in this area.

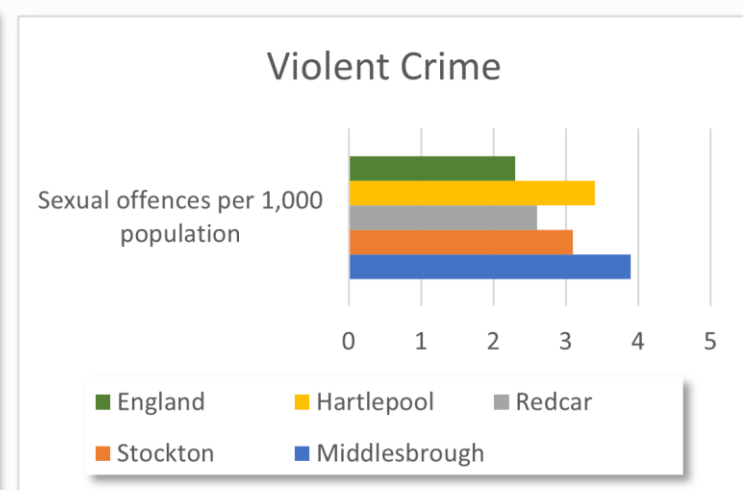
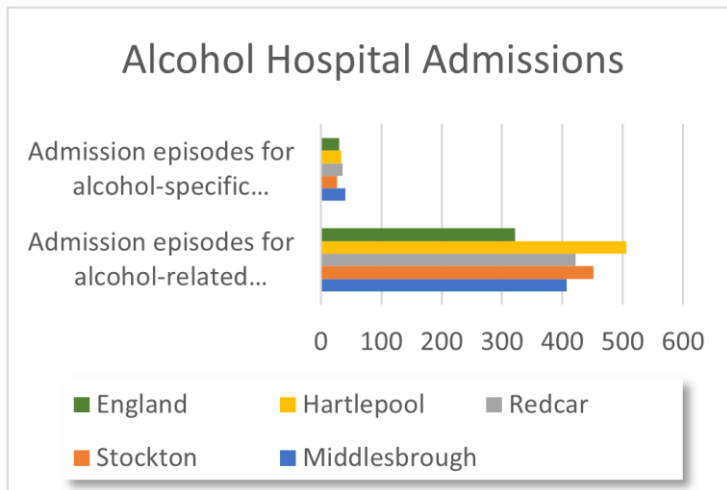
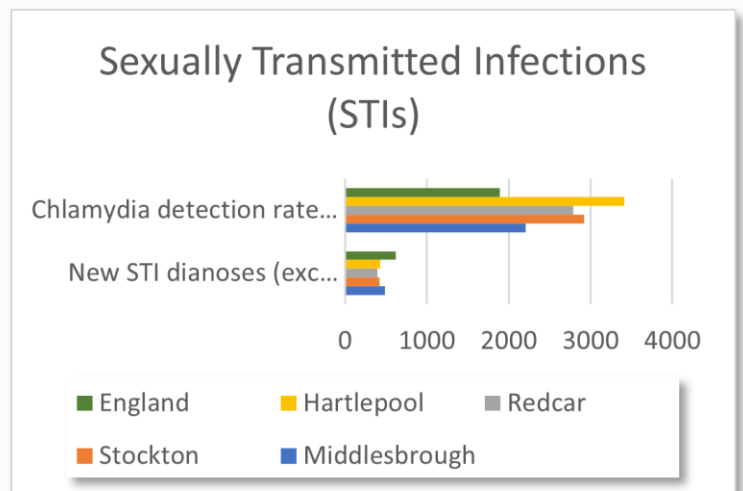
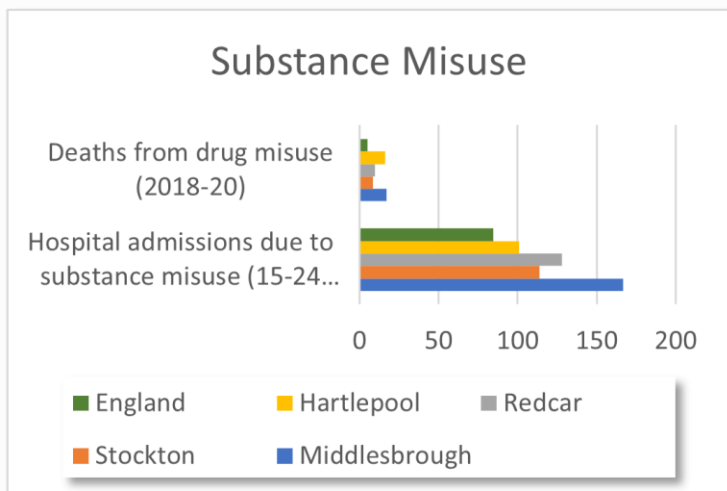
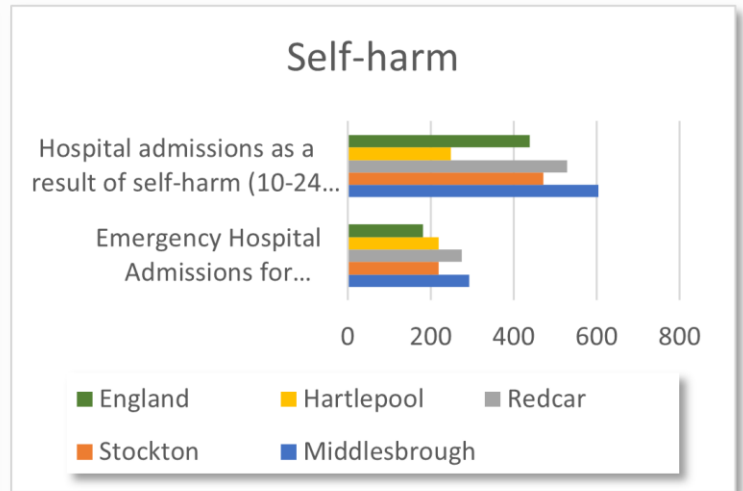
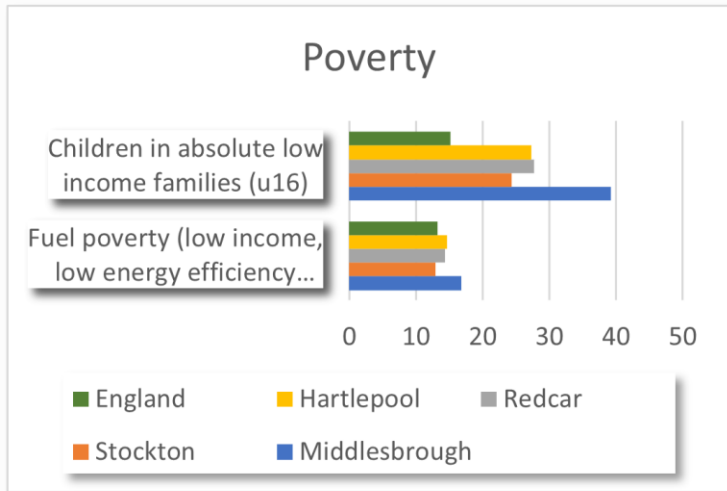
Stockton South:

32.3%

This means that there are 6,511 children living in poverty in this area.

Local and national needs assessments demonstrate the following issues of concern for women and young people within the Tees Valley:

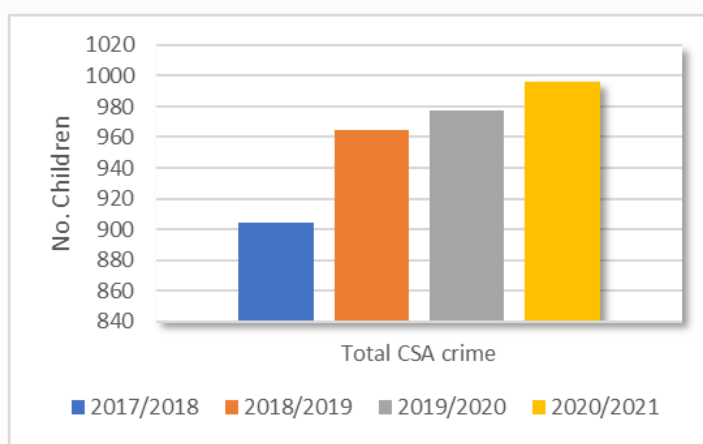
Health and Wellbeing inequalities affecting women, families and young people in the Tees Valley:



At-risk women in the Tees Valley

- This year A Way Out has been actively engaged with around 100 women who have been sexually exploited and / or actively engaged in street-based survival sex work within the Stockton and Middlesbrough areas. This figure is comparable with information contained within research conducted by Barefoot Research in 2014.
- From regional research and current caseload figures, over 90% of on-street sex workers have used an illegal drug in the past six months; much survival sex is self-medicating because of historic abuse and trauma and linked to very poor mental health, depression, PTSD, bipolar (The GAP Peer Research 2013 & Barefoot Research 2014).

- Many women and young people who are sexually exploited and involved in on street sex work experience extreme violence and a range of increased health risks including exposure to blood-borne viruses and infections, abscesses, sexually transmitted infections, weakened immune system. (Barefoot Research 2014). This information remains true and is evidenced in the work A Way Out continues to undertake.
- Cleveland Police Force has one of the highest recording and detection rates for sexual violence offences of comparable police forces in England and Wales.
- In 2020, there were over 1200 reports of rape and sexual assault to Cleveland Police Force on Teesside, with almost half of all victims/survivors withdrawing their reports, and the remainder having evidential difficulties which were dropped either by the police or the Crown Prosecution Service.
- Cleveland Police Force also recorded 5030 reported incidents of both violence and sexual offenses in Middlesbrough and 4085 in Stockton in the last twelve months.
- Sex workers often experience multiple, repetitive and regular sexual violence attacks and are disproportionately represented in the police's, rape and sexual assault figures with less than 5% of offenders received positive court outcomes, such as a charge, caution or sentence.
- The latest figures (Hartworth, 2016) estimated that across Teesside, there were approximately 200 women involved in commercial sex work and 230 involved in survival sex work. In Middlesbrough, there were more women involved in commercial sex work, compared to a slightly lower number who were involved in survival sex work. In Stockton-on-Tees, this is reversed with more women involved in survival sex work compared with those involved in commercial sex work.
- In 2021/22, there were almost 1,000 Child Sexual Abuse crimes (which comprises sexual exploitation of young people under 18 years old). A figure which has been growing since 2018.
- Figure 1.0 Child Sexual Abuse in Teesside, 2017-2021



- Binge drinking amongst women is significantly higher than average and amongst those aged 16 to 25 it is significantly worse.
- Many of the women and young people we encounter suffer with poor self-image, feeling victimised and excluded from mainstream activities and social networks. Many are involved in self-harming behaviour and most struggle to develop and maintain positive engagement around education, training, and employment.
- Violent crime makes up 32.9 % of all crimes reported in the Cleveland area and has increased by 12.7 over 2021.

Despite cutbacks and austerity measures, efforts are being made to address these issues and, along with other groups and agencies, A Way Out is seeking to be part of the solution and meet the need of many individuals in our town. Focus is on developing a multi-agency systems-based approach to address unmet need, multiple disadvantage and trauma.

The town itself has seen a recent regeneration, with significant investment and improvements to the town centre and development across the borough.

There is still much to do, and the earlier statistics act as a harsh reminder that the issues facing local people are still deeply concerning. Whilst it is encouraging that redevelopment of the town is increasing public opinion and positive attitudes, for those still struggling with poverty, addiction and exploitation – (those A Way Out is seeking to reach) – Stockton is a very difficult place to live.

**Summary :**

A Way Out is an outreach and prevention charity which aims to engage, empower and equip vulnerable and excluded women, families and young people to live lives free from harm, abuse and exploitation.

**Charitable Objectives:**

To relieve suffering and promote good health and the advancement of education amongst members of the community in the borough of Stockton-on-Tees, particularly, but not exclusively, amongst women, children and young people.

To provide or assist in the provision of facilities, in the interest of social welfare, for the recreation and other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances, with the object of improving their conditions of life.

**Vision:**

We believe that everyone should be able to live the life they choose, without fear of abuse.

**Mission:**

To empower women, families and young people to take control and decide their own future by removing barriers that prevent them from achieving their potential. Addressing intergenerational trauma and working for system change.

**Values:**

Compassionate – using a non-judgemental approach that builds on individual strengths and addresses recent and/or historic trauma.

Connecting – creating opportunities to access support through proactive outreach and by building trusting relationships

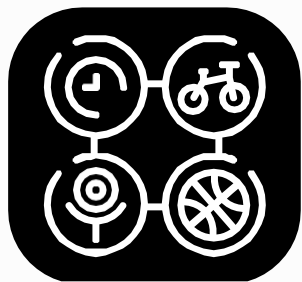
Caring – providing the right support at the right time in the right place whether someone is in crises, needing support or advocacy to address immediate needs, or ready to make lasting changes.

Choice – building hope for the future through individuals having the freedom to make informed decisions and opportunities to achieve their potential.

Community – enabling lasting change and providing support at times of need by building positive relationships with friends, family and the wider community

Change – addressing the causes of injustice and inequality, and wider stigma and discrimination, by ensuring that learning from lived experience is used to change the language, behaviour and views, and process and systems, of other individuals and organisations.

Christian - values of love, truth and justice underpin everything we do to support those with a Christian faith, another faith or no faith.



Our Activities:

We undertake projects that empower women, girls, young people and families to make the changes that are important to them and promote healthy and safe options. Our activities value the strengths and experiences that our service users bring and we seek to develop our projects in conjunction with our service users, recognising that they find mainstream provision hard to reach. A Way Out's uniqueness is in our ability to engage in a truly trauma informed and responsive way, recognising the needs of our service users take priority and working with their outcomes for success. Working in a non-judgmental way and demonstrating unconditional positive regard engenders mutual trust and respect and is at the heart of the organisations relational practice.



Delivery Model

A Way Out recognises that our delivery model needs to be flexible and adapt to the needs of our service users. We have distinct project areas that engage with service users in multiple ways, offering 1 to 1 support, group work, a psychological pathway, drop in and outreach approaches, online engagement and an active approach to working with service users whilst they are on waiting lists.



The **Liberty** project delivers an outreach, engagement and recovery service to adult women with multiple complex needs, and specifically supporting on street sex workers.



Supporting all the services to provide a trauma led approach to the work done with clients.

STAGE

Working in partnership with Changing Lives, GROW, Together Women, Basis, WomenCentre, Ashiana and the Angelou Centre to provide trauma-informed support for women who have been groomed for sexual exploitation across the North East and Yorkshire.

RISE



reaching • inspiring • supporting • empowering

The **RISE** project works with the whole family in an intensive and motivational way, supporting and empowering disadvantaged families to discover new skills and confidence and to build resilience to effect sustainable positive change.

EVOLVE



The **Evolve** project works with young people aged 8 to 16 years. It provides a safe environment in which children experiencing social and emotional difficulties can learn new skills, practise positive behaviour and build self-confidence and competency.



The **Blossom** project offers support to girls and young women through difficult times experienced within their lives.

We stand side by side with young women and girls to allow them to realise their potential and ultimately be empowered to be in control of their own lives.



The **Phoenix Women's** service supports women involved in the criminal justice system to move past previous offending and build a stronger future for themselves and their families.



Our Key Strategic Aims

- Using ongoing learning to ensure our services are informed by and responsive to the changing needs of our clients.
- Building genuine and influential partnerships that increase our reach, impact and financial stability.
- Changing the beliefs and behaviours and policy and practice of others to overcome the challenges faced by those we support.
- Creating a culture that is empowering and inclusive so that staff and volunteers thrive.
- Providing robust leadership and governance to enable growth and future sustainability.



ORGANISATIONAL DEVELOPMENT

The organisation has maintained a strong focus upon strategic development across all services areas and increasing A Way Out's geographic reach. In responding to the recovery from the Covid-19 global pandemic, the Leadership Team have maintained a critical focus upon key areas of risk and safeguarding, whilst ensuring that service delivery continues to meet needs by remaining client-led. Alongside navigating a safe recovery from the pandemic, A Way Out has progressed with the following developmental initiatives:

- Continued with a Covid safe approach and organisational Champion who is linked with local and regional Covid networks and shares information with all staff and volunteers.
- Developed service delivery to incorporate learning from the external evaluations of Liberty, Blossom and Youth & Families programmes.
- Led and presented at various events including developing a strategy to address Adult Sexual Exploitation, training to Cleveland Police officers, Health & Wellbeing Board, Tees Safeguarding Adults Board, local authority staff, partner forums and expanded networks.
- Hosted End Violence to Sex Workers Day.
- Undertaken a staff survey to understand and increase employee wellbeing, engagement, recruitment and retention.
- Developed a staff appraisal for review and evaluation.
- Embedded an organisational review which included a refresh of our purpose, values and objectives.
- Completed a review of the Governance Code, in line with Charity Commission Governance Code.
- Completed Risk Audit, Health & Safety Audit and Safeguarding Audit, trained staff and implemented findings.
- Extended delivery and outreach in Middlesbrough addressing sex work and sexual exploitation.
- Engaged with Hartlepool Local Authority to understand unmet need and explore impact of Adult Sexual Exploitation in the locality.
- Further developed our website.
- Delivered training sessions to external partners including Local authorities, Cleveland Police, substance misuse providers and more.
- Extended involvement in internal and external training opportunities to include trustees and volunteers.
- Nurtured existing and formed new external collaborations and partnerships.
- Developed digital delivery and engagement with service users.
- Developed a bespoke toolkit for working with young women experiencing abuse and trauma whilst transitioning into adulthood.
- Continued our recovery responses from Covid lockdown and restrictions to ensure that client support has been maintained continuing trauma and gender informed asset-based approach. This has included safety planning & risk assessments for clients, peer led support planning, community outreach, dedicated case working 1:1 support, advocacy, partnership work and digital engagement.
- Developed our operational function to normalise hybrid and flexible working conditions.
- Developed staff roles, salaries and terms and conditions in response to external landscape. Reviewed and market tested contract employment terms and conditions with other charities in the region and across the country. Enhanced terms to help support staff retention, sickness levels and recruitment.

- ◆ Enhanced skills and knowledge around building a robust evidence base, utilising the functionality of the main database that we utilise, (Evide).
- ◆ Recommissioned research into sex work and exploitation to benchmark against Barefoot research undertaken in 2014.
- ◆ Leading and influencing work with Cleveland Police to develop a multi-agency systems-based response to Adult Sexual Exploitation.
- ◆ Appointed two new members of the Senior Leadership Team which adds significant value to A Way Out's overall delivery.



GOVERNANCE

During the past 12 months A Way Out has undertaken successful targeted recruitment of additional trustees and will continue to do so moving forward as part of a succession plan for the Board.

Trustees have also

- ◆ Successfully completed a further self-assessment on the Charity Commission Governance Code strengthening arrangements, controls and processes.
- ◆ Embedded risk as part of the risk audit improving understanding, responses and practices at a strategic level.
- ◆ Overseen internal audits of key risk areas health and safety, risk, finance and safeguarding enhancing delivery and providing assurance around compliance.
- ◆ Embedded the extended membership of the Finance and Risk Committee to ensure that other areas of risk outside of finance are equally represented by the Board.
- ◆ Attended a development day with the workforce of A Way Out to gain a greater understanding of service delivery and some of the key operational developments and opportunities
- ◆ Undertaken a review of A Way Out's Christian ethos and engagement approach.



LOCAL INFLUENCE

- ◆ A Way Out's Blossom Service has been recommissioned by the Local Authority to respond to the local need identified by multiple agencies and is further developing the service to girls aged 13-16.
- ◆ A Way Out continues to be an influential member of the North East Sex Work Forum and works closely at a strategic level with the Community Safety Partnerships, Health and Wellbeing Partnership, Domestic Abuse Strategic Partnerships meetings raising awareness in relation to understanding issues around exploitation and sex work.
- ◆ A Way Out has been asked to sit on Teesside Safeguarding Adult's Board in an advisory capacity to ensure Adult Sexual Exploitation is given due regard in all areas and discussions.
- ◆ A Way Out supported the North East Sex Work Forum to become a charity in its own right.
- ◆ A Way Out continues to work closely with, and feed into, a Police and Council-led Vulnerable, Exploited, Missing and Trafficked (VEMT) strategic and operational groups.
- ◆ Member of the Strategic VEMT Task and Finish Group for transitions, sharing learning, findings, recommendations and the voice of the women and girls that we work with to inform system change and guiding principles around working with people in the transition phase.
- ◆ Member of the sexual violence data group for Cleveland looking at trends, patterns, gaps and areas for improvement to inform resources and delivery that better meets the needs of the survivors and can help strengthen prevention practices.

- Implemented, alongside Stage partnerships, a sexual exploitation toolkit for practitioners and professionals to enhance and improve delivery led by what matters to the survivors.
- A Way Out has regularly attended the Cleveland Anti-Slavery Network Meetings; Problem Solving Panels; Domestic Abuse Strategic Partnership in Middlesbrough; Hate Crime Group in Stockton; Community Safety Partnership in Stockton; Strategic and operational meetings for the Northeast Sex Work Forum; Cleveland Women's Network; Big Lottery Women and Girls Initiative meetings; Stage partnership strategic and operational meetings to name but a few.
- A Way Out continues to successfully raise the profile of members of our community who have reduced opportunity to benefit from the economic growth occurring in the region, thus providing those who experience isolation, marginalisation and multiple disadvantages to have their voices heard and to influence and bring about local change.
- Member of the Child Sexual Abuse transformation partnership, led by Cleveland PCC piloting work with girls and young women in the transition stage from children to adult services to inform a toolkit for professionals, good practice, system change and delivery.



NATIONAL INFLUENCE

- A Way Out continues to be part of a consortium of eight organisations in the North East and Yorkshire influencing and contributing to research, which aims to develop the first ever national safeguarding framework to support women who have been sexually exploited.
- Contributed to policy and influencing via the Stage project to improve women's access to justice and health care.
- Part of the Beyond the Gaze practitioners group sharing learning, good practice and challenges for sex workers with partners and leads across the country.
- Engaging with Beyond the Streets to develop practice and skills across England.



COMMUNITY INVOLVEMENT

A Way Out attends monthly information sharing briefings with Cleveland Police and Community Safety Street Wardens to maintain awareness of arising issues in the local community which may impact those receiving support from the organisation.

A Way Out actively recruits local volunteers who are essential to the delivery of our Liberty, Blossom and Youth Services. All volunteers receive A Way Out's core volunteer training along with specialised supplementary workshops to equip each willing supporter with background knowledge and information regarding outreach, drug and alcohol awareness and related issues.



RECOVERY AND OUTREACH PROJECTS

Project Outline:

A Way Out's women's outreach and recovery project seeks to provide unique opportunities to facilitate engagement into services and establish recovery pathways for women aged 18 plus experiencing multiple disadvantages. Such women have needs relating to issues such as survival sex work/sexual exploitation, substance dependency, homelessness and domestic abuse. This women-only specialist service includes 1:1 support, drop-ins and structured programmes intended to help improve self-esteem, confidence and lifestyle choices with an aim to widen their long-term aspirations beyond such marginalisation and offer a way back into mainstream services and activities.

Achievements October 2021 to September 2022:

The team adapted their ways of working during the pandemic to align with national guidelines. These new delivery models were adopted post Covid delivery with support provided across home, office and community settings via phone, face to face and digital engagement.

A significant change was the introduction of Walk and Talk sessions with clients which proved very popular, seeing an increase in both quality and longevity of engagement.

This resulted in the team participating in research carried out by Professor Maggie O'Neill from Cork University, 'Walking Publics/Walking Arts/Walking Wellbeing and Community during Covid 19'. This looked at supporting clients with mindfulness, connecting, and implementing these into support sessions. The outcome of this was the development of a guide called The Walk book: Recipes for Walking & Wellbeing.

In September 2021 our van was stolen which interrupted delivery of outreach sessions. Insurance cover did not enable us to purchase a replacement but with staff fundraising and several generous donations, we were able to purchase a new van. Evening and daytime outreach sessions recommenced in March 2022.

This enabled us to continue delivering the much needed on street support to women sex working across Middlesbrough and Stockton. We prioritise safety planning, sharing National Ugly Mug alerts, reporting on women's behalf, encouraging women to engage with sexual health services and continue to provide condoms, needle exchange, personal alarms as well as food and hot drinks. On street support also allows us to signposting women to other services for other support such as substance misuse or housing.

To broaden and strengthen relationships with partner agencies and develop our own knowledge base the team have been running taster sessions for partner agencies to participate in evening outreach sessions. Some partners work with some of our women on the MEAM (Making Every Adult Matter) programme in Middlesbrough (which promotes system change) and on Project Adder (a government funded programme that supports vulnerable people with a focus on substance misuse). The Recovery Worker (Outreach) from CGL Stockton who works with complex clients is now working with us monthly in delivering the evening outreach sessions.

Alongside Blossom, Evolve Youth and Families, Liberty have developed a new training package for volunteers, which includes sessions covering Safeguarding, Trauma, Professional Boundaries, and specific training around their chosen volunteer area.

The team deliver a weekly brunch club where women can access hot food, hot drinks, and ad-hoc support. As well as support and advice we run awareness sessions using various mediums of art/crafts and discussion sessions. The aim is for women to feel informed to make independent decisions, be aware of how to access other support needed and feel that they can increase self-confidence and life skills.

The Liberty Sexual Exploitation Worker, as part of the STAGE project, participated alongside other charities across the North East and Yorkshire in developing and writing 'Support to Overcome Trauma for Adult Survivors of Grooming and Sexual Exploitation – a Toolkit' which enables good practice, amplifies the voices of the women being supported and work together towards structural changes to improve women's lives.

The team have seen an increase in Partnership working with other agencies in statutory services and third sector. These partnerships have improved and strengthened greatly over the last 12 months, for example becoming Members of the MEAM Approach Network (Making Every Adult Matter). We continue to chair a multi-agency operational partnership group that meets every 4 weeks to specifically focus on and look at sex work and sexual exploitation in Middlesbrough. We continue to develop and lead Cleveland Sex Work Strategy as part of a multi-agency partnership group led by the Cleveland PCC. The team continue to work alongside other partner agencies such as Cleveland Police District Licensing Team, Safeguarding and Community Safety Teams.

As a result of reviewing and amending our outcomes, we now collect specific data around issues our clients face relating to sexual violence/rape/assaults, specifically who they report this to, occurrences and outcomes.

We strive to ensure the women we support feel safe whilst working and reporting these incidents and supported and empowered to make informed choices. The team continue to advocate for their clients, where they feel they need extra assistance or help in understanding processes and procedures.

OUTCOMES - 83 Unique Individuals

IMPROVED WELLBEING

35

women have reported a an increase in self-esteem by participating in a variety of group and one to one sessions.



44

women have benefited from engaging with staff via Walk & Talk sessions, doorstep checks, one to one's and engaging with our in-house psychotherapist.



75

women have engaged with the team both on caseload and during our delivery of weekly on street outreach sessions.



IMPROVED LIFESTYLE

26

women have reported to have remained in treatment and engaged with local substance misuse services to maintain this.



36

women remain in stable accommodation. During COVID these numbers were higher due to government guidelines around provisions to the homeless, rough sleepers and tighter restrictions around evictions.



41

women to access health care appointments, this includes registering with GP and Dentists and accessing mental health and sexual health services.



REDUCE HARM

18

women have disclosed Rape and Sexual Violence. 3 women have made reports to Police. The team support women in accessing support from SARC, if a decision is made to report to police then women are also supported to deal with this process and their decision making.



24

women have disclosed nonsexual acts of violence/threats of violence made to them. If these offenses occur whilst the women are sex working, they will often disclose further details to their worker and consent to a report being made by the Liberty team to National Ugly Mugs where this can be shared with other sex workers allowing for wider safety awareness.



40

women have stated they feel safer with support from the team via Safety Plans, On street Outreach, National Ugly Mug alerts and having a safe space within A Way Out via one to one and group sessions.



SUPPORT FOR YOUNG WOMEN

Project Outline:

The Blossom Project offers support to young women aged between 13 – 24 (or 25 where a young woman has additional needs) by supporting them through difficult times experienced within their lives. We stand side by side with girls and young women to allow them to be, to realise their potential and ultimately be empowered to be in control of their own lives. The support provided by Blossom is trauma informed and focusses upon working with girls and young women to strengthen capabilities from a person-centred perspective.

Blossom accepts referrals from a variety of agencies across Teesside such as; social care, education providers, mental health agencies, police, housing, health, youth services and self-referrals. Blossom supports girls and young women with a wide range of issues. Common difficulties we support include; mental health issues, sexual violence and exploitation, domestic abuse, family/carer relationship breakdown, employment, training and education and confidence and self-worth to name but a few. The support is person centred, with young women identifying what they want to work on and together co-producing their support goals.

Young women involved with the Blossom Project are at the heart of everything we do. This has been identified by service users as one of the important measures of project success. The service users themselves have reported the following positive changes as well as feeling that they are listened to and have a voice: increased confidence, increased independence, better knowledge and understanding, improved health, better reasoning and judgement, increased safety, reduced isolation and ability to make and maintain positive relationships and increased resilience. The support is wide ranging in that we offer mixture of one-to-one support, group work and peer support as well as other programmes, e.g. social action and leadership projects. We have a specialist additional needs worker who supports clients with any physical, learning or sensory needs (diagnosed or not) and also a transition worker who supports young women 16 – 18 years old who have experienced sexual abuse and/or exploitation in their past.

Achievements October 2021 to September 2022:

During this reporting period we have returned to face-to-face group delivery as well as increasing our group sizes in line with the easing of Covid-19 restrictions. Blossom group sessions are now delivered three times per week which clients are able to drop in and out of. One group is for young women aged 16+, one group for those under 16 and the other group supports clients transition from childhood into adulthood with experiences of child sexual abuse and/or child sexual exploitation in their past. The group sessions continue to offer our clients a safe space where they can access peer support without any expectation placed upon them.

Our hybrid way of working with clients following the pandemic has allowed for us to support clients in accessing support in the way that best suits them/their needs. Some of the clients we support, particularly those with additional needs really benefit from face to face or videocall support. This new way of working is effective in terms of allowing for greater flexibility increasing Blossom's accessibility.

We have learnt a lot from our transition support (which was funded via the CSA Transformation Fund) mainly around how services can operate from a more trauma responsive approach and as a result we have produced a toolkit for professionals (due to be launched very soon) as well as developed some training following on from the toolkit launch and some agencies have expressed an interest in this already. A short film was made by the OPCC highlighting the different approach the benefits the clients experience when operating and providing support from a trauma informed approach. This is highlighted by our clients and their feedback;

Janine was sexually abused by her brother and by other men known to her mother as a child.

She is 16 years old and for the last 18 months has been living in Stockton in a stable foster placement. Janine now struggles to contain her trauma and experiences panic attacks and dissociation. When these are really bad, she struggles to engage.



Rachel is 16 years old and had been sexually abused by her grandfather.

Unfortunately, there were some people in her family who did not believe her, and she felt invalidated and frightened of rejection. She currently lives in Stockton with both parents who do believe and support her.



Siobhan regularly self-harms and attempts suicide. She is 16 years old and lives in Stockton.

She had been sexually abused by her mum's boyfriends and also by someone else she met online. After a breakdown in a previous stable foster home, she had no choice but to return to her mother's address which was considered unsafe.



Jess is 16 years old and has been sexually abused by a number of men both online and offline. She continues to associate with exploitative men and has recently found out she is pregnant to an abusive ex-partner. Jess used to live with her grandparents although this arrangement broke down and she moved into residential care in Stockton.



Gemma is 18 years old and has been sexually exploited by men who she has met online.

She has learning difficulties and lives with her mum but their relationship can be strained due to lack of understanding about trauma and mental health. Gemma struggles to contain her emotions and suffers from suicidal thoughts.



Dionne is 16 years old and is from Stockton.

She was sexually abused when she was six by an older family member. She was referred because she had again been recently sexually abused by her recent partner. Dionne struggles with her mental health, she occasionally self-harms and has thoughts of suicide.



“

I feel like other professionals and family are too quick to tell me I shouldn't be feeling suicidal. They seem to start panicking and trying to fix the problem whereas you just let me talk and don't seem scared by how I'm feeling. [At Blossom] I feel really safe.

”



OUTCOMES

60 unique individuals

48

young women self-report increased or maintained how confident they feel.



40

young women self-report feeling safe within their home environment.



47

young women self-report feeling safe outside of their home environment.



40

young women self-report maintained or increased physical health.



41

young women self-report maintained or increased mental health and well-being.



42

young women self-report an increased ability to make and maintain relationships with others.



48

young women self-report feeling confident to seek support with their health.



48

young women self-report having increased knowledge/awareness of topics they did not know before (as a result of Blossom 1:1 or group work).





THERAPEUTIC PSYCHOTHERAPY COUNSELLING

Service Outline:

The psychological service and psychological pathway work across all projects. The key role of the service is to provide psychological support. The service has evolved over time and continues to evolve according to the needs of the clients and the organisation.

Key functions of the service:

- ◆ Provide psychological support to clients either through 1 to 1 psychotherapy and / or therapeutic programmes.
- ◆ Support staff working with clients with complex mental health needs through regular “clinics”; ad-hoc clinics; developing & delivering training programmes on psychological topics.
- ◆ Support volunteer counsellors / psychotherapists through meetings and supervision.
- ◆ Supporting trainee counsellors and psychotherapists on placement with A Way Out through supervision and training. When there are trainees on placements written reports are required by the training organisation.

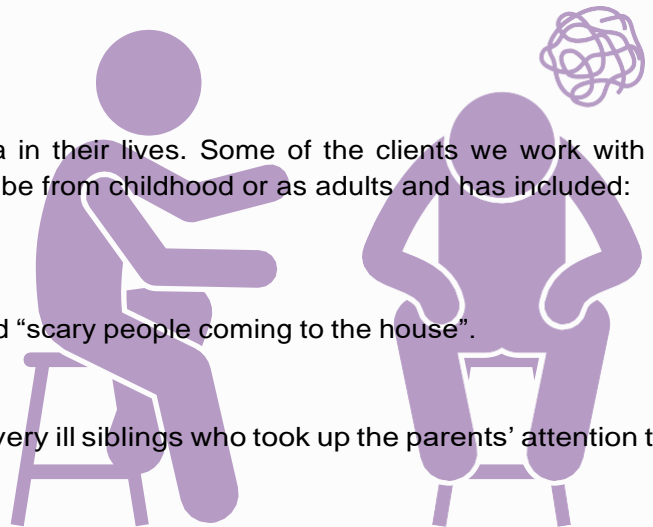
Examples of training programmes developed and delivered through the psychological services:

- ◆ Establishing & maintaining the therapeutic relationship.
- ◆ Working with chaotic behaviours.
- ◆ When the client gets inside your head.
- ◆ Trauma informed services.
- ◆ Empowering conversations.
- ◆ Attachment.

Client experiences:

The clients we see at A Way Out have experienced trauma in their lives. Some of the clients we work with have experienced multiple traumatic experiences. The trauma can be from childhood or as adults and has included:

- ◆ Growing up in a violent household.
- ◆ Sexual abuse.
- ◆ Parents with addiction issues.
- ◆ Parents selling drugs from the house – one client disclosed “scary people coming to the house”.
- ◆ Multiple foster placements.
- ◆ Parents unable to provide positive emotional nurturing.
- ◆ Ignored as children; in a couple of cases the clients had very ill siblings who took up the parents’ attention to the exclusion of the client.
- ◆ Being attacked when sex working.
- ◆ Many other adverse childhood events.



We work with clients who have diagnosed mental health conditions. The most common one is “Emotionally Unstable Personality Disorder”. However, women who are given this label are more likely suffering from complex post-traumatic stress. Invariably these are the women who have experienced multiple traumas. Their behaviours can be chaotic and challenging. Mental health services tend to regard this client group as “incurable” and label them as “attention seeking”. The therapy needed by this client group is the therapeutic relationship, however because of their experiences they struggle with being in a “healthy” relationship. Therein lies the challenge and the paradox of working with this client group.

1 to 1 Psychotherapy – how we work with the clients

When clients are referred into psychological services for 1 to 1 psychotherapy a lot of time is given to establishing and maintaining the therapeutic relationship. For a lot of clients this phase of the psychotherapy is as much as they can cope with especially those who did not receive positive emotional nurturing.

The approach taken with clients is to establish a safe space for the client and to avoid forcing conversations about what’s happened in their life. This avoids retraumatizing the client.

OUTCOMES

116

one to one psychotherapy sessions.



2

clients exited therapy after achieving their outcome.



3

therapists available during the reporting period.



Becky* had a history of engaging and disengaging with A Way Out services.

She made a decision to go ahead with psychotherapy.

The main theme of the psychotherapy was addressing the shame she verbalised because of her trauma from an abusive relationship.

After approximately six sessions Becky said that she was ready to end the sessions as she was in a good place and in a good relationship.

She also spoke about how she felt better about herself and had stopped blaming herself for what had happened to her.



Evie*, a Liberty client achieved her outcome of being able to move to another area and be nearer to her children.

She had been estranged from them and wanted to rebuild her relationship with them.

The main barrier for Evie was how she felt about herself having had a drug addiction.

Evie asked for psychotherapy based on relaxation and guided visualisation. Using these interventions enabled her to access her own resources, strengths and assets. This in turn enabled her to build up her self-belief and she is now living nearer to her children.





FAMILIES

reaching • inspiring • supporting • empowering

Project Outline:

A Way Out's family service supports family members of Liberty and Blossom clients. The women Blossom and Liberty support often have experiences of trauma and those around them are often impacted by this too. The family worker therefore works to support the family members, so they are able to access support in their own right. The service supports clients in a variety of ways including face to face, telephone and text support. The service works closely alongside other agencies (such as adult safeguarding, Harbour etc) to ensure the clients have access to the right support when they need it.

Achievements October 2021 to September 2022:

Throughout this time Liberty Rise has several successes. The caseload has reached a full capacity and a short waiting list has been formed which evidences demand for the service. All clients on caseload have actively participated in a variety of different forms of engagement including digital engagement (telephone, video calls and Facebook). We have observed positive engagement via these methods which we utilised during the pandemic when we were unable to safely deliver face to face support. This project has provided two clients with a mobile phone to enable them to actively participate at times of hardship. A healthy flow of clients exiting and entering the family service allows reflection on the successfulness of the programme and to reflect in the confidence people have for the service to deliver what is expected of it. We have observed a number of new referrals to the service this year.

During and post pandemic we were able to offer safety advice, signpost to vaccination clinics and drop-in sessions, liaise with local clinics that have provided vaccination buses that attended clients houses to ensure accessibility and provide Covid guidance and contacts for worries and concerns that have been outlined by clients. Additionally, A Way Out has a Covid Community Champion, which increased client's access to reliable health information.

We have supported clients on caseload to increase education and awareness around topics such as healthy relationships, mental health and wellbeing and resilience has continued with 100% of caseload reporting meeting these outcomes. We have observed a decrease in some of the clients mental health in the last quarter, which is attributed to external personal circumstances, however two clients are now engaging with health care professionals and receiving professional treatment to support with their mental health.



“

I was told about this service after I had a break down. I have struggled with my mental health and everything that goes with it. Now I have got a worker and she helps with every aspect of my life. I wouldn't what to do without her. She is always there to help me. If I had not got involved with the project and not met A Way Out then I don't think I would be here answering these questions. I had a good relationship with all the staff. They all went above and beyond to help everyone that came through their doors. It feels like I have made a professional friend as well as my supporter. When I started working with A Way Out they have helped me in leaps and bounds and I am the person that I am today because of her help. I would recommend the way-out service as the help 100% and the staff are friendly people.

I will continue to use this service as I still struggle with my mental health some days but I am a better more stable person from accessing this project and working with A WayOut.

”

OUTCOMES

17 unique families

13

reported a positive improvement in their mental health and overall well-being.



17

reported a positive improvement in their family relationships.



16

reported improved resilience.



17

reported that they found the service useful.



17

reported that they didn't have suggestions to improve the service.



I accessed A Way Out through my daughter's Blossom worker who put me in touch with the RISE programme as she said I could get support for myself as the ongoing issues with my daughter were causing me worry and stress. I was a bit reluctant at first as I didn't think I needed support but after speaking with my worker, she put me at ease, and I now know I can go to her with any problems and concerns. I now look forward to our chats and know that it helps getting things off my mind and she has been amazing at supporting me and nothing is too much trouble. She has supported me throughout meetings and liaised with social workers for me and kept very much involved with my ongoing family problems.



This client has recently disclosed that she has been open to many services to support her with parenting and feels they have all failed her. The client stated that Rise has delivered support in such a personal way that she finally feels as though she is being heard and she has someone to advocate for her when other professionals are failing her. The client has disclosed that because of this, significant positive changes are being made within her life that have given her hope for the first time since she can remember. The client has disclosed that she is becoming more confident to fight to better herself which she is hoping is going to reflect positively on her family.



Project Outline:

A Way Out's Youth project now deliver an early intervention-based group programme for 1 hour per week over a 6-week period, available to both Primary and Secondary schools across Teesside. Young people explore healthy relationships, how to express their feelings in a healthy way, how to stay safe online, identifying good & bad secrets, safe sex (where appropriate) and gender stereotypes. The course is delivered in an engaging way and is a safe place for young people to ask any questions and be themselves. Every 6 weeks the Youth team deliver the programme to a new cohort of young people, identified by each school as needing this intervention. As a needs lead service, we are able to be flexible and adapt to suit the needs of the students and respond to current trends in addition to delivering bespoke sessions at schools' request. During school holidays the team have invited the children to trips and this summer we took children to a trampoline park, to the cinema as well as a forest school.

Achievements October 2021 to September 2022:

The Healthy Relationships programme was delivered between January 2022 and July 2022, and achieved positive outcomes and successes demonstrating how the young people's knowledge and wellbeing has increased throughout the 6-week programme.

OUTCOMES

67 unique individuals

46

now understand what a health relationship is.



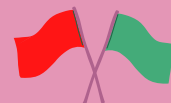
46

understand how they should be treated in their relationships.



55

understand the red and green flags of relationships.



43

understand how to stay safe online.



43

if they were in a situation that was unsafe, they would know what to do.



The Youth projects summer activities were available to the young people who completed the programme, many of whom were able to experience activities that they have never had the opportunity to do. The trips, which were appreciated by both the young people and their families, included:

- Jump 360 where the young people were able to go on trampolines, inflatables and play ball games as a team.
- Cinema followed by lunch.
- Forest School where they were able to learn skills such as tent building, bow & arrow making and cooking over campfires.

We have received positive feedback from both young people who participated in the programme as well as from school staff we have partnered with.

“

Thank you so much for last night. The children love it. Thank you so much, they can't wait till the next one. The work you do is brilliant. Have a great half-term.

Primary School Headteacher

”



“

The students are all enjoying the programme and are excited to return next week.

Secondary School Inclusion Officer

”



“

I would like to thank you so much for what you do.

Parent

”



“

Although the students were reluctant to come, they have all said they enjoyed it and are happy to return next week - great job all round!

Secondary School Inclusion Officer

”



“

The programme is the best part of school. Thursdays are my favourite day now.

Primary School Student

”



PHOENIX WOMEN CRIMINAL JUSTICE SERVICES

Project Outline:

The Criminal Justice Project is a new project commenced in 2021 and embedded in 2022. The delivery involves working in partnership with Changing Lives and delivering for Probation. The Criminal Justice Team is supporting women involved in the criminal justice system to move past previous offending and build a stronger future for themselves and their families.

Achievements October 2021 to September 2022:

Pathways into offending for women are often different to that of men and can be because of harm, abuse and exploitation that they have experienced. Many women are disproportionately affected by harsher sentences and struggle with the separation from their children, in addition to experiencing structural inequality, marginalisation and increased risk of harm.

Our experience is that solutions for women usually lie outside of the criminal justice system through:

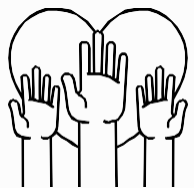
- ◆ Access to therapeutic support.
- ◆ Developing trusting and trauma informed working relationships.
- ◆ Substance misuse recovery services.
- ◆ Specialist domestic abuse services.
- ◆ Improved housing.
- ◆ Debt management.
- ◆ Skills training.
- ◆ Improved healthcare.

We provide community and custody support to divert women away from reoffending. Our trauma-informed and strength-based approach is focused on empowering women to meet their individual needs, with the aim of diverting from prosecution and prison, reducing the likelihood of re-offending, and enabling them to reach their own potential.

OUTCOMES

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improved pathways and supported them into leading a crime free life.



VOLUNTEERS

A Way Out is extremely grateful for the generous assistance our services receive from our bank of volunteers. During 2021/2022, A Way Out was able to open up our services again to volunteering and open up a number of new opportunities. We were able to recruit a new Psychotherapy volunteer and connected with other organisations such as Catalyst to work alongside their volunteer for roles that did not require a DBS. This allowed external volunteers to support the essential work of A Way Out by supporting us as we got back on our feet reopening our centre after the pandemic and helped us organise our building and make better use of the space.

We were able to recruit volunteers for our Blossom, Youth, and Liberty service and have Evening Outreach up and running again. Evening Outreach now takes place once a week and going forward will be operating multiple times a week.

SUPPORT

18

number of dedicated volunteers.



307

number of volunteer hours delivered.



Achievements October 2021 to September 2022 our team of dedicated volunteers:

- Worked alongside our Liberty and Blossom teams during weekly drop-ins in Stockton and Middlesbrough.
- Worked alongside our Liberty and Blossom teams during weekly outreach in Stockton and Middlesbrough.
- Supported with Psychotherapy sessions for clients.
- Prepared and packed up to 40 food parcels weekly.
- Assisted in the collection of regular food donations.
- Assisted in the sorting and storage of donations.
- Raised awareness and fundraised for A Way Out.
- Supported with fundraising events.
- Supported the maintenance of the building by creating shelving in order to store items and moving furniture to make better use of the office space.
- Assisted in the maintenance of the building.



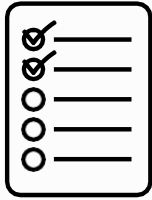
RESERVES POLICY

It is the intention of the trustees to maintain cash-backed unrestricted general reserve funds at a minimum of three months core expenditure and they estimate that a reserve of circa £165,000 (previous year £201,000) would cover that requirement at the present point in time.

The trustees consider that, in the event of a significant reduction in the level of grants and charitable donations, this level of reserve would allow sufficient time to source new funding or wind down the operations of the charity in an orderly manner.

It is the intention of the trustees to use any unrestricted funds above this reserve figure to fund services/activities/roles for a set temporary period of time to ensure the safety and wellbeing of clients in accordance with our reserves policy.

With net current assets/cash liquidity of £380,820 at 30 September 2022 (30/9/21 £474,783) and unspent restricted funds of £97,228 (30/9/21 £147,614) the above level of cash-backed unrestricted funds was achieved.



PLANS FOR THE FUTURE

- ◆ Undertake a full review of the Governance structure to better reflect the identified areas on the organisational risk register.
- ◆ Implement Board Development Days to develop new Governance structure, evolve the structure, risk register and performance and quality measures.
- ◆ Undertake an annual Staff Survey and Trustee skills audit.
- ◆ Implement a shadow board and staff wellbeing committee.
- ◆ Develop forensic specialism to support women in the criminal justice system and across all A Way Out projects for women who come into contact with the criminal justice system.
- ◆ Undertake evidence-based work with local Universities to develop new interventions that respond to emerging service user need.
- ◆ Continue to adapt and flex the services in line with external changes, need and demand from clients in partnership and collaboration with other key providers, adopting a whole person approach to delivery.
- ◆ Via a working party and engagement with partners, continue to develop a robust evidence base and reporting framework to reflect best what matters to the client and their needs which will then be shared with funders, local partners and commissioners. Developing a gap analysis to inform future strategic planning.
- ◆ Develop and implement a Communications and Marketing Strategy and Plan which will provide a structured co-ordinated approach to help promote the work of the charity, improve our reach and strengthen our ability to influence and bring about system change and access to social justice.
- ◆ Collaborate with partners to help support future funding and commissioning opportunities as part of our income diversification strategy.
- ◆ Develop and implement an annual strategic business plan that provides clarity around key strategic priorities, ethical considerations, and future focus.
- ◆ Complete an external evaluation looking at adult sexual exploitation across Cleveland, how services within A Way Out meet the needs of survivors along with gaps in delivery elsewhere in the region and how these can best be met.
- ◆ Recruitment of new trustees in line with skill gap analysis and as part of a structured succession plan.
- ◆ Embed a relatively new Senior Leadership team and undertake workforce development events to increase engagement and collaboration with staff.
- ◆ Roll out the Trustee and staff appraisal programmes and training for all to ensure that it is positively embraced and used.
- ◆ Continue with the annual audit programme around finance, health and safety and safeguarding developing the controls and measures and governance arrangements in the charity to ensure that we are compliant with our requirements. This activity will be linked to the new Governance structures.
- ◆ Implement community fundraising newsletters to ensure that we are positively communicating with our supporters, donors, and fundraisers to let them know about the difference that they make.
- ◆ Continue to support and lead on the development of an adult sexual exploitation strategy across Cleveland
- ◆ Continue to support and implement launch the Cleveland Sex Work Strategy.

The directors/trustees have prepared this report in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the directors/trustees on 30th January 2023 and signed on their behalf by:

Robert Thompson
Chair

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF A WAY OUT**

I report to the charity trustees on my examination of the accounts of the company for the year ended 30 September 2022 which are set out on pages 27 to 41.

Responsibilities and Basis of Report

As the charity trustees (who are also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

J. Lester

**Mr. J. Lester FCA
Baines Jewitt Limited
Chartered Accountants
Barrington House
41-45 Yarm Lane
Stockton-on-Tees
TS18 3EA**

Dated: 30 January 2023

JL/AJD

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2022
(including Summary Income and Expenditure Account)

	Notes	Unrestricted Funds		Restricted Funds		Total Funds	
		2022 £	2021 £	2022 £	2021 £	2022 £	2021 £
INCOME							
Grants and donations	4(a)	36,640	52,634	659,261	711,926	695,901	764,560
Income from charitable activities	4(b)	-	2,000	-	-	-	2,000
Investment income	4(c)	630	193	-	-	630	193
Other income	4(d)	550	-	4,115	131	4,665	131
TOTAL INCOME		37,820	54,827	663,376	712,057	701,196	766,884
EXPENDITURE							
Charitable Activities	6	3,883	(2,234)	764,676	696,056	768,559	693,822
Raising funds	8	-	-	12,830	8,424	12,830	8,424
TOTAL EXPENDITURE		3,883	(2,234)	777,506	704,480	781,389	702,246
Net income/(expenditure)	10	33,937	57,061	(114,130)	7,577	(80,193)	64,638
Transfers between Funds	16	(63,744)	(16,253)	63,744	16,253	-	-
Net Movement in Funds		(29,807)	40,808	(50,386)	23,830	(80,193)	64,638
Reconciliation of funds:							
Total funds brought forward	16	333,705	292,897	147,614	123,784	481,319	416,681
Total Funds Carried Forward	16&17	303,898	333,705	97,228	147,614	401,126	481,319

The Statement of Financial Activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

A WAY OUT
(A Company Limited by Guarantee)
Company Registration Number: 06265354

BALANCE SHEET
AS AT 30 SEPTEMBER 2022

	Note	£	2022 £	£	2021 £
FIXED ASSETS					
Tangible assets	11		20,306		6,536
CURRENT ASSETS					
Debtors	12	55,034		57,340	
Cash at bank and in hand		427,191		547,663	
			<u>482,225</u>		<u>605,003</u>
CREDITORS: Amounts falling due within one year	13	(101,405)		(130,220)	
NET CURRENT ASSETS			380,820		474,783
NET ASSETS			401,126		481,319
FUNDS	16 & 17				
Unrestricted funds			303,898		333,705
Restricted funds			97,228		147,614
TOTAL FUNDS			401,126		481,319

The directors/trustees are satisfied that the charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2022.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 September 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006, and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year 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 are applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

These financial statements were approved by the directors/trustees on 30 January 2023 and signed on their behalf by:

R. Thompson
Director/Trustee

A. Malcolm
Director/Trustee

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Notes	2022 £	2021 £
Cash inflow/(outflow) from operating activities	23	(97,188)	(77,676)
Cash inflow/(outflow) from investing activities:			
Interest receivable		630	193
Purchase of tangible fixed assets		(23,914)	(4,829)
Sale of fixed assets		-	5,280
Net cash inflow/(outflow) from investing activities		(23,284)	644
Increase/(decrease) in cash and cash equivalents in year		(120,472)	(77,032)
Cash and cash equivalents at the beginning of the year		547,663	624,695
Total cash and cash equivalents at the end of the year		427,191	547,663
Cash and cash equivalents consist of:			
Cash at bank and in hand		427,191	547,663

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

1. CHARITY INFORMATION

The charity (registered number 1137535) is a public benefit entity incorporated in the UK on 1 June 2007 as a company limited by guarantee. The company remained dormant until October 2010 when all of the assets and liabilities were transferred from the former unincorporated charity, which was founded in 2002. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The objective of the charity's operation and principal activities is to improve the health and wellbeing of women and young people.

2. BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS

Basis of Preparation and Assessment of Going Concern

The charity constitutes a public entity as defined by FRS 102. The financial statements have been prepared on a going concern basis under the historical cost convention and in accordance with applicable accounting standards, the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

3. ACCOUNTING POLICIES

Income Recognition

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income, after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

(a) Grants and donations

- Where donors specify that grants and donations given to the charity must be used in future accounting periods, the income is deferred until those periods.
- Where donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that grants and donations, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

(b) Gift aid recoverable on donations and gifts

Gift aid recoverable is included in incoming resources in the same period as the gift to which it relates.

(c) Fees and similar income

Fees receivable and charges for services provided are accounted for in the period in which the service is provided.

(d) Investment income

Investment income is included when receivable by the charity.

(e) Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the financial statements as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in incoming resources when receivable.

(f) Donated services and facilities

Donated services and facilities are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value of the service or facility received.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

3. ACCOUNTING POLICIES (Continued)

(g) Volunteer help

The value of any volunteer help received is not included in the financial statements.

(h) Resources Expended

Resources expended are accounted for on an accruals basis, inclusive of attributable VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been apportioned to the costs of those activities on a basis consistent with the use of resources.

(i) Tangible Fixed Assets

Fixed assets are included at cost less depreciation unless details of cost are not available. Where details of cost are not available, fixed assets are included at an estimated value. Where neither details of cost nor estimated values are available, fixed assets are not shown in the financial statements.

(j) Depreciation

Tangible fixed assets are depreciated over their estimated useful lives as follows:

Leasehold property	- straight line over the initial primary term of the lease (3 years)
Fixtures, fittings and equipment	- 33.33% per annum straight line
Motor vehicles	- 25% reducing balance

(k) Pension Costs

Contributions payable to a group personal pension and individual personal pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

(l) Financial Instruments

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

Financial assets held at amortised cost comprise cash at bank, together with trade and other debtors. Financial liabilities held at amortised cost comprise trade and other creditors.

(m) Fund Accounting

Funds held by the charity are either:

- **unrestricted funds** - these are funds which can be used in accordance with the objects of the charity at the discretion of the trustees. They may include designated funds which have been set aside by the trustees for particular purposes.
- **restricted funds** - these are funds which can only be used for particular restricted purposes within the objects of the charity; whether it be for the purchase or construction of a fixed asset or in respect of a specific project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Once the restrictions imposed by the provider of the grant/the donor have been observed, the fund is then transferred to unrestricted funds.

(n) Operating Leases

Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged against revenue on a straight line basis over the period of the lease.

(o) Hire Purchase and Finance Lease Commitments

Assets obtained under hire purchase contracts or on finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

(i) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

4. INCOME BREAKDOWN

(a) Grants and Donations	Unrestricted Funds		Restricted Funds		Total Funds	
	2022	2021	2022	2021	2022	2021
	£	£	£	£	£	£
Grant and Contract Income:						
Accenture	-	-	1,667	8,333	1,667	8,333
Access to Work	-	-	-	2,411	-	2,411
Anchor Foundation	-	-	4,000	-	4,000	-
Anonymous	-	-	2,404	-	2,404	-
Arnold Clark	-	-	1,417	-	1,417	-
Ashburn Charitable Trust	3,000	3,000	-	-	3,000	3,000
Awards for All	-	-	833	9,167	833	9,167
Ballinger Charitable Foundation	-	-	15,000	15,000	15,000	15,000
Big Lottery Fund	-	-	80,338	155,619	80,338	155,619
Billingham Legacy Foundation	-	-	-	360	-	360
Cash for Kids	-	-	-	989	-	989
Catalyst	-	-	16,739	-	16,739	-
Changing Lives (STAGE)	-	-	27,065	29,695	27,065	29,695
Changing Lives (Criminal Justice Team)	-	-	157,133	-	157,133	-
Charles Hayward Foundation	-	-	24,000	24,000	24,000	24,000
Children in Need	-	-	-	37,565	-	37,565
Cleveland PCC	-	-	23,401	4,681	23,401	4,681
Cleveland PCC (STAGE)	-	-	7,997	7,997	7,997	7,997
Co-op	-	-	625	3,124	625	3,124
County Durham Community Foundation	-	-	973	-	973	-
County Durham Community Foundation (DCMS)	-	-	-	8,727	-	8,727
County Durham Community Foundation (TT)	-	-	-	3,333	-	3,333
County Durham Community Foundation (iwill)	-	-	2,500	2,500	2,500	2,500
County Durham Community Foundation (NESWF)	-	-	1,250	6,250	1,250	6,250
County Durham Community Foundation (Pattinsons)	-	-	-	500	-	500
CSA Transformation Fund	-	-	15,848	32,867	15,848	32,867
Durham Community Partnership (Growth & Resilience Fund)	-	-	3,775	15,100	3,775	15,100
Durham Tees Valley Community Rehabilitation Company	-	-	-	10,327	-	10,327
Durham Tees Valley Community Rehabilitation Company (Divert)	-	-	-	8,522	-	8,522
Changing Lives (Criminal Justice Team)	-	-	-	48,865	-	48,865
The Edward Gosling Foundation	-	-	9,333	-	9,333	-
Garfield Weston	-	-	10,000	20,000	10,000	20,000
Hadrian Trust	-	-	667	-	667	-
Homeless Link	-	-	-	11,325	-	11,325
Hospital of God	-	-	1,250	-	1,250	-
Joseph Rowntree Trust	-	450	-	-	-	450
Lloyds Bank Foundation	-	-	25,000	29,167	25,000	29,167
Marsh Charitable Trust	-	-	500	-	500	-
Middlesbrough Borough Council	-	-	9,355	9,355	9,355	9,355
Ministry of Justice	-	-	50,000	53,548	50,000	53,548
MVDA	-	-	5,000	-	5,000	-
Newcastle Building Society	-	-	2,750	-	2,750	-
Pilgrim Trust	-	-	12,500	6,250	12,500	6,250
Police and Crime Commissioner	-	-	-	3,215	-	3,215
Smallwood Trust	-	-	32,383	47,495	32,383	47,495
Stockton Borough Council	-	-	33,333	36,667	33,333	36,667
Souter	-	-	1,750	-	1,750	-
Tees Valley Community Foundation	-	-	2,500	-	2,500	-
Teesside Poverty Fund	-	-	300	-	300	-
The Esmee Fairbairn Foundation	-	-	-	23,333	-	23,333
The Mercer Company	-	-	15,772	13,925	15,772	13,925
The Vardy Foundation	-	-	35,000	20,000	35,000	20,000
Thirteen	-	-	12,370	-	12,370	-
Virgin Money Foundation	-	-	9,000	-	9,000	-
Anonymous	-	-	3,333	-	3,333	-
Women's Voice	-	-	200	-	200	-
	3,000	3,450	659,261	710,212	662,261	713,662
Donations	33,640	49,184	-	1,714	33,640	50,898
Total Grants and Donations	36,640	52,634	659,261	711,926	695,901	764,560

The charity benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with accounting standards, the economic contribution of general volunteers is not reflected in the accounts.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

4. INCOME BREAKDOWN (Continued)

(b) Income from Charitable Activities	Unrestricted Funds		Restricted Funds		Total Funds	
	2022	2021	2022	2021	2022	2021
	£	£	£	£	£	£
Miscellaneous income	-	2,000	-	-	-	2,000
	=====	=====	=====	=====	=====	=====
 (c) Investment Income	Unrestricted Funds		Restricted Funds		Total Funds	
	2022	2021	2022	2021	2022	2021
	£	£	£	£	£	£
Bank interest receivable	630	193	-	-	630	193
	=====	=====	=====	=====	=====	=====
 (d) Other Income	Unrestricted Funds		Restricted Funds		Total Funds	
	2022	2021	2022	2021	2022	2021
	£	£	£	£	£	£
Sundry income	550	-	4,115	131	4,665	131
	=====	=====	=====	=====	=====	=====

5. RESOURCES EXPENDED - CHARITABLE ACTIVITIES BY PROJECT

For details of project costs, see note 16.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds		Restricted Funds		Total Funds	
	2022	2021	2022	2021	2022	2021
	£	£	£	£	£	£
Direct project costs	-	-	22,918	35,348	22,918	35,348
Grants to individuals	-	-	10,049	11,847	10,049	11,847
Monitoring and evaluation	-	-	2,500	9,820	2,500	9,820
Fundraising expenses	-	-	567	246	567	246
Marketing	-	-	-	-	-	-
External supervision	-	-	2,690	4,260	2,690	4,260
Volunteer expenses	-	-	271	24	271	24
Salaries	-	-	489,763	409,291	489,763	409,291
Pension costs	-	-	12,897	12,144	12,897	12,144
Staff recruitment	-	-	4,606	1,411	4,606	1,411
Training	-	-	1,925	4,347	1,925	4,347
Office rent and service charges	-	-	19,627	19,888	19,627	19,888
Cleaning and waste disposal	-	-	2,281	1,594	2,281	1,594
Insurance	(203)	-	3,729	3,270	3,526	3,270
Rates and water	-	-	582	208	582	208
Heat and light	693	140	2,994	2,068	3,687	2,208
Telephone and IT support	-	-	7,846	8,919	7,846	8,919
Printing, postage and stationery	-	-	1,508	1,014	1,508	1,014
Repairs and maintenance	-	-	3,347	1,592	3,347	1,592
Legal and professional fees	-	-	4,220	5,217	4,220	5,217
Consultancy fees	-	-	-	5,813	-	5,813
Bank charges	-	-	149	135	149	135
Staff expenses	-	-	6,921	4,503	6,921	4,503
Motor expenses	(193)	982	3,244	10,914	3,051	11,896
Licence fees	-	-	1,121	768	1,121	768
Depreciation	3,586	828	6,558	5,038	10,144	5,866
Profit on disposal of motor vehicle	-	(4,184)	-	-	-	(4,184)
Support costs - see below	-	-	94,501	79,448	94,501	79,448
Governance costs - see below	-	-	57,862	56,929	57,862	56,929
	=====	=====	=====	=====	=====	=====
	3,883	(2,234)	764,676	696,056	768,559	693,822

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

7. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

	Basis of Apportionment	Support Costs	Governance Costs	Total 2022	Support Costs	Governance Costs	Total 2021
		£	£	£	£	£	£
Salaries and national insurance	Staff role	72,946	48,163	121,109	61,221	44,064	105,285
Pension costs	Staff role	1,751	1,256	3,007	1,714	1,171	2,885
Training	Staff time	748	-	748	40	-	40
Business development	Time	14,404	1,483	15,887	12,715	4,854	17,569
Office rent and service charges	Staff time	2,181	-	2,181	2,209	-	2,209
Cleaning and waste disposal	Staff time	253	-	253	177	-	177
Rates and water	Staff time	65	-	65	23	-	23
Heat and light	Staff time	410	-	410	245	-	245
Telephone and internet charges	Staff time	1,500	-	1,500	991	-	991
Printing, postage and stationery	Staff time	168	-	168	113	-	113
Staff expenses	Direct	75	-	75	-	-	-
Accountancy	Governance	-	6,960	6,960	-	6,840	6,840
		94,501	57,862	152,363	79,448	56,929	136,377

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

8. FUNDRAISING COSTS

	2022	2021
	£	£
Salaries and national insurance	12,719	8,324
Pension costs	111	100
	12,830	8,424
	12,830	8,424

9. STAFF COSTS AND REMUNERATION OF KEY MANAGEMENT PERSONNEL

	2022	2021
	£	£
Salaries and wages	571,015	494,769
Social security costs	35,828	28,131
Agency costs	32,277	-
	639,120	522,900
Pension costs (note 22)	16,015	15,129
	655,135	538,029
	655,135	538,029

The total employment benefits, including employer pension contributions, of key management personnel were £67,043 (2021: £51,244).

No employees earned £60,000 per annum or more.

No remuneration was paid to trustees in the year. No expenses were reimbursed to trustees in the year.

The charity has indemnity insurance on behalf of the trustees, officers and directors. The cost of the premium included in these financial statements is £710.12 (2021: £710.12).

The average monthly number of staff employed by the charity during the year was as follows:

	2022	2021
	No.	No.
Direct charitable work	21	23
Administrative	3	3
	24	26
	24	26

The full-time equivalent number of staff employed by the charity during the year was 20 (2021: 21).

10. NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2022	2021
	£	£
Depreciation of tangible fixed assets	10,144	5,866
Profit on disposal of motor vehicle	-	(4,184)
Independent Examiner's fees:		
- Accountancy services	3,800	3,240
- Independent examination	2,560	2,160
- Under provision re previous year	600	1,440
	6,960	6,840
	6,960	6,840

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

11. TANGIBLE FIXED ASSETS

	Leasehold Property £	Fixtures, Fittings and Equipment £	Motor Vehicles £	Total £
Cost/Valuation				
At beginning of year	127,294	62,138	-	189,432
Additions at cost	-	8,134	15,780	23,914
	<u>127,294</u>	<u>70,272</u>	<u>15,780</u>	<u>213,346</u>
Depreciation				
At beginning of year	127,294	55,602	-	182,896
Charge for the year	-	6,199	3,945	10,144
	<u>127,294</u>	<u>61,801</u>	<u>3,945</u>	<u>193,040</u>
Net Book Value				
At beginning of year	-	6,536	-	6,536
	<u>-</u>	<u>8,471</u>	<u>11,835</u>	<u>20,306</u>
At end of year	-	8,471	11,835	20,306

12. DEBTORS

	2022 £	2021 £
Due within one year:		
Grant/contract income receivable	49,409	46,881
Prepayments and accrued income	5,575	5,179
Other debtors	50	5,280
	<u>55,034</u>	<u>57,340</u>

13. CREDITORS: Amounts falling due within one year

	2022 £	2021 £
Creditors and accruals	20,697	11,595
Grants received in advance (see note 14)	60,355	118,625
Taxation and social security	20,353	-
	<u>101,405</u>	<u>130,220</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

14. DEFERRED INCOME

Grants received in advance relate to monies received during the year which are specified to be spent in a future period as follows:

	Balance Received in advance as at 1.10.21 £	Received in Year £	Balance Received in Advance as at 30.9.22 £	Per SOFA £
Accenture	1,667	-	-	1,667
Arnold Clark	1,000	1,000	(583)	1,417
Awards for All	833	-	-	833
Catalyst	16,239	-	-	16,239
Cleveland PCC (SAAS)	9,360	14,041	-	23,401
Co-op	625	-	-	625
County Durham Community Foundation	-	973	-	973
County Durham Community Foundation (iwill)	2,500	-	-	2,500
County Durham Community Foundation (NESWF)	1,250	-	-	1,250
Durham Community Partnership (Growth & Resilience Fund)	3,775	-	-	3,775
The Edward Gosling Foundation	-	16,000	(6,667)	9,333
Garfield Weston Foundation	10,000	-	-	10,000
Hadrian Trust	-	1,000	(333)	667
Hospital of God	-	3,000	(1,750)	1,250
Lloyds Bank Foundation	2,083	25,000	(2,083)	25,000
Middlesbrough Borough Council	9,355	-	-	9,355
Newcastle Building Society	-	3,000	(250)	2,750
Pilgrim	-	16,250	(3,750)	12,500
Smallwood Trust	8,333	25,000	(6,250)	27,083
Souter	-	3,000	(1,250)	1,750
Sport ED/Ring	-	5,000	(5,000)	-
Stockton Borough Council	3,333	-	-	3,333
Tees Valley Community Foundation	2,500	-	-	2,500
The Mercer Company	15,772	25,772	(25,772)	15,772
The Vardy Foundation	30,000	-	-	30,000
Anonymous	-	10,000	(6,667)	3,333
	<u>118,625</u>	<u>149,036</u>	<u>(60,355)</u>	<u>207,306</u>

15. OPERATING LEASE COMMITMENTS

The following operating lease payments are committed to be paid within one year:

	Land and Buildings 2022 £	Land and Buildings 2021 £
On leases expiring:		
Within 1 to 2 years	-	-
Within 2 to 5 years	21,600	21,600
After 5 years	-	-
	<u>21,600</u>	<u>21,600</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

16. MOVEMENT IN FUNDS

	Balance as at	Incoming Resources	Outgoing Resources	Transfers Between Funds	Balance as at
	1.10.21				30.9.22
	£	£	£	£	£
Restricted Funds:					
Core Costs, Projects and Support Services					
Core Services	42,028	161,419	257,746	54,299	-
Liberty	35,958	84,006	111,182	-	8,782
Family Services (RISE)	-	8,522	17,818	9,296	-
Psychotherapy	32	8,168	8,200	-	-
Youth Services	13,763	56,945	51,503	-	19,205
Family Services	2,018	587	2,605	-	-
Blossom	10,826	109,290	130,864	-	(10,748)
Blossom Specialist	7,037	21,906	26,478	-	2,465
STAGE Project	6,142	44,285	29,273	-	21,154
North East Sex Work Forum	1,802	1,250	3,052	-	-
Monitoring & Evaluation	8,069	-	2,500	-	5,569
Community Engagement Officer	1,552	833	12,877	10,492	-
Vehicle	-	13,587	3,244	(10,343)	-
Criminal Justice Team	6,901	130,911	110,115	-	27,697
Client grants	11,486	21,667	10,049	-	23,104
	147,614	663,376	777,506	63,744	97,228
Unrestricted Funds	333,705	37,820	3,883	(63,744)	303,898
Total Funds	481,319	701,196	781,389	-	401,126
Previous year:					
	Balance as at	Incoming Resources	Outgoing Resources	Transfers Between Funds	Balance as at
	1.10.20				30.9.21
	£	£	£	£	£
Restricted Funds:					
Core Costs, Projects and Support Services					
Core Services	6,259	262,868	257,841	30,742	42,028
Liberty	47,323	121,719	124,340	(8,744)	35,958
Psychotherapy	-	4,451	6,500	2,081	32
Youth Services	15,060	44,075	43,292	(2,080)	13,763
Family Services	160	15,263	13,405	-	2,018
Blossom	16,274	101,223	104,264	(2,407)	10,826
Blossom Specialist	13,059	18,031	24,053	-	7,037
Building Capacities	2,954	-	-	(2,954)	-
STAGE Project	-	30,863	24,721	-	6,142
North East Sex Work Forum	1,904	6,250	6,352	-	1,802
Monitoring & Evaluation	9,958	7,931	9,820	-	8,069
Cleveland DIVERT	2,425	7,265	9,798	108	-
Prison Mentor	6,353	688	7,146	105	-
Training	78	7,533	7,611	-	-
COVID-19	1,977	-	-	(1,977)	-
Community Engagement Officer	-	9,167	8,994	1,379	1,552
Vehicle	-	10,655	10,655	-	-
Criminal Justice Team	-	40,742	33,841	-	6,901
Client grants	-	23,333	11,847	-	11,486
	123,784	712,057	704,480	16,253	147,614
Unrestricted Funds	292,897	54,827	(2,234)	(16,253)	333,705
Total Funds	416,681	766,884	702,246	-	481,319

Transfers between funds are as agreed by the Board of Trustees.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

16. MOVEMENT IN FUNDS (Continued)

Restricted Funds:

Core Services - this relates to the Chief Executive Officer, Service Managers, Business Development, Administration, Finance and centre running costs (e.g. utilities). Restricted funding includes Big Lottery Reaching Communities, Changing Lives, Thirteen, Cleveland PCC, MoJ, Pilgrim Trust, The Edward Gosling Foundation and Lloyds Bank Foundation.

Liberty - delivers an outreach, engagement and recovery service to adult women who experience multiple disadvantages, providing trauma and gender informed support for sex workers and adult female survivors of sexual exploitation. Restricted funding includes Big Lottery Reaching Communities, Charles Hayward, MoJ, MVDA, Anchor Foundation and Thirteen.

Family Services (RISE) - Reach, Inspire, Support and Empower, supporting families of Liberty and Blossom clients who have experienced trauma and are often impacted by this. Restricted funding by The Mercer Company.

Psychotherapy - this relates to our in-house psychotherapeutic counselling service. Restricted funding includes Anchor Foundation and Cleveland PCC.

Youth Services - working with vulnerable young people in areas with high levels of deprivation to educate and promote healthy relationships between parents/guardians, friends and potential partners. Restricted funding includes Ballinger Charitable Foundation and The Vardy Trust.

Family Services (RISE) Reach, Inspire, Support and Empower families in need who are struggling with a range of complex issues which weaken the family unit and compound disadvantage. Working with the whole family in an intensive and motivational way, supporting and empowering them to make changes and achieve better outcomes. Restricted funding includes Cleveland PCC.

Blossom - offers trauma and gender informed support to girls and young women aged between 13 to 24 (or 25 where a young woman has additional needs) to prevent exploitation and harm; enabling them to reach their full potential. Restricted funding by Big Lottery Reaching Communities, Virgin Foundation, County Durham Community Foundation, Cleveland PCC and Stockton Borough Council.

STAGE Project - a partnership of seven charities across the North East and Yorkshire helping women affected by sexual exploitation and grooming. The STAGE Project provides a range of one-to-one support, drop-ins and specialist group work programmes, as well as specialist work in custody. Restricted funding includes Cleveland PCC and Changing Lives.

North East Sex Work Forum (NESWF) - a multi-agency not-for-profit regional group aiming to give a voice to people involved in or exploited through the sex industry across the North East, enabling them to shape and contribute to service provision and respond to their needs. Restricted funding from County Durham Community Foundation.

Monitoring & Evaluation - funding towards additional costs of the Liberty and Blossom projects. Restricted funding from Big Lottery.

Community Engagement Officer - working with the local community, businesses, charities and other partners to fundraise and raise awareness and understanding of A Way Out and increase the unrestricted funds to enable an increase in service provision.

Vehicle - restricted funding from Smallwood Trust and The Vardy Foundation to purchase a new van which is used for outreach and community delivery.

Criminal Justice Team - restricted funding through Changing Lives as part of a Ministry of Justice contract to work with female offenders across Cleveland supporting them to transition and integrate back into the community through rehabilitation and resettlement services that will also positively reduce re-offending rates.

Client Grants - restricted funding from Smallwood Charitable Trust to offer grants to clients as a method of assisting with housing stability and financial resilience.

Building Capacities - funding from Big Lottery to help the charity build its skills, knowledge and confidence so that it delivers outcomes to beneficiaries more effectively and sustainably.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

16. MOVEMENT IN FUNDS (Continued)

Cleveland DIVERT - a voluntary, multi-agency adult offender diversion scheme as part of the Police and Crime Commissioner's strategy to reduce re-offending by providing offenders with the opportunity to address the underlying causes of their offending behaviour and prevent them re-offending. The scheme targets low and medium level offenders and offers them a credible alternative to criminal prosecution. Restricted funding from Cleveland PCC.

Prison Mentor - restricted funding from Durham Tees Valley Community Rehabilitation Company provides for a full-time Prison Mentor who supports females in prison to strengthen and build resilience through Pathway 9. The Mentor specifically engages with women offenders who disclose involvement with sex work, preparing them for release by creating robust resettlement plans, identifying and recognising any triggers upon release in order to reduce the incidence of women re-attaching to former networks and returning to substance misuse.

Training - restricted funding to develop and deliver an evidence based training programme to equip partners to develop and deliver services for isolated and vulnerable individuals. Restricted funding from County Durham Partnership (Growth & Resilience Fund).

COVID-19 - restricted funding from County Durham Community Foundation, Tees Valley Community Foundation, Tesco Groundworks and Ballinger Charitable Trust to provide weekly parcels for isolated and vulnerable clients that are currently accessing our services. Each parcel is tailored to the age(s) and number of recipients and contains information (including government guidance and other sources of support), food, hygiene products and activities (for children and/or parents) so that they do not have to leave the house whilst socially isolating.

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds	-	147,614	147,614
Unrestricted funds	6,536	327,169	333,705
	<u>6,536</u>	<u>474,783</u>	<u>481,319</u>

18. FUNDS OF THE CHARITY

Unrestricted funds comprise those funds which the trustees are free to use in accordance with the charitable objects, although the trustees may decide to designate part of these funds for specific purposes.

Restricted funds are funds which have been given for particular purposes and projects.

19. TAXATION

HM Revenue & Customs have approved the charitable status of A Way Out and its income is therefore exempt from tax under Sections 505 and 506 of The Taxes Act 1988, provided that such income is applied for charitable purposes.

20. CONTROLLING PARTY

Throughout the year, the charity was under the control of the Board of Trustees.

21. RELATED PARTY TRANSACTIONS

The total amount of donations received without conditions from trustees in the year to 30 September 2022 was £1,080 (2021: £1,500).

Other than the above, there were no reportable related party transactions (2021: none).

22. PENSION COSTS

The charity operates a group personal pension scheme. The assets of the scheme are held separately from those of the charity, being invested by the insurance company. The pension costs charged in the financial statements represent contributions payable by the charity in the year and amounted to £16,015 (2021: £15,129).

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

23. RECONCILIATION OF NET MOVEMENTS IN FUNDS TO CASH OUTFLOW FROM OPERATING ACTIVITIES

	2022	2021
	£	£
Net movement in funds	(80,193)	64,638
Depreciation charge	10,144	5,866
Profit on disposal of fixed assets	-	(4,184)
Interest receivable	(630)	(193)
Decrease/(increase) in debtors	2,306	(29,630)
Increase/(decrease) in creditors	(28,815)	(114,173)
	<hr/>	<hr/>
Cash Outflow from Operating Activities	(97,188)	(77,676)
	<hr/> <hr/>	<hr/> <hr/>

24. FINANCIAL INSTRUMENTS

At the year end, the charity had financial assets at amortised cost of £476,650 (2021: £599,824) and financial liabilities at amortised cost of £20,697 (2021: £11,594).

The income attributable to the charity's financial instruments is summarised as follows:

	2023	2021
	£	£
Interest receivable:		
Financial assets at amortised cost	630	193
	<hr/> <hr/>	<hr/> <hr/>

A WAY OUT

England & Wales - Charity number 1137535

Accounts

Charity Registration Number: 1137535

Company Registration Number: 06265354

A WAY OUT
(A Company Limited by Guarantee)

REPORTS AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2021

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A WAY OUT
(A Company Limited by Guarantee)

REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

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Balance Sheet	20
Statement of Cash Flows	21
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A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2021

The directors/trustees are pleased to present their report, together with the financial statements of the charity for the year ended 30 September 2021.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in October 2019.

LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name:	A WAY OUT
Charity Registration Number:	1137535
Company Registration Number:	06265354
Registered Office:	The Gate 1-2 Castlegate Quay Riverside Stockton-on-Tees TS18 1BZ
Website Address:	www.awayout.co.uk
Secretary:	Anita Burke (resigned 26.4.21)
Directors/Trustees:	Toks Sangowawa (Chair) John Robinson (resigned 26.4.21) David Emerton Lesley Blundell Robert Thompson Charlotte Benjamin (resigned 25 January 2021) Andrew Malcolm Catherine Neville Michelle Carr Gemma Scire
Chief Executive:	Sarah McManus
Independent Examiner:	Mr. J. Lester FCA Baines Jewitt Limited Chartered Accountants Barrington House 41-45 Yarm Lane Stockton-on-Tees TS18 3EA
Bankers:	HSBC Bank plc 136 High Street Stockton-on-Tees TS18 1LR
Solicitors:	Punch Robson 35 Albert Road Middlesbrough TS1 1NU

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

A Way Out is a company limited by guarantee and not having a share capital, governed by its memorandum and Articles dated 27 January 2016. It is also a charity registered with the Charity Commission. The members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the company in the event of a winding up during their period of membership and within one year of their ceasing to be a member.

Appointment of Trustees

The charity currently has 8 trustees.

New trustees are appointed from time to time at the discretion of the existing trustees.

Trustee Induction and Training

The current Board are familiar with the ethos and workings of A Way Out, with many of them having been involved with the charity for some time.

New trustees undergo an induction process that gives them an insight into the roles and responsibilities of trustees and the aims and objectives of the charity. Following their induction, trustees are encouraged to participate in external training events that will benefit their role and are kept informed of relevant matters by the Chief Executive.

We also operate a Trustee Mentor scheme to help support new Trustees by matching them with an existing trustee as part of their induction, sharing skill sets, expertise and building understanding around the governance structure and arrangements.

Organisation

A Way Out was formed in 2002. Its founder, being brought up in the town of Stockton-on-Tees, was so moved by the abuse, poverty and addiction that was devastating the lives of young girls and young people across the area, that she started an organisation, with a group of like-minded individuals, with the aim of providing outreach and support to at-risk women and young people.

The organisation secured some charitable grants and began project work by the end of 2002. It became a registered charity in September 2004 and transferred its assets and liabilities to a charitable company limited by guarantee in October 2010. It also moved to its present site at the end of 2008 in order to provide better equipped facilities and a greater portfolio of services.

A Way Out currently employs 28 full and part-time staff members and four consultants. It is governed by a board of trustees.

In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission.

Related Parties

Other than as disclosed in note 21 to the accounts, there were no related party transactions during the year under review.

Pay Policy for Senior Staff

The Board of Directors are also the charity's trustees and, along with the Chief Executive, are the key management personnel responsible for directing and operating the charity on a day-to-day basis. All directors give their time and expertise freely and no director received remuneration in the year.

The pay of the senior staff is reviewed annually and is normally increased in accordance with cost of living increments. The trustees also benchmark against pay levels in other voluntary sector organisations of a similar size operating in the North East region.

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT (*Continued*)

Risk Management

Risk assessments are conducted for every activity that each of the project areas are involved with. The organisational Risk Register is reviewed by trustees via the Finance & Risk Sub-Committee on a monthly basis, along with Senior Management reviewing current and emerging risks, or those where the rating has changed. Risk is considered by trustees as part of their decision making around policy, strategy and financial matters. External risks to funding can only be reduced by allowing for diversification of funding and activities. Internal risks are minimised by the implementation of procedures to assess and monitor all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charity. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

A robust risk management policy and framework has been agreed, along with a risk appetite setting for the organisation. On a quarterly basis the whole board will review those risks and controls above the risk appetite, new and emerging risks, or those where ratings need to be changed.

A risk audit was conducted by an external consultant this year, involving staff interviews and a desk top review of our policy, procedures and risk register. Training for staff and the Board of Trustees followed, along with a number of good practice items that had been identified and some learning to enhance what we do.

OBJECTS AND ACTIVITIES

The Current Need

Stockton-on-Tees has gone through many changes over the past few centuries, both as the wider borough that takes this name and the large market town at its centre, where A Way Out is based.

With the River Tees running right through the heart of Stockton town, and the smaller towns and villages that make up the borough (including Thornaby, Billingham, Yarm, Eaglescliffe, Norton and Ingleby Barwick) to both the north and south, Stockton-on-Tees is now the only council area in England or Wales to be split between two ceremonial counties (Durham and North Yorkshire), a unique status that isn't always an easy place to be.

The town of Stockton itself is a part of Stockton North and does boast a proud history of prosperity and achievement – as a major port with a thriving shipbuilding industry throughout the 17th and 18th centuries - where the world's first passenger railway was engineered by George Stephenson in 1822, and where the chemist John Walker invented the friction match in 1827 – but sadly saw a significant demise in the later part of the 20th century.

A large number of factors contributed to this, but primarily it was the severe decline of much of the engineering industry, alongside the national economic recession of the 1980s, leading to considerable unemployment and a widening of inequality gaps.

The Joint Health and Wellbeing Strategy 2019-2023 demonstrated the following issues of concern for women and young people in Stockton-on-Tees:

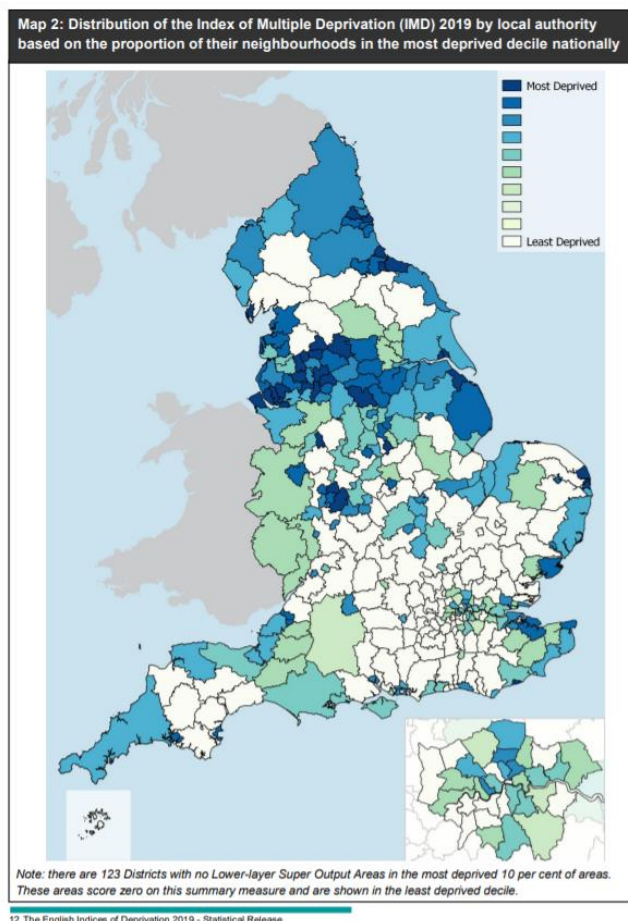
- Babies born to teenage mothers are statistically significantly worse than the national average.
- 20.6% of children are in low income families compared to 16.8% for England.
- 13.6% of people in the area have been recorded as having depression compared to 9.9% for England.
- Alcohol related admissions are statistically worse than the national average.
- Healthy life expectancy for people living in Stockton on Tees is below the national average and residents of the most deprived areas of Stockton on Tees are expected to have a shorter life expectancy of up to 20 years.
- Recorded crimes are 6% higher than crimes recorded across England.
- 13.4% of people are in fuel poverty.

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DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2021

OBJECTS AND ACTIVITIES (*Continued*)

The Ministry of Housing, Communities and Local Government: The English Indices of Deprivation 2019 show the following geographical map of most deprived areas in England, clearly indicating Teesside in the most deprived 10% in the country:



Local and national needs assessments demonstrate the following issues of concern for women and young people, within Teesside and Stockton-on-Tees:

Health and Wellbeing inequalities affecting women, families and young people in Stockton:

- Hospital admission for alcohol misuse in under 18's is significantly higher in the North East than the England Average (Public Health England, Child Health Profile 2021).
- Hospital admissions for substance misuse in 15 to 24 year olds is significantly higher in Stockton-on-Tees than the England Average (Public Health England, Child Health Profile 2021).
- Emergency admissions to hospital for self-harm are significantly higher in the Stockton-on-Tees area than the England average (Stockton-on-Tees Joint Health and Wellbeing Strategy 2019-2023).
- Children in Stockton-on-Tees have worse than average levels of obesity. 37% of 11 year olds are overweight or obese compared to the England average of 34.2%.

At-risk Women in Stockton:

- There are estimated to be around 100 women who are sexually exploited and actively engaged in street based survival sex work within the Stockton area (Barefoot research 2014).
- From regional research, 93% of on-street sex workers have used an illegal drug in the past six months; 85% had used heroin and 87% had used crack cocaine – much survival sex is self-medicating because of historic abuse and trauma and linked to very poor mental health, depression, PTSD, bipolar (The GAP Peer Research 2013 & Barefoot Research 2014).
- Many women and young people who are sexually exploited and involved in street prostitution experience extreme violence and a range of increased health risks including exposure to blood-borne viruses and infections, abscesses, sexually transmitted infections, weakened immune system. (Barefoot Research 2014).

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OBJECTS AND ACTIVITIES (*Continued*)

- Cleveland Police has one of the highest recording and detection rates for sexual violence offences of comparable police forces in England and Wales.
- Binge drinking amongst women is significantly higher than average and amongst those aged 16 to 25 it is even worse.
- The vast majority of the women and young people we encounter suffer with poor self-image, feeling victimised and excluded from mainstream activities and social networks. Many are involved in self-harming behaviour and most struggle to develop and maintain positive engagement around education, training, and employment.
- Cleveland Police recorded 5,030 reported incidents of violence and sexual offenses in Middlesbrough and 4,085 in Stockton in the last twelve months.

Despite cutbacks and austerity measures, efforts are being made to address these issues and, along with other groups and agencies, A Way Out is seeking to be part of the solution and meet the need of many individuals in our town.

The town itself has seen a recent regeneration, with significant investment and improvements to the town centre and development across the borough.

There is still much to do and the earlier statistics remain valid and deeply concerning. While it is good that redevelopment of the town is increasing public opinion and positive attitudes, for those still struggling with poverty, addiction and exploitation – those A Way Out is seeking to reach – Stockton is a very difficult place to live.

Organisational Summary

A Way Out is an outreach and prevention charity which aims to engage, empower and equip vulnerable and excluded women, families and young people to live lives free from harm, abuse and exploitation and to reduce life limiting choices and behaviour.

The Charity's Legal Objectives ('the Objects') are:

- to relieve suffering and promote good health and the advancement of education amongst members of the community in the borough of Stockton-on-Tees, particularly, but not exclusively, amongst women, children and young people;
- to provide or assist in the provision of facilities, in the interest of social welfare, for the recreation and other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances, with the object of improving their conditions of life.

Our Beliefs

We believe that everyone should be able to live the life they choose without experiencing or fearing abuse, harm and exploitation.

We prevent abuse, harm and exploitation by empowering women, families and young people to have control over their lives and by tackling the injustice and inequality that they experience.

Our Values

Compassionate: using a non-judgemental approach that builds on individual strengths and addresses recent and/or historic trauma.

Connecting: creating opportunities to access support through proactive outreach and by building trusting relationships.

Caring: providing the right support at the right time in the right place whether someone is in crisis, needing support or advocacy to address immediate needs, or ready to make lasting changes.

Choice: building hope for the future through individuals having the freedom to make informed decisions and opportunities to achieve their potential.

Community: enabling lasting change and providing support at times of need by building positive relationships with friends, family and the wider community.

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OBJECTS AND ACTIVITIES *(Continued)*

Change: addressing the causes of injustice and inequality, and wider stigma and discrimination, by ensuring that learning from lived experience is used to change the language, behaviour and views, and process and systems, of other individuals and organisations.

Christian values of love, truth and justice underpin everything we do to support those with a Christian faith, another faith or no faith.

Our Activities

We seek to run specific projects that are aimed at vulnerable women and young people in the community, and those families most at risk of not living a healthy, safe and whole life.

We recognise that it is often those who are most vulnerable who do not access mainstream services. Our primary focus is to reach those who are most at risk and hardest to reach.

A Way Out's core strength is our ability to reach out and engage with full acceptance and with commitment to stand with people throughout their recovery journey. Through this engagement and continued support, we can see their lives changed and full potential enabled.

Delivery Model

A Way Out has five distinct programmes of work, providing services to disadvantaged, vulnerable and socially excluded groups.



The **Liberty project** delivers an outreach, engagement and recovery service to adult women with multiple disadvantages providing trauma and gender informed support for sex workers and adult female survivors of sexual exploitation.



The **Blossom project** offers support to girls and young women aged between 13 to 24 (or 25 where a young woman has additional needs) by supporting them through difficult times experienced within their lives. We stand side by side with girls and young women to allow them to be, to realise their potential and ultimately be empowered to be in control of their own lives. The support provided by Blossom is trauma informed and focusses upon working with girls and young women to strengthen capabilities from a person centred perspective.



The **Youth project** works with children aged 8 to 16 years. It provides a safe environment in which children experiencing social and emotional difficulties can learn new skills, practise positive behaviour and build self-confidence and competency.



The **Family project, RISE** (Reaching, Inspiring, Supporting, Empowering) works with the whole family in an intensive and motivational way, supporting and empowering disadvantaged families to discover new skills and confidence and to build resilience to effect sustainable positive change.



The **Criminal Justice Team** supports women involved in the criminal justice system to move past previous offending and build a stronger future for themselves and their families.

Our Key Strategic Aims

- Using ongoing learning to ensure our services are informed by and responsive to the changing needs of our clients.
- Building genuine and influential partnerships that increase our reach, impact and financial stability.
- Changing the beliefs and behaviours and policy and practice of others to overcome the challenges faced by those we support.
- Creating a culture that is empowering and inclusive so that staff and volunteers thrive.
- Providing robust leadership and governance to enable growth and future sustainability.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE 2020/2021

Management Team

The organisation has maintained a strong focus upon strategic development across all services areas and increasing A Way Out's geographic reach. In response to the impact of the COVID-19 global pandemic the Management Team have maintained a critical focus upon key areas of risk and safeguarding, whilst ensuring that service delivery continues to meet needs by remaining client-led. Alongside leading the organisation through the global pandemic, A Way Out has progressed with the following developmental initiatives:

- Appointed a Covid Champion who is linked with local and regional Covid networks and shares information with all staff and volunteers.
- Completed external evaluation of Liberty, Blossom and Youth & Families programmes, sharing information at an online learning event attended by partners.
- Led and presented at various events including training to specialist Cleveland Police officers, Stockton Hate Crime Group, Health & Wellbeing Board, Tees Safeguarding Adults Board, local authority staff, partner forums and expanded networks.
- Hosted End Violence to Sex Workers day.
- Implemented and completed a new induction and empowerment programme for staff.
- Completed an organisational review which included a refresh of our purpose, values and objectives.
- Completed a full governance review in line with Charity Commission Governance Code.
- Completed Risk audit, Health & Safety audit and Safeguarding audit, trained staff and implemented findings.
- Established working group in Middlesbrough addressing sex work and sexual exploitation.
- Launched new website.
- Delivered training sessions to external partners.
- Extended involvement in internal and external training opportunities to include trustees and volunteers.
- Nurtured existing and formed new external collaborations and partnerships.
- Developed digital delivery.
- Continued our co-ordinated responses to each COVID-19 lockdown and restrictions to ensure that client support has been maintained continuing trauma and gender informed asset based approach, safety planning & risk assessments for clients, peer led support planning, community outreach, dedicated case working 1:1 support, advocacy, partnership work, digital engagement and a hybrid of home and office working. Accessed COVID-19 targeted funding to sustain this support.
- Completed a market testing of staff roles, salaries and terms and conditions.
- Created a robust evidence base and enhanced the functionality of the main database that we utilise, Evide.

Governance

During the past 12 months A Way Out has undertaken successful targeted recruitment of additional trustees and will continue to do so moving forward as part of a succession plan for the Board.

The Trustees have also:

- Successfully completed a self-assessment on the Charity Commission Governance Code strengthening arrangements, controls and processes.
- Attended annual training alongside governance workshops to direct the organisational review and support the organisation to develop and expand in a safe, structured and managed way, whilst ensuring the needs of the clients are met.
- Undertaken risk training as part of the risk audit, improving understanding, responses and practices at a strategic level.
- Overseen three internal audits and one external audit of key risk areas - health and safety, risk, finance and safeguarding, enhancing delivery and providing assurance around compliance.
- Drafted and agreed an appraisal programme for Trustees.
- Extended the membership of the Finance and Risk Committee to ensure that other areas of risk outside of finance were equally represented by the Board.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Local Influence

- A Way Out's Blossom Service responded to local need highlighted by partners and statutory agencies, to provide a support service to girls aged 13-16.
- A Way Out continues to be an influential member of the North East Sex Work Forum and works closely at a strategic level with Teesside Safeguarding Adults Board, Community Safety Partnerships, Health and Wellbeing Partnership, Domestic Abuse Strategic Partnerships meetings, raising awareness in relation to understanding issues around exploitation and sex work.
- A Way Out hosted the Co-ordinator for the North East Sex Work Forum, a multi-agency group that supports individuals across the North East involved in sex work and those vulnerable to sexual exploitation; the forum shares good practice and helps to inform local policy-making decisions.
- A Way Out is supporting the North East Sex Work Forum to become a charity in its own right.
- A Way Out continues to work closely with, and feed into, Police and Council-led Vulnerable, Exploited, Missing and Trafficked (VEMT) strategic and operational groups.
- Member of the Strategic VEMT Task and Finish Group for Transition sharing learning, findings, recommendations and the voice of the women and girls that we work with to inform system change and guiding principles around working with people in the transition phase.
- Member of the sexual violence data group for Cleveland looking at trends, patterns, gaps and areas for improvement to inform resources and delivery that better meets the needs of the survivors and can help strengthen prevention practices.
- Developed, alongside Stage partnerships, a sexual exploitation toolkit for practitioners and professionals to enhance and improve delivery, led by what matters to the survivors.
- A Way Out has regularly attended the Cleveland Anti-Slavery Network Meetings; Problem Solving Panels; Domestic Abuse Strategic Partnership in Middlesbrough; Hate Crime Group in Stockton; Community Safety Partnership in Stockton; Strategic and operational meetings for the North East Sex Work Forum; Cleveland Women's Network; Big Lottery Women and Girls Initiative meetings; Stage partnership strategic and operational meetings to name but a few.
- A Way Out continues to successfully raise the profile of members of our community who have reduced opportunity to benefit from the economic growth occurring in the region, thus enabling those who experience isolation, marginalisation and multiple disadvantages to have their voices heard and to influence and bring about local change.
- Took part in regional research organised by Vonne, Applied Research Collaboration North East and North Cumbria and Public Health England looking at health inequalities and challenges during the pandemic as part of our system change work that was shared with the Health Inequalities Advisory Group along with the Health Inequalities Impact Assessment Final Report that we contributed to.
- Member of the Child Sexual Abuse Transformation Partnership led by Cleveland PCC, piloting work with girls and young women in the transition stage from children to adult services to inform a toolkit for professionals, good practice, system change and delivery.

National Influence

- A Way Out continues to be part of a consortium of eight organisations in the North East and Yorkshire influencing and contributing to research, which aims to develop the first ever national safeguarding framework to support women who have been sexually exploited.
- Contributed to national research and campaigning around housing, addiction and sexual exploitation
- Attended and helped implement a parliamentary event highlighting adult sexual exploitation, the harm, impact and the gaps in national policy, law and practice.
- Part of the Beyond the Gaze practitioners group sharing learning, good practice and challenges for sex workers with partners and leads across the country.
- A Way Out's Blossom Project has contributed to briefing papers produced by DMSS and Tavistock Institute as part of the network of Big Lottery WGI funded projects.
- Took part in national research led by Maggie O'Neil around the value and benefits of walk and talk activities capturing good practice that made a difference during the pandemic and now beyond.

Community Involvement

A Way Out attends monthly information sharing briefings with Cleveland Police and Community Safety Street Wardens to maintain awareness of arising issues in the local community which may impact those receiving support from the organisation.

A Way Out actively recruits local volunteers who are essential to the delivery of our Liberty, Blossom and Youth Services. All volunteers receive A Way Out's core volunteer training along with specialised supplementary workshops to equip each willing supporter with background knowledge and information regarding outreach, drug and alcohol awareness and related issues.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Liberty - Women's Engagement & Recovery Programme

Project Outline:

A Way Out's women's outreach and recovery programme seeks to provide unique opportunities to facilitate engagement into services and establish recovery pathways for women aged 18 plus with complex needs. Such women have needs relating to issues such as survival sex work/sexual exploitation, substance dependency, homelessness and domestic abuse. This women-only specialist service includes 1:1 support, drop-ins and structured programmes intended to help improve self-esteem, confidence and lifestyle choices with an aim to widen their long-term aspirations beyond such marginalisation, and offer a way back into mainstream services and activities.

Liberty Achievements Oct 20 – Sept 21:

The Liberty team have worked under COVID-19 guidelines and organisational risk assessments in a hybrid format, working across home, office, and community bases. This enabled the team to continue to offer Trauma Informed support to clients with face-to-face appointments, doorstep/welfare checks and walk and talk sessions. The team had the opportunity to visually confirm that the women were safe, distribute harm minimisation provisions and help alleviate some of those feelings of isolation and loneliness.

In August we began the first phase of mobilising our evening outreach sessions. Staff carried out several scoping sessions to observe where women were working from, how many women were working and reviewed routes, ways of working and risk assessments. We collaborated with Cleveland Police District Licencing Unit and local authority CCTV teams.

The team recommenced their evening outreach in September working alongside volunteers. This enabled us to reach those women who only access our service whilst on street sex working to provide safety plans, distribute NUM alerts and harm minimisation materials. Safety plans with both clients who engage with 1:1 support and those we support on street remain central to our support and are reviewed regularly, supporting the client in recognising risk factors and making safer choices.

We have worked with partners as part of our harm reduction work to improve the safety of spaces where the women were situated which led to increased CCTV and lighting.

The outreach service has unfortunately been disrupted in September when the outreach van was stolen. This has significantly impacted our ability to reach those most at risk.

The team have now introduced a weekly brunch club in Middlesbrough, encouraging the women we meet on the streets to attend for food, drink and a safe space to access support and advice. Our aim is to also bring partners into this space to offer tailored advice around housing, substance misuse, domestic abuse, mental and physical health, and sexual health.

The team have worked with Healthwatch Stockton, sharing clients' views on barriers to accessing healthcare and how they can be addressed and recognising the positives. The final report was sent in August to NHS CCG, to allow time for GP practices and health services to respond to the findings. There has been positive feedback and areas are being addressed and changes made.

Partnership working is key to keeping our clients at the heart of any collaboration and building positive ways of interacting and breaking down barriers, developing goals, plans and strategies. We have seen several new partnerships develop over the last 12 months.

We have developed a new partnership in Redcar and Cleveland which is a positive move forward. We have established and chair a multi-agency operational partnership group with Middlesbrough Council and other agencies, that meets monthly to focus on sex work and sexual exploitation in Middlesbrough, looking at capturing data and developing a specific Adult Sexual Exploitation strategy. A Cleveland Sex Work Strategy is being developed and led by A Way Out, North East Sex Work Forum and Cleveland PCC.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE *(Continued)*

In Hartlepool we have built links with the Council and Thirteen to look at the need for female only Trauma Informed accommodation to better support women who have experienced sexual exploitation. This group has now expanded and incorporates several other partner agencies in the region with the specific focus around sexual exploitation; leading to improved recording, reporting, and understanding around sexual exploitation and informed strategic decisions around priorities and resources.

Our most recent partnership has been attending Multi Agency Approach to Serious and Organised Crime (MARSOC) meetings across Hartlepool, Stockton, and Middlesbrough. These meetings are a multi-agency approach to serious and organised crime and bring together agencies/partners to jointly identify, address and prioritise some of the highest offenders such as county lines/drugs, human trafficking, and sexual exploitation.

We continue to be a core member of the North East Sex Workers Forum and hold the vice chair position on a local authority Hate Crime group.

We are passionate about developing our partnership work as it is vital to encourage learning and develop joined up responses. We continue working alongside Community Safety, Health and Wellbeing board, District Licensing team, local policing teams and Safeguarding.

Number of unique individuals worked with over 12 month period: 114

Liberty Outcomes:	Change Indicators:	No:	How has the Liberty Project made an impact?
Reduction in harm and exposure to risk experienced by women involved in sex work.	Women reporting violence and threats to personal safety.	58	Overall, 58 have stated that they are able to report violence and threats to their personal safety. Over the last 12 months there have been 3 Ugly Mug reports made and we have distributed 4 alerts to those women actively sex working. All of these women disclosed some form of threat or violence. We continue working with DLO's and community safety teams in Stockton and Middlesbrough.
	Women reporting feeling safer and less exposed to risk.	42	We have seen a decrease from 62 to 42 women reporting feeling safer. We continue completing safety plans with those clients who we regularly support and those clients who access support on an ad-hoc basis. We do feel that these numbers are reduced due to the impact of COVID-19 restrictions, we have seen a reduction of women on street sex working, which is supported by data collected from CCTV Community Safety. We were also unable to deliver our evening outreach due to COVID-19 and theft of van, ordinarily we would complete safety planning and support with those women we would see during evening outreach.
	Women living in stable accommodation.	40	We continue to work closely with housing providers within the Stockton borough and due to expanding our service provision into Middlesbrough this has resulted in 40 women accessing stable accommodation.

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Liberty Outcomes:	Change Indicators:	No:	How has the Liberty Project made an impact?
Vulnerable women experience improved health and emotional wellbeing.	Women reporting positive benefit from participation in AWO healthy living programmes.	40	40 women have positively benefited from our online support around health and wellbeing. We have been unable to deliver in-house group work during this reporting period, but we have adapted the themes so that they could be delivered during 1:1 sessions.
	Women sex workers reducing daily use of Class A drugs.	33	We continue to work in partnership with CGL supporting and encouraging our clients to access assistance around substance misuse. 33 women have reduced their daily use of Class A drugs. We continued during COVID-19 to encourage clients to access needle exchange and mutual aid groups in the format that they were being delivered.
	Women reporting an increase in self-esteem.	40	40 women have reported positive increase in self-esteem by participating in our digital platform of relaxation techniques and via telephone and face to face from our in-house Psychotherapist.
Women involved in sex work are more confident to engage in training and development opportunities.	Women reporting positive benefit from participation in life skills activities.	26	Clients have been unable to attend group sessions but have reported benefiting from the support they receive on a 1:1 basis, which has increased their life skills around finances, family relationships etc
	Women reporting feeling more confident as a result of acquiring new skills.	26	26 women have reported positive increase in self-esteem by participating in our digital platform of relaxation techniques and methods, safety awareness updates. 2 clients also received support both via telephone and face to face from our in-house Psychotherapist.

Blossom Service

Project Outline:

In 2015/16 A Way Out successfully secured funding for a new project, Blossom, offering targeted support for young women aged 13-24 years. It is learning from our well established and recognised work with vulnerable women and those involved with on-street sex work that has helped to develop this new service area. We listened to the women on our Liberty case load and two sentiments prevailed – grateful appreciation for the life changing work that A Way Out undertakes, and heartfelt reflection from the women in wishing they had been able to engage with A Way Out when they were younger – at an age before their lives became entrenched in the cycle of addiction and sex work. Blossom now successfully engages with vulnerable young women who often ‘fall through the net’ and who are frequently left to go their own way at a time of major transition into early adulthood. These young women often feel marginalised from mainstream services, are regularly deemed as ‘troublesome’ by the public, and as ‘hard to engage’. One of the important and key aspirations of our service is also to counteract the exploitation of these vulnerable young women and avert routes into survival sex work. This service is well established in the Stockton area and the project continues to be a member of the VEMT Practitioner Group (Vulnerable, Exploited, Missing and Trafficked) and the Problem-Solving Panel.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Blossom Achievements Oct 20– Sept 21:

COVID-19 has had a significant impact on the Blossom client group. Staff have continued to offer vital 1:1 support via walk and talk appointments, wellbeing activities, telephone and individual and group support (both digitally and face to face) and have recently returned to face to face groups in August/September 2021. The poor mental health of this cohort has impacted the type of support required which has increased in its complex nature. Staff raise safeguarding concerns regularly, liaising with mental health services and police as there has been an increase in incidents of client's self-harming and attempting suicide. This has had an impact on the team, and they have benefitted from individual and group supervision sessions as well as additional mental health training that has been sourced.

During this period we have employed a Child Sexual Abuse Transformation Worker, working with young people transitioning from child to adult services who have experienced sexual abuse in their past. Working across our four local authorities, time has been spent raising awareness of and promoting the service with a conversion to referrals into the project. The transition worker has built up links with a local college welfare team whilst visiting some clients when they have been in school/college, and it is evident that the clients on our caseload have experienced very complex and compound trauma. In the majority of cases, the young women we are supporting have had more than one experience of sexual abuse throughout their lives and this has not always been known until they have disclosed it to the transition worker during 1:1 support. In addition, we have employed a Girls and Young Women's Project Worker, supporting girls and young women from the ages of 13 to 16 years, following demand and request from other agencies to support younger women.

Supporting girls and young women in Stockton has proved really successful and the project worker now has a full caseload of clients as well as being involved in multi-agency outreach sessions run by Stockton Council. Blossom have consistently provided support via online and face to face sessions, on an individual and group basis, enabling women to continue to have a voice. Wellbeing packs and mindfulness activities have been extremely popular and well received in addition to food parcels for those who needed them.

Blossom's Additional Needs worker has shared information across the organisation developing best practice to engage with clients who have diagnosed/undiagnosed additional needs, ensuring information is presented in an appropriate format.

Whilst opportunities for physical engagement with partners have been restricted we have continued to work with a wide range of services providing housing support, mental health services, STAGE project and women's centres. The client group have been significantly impacted by COVID-19 with demand for support around mental health issues increasing whilst waiting lists for statutory provision have also increased.

Number of unique individuals worked with over 12 month period: 93

Blossom Indicators	No:	How has the Blossom Project made an impact?
Increased emotional resilience and wellbeing.	70	Increased confidence and self-esteem. Increased awareness of importance of self-care and what this means for them.
Increase positive engagement with a range of support services.	64	Clients engaging with a wider range of services of support (albeit much digital engagement).
Increased social capital	70	Clients reporting increased support networks.
Increased awareness and consideration of diversity or peers' views/needs in shaping wider service provision.	68	Clients understanding of diversity and how to be more inclusive.
Increased stable accommodation/ sustained independent living.	72	Clients maintaining their own accommodation or supported living status in a scheme or with family.
Reduction in problematic drug/alcohol use.	64	Clients generally do not have problematic use however those who do are engaging with treatment services.
Increased recognition and awareness of associated risks of exploitative relationships.	67	Clients increased understanding and awareness of unsafe/unhealthy relationships.
Prevention of young women entering into sex work.	52	Clients engaging in safety planning.
Increased confidence and motivation to apply/engage in work/training.	63	Clients maintaining stable employment or education or taking up new employment and education opportunities.

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Specialist Case Worker:

This additional service is now firmly integrated into the Blossom project with 12 young women who have a disability, learning disability, learning difficulty or who present with additional needs that have not been diagnosed on caseload, accessing 1:1 support sessions and drop-ins.

Over the pandemic period, these particular clients have struggled with feelings of isolation and issues related to change in their normal routine. The service has worked well in keeping young women engaging and accessing support via regular 1:1 sessions, either via video call or telephone engagement, Facebook and text messages, online drop-in sessions, Microsoft Teams and Zoom meetings. Having a variety of means of contact has resulted in the young women engaging really well with over 90% on caseload engaging on a weekly basis and 60% engaging three or four times a week.

Overall the additional needs of these young women have increased their vulnerability during lockdown due to other support services ceasing to operate in the usual way, e.g. GP surgeries conducting telephone appointments, social services/health visitors unable to complete home visits and appointments pushed back to later dates. Many of these young women reported that the Blossom Service has been their sole support during lockdown.

Therapeutic Psychotherapy Counselling

Service Outline:

The psychotherapy service is set up to be an integrated part of A Way Out offering a flexible approach ensuring that clients referred for psychotherapy receive tailored support.

Psychotherapy Service:

Our trauma-informed In-House Psychotherapy Service, supporting women with complex needs and struggling with historic issues, has delivered 126 sessions during the past 12 months.

In April 2021 we recruited a qualified volunteer counsellor due to the growing number of referrals, meaning that we have two qualified therapists.

- Improvement in self-development and emotional wellbeing is the focus of the therapeutic 1:1 counselling that enables safe exploration of feelings.
- A Way Out's psychotherapist also runs weekly clinics within the staff teams, equipping them with key strategies for supporting clients.
- Examples of psychotherapeutic support required include being enabled to experience unconditional acceptance, feeling valued by another and hence valuing themselves.
- There has been increasing emphasis on providing a trauma informed service.

Psychotherapy counselling support during this 12 month period (most especially during the pandemic) has been vital, demonstrated by an increase in engagement via telephone consultations, focussing on improving emotional wellbeing and self-development. During this period engagement with psychotherapy sessions has been more consistent than when sessions could take place 'in person'. One reason for this might be that the sessions focus on supporting the client with what is going on for them in the 'here and now' rather than exploring deep rooted issues. This makes the sessions less intense for the client and thus, possibly, encourages further engagement from the client. The sessions are quite conversational and through this conversational approach it is possible to identify what the deep rooted issues might be without discussing them directly.

A Way Out's Psychotherapist has also delivered on-line team training sessions around CBT, Chaos, Wellbeing, Dialectical Behaviour Therapy and provides individual guidance to staff supporting clients facing multiple disadvantages and presenting with 'complex needs.'

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Youth and Families

Project Outline:

Our Youth Service (community based youth) aims to engage and empower young people (aged 8-14) at risk of poor outcomes. We deliver in two areas of deprivation within the Stockton area within schools and the community, offering vulnerable and at risk young people a full range of opportunities to be nurtured, equipped, empowered and inspired to develop positive and healthy lifestyles. The sessions provide a safe environment in which children experiencing social and emotional difficulties can learn new skills, practise positive behaviour and build self-confidence and competency.

Youth Service Achievements Oct 20 – Sept 21:

The Youth Service has continued to deliver outstanding services to children and young people within Stockton on Tees. This year we have continued to deliver three after school sessions per week, 1:1 support for parents and 1:1 support for children in school over the lunchtime period. Lockdown periods have directed whether the sessions took place in school or online. COVID-19 restrictions impacted delivery of Get Active as the sports centre we would use for activities was not available. An alternative programme of sporting activities was developed and delivered by the team.

Children are referred to RELOAD via school and topics chosen by young people included:

Bullying, the future, social media, listening, healthy lifestyles and moving to a new school. Additionally our Get Active project delivered online bi-weekly health and fitness programmes in partnership with Durham University where young people take part in physical activity and learn about nutrition. The team worked holistically with families to encourage them to work together and keep active. A total of 24 clients participated in our 'step challenge', actively engaged on a weekly basis sending in their step counts. Across the four weeks collectively they walked a total of 2,866,219 steps, which is 1,544 miles - the equivalent of walking from Stockton past Rome and Naples right down to the bottom of the boot of Italy.

Some feedback from a family who took part "*The girls loved the step challenge. It made them very active to walk places rather than taking the car. It made them do competitions against themselves to see who could do more steps overall. They loved doing it.*"

We have 1:1 support for parents and children, working to address personal issues through a family worker. Support includes use of a holistic model to consider all aspects of what constitutes overall well-being.

EVO worked with Year 8 students that attended last year's transition project. A mentor programme was delivered to focus on helping new year 7's transition into secondary school education.

Children live in areas of Stockton identified as being in the top 10% deprived neighbourhoods in the country, with the greatest health inequalities of any English local authority, increasing rates of child poverty, inactive young people and high obesity rates (20% classified as obese by year 6). Domestic abuse has been witnessed by some children engaging in our project in addition to children living in homes where family members are involved in drug and alcohol misuse.

Face to face sessions were restricted and we continued to offer a scaled back service in line with government guidelines and local restrictions, developing strong risk assessments to ensure compliance when we did engage with young people and families. Activity packs and digital engagement tools were developed to encourage family interaction.

Number of unique individuals worked with over 12 month period: 76

Youth Service Indicators	No:	How has the Youth Service made an impact?
Improved relationships with family and friends.	39	Decreased feelings of isolation. Improved family connections and peer relationships too.
Improved understanding around healthy lifestyle.	35	Improved resilience. Increased knowledge and awareness of healthy cooking and activities.
Increased self confidence and self-esteem.	38	Increased feelings of well-being (young people reporting feeling happier).

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2021

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Families Service Achievements Oct 20 – Sept 21:

A Way Out's Families Service RISE, (Reaching, Inspiring, Supporting, Empowering) complements all areas of A Way Out's projects, providing bespoke person centred support to each benefiting family by delivering a whole family approach and co-ordinating the work and action of partner agencies addressing need and sharing information.

Liberty and Blossom Family Support

The service provides support to families of women and girls supported by A Way Out's Blossom and Liberty Projects, enabling families to provide encouragement and support to their daughters. Families have regular 1:1 support. Awareness has been raised and Liberty RISE has also successfully built up connections with external agencies promoting the service, increasing awareness of the impact of sex working and the support available. We continued to offer support over the phone and liaised with agencies on behalf of families.

All of the families supported have increased or are working towards; improved mental health and well-being, improved resilience and improved relationships. Education around healthy relationships, mental health and wellbeing and resilience has continued, and the support offer remains a hybrid of both face-to-face support as well as telephone and text support which the families are responding really well to. Walk and talk appointments continue to be a successful way of engaging the Liberty and Blossom families and doorstep visits continue to be successful too.

In terms of development of the service, the Family co-ordinator for Liberty and Blossom has identified a need around family's knowledge and understanding of trauma and how this has a ripple effect on the rest of the family. For example, a Blossom client's mother is currently being supported as she has the care of her grandson. The Liberty and Blossom family coordinator was able to do a piece of work around the trauma her daughter has experienced, how this may present in her daughter as well as exploring approaches. This has had both a positive impact on the Blossom client, as well as her mother as a result of the increased understanding. Trauma plays a huge part in the lives of the families we are supporting and potentially looking at this holistically as part of the family offer would be of great benefit.

RISE Family Intervention Co-ordinator

Whole family support continued with our RISE worker providing support to families and young people engaging with our Youth Service. Support was provided via walk and talk sessions, phone calls, private Facebook page and digital sessions (including chat-a-chino), raising awareness of child sexual exploitation, substance misuse, education, training, education and benefits.

Referrals to RISE have been very low over the last 12 months as schools have not identified parents or carers requiring positive parenting support and this is largely linked to the ongoing COVID-19 pandemic and levels of contact schools have had with parents and carers during this time. As a result we changed the focus of the delivery of this work and the RISE Family Intervention Co-ordinator devised sessions for parents/carers of children around raising their knowledge and awareness of healthy relationships, linked to the new Youth programme of work.

Volunteering Oct 20 to Sept 21

A Way Out is extremely grateful for the generous assistance our services receive from our bank of volunteers. During 2020/21, A Way Out were unable to recruit new volunteers due to the pandemic; however we still had volunteers actively engaging and supporting our services. We were able to recruit a new Psychotherapy volunteer and connected with other organisations such as Catalyst to work alongside their volunteer for roles that did not require a DBS. This allowed external volunteers to support the essential work of A Way Out by collecting essential items and donations on behalf of the service. This was crucial after the theft of our A Way Out Vehicle. Despite restrictions and changes to service delivery, it is worth celebrating the 284 volunteering hours that have been generously provided to our services by the volunteers.

Number of dedicated Volunteers	47
Number of Volunteer hours delivered	284

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2021

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

In 2020/21 volunteers contributed to A Way Out's services in the following ways:

- Worked alongside our Liberty and Blossom teams during weekly drop-ins in Stockton and Middlesbrough.
- Worked alongside our Liberty and Blossom teams during weekly outreach in Stockton and Middlesbrough.
- Prepared and packed up to 40 food parcels weekly.
- Assisted in the collection of regular food donations.
- Assisted in the maintenance of the building.
- Assisted in the sorting and storage of donations.
- Raised awareness and fundraised for A Way Out.
- Donated handmade PPE cloth face masks for clients.
- Supported the maintenance of the building by creating shelving in order to store items.

Criminal Justice Team

A new project for 2021, working in partnership with Changing Lives. The Criminal Justice Team is supporting women involved in the criminal justice system to move past previous offending and build a stronger future for themselves and their families.

Pathways into offending for women are often different to those for men and can be as a result of harm, abuse and exploitation that they have experienced. Many women are disproportionately affected by harsher sentences and struggle with the separation from their children.

Our experience is that solutions for women usually lie outside of the criminal justice system through:

- Access to therapeutic support.
- Substance misuse recovery services.
- Specialist domestic abuse services.
- Improved housing.
- Debt management.
- Skills training.
- Improved healthcare.

We provide community and custody support to divert women away from reoffending. Our trauma-informed and strength based approach is focused on empowering women to meet their individual needs, with the aim of diverting from prosecution and prison, reducing the likelihood of re-offending and enabling them to reach their own potential

RESERVES POLICY

It is the intention of the trustees to maintain cash-backed unrestricted general reserve funds at a minimum of three months core expenditure and they estimate that a reserve of circa £201,000 (previous year: £175,000) would cover that requirement at the present point in time. The trustees consider that, in the event of a significant reduction in the level of grants and charitable donations, this level of reserve would allow sufficient time to source new funding or to wind down the operations of the charity in an orderly manner.

With net current assets/cash liquidity of £474,783 at 30 September 2021 (30.9.20: £408,012) and unspent restricted funds of £147,614 (30.9.20: £123,784), the above level of cash-backed unrestricted funds was achieved.

FINANCIAL REVIEW

The results for the year and financial position at the year end are shown in the annexed financial statements.

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2021

PLANS FOR THE FUTURE

- Continue to deliver our on-line training programme offer and payment schedule to generate income in line with agreed targets providing bite-size training sessions to promote our training offer, by detailing content and learning outcomes. The training programme and its promotion will be one of our key priorities in our marketing and communications plan for 2021/22.
- Continue to adapt and flex the services in line with external changes, need and demand from clients in partnership and collaboration with other key providers, adopting a whole person approach to delivery.
- Continue to develop a robust evidence base and reporting framework to reflect best what matters to the client and their needs which will then be shared with funders, local partners and commissioners.
- Develop and implement a Communications and Marketing Strategy and Plan which will provide a structured co-ordinated approach to help promote the work of the charity, improve our reach and strengthen our ability to influence and bring about system change and access to social justice.
- Continue to develop collaborations with partners to help support future funding and commissioning opportunities as part of our income diversification strategy.
- Develop and implement a three year strategic business plan that provides clarity around priorities, direction of travel, a SWOT analysis and market comparison along with an operational implementation plan to enable delivery against the plan to be monitored, tracked and evaluated.
- External evaluation looking at adult sexual exploitation across Cleveland, how services within A Way Out meet the needs of survivors along with gaps in delivery elsewhere in the region and how these can best be met.
- Recruitment of three new trustees in line with skill gap analysis and as part of a structured succession plan.
- Enhance and develop the work of the Criminal Justice team aligned to the targets and outcomes within the contract.
- Recruit a Finance and Resource Manager who will be a new addition to the Senior Leadership Team enhancing and strengthening the financial management, planning and profiling of the organisation
- Roll out the Trustee and staff appraisal programmes and training for all to ensure that it is positively embraced and used.
- Continue with the annual audit programme around risk, finance, health and safety and safeguarding, developing the controls and measures and governance arrangements in the charity to ensure that we are compliant with our requirements
- Implement community fundraising quarterly newsletters to ensure that we are positively communicating with our supporters, donors, and fundraisers to let them know about the difference that they make.
- Continue to support and lead on the development of an adult sexual exploitation strategy across Cleveland.
- Continue to support and help launch the Cleveland Sex Work Strategy.

The directors/trustees have prepared this report in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approval

This report was approved by the directors/trustees on 24 January 2022 and signed on their behalf by:

T. Sangowawa
Chair

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF A WAY OUT**

I report to the charity trustees on my examination of the accounts of the company for the year ended 30 September 2021 which are set out on pages 19 to 33.

Responsibilities and Basis of Report

As the charity trustees (who are also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

J. Lester

**Mr. J. Lester FCA
Baines Jewitt Limited
Chartered Accountants
Barrington House
41-45 Yarm Lane
Stockton-on-Tees
TS18 3EA**

Dated: 24 January 2022

JL/AJD

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2021
(including Summary Income and Expenditure Account)

	Notes	Unrestricted Funds		Restricted Funds		Total Funds	
		2021 £	2020 £	2021 £	2020 £	2021 £	2020 £
INCOME							
Grants and donations	4(a)	52,634	90,811	711,926	675,508	764,560	766,319
Income from charitable activities	4(b)	2,000	3,840	-	-	2,000	3,840
Investment income	4(c)	193	1,328	-	-	193	1,328
Other income	4(d)	-	153	131	200	131	353
TOTAL INCOME		54,827	96,132	712,057	675,708	766,884	771,840
EXPENDITURE							
Charitable Activities	6	(2,234)	9,773	696,056	644,638	693,822	654,411
Raising funds	8	-	-	8,424	-	8,424	-
TOTAL EXPENDITURE		(2,234)	9,773	704,480	644,638	702,246	654,411
Net income/(expenditure)	10	57,061	86,359	7,577	31,070	64,638	117,429
Transfers between Funds	16	(16,253)	(24,716)	16,253	24,716	-	-
Net Movement in Funds		40,808	61,643	23,830	55,786	64,638	117,429
Reconciliation of funds:							
Total funds brought forward	16	292,897	231,254	123,784	67,998	416,681	299,252
Total Funds Carried Forward	16&17	333,705	292,897	147,614	123,784	481,319	416,681

The Statement of Financial Activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

A WAY OUT
(A Company Limited by Guarantee)
Company Registration Number: 06265354

BALANCE SHEET
AS AT 30 SEPTEMBER 2021

	Note	£	2021 £	£	2020 £
FIXED ASSETS					
Tangible assets	11		6,536		8,669
CURRENT ASSETS					
Debtors	12	57,340		27,710	
Cash at bank and in hand		547,663		624,695	
		<u>605,003</u>		<u>652,405</u>	
CREDITORS: Amounts falling due within one year	13	(130,220)		(244,393)	
NET CURRENT ASSETS			<u>474,783</u>		<u>408,012</u>
NET ASSETS			<u>481,319</u>		<u>416,681</u>
FUNDS	16 & 17				
Unrestricted funds			333,705		292,897
Restricted funds			147,614		123,784
TOTAL FUNDS			<u>481,319</u>		<u>416,681</u>

The directors/trustees are satisfied that the charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2021.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 September 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006, and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year 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 are applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

These financial statements were approved by the directors/trustees on 24 January 2022 and signed on their behalf by:

T. Sangowawa
Director/Trustee

R. Thompson
Director/Trustee

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

	Notes	2021 £	2020 £
Cash inflow/(outflow) from operating activities	23	<u>(77,676)</u>	<u>149,863</u>
Cash inflow/(outflow) from investing activities:			
Interest receivable		193	1,328
Purchase of tangible fixed assets		(4,829)	(5,652)
Sale of fixed assets		<u>5,280</u>	<u>-</u>
Net cash inflow/(outflow) from investing activities		<u>644</u>	<u>(4,324)</u>
Increase/(decrease) in cash and cash equivalents in year		(77,032)	145,539
Cash and cash equivalents at the beginning of the year		<u>624,695</u>	<u>479,156</u>
Total cash and cash equivalents at the end of the year		<u>547,663</u>	<u>624,695</u>
Cash and cash equivalents consist of:			
Cash at bank and in hand		<u>547,663</u>	<u>624,695</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

1. CHARITY INFORMATION

The charity (registered number 1137535) is a public benefit entity incorporated in the UK on 1 June 2007 as a company limited by guarantee. The company remained dormant until October 2010 when all of the assets and liabilities were transferred from the former unincorporated charity, which was founded in 2002. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The objective of the charity's operation and principal activities is to improve the health and wellbeing of women and young people.

2. BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS

Basis of Preparation and Assessment of Going Concern

The charity constitutes a public entity as defined by FRS 102. The financial statements have been prepared on a going concern basis under the historical cost convention and in accordance with applicable accounting standards, the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

3. ACCOUNTING POLICIES

Income Recognition

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income, after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

(a) Grants and donations

- Where donors specify that grants and donations given to the charity must be used in future accounting periods, the income is deferred until those periods.
- Where donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that grants and donations, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

(b) Gift aid recoverable on donations and gifts

Gift aid recoverable is included in incoming resources in the same period as the gift to which it relates.

(c) Fees and similar income

Fees receivable and charges for services provided are accounted for in the period in which the service is provided.

(d) Investment income

Investment income is included when receivable by the charity.

(e) Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the financial statements as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in incoming resources when receivable.

(f) Donated services and facilities

Donated services and facilities are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value of the service or facility received.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

3. **ACCOUNTING POLICIES** (*Continued*)

(g) **Volunteer help**

The value of any volunteer help received is not included in the financial statements.

(h) **Resources Expended**

Resources expended are accounted for on an accruals basis, inclusive of attributable VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been apportioned to the costs of those activities on a basis consistent with the use of resources.

(i) **Tangible Fixed Assets**

Fixed assets are included at cost less depreciation unless details of cost are not available. Where details of cost are not available, fixed assets are included at an estimated value. Where neither details of cost nor estimated values are available, fixed assets are not shown in the financial statements.

(j) **Depreciation**

Tangible fixed assets are depreciated over their estimated useful lives as follows:

Leasehold property	- straight line over the initial primary term of the lease (3 years)
Fixtures, fittings and equipment	- 33.33% per annum straight line
Motor vehicles	- 25% reducing balance

(k) **Pension Costs**

Contributions payable to a group personal pension and individual personal pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

(l) **Financial Instruments**

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

Financial assets held at amortised cost comprise cash at bank, together with trade and other debtors. Financial liabilities held at amortised cost comprise trade and other creditors.

(m) **Fund Accounting**

Funds held by the charity are either:

- **unrestricted funds** - these are funds which can be used in accordance with the objects of the charity at the discretion of the trustees. They may include designated funds which have been set aside by the trustees for particular purposes.
- **restricted funds** - these are funds which can only be used for particular restricted purposes within the objects of the charity; whether it be for the purchase or construction of a fixed asset or in respect of a specific project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Once the restrictions imposed by the provider of the grant/the donor have been observed, the fund is then transferred to unrestricted funds.

(n) **Operating Leases**

Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged against revenue on a straight line basis over the period of the lease.

(o) **Hire Purchase and Finance Lease Commitments**

Assets obtained under hire purchase contracts or on finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

4. INCOME BREAKDOWN

(a) Grants and Donations	Unrestricted Funds		Restricted Funds		Total Funds	
	2021	2020	2021	2020	2021	2020
Grant and Contract Income:	£	£	£	£	£	£
Accenture	-	-	8,333	-	8,333	-
Access to Work	-	-	2,411	-	2,411	-
Anonymous	-	-	-	4,000	-	4,000
Ashburn Charitable Trust	3,000	3,000	-	-	3,000	3,000
Awards for All	-	-	9,167	-	9,167	-
Ballinger Charitable Foundation	-	-	15,000	16,000	15,000	16,000
Big Lottery Fund	-	-	155,619	220,232	155,619	220,232
Billingham Legacy Foundation	-	-	360	-	360	-
Brock Cowan	-	600	-	-	-	600
Cash for Kids	-	-	989	-	989	-
Changing Lives (STAGE)	-	-	29,695	35,752	29,695	35,752
Charles Hayward Foundation	-	-	24,000	-	24,000	-
Children in Need	-	-	37,565	39,100	37,565	39,100
Clay Hill Trust	-	4,000	-	-	-	4,000
Cleveland PCC (COVID-19)	-	-	3,215	10,715	3,215	10,715
Cleveland PCC (SAAS)	-	-	4,681	-	4,681	-
Cleveland PCC (STAGE)	-	-	7,997	-	7,997	-
Co-op	-	-	3,124	3,285	3,124	3,285
County Durham Community Foundation (DCMS)	-	-	8,727	11,587	8,727	11,587
County Durham Community Foundation (TT)	-	-	3,333	-	3,333	-
County Durham Community Foundation (iwill)	-	-	2,500	-	2,500	-
County Durham Community Foundation (NESWF)	-	-	6,250	-	6,250	-
County Durham Community Foundation (Pattinsons)	-	-	500	-	500	-
CSA Transformation Fund	-	-	32,867	-	32,867	-
Durham Community Partnership	-	-	-	7,500	-	7,500
Durham Community Partnership (Growth & Resilience Fund)	-	-	15,100	3,775	15,100	3,775
Durham Tees Valley Community Rehabilitation Company	-	-	10,327	30,000	10,327	30,000
Durham Tees Valley Community Rehabilitation Company (Divert)	-	-	8,522	29,768	8,522	29,768
Changing Lives (Criminal Justice Team)	-	-	48,865	-	48,865	-
ESF	-	-	-	6,576	-	6,576
Garfield Weston	-	-	20,000	30,000	20,000	30,000
Greggs Foundation	-	-	-	160	-	160
Henry Smith Charity	-	-	-	28,800	-	28,800
HMRC - furlough grants	-	11,644	-	-	-	11,644
Homeless Link	-	-	11,325	18,874	11,325	18,874
Hudson Charitable Trust	-	-	-	750	-	750
Joseph Rowntree Trust	450	-	-	-	450	-
Lloyds Bank Foundation	-	-	29,167	32,715	29,167	32,715
Marsh Charitable Trust	-	400	-	-	-	400
Middlesbrough Borough Council	-	546	9,355	2,000	9,355	2,546
Ministry of Justice	-	-	53,548	14,800	53,548	14,800
Pilgrim Trust	-	-	6,250	-	6,250	-
Smallwood Trust	-	-	47,495	7,084	47,495	7,084
St. James' Place Foundation	-	-	-	10,000	-	10,000
Stockton Borough Council	-	-	36,667	-	36,667	-
Tees Valley Community Foundation	-	-	-	1,000	-	1,000
Tesco/Groundwork UK	-	-	-	500	-	500
The Anchor Foundation	-	-	-	2,500	-	2,500
The Esmee Fairbairn Foundation	-	17,500	23,333	32,084	23,333	49,584
The Mercers' Company	-	-	13,925	21,229	13,925	21,229
The Tudor Trust	-	2,000	-	3,333	-	5,333
The Vardy Foundation	-	-	20,000	30,000	20,000	30,000
Virgin Money Foundation	-	6,000	-	20,660	-	26,660
	3,450	45,690	710,212	674,779	713,662	720,469
Donations	49,184	45,121	1,714	729	50,898	45,850
Total Grants and Donations	52,634	90,811	711,926	675,508	764,560	766,319

The charity benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with accounting standards, the economic contribution of general volunteers is not reflected in the accounts.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

4. INCOME BREAKDOWN (Continued)

	Unrestricted Funds		Restricted Funds		Total Funds	
	2021	2020	2021	2020	2021	2020
	£	£	£	£	£	£
(b) Income from Charitable Activities						
Miscellaneous income	<u>2,000</u>	<u>3,840</u>	<u>-</u>	<u>-</u>	<u>2,000</u>	<u>3,840</u>
(c) Investment Income						
Bank interest receivable	<u>193</u>	<u>1,328</u>	<u>-</u>	<u>-</u>	<u>193</u>	<u>1,328</u>
(d) Other Income						
Sundry income	<u>-</u>	<u>153</u>	<u>131</u>	<u>200</u>	<u>131</u>	<u>353</u>

5. RESOURCES EXPENDED - CHARITABLE ACTIVITIES BY PROJECT

For details of project costs, see note 16.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds		Restricted Funds		Total Funds	
	2021	2020	2021	2020	2021	2020
	£	£	£	£	£	£
Direct project costs	-	-	35,348	30,056	35,348	30,056
Grants to individuals	-	-	11,847	-	11,847	-
Monitoring and evaluation	-	-	9,820	14,507	9,820	14,507
Fundraising expenses	-	-	246	1,176	246	1,176
Marketing	-	-	-	306	-	306
External supervision	-	-	4,260	2,425	4,260	2,425
Volunteer expenses	-	-	24	312	24	312
Salaries	-	10,000	409,291	356,789	409,291	366,789
Pension costs	-	-	12,144	10,682	12,144	10,682
Staff recruitment	-	-	1,411	1,988	1,411	1,988
Training	-	-	4,347	7,197	4,347	7,197
Office rent and service charges	-	-	19,888	19,699	19,888	19,699
Cleaning and waste disposal	-	-	1,594	3,569	1,594	3,569
Insurance	-	-	3,270	2,925	3,270	2,925
Rates and water	-	-	208	460	208	460
Heat and light	140	(227)	2,068	4,512	2,208	4,285
Telephone and IT support	-	-	8,919	7,331	8,919	7,331
Printing, postage and stationery	-	-	1,014	2,304	1,014	2,304
Repairs and maintenance	-	-	1,592	2,058	1,592	2,058
Legal and professional fees	-	-	5,217	4,590	5,217	4,590
Consultancy fees	-	-	5,813	12,208	5,813	12,208
Bank charges	-	-	135	167	135	167
Staff expenses	-	-	4,503	8,715	4,503	8,715
Motor expenses	982	-	10,914	4,422	11,896	4,422
Licence fees	-	-	768	873	768	873
Depreciation	828	-	5,038	3,739	5,866	3,739
Profit on disposal of motor vehicle	(4,184)	-	-	-	(4,184)	-
Support costs - see below	-	-	79,448	88,445	79,448	88,445
Governance costs - see below	-	-	56,929	53,183	56,929	53,183
	<u>(2,234)</u>	<u>9,773</u>	<u>696,056</u>	<u>644,638</u>	<u>693,822</u>	<u>654,411</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

7. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

	Basis of Apportionment	Support Costs £	Governance Costs £	Total 2021 £	Support Costs £	Governance Costs £	Total 2020 £
Salaries and national insurance	Staff role	61,221	44,064	105,285	61,798	45,106	106,904
Pension costs	Staff role	1,714	1,171	2,885	1,731	1,225	2,956
Training	Staff time	40	-	40	-	-	-
Business development	Time	12,715	4,854	17,569	20,631	2,292	22,923
Office rent and service charges	Staff time	2,209	-	2,209	2,198	-	2,198
Cleaning and waste disposal	Staff time	177	-	177	397	-	397
Rates and water	Staff time	23	-	23	51	-	51
Heat and light	Staff time	245	-	245	476	-	476
Telephone and internet charges	Staff time	991	-	991	814	-	814
Printing, postage and stationery	Staff time	113	-	113	256	-	256
Staff expenses	Direct	-	-	-	93	-	93
Accountancy	Governance	-	6,840	6,840	-	4,560	4,560
Trustee meeting costs	Governance	-	-	-	-	-	-
		<u>79,448</u>	<u>56,929</u>	<u>136,377</u>	<u>88,445</u>	<u>53,183</u>	<u>141,628</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

8. FUNDRAISING COSTS

	2021	2020
	£	£
Salaries and national insurance	8,324	-
Pension costs	100	-
	8,424	-
	8,424	-

9. STAFF COSTS AND REMUNERATION OF KEY MANAGEMENT PERSONNEL

	2021	2020
	£	£
Salaries and wages	494,769	458,609
Social security costs	28,131	10,775
Agency costs	-	4,309
	522,900	473,693
Pension costs (note 22)	15,129	13,638
	538,029	487,331
	538,029	487,331

The total employment benefits, including employer pension contributions, of key management personnel were £51,244 (2020: £49,838).

No employees earned £60,000 per annum or more.

No remuneration was paid to trustees in the year. No expenses were reimbursed to trustees in the year.

The charity has indemnity insurance on behalf of the trustees, officers and directors. The cost of the premium included in these financial statements is £710.12 (2020: £690.12).

The average monthly number of staff employed by the charity during the year was as follows:

	2021	2020
	No.	No.
Direct charitable work	23	22
Administrative	3	4
	26	26
	26	26

The full-time equivalent number of staff employed by the charity during the year was 21 (2020: 21).

10. NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2021	2020
	£	£
Depreciation of tangible fixed assets	5,866	3,739
Profit on disposal of motor vehicle	(4,184)	-
Independent Examiner's fees:		
- Accountancy services	3,240	2,735
- Independent examination	2,160	1,825
- Under provision re previous year	1,440	-
	6,840	4,560
	6,840	4,560

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

11. TANGIBLE FIXED ASSETS

	Leasehold Property £	Fixtures, Fittings and Equipment £	Motor Vehicles £	Total £
Cost/Valuation				
At beginning of year	127,294	57,309	9,500	194,103
Additions at cost	-	4,829	-	4,829
Disposals	-	-	(9,500)	(9,500)
	<u>127,294</u>	<u>62,138</u>	<u>-</u>	<u>189,432</u>
Depreciation				
At beginning of year	127,294	49,736	8,404	185,434
Charge for the year	-	5,866	-	5,866
Disposals	-	-	(8,404)	(8,404)
	<u>127,294</u>	<u>55,602</u>	<u>-</u>	<u>182,896</u>
Net Book Value				
At beginning of year	-	7,573	1,096	8,669
	<u>-</u>	<u>7,573</u>	<u>1,096</u>	<u>8,669</u>
At end of year	-	6,536	-	6,536
	<u>-</u>	<u>6,536</u>	<u>-</u>	<u>6,536</u>

12. DEBTORS

	2021 £	2020 £
Due within one year:		
Grant/contract income receivable	46,881	15,513
Prepayments and accrued income	5,179	12,197
Other debtors	5,280	-
	<u>57,340</u>	<u>27,710</u>

13. CREDITORS: Amounts falling due within one year

	2021 £	2020 £
Creditors and accruals	11,595	11,019
Grants received in advance (see note 14)	118,625	233,374
	<u>130,220</u>	<u>244,393</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

14. DEFERRED INCOME

Grants received in advance relate to monies received during the year which are specified to be spent in a future period as follows:

	Balance Received in advance as at 1.10.20	Received in Year	Balance Received in Advance as at 30.9.21	Per SOFA
	£	£	£	£
Accenture	-	10,000	(1,667)	8,333
Arnold Clark	-	1,000	(1,000)	-
Awards for All	10,000	-	(833)	9,167
Big Lottery Fund	74,350	81,269	-	155,619
Catalyst	-	16,239	(16,239)	-
Cleveland PCC (COVID-19)	3,215	-	-	3,215
Cleveland PCC (SAAS)	-	14,041	(9,360)	4,681
Co-op	-	3,749	(625)	3,124
County Durham Community Foundation (DCMS)	6,109	2,618	-	8,727
County Durham Community Foundation (TT)	3,333	-	-	3,333
County Durham Community Foundation (iwill)	-	5,000	(2,500)	2,500
County Durham Community Foundation (NESWF)	-	7,500	(1,250)	6,250
Durham Tees Valley Community Rehabilitation Company (Outreach)	7,500	2,827	-	10,327
Durham Community Partnership (Growth & Resilience Fund)	18,875	-	(3,775)	15,100
Garfield Weston Foundation	30,000	-	(10,000)	20,000
Homeless Link	11,325	-	-	11,325
Lloyds Bank Foundation	6,250	25,000	(2,083)	29,167
Middlesbrough Borough Council	-	18,710	(9,355)	9,355
Smallwood Trust	10,416	45,412	(8,333)	47,495
Stockton Borough Council	-	40,000	(3,333)	36,667
Tees Valley Community Foundation	-	2,500	(2,500)	-
The Esmee Fairbairn Foundation	23,333	-	-	23,333
The Mercer Company	8,668	21,029	(15,772)	13,925
The Vardy Foundation	20,000	30,000	(30,000)	20,000
	<u>233,374</u>	<u>326,894</u>	<u>(118,625)</u>	<u>441,643</u>

15. OPERATING LEASE COMMITMENTS

The following operating lease payments are committed to be paid within one year:

	Land and Buildings 2021	Land and Buildings 2020
	£	£
On leases expiring:		
Within 1 to 2 years	-	-
Within 2 to 5 years	21,600	-
After 5 years	-	21,600
	<u>21,600</u>	<u>21,600</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

16. MOVEMENT IN FUNDS

	Balance as at 1.10.20	Incoming Resources	Outgoing Resources	Transfers Between Funds	Balance as at 30.9.21
	£	£	£	£	£
Restricted Funds:					
Core Costs, Projects and Support Services					
Core Services	6,259	262,868	257,841	30,742	42,028
Liberty	47,323	121,719	124,340	(8,744)	35,958
Psychotherapy	-	4,451	6,500	2,081	32
Youth Services	15,060	44,075	43,292	(2,080)	13,763
Family Services	160	15,263	13,405	-	2,018
Blossom	16,274	101,223	104,264	(2,407)	10,826
Blossom Specialist	13,059	18,031	24,053	-	7,037
Building Capacities	2,954	-	-	(2,954)	-
STAGE Project	-	30,863	24,721	-	6,142
North East Sex Work Forum	1,904	6,250	6,352	-	1,802
Monitoring & Evaluation	9,958	7,931	9,820	-	8,069
Cleveland DIVERT	2,425	7,265	9,798	108	-
Prison Mentor	6,353	688	7,146	105	-
Training	78	7,533	7,611	-	-
COVID-19	1,977	-	-	(1,977)	-
Community Engagement Officer	-	9,167	8,994	1,379	1,552
Vehicle	-	10,655	10,655	-	-
Criminal Justice Team	-	40,742	33,841	-	6,901
Client grants	-	23,333	11,847	-	11,486
	123,784	712,057	704,480	16,253	147,614
Unrestricted Funds	292,897	54,827	(2,234)	(16,253)	333,705
Total Funds	416,681	766,884	702,246	-	481,319
Previous year:					
Restricted Funds:					
Core Costs, Projects and Support Services					
Core Services	4,299	202,343	228,948	28,565	6,259
Liberty	25,139	166,096	139,350	(4,562)	47,323
Psychotherapy	2,685	4,815	7,500	-	-
Youth Services	6,017	54,536	45,420	(73)	15,060
Family Services	-	13,790	13,890	260	160
Blossom	3,938	85,371	74,844	1,809	16,274
Blossom Specialist	9,244	27,300	23,485	-	13,059
Building Capacities	8,024	-	5,070	-	2,954
STAGE Project	(179)	26,521	26,521	179	-
North East Sex Work Forum	581	15,000	13,677	-	1,904
Monitoring & Evaluation	6,316	18,149	14,507	-	9,958
Cleveland DIVERT	1,732	20,535	19,842	-	2,425
Prison Mentor	202	28,005	20,892	(962)	6,353
Training	-	2,562	2,484	-	78
COVID-19	-	10,685	8,208	(500)	1,977
	67,998	675,708	644,638	24,716	123,784
Unrestricted Funds	231,254	96,132	9,773	(24,716)	292,897
Total Funds	299,252	771,840	654,411	-	416,681

Transfers between funds are as agreed by the Board of Trustees.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

16. **MOVEMENT IN FUNDS** (*Continued*)

Restricted Funds:

Core Services - this relates to the Chief Executive Officer, Service Managers, Business Development, Administration, Finance and centre running costs (e.g. utilities). Restricted funding includes Big Lottery Women & Girls, Garfield Weston, Tudor Trust and Lloyds Bank Foundation.

Liberty - delivers an outreach, engagement and recovery service to adult women who experience multiple disadvantages, providing trauma and gender informed support for sex workers and adult female survivors of sexual exploitation. Restricted funding includes Big Lottery, Charles Hayward, Smallwood Trust, Homeless Link, Middlesbrough Borough Council and County Durham Community Foundation.

Psychotherapy - this relates to our in-house psychotherapeutic counselling service. Restricted funding includes Big Lottery Women & Girls and Henry Smith.

Youth Services - working exclusively with vulnerable young people in two areas with high levels of deprivation to intervene and break the cycle of disadvantage, and prevent related issues before they become entrenched. Restricted funding includes Children in Need, Ballinger Charitable Foundation and St. James' Place.

Family Services - (RISE) Reach, Inspire, Support and Empower families in need who are struggling with a range of complex issues which weaken the family unit and compound disadvantage. Working with the whole family in an intensive and motivational way, supporting and empowering them to make changes and achieve better outcomes. Restricted funding includes Children in Need.

Blossom - offers trauma and gender informed support to girls and young women aged between 13 to 24 (or 25 where a young woman has additional needs) to prevent exploitation and harm; enabling them to reach their full potential. Restricted funding by Big Lottery, Accenture, County Durham Community Foundation, Cleveland PCC and ESF.

Building Capacities - funding from Big Lottery to help the charity build its skills, knowledge and confidence so that it delivers outcomes to beneficiaries more effectively and sustainably.

STAGE Project - a partnership of six charities across the North East and Yorkshire helping women affected by sexual exploitation and grooming. The STAGE Project provides a range of one-to-one support, drop-ins and specialist group work programmes, as well as specialist work in custody. Together these provide a therapeutic approach to help women recover from the impact of recent and historic grooming and exploitation. The project is one of 10 chosen by the Department of Digital, Culture, Media and Sport to receive the restricted proceeds from the 5% tax on tampons and sanitary towels.

North East Sex Work Forum (NESWF) - a multi-agency not-for-profit regional group aiming to give a voice to people involved in or exploited through the sex industry across the North East, enabling them to shape and contribute to service provision and respond to their needs. Restricted funding from County Durham Community Foundation and Cleveland PCC provides for a part-time NESWF Co-ordinator.

Monitoring & Evaluation - funding towards additional costs of the Liberty and Blossom projects. Restricted funding from Big Lottery.

Cleveland DIVERT - a voluntary, multi-agency adult offender diversion scheme as part of the Police and Crime Commissioner's strategy to reduce re-offending by providing offenders with the opportunity to address the underlying causes of their offending behaviour and prevent them re-offending. The scheme targets low and medium level offenders and offers them a credible alternative to criminal prosecution. Restricted funding from Cleveland PCC.

Prison Mentor - restricted funding from Durham Tees Valley Community Rehabilitation Company provides for a full-time Prison Mentor who supports females in prison to strengthen and build resilience through Pathway 9. The Mentor specifically engages with women offenders who disclose involvement with sex work, preparing them for release by creating robust resettlement plans, identifying and recognising any triggers upon release in order to reduce the incidence of women re-attaching to former networks and returning to substance misuse.

Training - restricted funding to develop and deliver an evidence based training programme to equip partners to develop and deliver services for isolated and vulnerable individuals. Restricted funding from County Durham Partnership (Growth & Resilience Fund).

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

16. MOVEMENT IN FUNDS (Continued)

COVID-19 - restricted funding from County Durham Community Foundation, Tees Valley Community Foundation, Tesco Groundworks and Ballinger Charitable Trust to provide weekly parcels for isolated and vulnerable clients that are currently accessing our services. Each parcel is tailored to the age(s) and number of recipients and contains information (including government guidance and other sources of support), food, hygiene products and activities (for children and/or parents) so that they do not have to leave the house whilst socially isolating.

Community Engagement Officer - restricted funding from Awards for All to create new opportunities to work and fundraise with volunteers and with community groups, charities, local businesses and other partners to raise awareness and understanding of A Way Out and increase the number of beneficiaries accessing our services.

Vehicle - restricted funding from the Ministry of Justice to support the additional community based work that was needed due to COVID-19 restrictions.

Criminal Justice Team - restricted funding through Changing Lives as part of a Ministry of Justice contract to work with female offenders across Cleveland supporting them to transition and integrate back into the community through rehabilitation and resettlement services that will also positively reduce re-offending rates.

Client Grants - restricted funding from Smallwood Charitable Trust to offer grants to clients as a method of assisting with housing stability and financial resilience.

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible Fixed Assets	Net Current Assets	Total
	£	£	£
Restricted funds	-	147,614	147,614
Unrestricted funds	6,536	327,169	333,705
	6,536	474,783	481,319
	6,536	474,783	481,319

18. FUNDS OF THE CHARITY

Unrestricted funds comprise those funds which the trustees are free to use in accordance with the charitable objects, although the trustees may decide to designate part of these funds for specific purposes.

Restricted funds are funds which have been given for particular purposes and projects.

19. TAXATION

HM Revenue & Customs have approved the charitable status of A Way Out and its income is therefore exempt from tax under Sections 505 and 506 of The Taxes Act 1988, provided that such income is applied for charitable purposes.

20. CONTROLLING PARTY

Throughout the year, the charity was under the control of the Board of Trustees.

21. RELATED PARTY TRANSACTIONS

The total amount of donations received without conditions from trustees in the year to 30 September 2021 was £1,500 (2020: £1,651).

Other than the above, there were no reportable related party transactions (2020: none).

22. PENSION COSTS

The charity operates a group personal pension scheme. The assets of the scheme are held separately from those of the charity, being invested by the insurance company. The pension costs charged in the financial statements represent contributions payable by the charity in the year and amounted to £15,129 (2020: £13,638).

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

23. RECONCILIATION OF NET MOVEMENTS IN FUNDS TO CASH FLOW FROM OPERATING ACTIVITIES

	2021	2020
	£	£
Net movement in funds	64,638	117,429
Add: Depreciation charge	5,866	3,739
Less: Profit on disposal of fixed assets	(4,184)	-
Interest receivable	(193)	(1,328)
Decrease/(increase) in debtors	(29,630)	10,695
Increase/(decrease) in creditors	(114,173)	19,328
	(77,676)	149,863
	(77,676)	149,863

24. FINANCIAL INSTRUMENTS

At the year end, the charity had financial assets at amortised cost of £599,824 (2020: £640,208) and financial liabilities at amortised cost of £11,594 (2020: £11,019).

The income attributable to the charity's financial instruments is summarised as follows:

	2021	2020
	£	£
Interest receivable:		
Financial assets at amortised cost	193	1,328
	193	1,328

A WAY OUT

England & Wales - Charity number 1137535

Accounts

Charity Registration Number: 1137535

Company Registration Number: 06265354

**A WAY OUT
(A Company Limited by Guarantee)
REPORTS AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020**

A WAY OUT
(A Company Limited by Guarantee)

REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

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Directors’/Trustees’ Report	1 to 16
Independent Examiner’s Report	17
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Statement of Cash Flows	20
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A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2020

The directors/trustees are pleased to present their report, together with the financial statements of the charity for the year ended 30 September 2020.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in October 2019.

LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name:	A WAY OUT
Charity Registration Number:	1137535
Company Registration Number:	06265354
Registered Office:	The Gate 1-2 Castlegate Quay Riverside Stockton-on-Tees TS18 1BZ
Website Address:	www.awayout.co.uk
Secretary:	Anita Burke
Directors/Trustees:	Toks Sangowawa (Chair) John Robinson David Emerton Solape Adeboye (resigned 23 December 2019) Lesley Blundell Robert Thompson Charlotte Benjamin (resigned 25 January 2021) Andrew Malcolm Catherine Neville (appointed 13 July 2020) Katherine Carr (appointed 13 July 2020) Gemma Scire (appointed 28 September 2020)
Chief Executive:	Sarah McManus
Independent Examiner:	Mr. J. Lester FCA Baines Jewitt Limited Chartered Accountants Barrington House 41-45 Yarm Lane Stockton-on-Tees TS18 3EA
Bankers:	HSBC Bank plc 136 High Street Stockton-on-Tees TS18 1LR
Solicitors:	Punch Robson 35 Albert Road Middlesbrough TS1 1NU

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

A Way Out is a company limited by guarantee and not having a share capital, governed by its memorandum and Articles dated 27 January 2016. It is also a charity registered with the Charity Commission. The members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the company in the event of a winding up during their period of membership and within one year of their ceasing to be a member.

Appointment of Trustees

The charity currently has 9 trustees.

New trustees are appointed from time to time at the discretion of the existing trustees.

Trustee Induction and Training

The current Board are familiar with the ethos and workings of A Way Out, with many of them having been involved with the charity for some time.

New trustees undergo an induction process that gives them an insight into the roles and responsibilities of trustees and the aims and objectives of the charity.

Following their induction, trustees are encouraged to participate in external training events that will benefit their role and are kept informed of relevant matters by the Chief Executive.

Organisation

A Way Out was formed in 2002. Its founder, being brought up in the town of Stockton-on-Tees, was so moved by the abuse, poverty and addiction that was devastating the lives of young girls and young people across the area, that she started an organisation, with a group of like-minded individuals, with the aim of providing outreach and support to at-risk women and young people.

The organisation secured some charitable grants and began project work by the end of 2002. It became a registered charity in September 2004 and transferred its assets and liabilities to a charitable company limited by guarantee in October 2010. It also moved to its present site at the end of 2008 in order to provide better equipped facilities and a greater portfolio of services.

A Way Out currently employs 27 full and part-time staff members and three consultants. It is governed by a board of trustees.

In exercising their powers and duties, the trustees have had due regard to the guidance on public benefit published by the Charity Commission.

Related Parties

Other than as disclosed in note 20 to the accounts, there were no related party transactions during the year under review.

Pay Policy for Senior Staff

The Board of Directors are also the charity's trustees and, along with the Chief Executive, are the key management personnel responsible for directing and operating the charity on a day-to-day basis. All directors give their time and expertise freely and no director received remuneration in the year.

The pay of the senior staff is reviewed annually and is normally increased in accordance with cost of living increments. The trustees also benchmark against pay levels in other voluntary sector organisations of a similar size operating in the North East region.

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT (*Continued*)

Risk Management

Risk assessments are conducted for every activity that each of the project areas are involved with. The organisational Risk Register is reviewed by trustees via the Finance & Risk Sub-Committee on a monthly basis, along with Senior Management reviewing current and emerging risks, or those where the rating has changed. Risk is considered by trustees as part of their decision making around policy, strategy and financial matters. External risks to funding can only be reduced by allowing for diversification of funding and activities. Internal risks are minimised by the implementation of procedures to assess and monitor all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charity. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

A robust risk management policy and framework has been agreed, along with a risk appetite setting for the organisation. On a quarterly basis the whole board will review those risks and controls above the risk appetite, new and emerging risks, or those where ratings need to be changed.

OBJECTS AND ACTIVITIES

The Current Need

Stockton-on-Tees has gone through many changes over the past few centuries, both as the wider borough that takes this name and the large market town at its centre, where A Way Out is based.

With the River Tees running right through the heart of Stockton town, and the smaller towns and villages that make up the borough (including Thornaby, Billingham, Yarm, Eaglescliffe, Norton and Ingleby Barwick) to both the north and south, Stockton-on-Tees is now the only council area in England or Wales to be split between two ceremonial counties (Durham and North Yorkshire), a unique status that isn't always an easy place to be.

The town of Stockton itself is a part of Stockton North and does boast a proud history of prosperity and achievement – as a major port with a thriving shipbuilding industry throughout the 17th and 18th centuries - where the world's first passenger railway was engineered by George Stephenson in 1822, and where the chemist John Walker invented the friction match in 1827 – but sadly saw a significant demise in the later part of the 20th century.

A large number of factors contributed to this, but primarily it was the severe decline of much of the engineering industry alongside the national economic recession of the 1980s leading to considerable unemployment and a widening of inequality gaps.

The Joint Health and Wellbeing Strategy 2012-2018 demonstrated the following issues of concern for women and young people in Stockton-on-Tees:

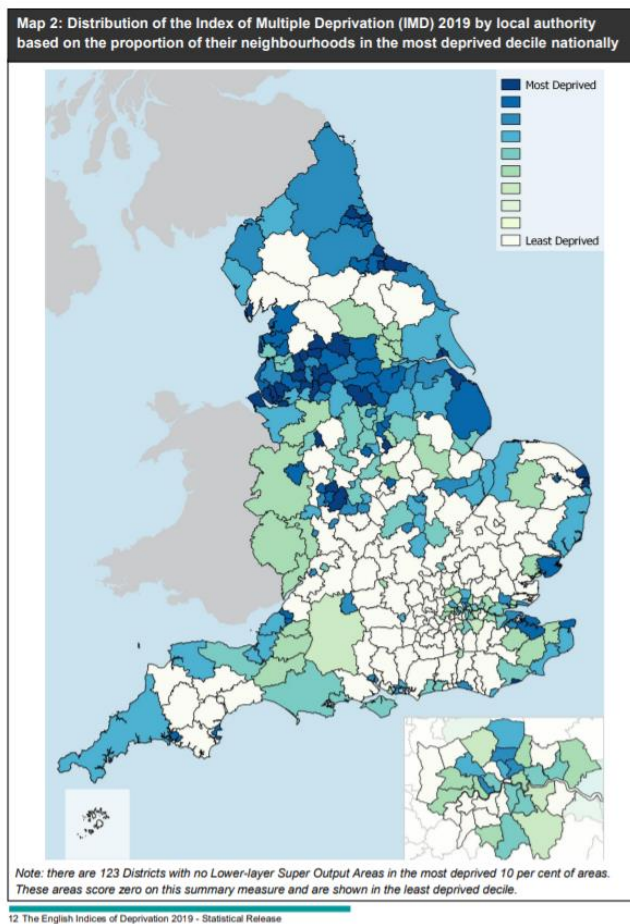
- The number of young people who are not in education, employment and training is higher than the national average.
- The rates of hospital admissions for children and young people who are admitted as a result of self-harm is higher than the national average.
- The level of people claiming job seeker allowance has increased following the credit crunch and recession.
- There are some groups such as older people and young people who are unable to find suitable Employment Education and Training (NEETs) that have been particularly affected by the current economic climate.
- 12.2% of Stockton's working age population have no qualifications; and the qualification levels at NVQ4 and above are considerably lower than national levels (26% compared to 31%).
- Life expectancy is 15.3 years lower for men and 11.3 years lower for women in the most deprived areas.

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OBJECTS AND ACTIVITIES (*Continued*)

The Ministry of Housing, Communities and Local Government: The English Indices of Deprivation 2019 show the following geographical map of most deprived areas in England, clearly indicating Teesside in the most deprived 10% in the country:



Local and national needs assessments demonstrate the following issues of concern for women and young people, within Teesside and Stockton-on-Tees:

Health and Wellbeing inequalities affecting women, families and young people in Stockton:

- The health and wellbeing of children in Stockton-on-Tees is generally worse than the England average (Public Health England, Child Health Profile 2015).
- The level of child poverty is worse than the England average with 21.9% of children aged under 16 years living in poverty (Public Health England, Child Health Profile 2015).
- Children in Stockton-on-Tees have worse than average levels of obesity. 10.9% of children aged 4 to 5 years and 22.1% of children aged 10 to 11 years are classified as obese (ChiMat March 2013).
- Stockton has some of the worst statistics nationally for depression and unhappiness compared with the rest of the country (North East Health Observatory).
- Alcohol related or attributable admissions to hospital are higher than average in Stockton for both males and females (LAPE profile).
- Life expectancy is significantly lower through alcohol misuse, and mortality is higher in both males and females in Stockton than the national averages (LAPE).
- The area has a high percentage of births to teenage girls compared with the England average and a higher percentage compared with the European average (Public Health England, Child Health Profile 2015).

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OBJECTS AND ACTIVITIES (*Continued*)

At-risk Women in Stockton:

- There are estimated to be around 100 women who are sexually exploited and actively engaged in street based survival sex work within the Stockton area (Barefoot research 2014).
- From regional research, 93% of on-street sex workers have used an illegal drug in the past six months; 85% had used heroin and 87% had used crack cocaine – much survival sex is self-medicating because of historic abuse and trauma and linked to very poor mental health, depression, PTSD, bipolar (The GAP Peer Research 2013 & Barefoot Research 2014).
- Many women and young people who are sexually exploited and involved in street prostitution experience extreme violence and a range of increased health risks including exposure to blood-borne virus' and infections, abscesses, sexually transmitted infections, weakened immune system. (Barefoot Research 2014).
- Cleveland Police has one of the highest recording and detection rates for sexual violence offences of comparable police forces in England and Wales.
- Binge drinking amongst women is significantly higher than average and amongst those aged 16 to 25 it is even worse.
- The vast majority of the women and young people we encounter suffer with poor self-image, feeling victimised and excluded from mainstream activities and social networks. Many are involved in self-harming behaviour and most struggle to develop and maintain positive engagement around education, training, and employment.

Despite cutbacks and austerity measures, efforts are being made to address these issues and, along with other groups and agencies, A Way Out is seeking to be part of the solution and meet the need of many individuals in our town.

The town itself has seen a recent regeneration, with significant investment and improvements to the town centre and development across the borough.

There is still much to do and the earlier statistics remain valid and deeply concerning. While it is good that redevelopment of the town is increasing public opinion and positive attitudes, for those still struggling with poverty, addiction and exploitation – those A Way Out is seeking to reach – Stockton is a very difficult place to live.

Organisational Summary

A Way Out is an outreach and prevention charity which aims to engage, empower and equip vulnerable and excluded women, families and young people to live lives free from harm, abuse and exploitation and to reduce life limiting choices and behaviour.

The Charity's Legal Objectives ('the Objects') are:

- to relieve suffering and promote good health and the advancement of education amongst members of the community in the borough of Stockton-on-Tees, particularly, but not exclusively, amongst women, children and young people;
- to provide or assist in the provision of facilities, in the interest of social welfare, for the recreation and other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances, with the object of improving their conditions of life.

Our Beliefs

We are an organisation based upon a Christian ethos. The organisation adheres to the Equality Act 2010 and does not expect all staff and volunteers to subscribe to the Christian faith, but to understand and acknowledge the Christian values which are at the heart of the organisation.

Our Values

Excellence: we have high standards and strive to be excellent in everything that we do. We are professional and have clear boundaries and operational standards.

Faith and Hope: we believe in the power of prayer and faith in our work amongst the most marginalised. Hope gives us a vision of a changed life. Faith helps us believe for it. We welcome staff, volunteers, supporters and service users from all faiths and denominations and those who are agnostic or atheist. We do not expect anyone at A Way Out to subscribe to the Christian faith, but trust that they will understand and acknowledge our values above.

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OBJECTS AND ACTIVITIES *(Continued)*

Love: we believe that love is fundamental to everything we do; the way we treat our staff, the way we treat each other and the way we treat our clients. We believe that through loving care, clients are able to walk out their journey to recovery and restoration.

Equality and Diversity: we believe that equality and diversity bring a rich flavour to all that we do, and we seek to work with people from all backgrounds regardless of sexuality, faith or ethnicity.

Our Activities

We seek to run specific projects that are aimed at vulnerable women, young people in the community and those families most at risk of not living a healthy, safe and whole life.

We recognise that it is often those who are most vulnerable who do not access mainstream services. Our primary focus is to reach those who are most at risk and hardest to reach.

A Way Out's core strength is our ability to reach out and engage with full acceptance and with commitment to stand with people throughout their recovery journey. Through this engagement and continued support, we can see their lives changed and full potential enabled.

Delivery Model

A Way Out has four distinct programmes of work, providing services to disadvantaged, vulnerable and socially excluded groups.



The **Liberty project** delivers an outreach, engagement and recovery service to adult women with complex needs, who are drug and alcohol dependent, socially isolated and involved in survival sex work.



The **Blossom project** works with young women aged 16 to 24 years, who experience multiple disadvantages, to build emotional resilience and to encourage positive life choices, with the aim of preventing young women being vulnerable to exploitation and abuse and progressing into survival sex work.



The **Youth project** works with children aged 8 to 14 years. It provides a safe environment in which children experiencing social and emotional difficulties can learn new skills, practise positive behaviour and build self-confidence and competency.



The **Family project, RISE** (Reaching, Inspiring, Supporting, Empowering) works with the whole family in an intensive and motivational way, supporting and empowering disadvantaged families to discover new skills and confidence and to build resilience to effect sustainable positive change.

Our Key Strategic Aims

- Deliver excellent evidence-based services that meet and help realise the ambition of the organisation.
- Sustain, develop and grow current packages of work to ensure that they meet the current and future needs and aspirations of our service users.
- Promote efficiency and value for money throughout the organisation to ensure that funding and the financial support of donors is maximised fully.
- Through good governance and strong leadership continue to strengthen funding, financial and risk management, controls and expertise in-house.
- Invest and grow staff and volunteer potential improving their overall work experience.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE 2019/2020

Management Team

The organisation has maintained a strong focus upon strategic development across all services areas and increasing A Way Out's geographic reach. In response to the impact of the COVID-19 global pandemic the Management Team have maintained a critical focus upon key areas of risk and safeguarding, whilst ensuring that service delivery continues to meet needs by remaining client-led. Alongside leading the organisation through the 2020 global pandemic, A Way Out has progressed with the following developmental initiatives:

- The charity has maintained strong partnerships in delivering our work with Cleveland Police Crime Commissioner (PCC) and Durham & Teesside Community Rehabilitation Company (DTV CRC).
- We have continued our service to local schools and introduced new and exciting delivery methods enabling the offer of enhanced support to our service users.
- The Liberty service has firmly established a venue and service delivery in a new regional area (Middlesbrough).
- The Blossom service has expanded its scope, adding to its existing service that of support to a younger female demographic.
- External evaluations of Liberty and Blossom services have been completed and presented to partners and agencies.
- The organisation has led and presented at various events including Health and Wellbeing Board, Tees Wide Safeguarding Board, Female Offender Event for Durham and Tees Valley, Agenda virtual event, and other networks and partnership forums.
- The service delivered a Regional Learning Day as part of the North East Sex Work Forum.
- The team hosted an event with partners to mark the annual International End Violence to Sex Workers day.
- We revised and refreshed our volunteer training programme.
- We launched an Empowerment Programme for all staff.
- We launched a full organisational review to ensure structure and delivery aligns with the changing needs of clients.
- We have undertaken a GDPR compliance review.
- We have commenced a review of the website.
- We have delivered wellbeing sessions and toolkits, alongside targeted training around mental health for staff improving their skill-set and expertise, to meet the changing needs of the clients.
- We have introduced an Employee Assistance Programme and launched a new supervision framework including external supervision for all staff across every project.
- We have launched a regional strategic communications programme.
- We have launched on-line digital delivery and provided IT equipment to ensure digital engagement is accessible.
- A Way Out is working towards achieving Trusted Charity Accreditation.
- As with most charitable organisations, securing adequate funding is a continual focus. This year the organisation implemented an agreed Income Diversification Plan in order to sustain and develop the services by appointing a part-time Training Co-ordinator and a part-time Community Fundraising Co-ordinator. Bespoke training sessions have been delivered to partner agencies; however, community fundraising has proven to be more of a challenge due to pandemic related restrictions.

A Way Out's staff and management team have responded swiftly and proactively to each COVID-19 lockdown and related restrictions to ensure that all client support has been maintained, continuing our trauma and gender informed approach; asset based approach; safety planning and risk assessments for clients; peer-led support planning; community outreach; dedicated case working 1:1 support; advocacy; partnership work; digital engagement and a hybrid of home and office working. Successful access to COVID-19 targeted funding has enabled the organisation to sustain this support.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Governance

During the past 12 months A Way Out has undertaken successful targeted recruitment of additional trustees to complete the skill set of the existing board in areas of knowledge and experience identified in the Charity Commission Governance Code. The Board successfully appointed an additional three trustees in areas of additional needs, forensic psychology and data analysis and leadership experience in the organisation's specialist area.

- The board have attended annual training alongside governance workshops to direct the organisational review and support the organisation to develop and expand in a safe, structured and managed way whilst ensuring the needs of the clients are met.

Local Influence

- A Way Out's Blossom Service responded to local need highlighted by partners and statutory agencies, to provide a support service to girls aged 13-16.
- The Blossom Service launched an employment programme supported by the European Social Fund to support young women not in education, employment or training.
- A Way Out continues to be an influential member of the North East Sex Work Forum and works closely at a strategic level with Teesside Safeguarding Adults Board, raising awareness in relation to understanding issues around exploitation and sex work.
- A Way Out continues to work closely with, and feed into, a Police and Council-led Vulnerable, Exploited, Missing and Trafficked (VEMT) strategic and operational group.
- A Way Out is also a member of the RASSO (Rape And Serious Sexual Offences) panel, which is managed by the Crown Prosecution Service, to review related cases which have been charged by the CPS but unsuccessful in the judicial process.
- A Way Out hosted the Co-ordinator for the North East Sex Work Forum, a multi-agency group that supports individuals across the North East involved in sex work and those vulnerable to sexual exploitation; the forum shares good practice and helps to inform local policy-making decisions.
- A Way Out has regularly attended the Cleveland Anti-Slavery Network Meetings; Problem Solving Panels; Domestic Abuse Strategic Partnership in Middlesbrough; Hate Crime Group in Stockton; Community Safety Partnership in Stockton; Strategic and operational meetings for the North East Sex Work Forum; Cleveland Women's Network; Big Lottery Women and Girls Initiative meetings; Stage partnership strategic and operational meetings to name but a few.
- A Way Out continues to successfully raise the profile of members of our community who have reduced opportunity to benefit from the economic growth occurring in the region, thus providing those who experience isolation, marginalisation and multiple disadvantages to have their voices heard and to influence and bring about local change.

National Influence

- A Way Out continues to be part of a consortium of five organisations in the North East and Yorkshire influencing and contributing to research, which aims to develop the first ever national safeguarding framework to support women who have been sexually exploited.
- A Way Out's General Manager, Anita Burke, has featured on several occasions on the national radio station, Premiere Christian Radio, praying for A Way Out's clients and raising the profile of the organisation and its service delivery.
- A Way Out's Blossom Project has contributed to briefing papers produced by DMSS and Tavistock Institute as part of the network of Big Lottery WGI funded projects.

Community Involvement

A Way Out attends monthly information sharing briefings with Cleveland Police and Community Safety Street Wardens to maintain awareness of arising issues in the local community which may impact those receiving support from the organisation.

A Way Out actively recruits local volunteers who are essential to the delivery of our Liberty, Blossom and Youth Services. All volunteers receive A Way Out's core volunteer training along with specialised supplementary workshops to equip each willing supporter with background knowledge and information regarding outreach, drug and alcohol awareness and related issues.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE *(Continued)*

Liberty - Women's Engagement & Recovery Programme

Project Outline:

A Way Out's women's outreach and recovery programme seeks to provide unique opportunities to facilitate engagement into services and establish recovery pathways for women aged 18 plus with complex needs. Such women have needs relating to issues such as survival sex work/sexual exploitation, substance dependency, homelessness and domestic abuse. This women only specialist service includes 1:1 support, drop-ins and structured programmes intended to help improve self-esteem, confidence and lifestyle choices with an aim to widen their long-term aspirations beyond such marginalisation and offer a way back into mainstream services and activities.

Liberty Achievements Oct 19 – Sept 20:

The expansion of the Liberty service into Middlesbrough has facilitated a wider reach across Teesside in supporting women who are experiencing multiple disadvantage and who sell sex on the street. The establishing of a second office base, central to the targeted geographic area, has hugely complemented the day-time and evening outreach elements of service delivery.

In addition to core service delivery, in the months leading up to the COVID-19 March lockdown, we additionally supported clients in addressing financial resilience, budgeting and expenditure prioritising skills, debt management and signposting to supporting agencies. Clients also engaged in sessions exploring how to cook a healthy meal on a budget using items provided in weekly food parcels.

Throughout the past 12 months during normal working conditions and during lockdown the team have:

- continued to network and build on existing relationships with partner agencies raising the service profile and service offer, alongside developing grass-roots links with key community contacts and local councillors. Within the wider partnerships we have identified Key Professionals who have enabled access to advice and support in a faster and more streamlined manner.
- developed relationships with both Police and Community Safety CCTV teams who continue to support our work by providing radios linked to their control centre used by our outreach teams. This supports staff safety and also raises awareness of ongoing incidents that may need monitoring and potentially a police response to safety concerns.
- developed partnership working with Cleveland Police and Community Safety Street Wardens attending monthly partnership meetings to share, where appropriate, information enabling a joined-up working approach with some of the most vulnerable women in the local community at risk of exploitation, abuse, grooming and violence.
- continued to build upon partnership work with Housing Agencies, such as Local Authority Housing Provider-Homeless Prevention Team, Housing Options/Solutions, and other local providers, alongside attending and contributing to the Rough Sleepers Panel.

Due to COVID-19 the traditional format of community day-time and evening outreach has been adapted enabling the team to continue engagement with clients. During the initial lockdown period in March, 1:1 support was maintained via phone and on-line messaging and delivered within the community involving doorstep delivery of hundreds of crisis food and wellbeing parcels. Weekly delivery also provided vital opportunities for face to face welfare checks. Complying with COVID-19 guidelines the team continued to provide clients with safety packs, distributing condoms, ugly mug alerts, personal wipes, safety advice, fruit drinks and nutrition bars, along with PPE masks and non-alcohol hand sanitiser.

As the March lockdown was lifted in the summer months, staff undertook a pattern of hybrid home/office working and carefully risk assessed, COVID-19 compliant, face to face delivery was reintroduced for those most at risk clients with scheduled appointments in our office base along with 'Walk & Talk' meetings within safe community spaces.

The team have continued to support clients with Safety Planning, with 559 reviewed over this reporting period. The service has maintained partnership work with addiction support agency CGL encouraging clients to access the community needle exchange service during COVID-19 and to support clients to reduce their daily use of Class A drugs. Safe Sex in COVID-19 guidelines have been distributed to those clients who are actively working.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (Continued)

The team have introduced Digital platform engagement to deliver an on-line version of our Drop-in sessions, covering topics such as Mental Health, Suicide Awareness, Domestic Abuse, finances, Sexual Health, easy cooking tips and personal safety. A Way Out has also continued our commitment to attend partnership meetings with Safeguarding, ICPC's, Team around Individuals and Food Network Forums enabled via Microsoft Teams, Zoom, Skype and conference calls.

Number of unique individuals worked with over 12 month period: 207

Liberty Outcomes:	Change Indicators:	No:	How has the Liberty Project made an impact?
Reduction in harm & exposure to risk experienced by women involved in sex work	Women reporting violence and threats to personal safety	78	This is an increase of 38 from previous year. 5 women supported to make reports to Ugly mugs and 8 alerts. All women supported disclosed some type of violence/harm. The team continue to worked in partnership with police/DLO.
	Women reporting feeling safer and less exposed to risk	62	Showing an increase of 26 women reporting feeling safer - safety plans were reviewed 822 times over this 12-month period. We delivered on street safety planning during Evening Outreach with 28 women and distributed 33 harm reduction packs whilst on on-street evening outreach.
	Women living in stable accommodation	57	We continue to work closely with housing providers within the Stockton borough and due to expanding our service provision into Middlesbrough this has resulted in a total of 57 women accessing stable accommodation over the reporting period with an increase of 23 from the previous year. We have also supported 2 clients into a specialised women's only unit for those with complex needs.
Vulnerable women experience improved health and emotional wellbeing.	Women reporting positive benefit from participation in AWO healthy living programmes	42	Due to COVID-19 we have been unable to deliver our groups in their normal format so we have adapted and delivered via digital platform and 1:1 support, addressing issues such as health awareness, drug/alcohol support, support accessing GP's and health care during COVID-19 and safe sex in COVID-19.
	Women sex workers reducing daily use of Class A drugs	46	Continued to support clients throughout COVID-19 in accessing support from CGL and Foundations. Also supported clients in accessing the mobile needle exchange programme being run by CGL during Lockdowns. During Lockdown clients were encouraged to continue engaging with mutual aid groups in the format they had been set up.
	Women reporting an increase in self-esteem	55	Continued to support clients throughout COVID-19 in accessing support from CGL and Foundations. Also supported clients in accessing the mobile needle exchange programme being run by CGL during Lockdowns. During Lockdown clients were encouraged to continue engaging with mutual aid groups in the format they had been set up.
Women involved in sex work are more confident to engage in training & development opportunities	Women reporting positive benefit from participation in life skills activities	47	Clients have again been unable to attend group sessions., but they have highlighted that through 1:1 support addressing issues such as finances, debt, safety, housing, benefits and budgeting they feel their self-esteem has grown in making healthier life choices and building on Life Skills. 1 woman has successfully engaged in a volunteering opportunity because of tailored support from her support worker.
	Women reporting feeling more confident as a result of acquiring new skills	37	Clients who have continued to engage with our team and have benefited from the amended life skills sessions have all shown an increase in confidence. We have continued to encourage more active healthy lifestyles.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Blossom Service

Project Outline:

In 2015/16 A Way Out successfully secured part funding for a new project, Blossom, offering targeted support for young women aged 16-24 years. It is learning from our well established and recognised work with vulnerable women and those involved with on-street sex work that has helped to develop this new service area. We listened to the women on our Liberty case load and two sentiments prevailed – grateful appreciation for the life changing work that A Way Out undertakes, and heartfelt reflection from the women in wishing they had been able to engage with A Way Out when they were younger – at an age before their lives became entrenched in the cycle of addiction and sex work. Blossom now successfully engages with vulnerable young women who often ‘fall through the net’ and who frequently are left to go their own way at a time of major transition into early adulthood. These young women often feel marginalised from mainstream services, are regularly deemed as ‘troublesome’ by the public, and as ‘hard to engage’. One of the important and key aspirations of our new service is also to counteract the exploitation of these vulnerable young women and avert routes into survival sex work. This service is well established in the Stockton area and the project continues to be a member of the VEMT Practitioner Group (Vulnerable, Exploited, Missing and Trafficked) and the Problem-Solving Panel.

Blossom Achievements Oct 19– Sept 20:

Prior to the impact of COVID-19 the Blossom project supported a strong cohort of young women, developing sessions covering a wide range of themes. The development of a Tuesday peer support group within an already established group of women has worked really well. A regular cohort of 10 women have attended 10 sessions since December 2019 which have covered general themes. Staff have been able to take a step back and women have been taking the lead. 98 drop-in sessions were delivered covering healthy relationships, emotional wellbeing, crafts, healthy eating and sexual exploitation. Partnership delivery included a Youth Directions session on knife crime followed by a visit to the touring sculpture ‘Knife Angel’ supported by Cleveland OPCC; and with Brooke covering sexual health also addressing the stigma around periods and period poverty, promoting alternatives to traditional sanitary products i.e. ‘mooncups’ and ‘period pants’.

Establishing Blossom’s peer support group is something we are very proud of this year. Sessions have been consistently attended and women have been able to positively develop relationships within the group. Staff worked tirelessly to ensure the concept of peer support was introduced appropriately and understood to form a solid foundation. Women have increased opportunities to be heard and direct co-production. We have developed the tactile resources available and made small adjustments to improve delivery; these have had a big impact i.e. women have felt more of an ownership of the Blossom space, have moved around the space independently and used other areas freely. A healthier range of snacks has been provided including a wide range of fruit; there have been more arts and crafts activities and the introduction of a suggestion box in addition to the existing prayer request box which has seen an uptake in prayer requests. Blossom worked in partnership with MIND’s Side by Side project, attending learning events and peer support sessions and utilising a Developing Peer Support in the Community Toolkit. Peer support group members put themselves forward to welcome a new member to the group, explaining how Blossom sessions worked and were willing to answer any questions. The new member returned to the group and is a consistent attendee and staff feel that the role of peer mentors was crucial in her feeling comfortable in returning to the group.

Christmas provided an ideal opportunity for social enterprise and the co-designing and production of a range of Christmas cards with very successful sales within the community.

Blossom’s Additional Needs worker provides separate advice and guidance to others in the team who have women on their caseload who have diagnosed/undiagnosed additional needs. We have also reviewed how information is presented; for example, using different fonts and colours, Women are empowered to request information in a way that is good for them. We provided more time-out space in drop ins and 1:1s and conducted disability awareness drop-in sessions to increase understanding and acceptance of peers.

Blossom have been located with the Local Authority Early Help team on a fortnightly basis which promotes the service, encourages appropriate referrals, reducing inappropriate referral. Partnership work has involved working with Hart Gables LGBT+; MIND’s Energise programme; MIND Side by Side Peer Support Group; MIND Community Minded programme; STAGE project; New Directions; Thirteen Group’s employment service Together Women; Gateshead young women’s outreach project and Huddersfield Women’s Centre.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Delivery was again impacted in March due to COVID-19 lockdown and responded with weekly crisis food and wellness doorstep parcel delivery addressing immediate need and providing opportunity for face to face wellbeing checks; 1:1 support moved on-line and via mobile phone and this younger cohort of women responded extremely well to this change in delivery. On-line drop-in sessions have been developed and very well received by this client group. During this pandemic period the Blossom service have experienced a notable increase in the number of referrals.

Blossom Indicators	No:	How has the Blossom Project made an impact? (Total Caseload = 30 young women)
Increased emotional resilience and wellbeing	8	8 young women on case load have reported increased emotional resilience and wellbeing. 16 felt they sustained emotional resilience and wellbeing.
Increased positive engagement with a range of support services	10	10 have increased engagement with a range of support services. 15 felt they have sustained engagement with a range of support services
Increased social capital	7	7 young women experienced increased social capital. 20 maintained
Increased awareness and consideration of diversity or peers' views/needs in shaping wider service provision	6	6 young women reported increased awareness and consideration of diversity or peers' views in shaping service provision. 17 felt they sustained
Increased stable accommodation/sustained independent living	26	26 have increased or maintained stable accommodation/sustained independent living.
Reduction in problematic drug/alcohol	2	3 were identified as having problematic drug and alcohol use and out of those; 2 have reduced or stopped using and 2 are engaging with drug and alcohol support services. There are a number of clients who use drugs and alcohol, but their use is not identified as problematic.
Increased recognition and awareness of associated risks of exploitative relationships	8	8 have increased or sustained their recognition & awareness of associated risks of exploitative relationships. 20 felt they maintained.
Prevention of young women entering into sex work	30	Of the 30 women on caseload, none of the young women have entered into sex work.
Increased confidence & motivation to apply/engage in work/training	9	9 have increased confidence and motivation to apply/engage in work/training. 18 have maintained in this area.

Specialist Case Worker:

This additional service is now firmly integrated into the Blossom project with 11 young women who have a disability, learning disability, learning difficulty or who present with additional needs that have not been diagnosed on caseload, accessing 1:1 support sessions and drop-ins.

Over the pandemic period, these particular clients have struggled with feelings of isolation and issues related to change in their normal routine. The services has worked well in keeping young women engaging and accessing support via regular 1:1 sessions, either via video call or telephone engagement, Facebook and text messages, online drop-in sessions, Microsoft Teams and Zoom meetings. Having a variety of means of contact has resulted in the young women engaging really well with over 90% on caseload engaging on a weekly basis and 60% engaging three or four times a week.

Overall the disabilities of these young women have increased their vulnerability during lockdown due to other support services ceasing to operate in the usual way, e.g. GP surgeries conducting telephone appointments, social services/health visitors unable to complete home visits and appointments pushed back to later dates. Many of these young women reported that the Blossom Service has been their sole support during lockdown.

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ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE (*Continued*)

Therapeutic Psychotherapy Counselling

Service Outline:

The psychotherapy service is set up to be an integrated part of A Way Out offering a flexible approach ensuring that clients referred for psychotherapy receive tailored support.

Psychotherapy Service:

- Our trauma-informed In-House Psychotherapy Service, supporting women with complex needs and struggling with historic issues, has delivered 46 sessions during the past 12 months.
- Improvement in self-development and emotional wellbeing is the focus of the therapeutic 1:1 counselling that enables safe exploration of feelings.
- A Way Out's psychotherapist also runs weekly clinics within the staff teams, equipping them with key strategies for supporting clients.
- Examples of psychotherapeutic support required include being enabled to experience unconditional acceptance, feeling valued by another and hence valuing themselves.

Psychotherapy counselling support during this 12 month period, most especially during the pandemic has been vital, demonstrated by an increase in engagement via telephone consultations focussing on improving emotional wellbeing and self-development. This period is that engagement with psychotherapy sessions has been more consistent than when sessions could take place 'in person'. One reason for this might be that the sessions focus on supporting the client with what is going on for them in the 'here and now' rather than exploring deep rooted issues. This makes the sessions less intense for the client and thus, possibly, encourages further engagement from the client. The sessions are quite conversational and through this conversational approach it is possible to identify what the deep rooted issues might be without discussing them directly.

A Way Out's Psychotherapist has also delivered on-line team training sessions around CBT, Chaos, Wellbeing, Dialectical Behaviour Therapy and provides individual guidance to staff supporting clients facing multiple disadvantages and presenting with 'complex needs.'

Youth & Families

Project Outline:

Our Youth Service (community based youth) aims to engage and empower young people (aged 8-14) at risk of poor outcomes. We deliver in two areas of deprivation within the Stockton area within schools and the community, offering vulnerable and at risk young people a full range of opportunities to be nurtured, equipped, empowered and inspired to develop positive and healthy lifestyles. The sessions provide a safe environment in which children experiencing social and emotional difficulties can learn new skills, practise positive behaviour and build self-confidence and competency.

Youth Service Achievements Oct 19 – Sept 20:

The Youth Project continues to deliver excellent services to children and young people living in areas of high deprivation in Stockton.

This year A Way Out's Youth Service continued to deliver four after school sessions per week and 1:1 support for children in school lunchtime. The structured youth programme identifies current themes and trends affecting children and young people and has tackled these using interactive activities. Topics chosen by young people included: Bullying, The Future, Social Media, Listening, Healthy Lifestyles.

HALO (Helping And Loving Others), a bi-weekly social action project encouraging young people to take part in activities in their local community, this year saw young people help to take care of chickens; clean out a pond; gardening and picking fruit and veg to provide fresh produce to families in the community. Get Active, a bi-weekly health and fitness programme in partnership with Durham University involved young people in physical activity and provided learning about nutrition. EVO worked with Year 8 students that attended last year's transition project. A mentor programme was delivered to focus on helping new Year 7s transition into secondary school education. One to one work in school lunchtimes was delivered based upon the information included in referrals, with initial meetings involving the youth worker and young person agreeing common goals based on what the young person prioritises. All of this area of work acts as a foundational base from which children can identify their needs, opportunities and strengths.

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2020

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE *(Continued)*

Due to the COVID-19 lockdown in March, face to face support sessions were suspended and a scaled back service was developed and delivered in line with government guidance and social distancing. The team thought creatively about how to continue reaching out to disadvantaged children and young people and put together robust risk assessments to ensure safe and government compliant delivery. Activity packs were delivered to young people's homes, including games, puzzles and ideas to help stay creative, inspired and entertained during this time at home. The activities encouraged both parent and child to take part, helping strengthen the bond and increase interaction. Throughout this pandemic period, the Youth Team have continued to develop activity packs and created digital versions for parents who gave consent and supplied email addresses.

The Youth Team launched its digital platform in June to help continue supporting young people by providing 1:1 sessions over WhatsApp. The sessions primarily focused on Year 6 children transitioning into secondary school and on younger children that were struggling with their behaviour/family relationships during lockdown. Digital 1:1 support provided children with coping mechanisms including mindfulness, distraction techniques and offered a safe space for children to confide and share any worries or concerns. The support was offered to help improve relationships at home by providing an outlet for children and young people and to help relieve the burden on parents and guardians.

Youth Service Indicators	No:	How has the Youth Service made an impact? (Total Caseload = 58 young people)
Children who have benefited from the Youth Service in the past year	58	All children are considered to be disadvantaged.
Improved relationships with family and friends	42	11 experienced significant progress. 31 started to experience progress and 16 yet to experience progress.
Improved understanding around healthy lifestyle	41	27 experienced significant progress. 24 have started to experience progress. 7 are yet to experience progress.
Increased self-confidence and self-esteem	45	20 experienced significant progress. 25 started to experience progress. 13 are yet to experience progress

Families Service Achievements Oct 19 – Sept 20:

A Way Out's Families Service RISE, (Reaching, Inspiring, Supporting, Empowering) complements all areas of A Way Out's projects, providing bespoke person centred support to each benefiting family by delivering a whole family approach and co-ordinating the work and action of partner agencies addressing need and sharing information.

Liberty RISE

Families of women and girls supported by A Way Out's Blossom and Liberty Projects are offered support through Liberty RISE in understanding the causes and consequences of exploitation, addiction and survival sex-work. The service enables the families to provide encouragement and support to their daughters, loved ones or family members instilling a sense of identity and purpose whilst inspiring hope that change is possible.

Over the past year Liberty RISE has enabled six families to access regular 1:1 support. The families have been supported with learning to identify and manage risk, and to develop communication strategies to include problem solving, boundary setting and self-care. Liberty RISE has also successfully built up connections with external agencies promoting the service and creating an increased awareness around the impact of on-street sex working and the specialist support available.

During lockdown the family service provided increased welfare checks over the phone including trauma informed emotional support. Advocacy work continued to take place via the telephone and the family worker continued in supporting clients with housing needs/school and college issues/drug and alcohol service including prescription collections and liaising with local mental health services.

Youth RISE

Youth RISE delivers a whole family person-centred approach, co-ordinating with local agencies to address need and information sharing. Youth RISE is offered to families of children and young people engaging with A Way Out's Youth project. Families with children attending schools engaging in the Youth Service are encouraged to engage with RISE for support and advice around benefits, education and training, digital inclusion, education and awareness of child sexual exploitation and substance abuse, and behaviour management.

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2020

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE *(Continued)*

Regular and consistent contact has been maintained throughout COVID-19 with families receiving support via scheduled phone calls and the RISE Families dedicated private Facebook page. Tips and suggestions are posted in relation to managing stress and anxiety at home, along with physical exercise videos in response to requests for support to stay active during lockdown. Advocacy work took place in relation to children's special educational needs and also for members of the family struggling with mental health during the COVID-19 pandemic. Weekly food and toiletry parcels were delivered regularly during lockdown giving the opportunity for a socially distanced welfare and wellbeing check.

Volunteering:

A Way Out is extremely grateful for the generous assistance our services receive from our bank of volunteers. During 2019/20, A Way Out revised and updated its comprehensive quarterly volunteer training and delivered to two separate cohorts of volunteers introducing 13 new volunteers to the organisation ahead of COVID-19 imposed lockdowns. Two dedicated volunteers have clocked up over a decade of service each. Despite restrictions and changes to service delivery, it is really worth celebrating the 1,203 volunteering hours that have been generously provided to our services by the volunteering team.

A Way Out Volunteer Statistics 01.10.19-30.09.20	
Number of dedicated Volunteers over the 12 month period	52.5
Number of Volunteer hours delivered per year	1,203

In 2019/20 volunteers contributed to A Way Out's services in the following ways:

- worked alongside our Liberty and Blossom teams during weekly drop-ins in Stockton and Middlesbrough
- worked alongside our Liberty and Blossom teams during weekly outreach in Stockton and Middlesbrough
- supported our Youth Team in delivery of RELOAD
- supported our Youth Team in delivery of HALO
- supported our Youth Team in delivery of GET ACTIVE
- prepared and packed up to 40 food parcels weekly
- assisted in the collection of regular food donations
- assisted in the maintenance of the building
- assisted in the sorting and storage of donations
- raised awareness and fundraised for A Way Out
- donated handmade PPE cloth face masks for clients
- donated handmade encouragement tags for wellbeing parcels.

RESERVES POLICY

It is the intention of the trustees to maintain cash-backed unrestricted general reserve funds at a minimum of three months core expenditure and they estimate that a reserve of circa £175,000 (previous year: £175,000) would cover that requirement at the present point in time. The trustees consider that, in the event of a significant reduction in the level of grants and charitable donations, this level of reserve would allow sufficient time to source new funding or to wind down the operations of the charity in an orderly manner.

With net current assets/cash liquidity of £408,012 at 30 September 2020 (30.9.19: £292,496) and unspent restricted funds of £123,784 (30.9.19: £67,998), the above level of cash-backed unrestricted funds was achieved.

FINANCIAL REVIEW

The results for the year and financial position at the year end are shown in the annexed financial statements.

A WAY OUT
(A Company Limited by Guarantee)

DIRECTORS'/TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2020

PLANS FOR THE FUTURE

- Develop our on-line training programme offer and payment schedule to generate income in line with agreed targets providing bite-size training sessions to promote our training offer, by detailing content and learning outcomes. The training programme and its promotion will be one of our key priorities in our marketing and communications plan for 2021/22.
- Recruit a Community Fundraising Co-ordinator responsible for developing our engagement with on-line communities and corporates and deliver an innovative approach to generating income through fundraising activities that can connect supporters during and after COVID-19 restrictions are lifted.
- Adapt and flex the services in line with external changes, need and demand from clients in partnership and collaboration with other key providers, adopting a whole person approach to delivery.
- Conduct a full scale organisational review to ensure that our vision, mission, values and objectives are fit for purpose and will support the future sustainability of the charity. The review will incorporate a 360 degree appraisal of the organisation in consultation with staff, board, volunteers, clients and partners whose feedback will help reshape why, how and what we do as a charity.
- Conduct individual service reviews as part of the organisational review and external evaluation process evidencing theory of change, purpose, difference of impact of each service.
- Develop a robust evidence base and reporting framework to reflect best what matters to the client and their needs which will then be shared with funders, local partners and commissioners.
- Develop and implement a Communications and Marketing Strategy and Plan which will provide a structured co-ordinated approach to help promote the work of the charity, improve our reach and strengthen our ability to influence and bring about system change and access to social justice.
- Conduct an audit of our risk management policy framework incorporating good practice and training for staff.
- Develop collaborations with partners to help support future funding and commissioning opportunities as part of our income diversification strategy.
- Launch the new website adopting an asset based approach to how we describe and articulate what we do, why and how we do it.
- Develop and implement an interim business plan that provides a steer, flexibility to adapt to change and some clear parameters around development and expansion across the next 12 months.
- Successfully achieve Trusted Charity level 1 accreditation.

The directors/trustees have prepared this report in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approval

This report was approved by the directors/trustees on 16 February 2021 and signed on their behalf by:

.....
T. Sangowawa
Chair

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF A WAY OUT**

I report to the charity trustees on my examination of the accounts of the company for the year ended 30 September 2020 which are set out on pages 18 to 31.

Responsibilities and Basis of Report

As the charity trustees (who are also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

**Mr. J. Lester FCA
Baines Jewitt Limited
Chartered Accountants
Barrington House
41-45 Yarm Lane
Stockton-on-Tees
TS18 3EA**

Dated: 16 February 2021

JL/AJD

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2020
(including Summary Income and Expenditure Account)

	Notes	Unrestricted Funds		Restricted Funds		Total Funds	
		2020 £	2019 £	2020 £	2019 £	2020 £	2019 £
INCOME							
Grants and donations	4(a)	90,811	107,027	675,508	567,883	766,319	674,910
Income from charitable activities	4(b)	3,840	3,830	-	-	3,840	3,830
Investment income	4(c)	1,328	1,265	-	-	1,328	1,265
Other income	4(d)	153	-	200	-	353	-
TOTAL INCOME		96,132	112,122	675,708	567,883	771,840	680,005
EXPENDITURE							
Charitable Activities	6	9,773	54,955	644,638	561,219	654,411	616,174
TOTAL EXPENDITURE		9,773	54,955	644,638	561,219	654,411	616,174
Net income/(expenditure)	9	86,359	57,167	31,070	6,664	117,429	63,831
Transfers between Funds	15	(24,716)	(8,888)	24,716	8,888	-	-
Net Movement in Funds		61,643	48,279	55,786	15,552	117,429	63,831
Reconciliation of funds:							
Total funds brought forward	15	231,254	182,975	67,998	52,446	299,252	235,421
Total Funds Carried Forward	15&16	292,897	231,254	123,784	67,998	416,681	299,252

The Statement of Financial Activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

A WAY OUT
(A Company Limited by Guarantee)
Company Registration Number: 06265354

BALANCE SHEET
AS AT 30 SEPTEMBER 2020

	Note	£	2020 £	£	2019 £
FIXED ASSETS					
Tangible assets	10		8,669		6,756
CURRENT ASSETS					
Debtors	11	27,710		38,405	
Cash at bank and in hand		624,695		479,156	
		652,405		517,561	
CREDITORS: Amounts falling due within one year	12	(244,393)		(225,065)	
NET CURRENT ASSETS			408,012		292,496
NET ASSETS			416,681		299,252
FUNDS	15 & 16				
Unrestricted funds			292,897		231,254
Restricted funds			123,784		67,998
TOTAL FUNDS			416,681		299,252

The directors/trustees are satisfied that the charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2020.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 September 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006, and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year 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 are applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

These financial statements were approved by the directors/trustees on 16 February 2021 and signed on their behalf by:

.....
T. Sangowawa
Director/Trustee

.....
R. Thompson
Director/Trustee

A WAY OUT
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

	Notes	2020 £	2019 £
Cash inflow from operating activities	22	<u>149,863</u>	<u>150,883</u>
Cash outflow from investing activities:			
Interest receivable		1,328	1,265
Purchase of tangible fixed assets		<u>(5,652)</u>	<u>(6,584)</u>
Net cash outflow from investing activities		<u>(4,324)</u>	<u>(5,319)</u>
Increase in cash and cash equivalents in year		145,539	145,564
Cash and cash equivalents at the beginning of the year		479,156	333,592
Total cash and cash equivalents at the end of the year		<u>624,695</u>	<u>479,156</u>
Cash and cash equivalents consist of:			
Cash at bank and in hand		<u>624,695</u>	<u>479,156</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

1. CHARITY INFORMATION

The charity (registered number 1137535) is a public benefit entity incorporated in the UK on 1 June 2007 as a company limited by guarantee. The company remained dormant until October 2010 when all of the assets and liabilities were transferred from the former unincorporated charity, which was founded in 2002. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The objective of the charity's operation and principal activities is to improve the health and wellbeing of women and young people.

2. BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS

Basis of Preparation and Assessment of Going Concern

The charity constitutes a public entity as defined by FRS 102. The financial statements have been prepared on a going concern basis under the historical cost convention and in accordance with applicable accounting standards, the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

3. ACCOUNTING POLICIES

Income Recognition

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income, after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

(a) Grants and donations

- Where donors specify that grants and donations given to the charity must be used in future accounting periods, the income is deferred until those periods.
- Where donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that grants and donations, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

(b) Gift aid recoverable on donations and gifts

Gift aid recoverable is included in incoming resources in the same period as the gift to which it relates.

(c) Fees and similar income

Fees receivable and charges for services provided are accounted for in the period in which the service is provided.

(d) Investment income

Investment income is included when receivable by the charity.

(e) Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the financial statements as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in incoming resources when receivable.

(f) Donated services and facilities

Donated services and facilities are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value of the service or facility received.

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

3. **ACCOUNTING POLICIES** (*Continued*)

(g) **Volunteer help**

The value of any volunteer help received is not included in the financial statements.

(h) **Resources Expended**

Resources expended are accounted for on an accruals basis, inclusive of attributable VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been apportioned to the costs of those activities on a basis consistent with the use of resources.

(i) **Tangible Fixed Assets**

Fixed assets are included at cost less depreciation unless details of cost are not available. Where details of cost are not available, fixed assets are included at an estimated value. Where neither details of cost nor estimated values are available, fixed assets are not shown in the financial statements.

(j) **Depreciation**

Tangible fixed assets are depreciated over their estimated useful lives as follows:

Leasehold property	- straight line over the initial primary term of the lease (3 years)
Fixtures, fittings and equipment	- 33.33% per annum straight line
Motor vehicles	- 25% reducing balance

(k) **Pension Costs**

Contributions payable to a group personal pension and individual personal pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

(l) **Financial Instruments**

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

Financial assets held at amortised cost comprise cash at bank, together with trade and other debtors. Financial liabilities held at amortised cost comprise trade and other creditors.

(m) **Fund Accounting**

Funds held by the charity are either:

- **unrestricted funds** - these are funds which can be used in accordance with the objects of the charity at the discretion of the trustees. They may include designated funds which have been set aside by the trustees for particular purposes.
- **restricted funds** - these are funds which can only be used for particular restricted purposes within the objects of the charity; whether it be for the purchase or construction of a fixed asset or in respect of a specific project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Once the restrictions imposed by the provider of the grant/the donor have been observed, the fund is then transferred to unrestricted funds.

(n) **Operating Leases**

Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged against revenue on a straight line basis over the period of the lease.

(o) **Hire Purchase and Finance Lease Commitments**

Assets obtained under hire purchase contracts or on finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

A WAY OUT
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

4. INCOME FROM CHARITABLE ACTIVITIES

(a) Donations and Legacies	Unrestricted Funds		Restricted Funds		Total Funds	
	2020	2019	2020	2019	2020	2019
	£	£	£	£	£	£
Grant and Contract Income:						
Anonymous	-	-	4,000	4,000	4,000	4,000
Ashburn Charitable Trust	3,000	-	-	-	3,000	-
Ballinger Charitable Foundation	-	-	16,000	15,000	16,000	15,000
Big Lottery Fund	-	-	220,232	224,860	220,232	224,860
Brock Cowan	600	-	-	-	600	-
Cash for Kids	-	-	-	1,125	-	1,125
Catalyst	-	-	-	5,000	-	5,000
Changing Lives (Tampon Tax)	-	-	35,752	13,398	35,752	13,398
Children in Need	-	-	39,100	36,463	39,100	36,463
Clay Hill Trust	4,000	-	-	-	4,000	-
Cleveland Divert	-	-	22,268	22,028	22,268	22,028
Cleveland PCC (North East Sex Worker Forum)	-	-	7,500	-	7,500	-
Cleveland PCC (COVID-19)	-	-	3,215	-	3,215	-
Comic Relief	-	-	-	17,500	-	17,500
Co-op	-	-	3,285	-	3,285	-
County Durham Community Foundation (COVID-19)	-	-	4,920	-	4,920	-
County Durham Community Foundation (Tampon Tax)	-	-	6,667	-	6,667	-
Durham Community Partnership (North East Sex Worker Forum)	-	-	7,500	-	7,500	-
Durham Community Partnership (Growth & Resilience Fund)	-	-	3,775	-	3,775	-
Durham Tees Valley Community Rehabilitation Company (Prison Mentor)	-	-	30,000	19,298	30,000	19,298
Durham Tees Valley Community Rehabilitation Company (Outreach)	-	-	7,500	22,200	7,500	22,200
ESF	-	-	6,576	-	6,576	-
Garfield Weston	-	-	30,000	-	30,000	-
Greggs Foundation	-	-	160	-	160	-
Hadrian Trust	-	-	-	1,000	-	1,000
Henry Smith Charity	-	-	28,800	28,300	28,800	28,300
HMRC - furlough grants	11,644	-	-	-	11,644	-
Homeless Link	-	-	18,874	-	18,874	-
Hudson Charitable Trust	-	-	750	-	750	-
Lempriere Pringle	-	45,000	-	-	-	45,000
Lloyds Bank Foundation	-	-	32,715	22,918	32,715	22,918
Marsh Charitable Trust	400	-	-	-	400	-
Middlesbrough Borough Council	546	-	2,000	-	2,546	-
Ministry of Justice	-	-	14,800	-	14,800	-
Smallwood Trust	-	-	7,084	5,000	7,084	5,000
St. James' Place Foundation	-	-	10,000	-	10,000	-
Stockton Borough Council - Troubled Families	-	-	-	1,050	-	1,050
Tees Valley Community Foundation	-	-	1,000	1,000	1,000	1,000
Tesco/Groundwork UK	-	-	500	-	500	-
The Anchor Foundation	-	-	2,500	2,500	2,500	2,500
The Esme Fairbairn Foundation	17,500	-	32,084	36,100	49,584	36,100
The Five Lamps Organisation - YUS Small Budget	-	-	-	1,000	-	1,000
The Hospital of God at Greatham	-	-	-	2,000	-	2,000
The Mercers' Company	-	-	21,229	12,733	21,229	12,733
The Tudor Trust	2,000	-	3,333	20,000	5,333	20,000
The Vardy Foundation	-	-	30,000	30,000	30,000	30,000
Thirteen Community Fund	-	-	-	1,800	-	1,800
Virgin Money Foundation	6,000	-	20,660	21,610	26,660	21,610
	45,690	45,000	674,779	567,883	720,469	612,883
Donations	45,121	62,027	729	-	45,850	62,027
Total Donations and Legacies	90,811	107,027	675,508	567,883	766,319	674,910

The charity benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with accounting standards, the economic contribution of general volunteers is not reflected in the accounts.

A WAY OUT
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

4. INCOME FROM CHARITABLE ACTIVITIES (Continued)

	Unrestricted Funds		Restricted Funds		Total Funds	
	2020	2019	2020	2019	2020	2019
	£	£	£	£	£	£
(b) Income from Charitable Activities						
Miscellaneous income	<u>3,840</u>	<u>3,830</u>	<u>-</u>	<u>-</u>	<u>3,840</u>	<u>3,830</u>
(c) Investment Income						
Bank interest receivable	<u>1,328</u>	<u>1,265</u>	<u>-</u>	<u>-</u>	<u>1,328</u>	<u>1,265</u>
(d) Other Income						
Sundry income	<u>153</u>	<u>-</u>	<u>200</u>	<u>-</u>	<u>353</u>	<u>-</u>

5. RESOURCES EXPENDED - CHARITABLE ACTIVITIES BY PROJECT

For details of project costs, see note 15.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted Funds		Restricted Funds		Total Funds	
	2020	2019	2020	2019	2020	2019
	£	£	£	£	£	£
Direct project costs	-	4,819	30,056	35,505	30,056	40,324
Monitoring and evaluation	-	-	14,507	20,674	14,507	20,674
Fundraising expenses	-	239	1,176	575	1,176	814
Marketing	-	1,438	306	-	306	1,438
External supervision	-	-	2,425	2,460	2,425	2,460
Volunteer expenses	-	-	312	742	312	742
Salaries	10,000	23,955	356,789	312,051	366,789	336,006
Pension	-	614	10,682	8,325	10,682	8,939
Staff recruitment	-	502	1,988	891	1,988	1,393
Training	-	-	7,197	2,232	7,197	2,232
Office rent and service charges	-	-	19,699	19,445	19,699	19,445
Cleaning and waste disposal	-	738	3,569	3,028	3,569	3,766
Insurance	-	551	2,925	1,646	2,925	2,197
Rates and water	-	-	460	482	460	482
Heat and light	(227)	883	4,512	3,312	4,285	4,195
Telephone and IT support	-	3,156	7,331	3,730	7,331	6,886
Printing, postage and stationery	-	1,915	2,304	709	2,304	2,624
Repairs and maintenance	-	1,608	2,058	-	2,058	1,608
Legal and professional fees	-	3,162	4,590	-	4,590	3,162
Consultancy fees	-	-	12,208	8,476	12,208	8,476
Bank charges	-	125	167	-	167	125
Staff expenses	-	269	8,715	11,188	8,715	11,457
Motor expenses	-	-	4,422	1,875	4,422	1,875
Licence fees	-	449	873	396	873	845
Depreciation	-	7,331	3,739	-	3,739	7,331
Support costs - see below	-	2,481	88,445	88,278	88,445	90,759
Governance costs - see below	-	720	53,183	35,199	53,183	35,919
	<u>9,773</u>	<u>54,955</u>	<u>644,638</u>	<u>561,219</u>	<u>654,411</u>	<u>616,174</u>

A WAY OUT
(A Company Limited by Guarantee)

NOTES TO THE UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

7. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

	Basis of Apportionment	Support Costs	Governance Costs	Total 2020	Support Costs	Governance Costs	Total 2019
		£	£	£	£	£	£
Salaries and national insurance	Staff role	61,798	45,106	106,904	65,218	29,040	94,258
Pension costs	Staff role	1,731	1,225	2,956	1,815	1,027	2,842
Training	Staff time	-	-	-	550	550	1,100
Business development	Time	20,631	2,292	22,923	18,805	582	19,387
Office rent and service charges	Staff time	2,198	-	2,198	2,150	-	2,150
Cleaning and waste disposal	Staff time	397	-	397	419	-	419
Rates and water	Staff time	51	-	51	54	-	54
Heat and light	Staff time	476	-	476	466	-	466
Telephone and internet charges	Staff time	814	-	814	765	-	765
Printing, postage and stationery	Staff time	256	-	256	291	-	291
Staff expenses	Direct	93	-	93	226	-	226
Accountancy	Governance	-	4,560	4,560	-	4,680	4,680
Trustee meeting costs	Governance	-	-	-	-	40	40
		88,445	53,183	141,628	90,759	35,919	126,678

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

8. STAFF COSTS AND REMUNERATION OF KEY MANAGEMENT PERSONNEL

	2020	2019
	£	£
Salaries and wages	458,609	410,197
Social security costs	10,775	20,067
Agency costs	4,309	-
	<hr/>	<hr/>
Pension costs (note 21)	473,693	430,264
	13,638	11,781
	<hr/>	<hr/>
	487,331	442,045
	<u>=====</u>	<u>=====</u>

The total employment benefits, including employer pension contributions, of key management personnel were £49,838 (2019: £49,502).

No employees earned £60,000 per annum or more.

No remuneration was paid to trustees in the year. No expenses were reimbursed to trustees in the year.

The charity has indemnity insurance on behalf of the trustees, officers and directors. The cost of the premium included in these financial statements is £690.12 (2019: £645.12).

The average monthly number of staff employed by the charity during the year was as follows:

	2020	2019
	No.	No.
Direct charitable work	22	20
Administrative	4	3
	<hr/>	<hr/>
	26	23
	<u>=====</u>	<u>=====</u>

The full-time equivalent number of staff employed by the charity during the year was 23 (2019: 20).

9. NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2020	2019
	£	£
Depreciation of tangible fixed assets	3,739	7,331
Independent Examiner's fees:		
- Accountancy services	2,735	2,665
- Independent examination	1,825	1,775
- Consultancy work	-	240
	<hr/>	<hr/>
	4,560	4,680
	<u>=====</u>	<u>=====</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

10. TANGIBLE FIXED ASSETS

	Leasehold Property	Fixtures, Fittings and Equipment	Motor Vehicles	Total
	£	£	£	£
Cost/Valuation				
At beginning of year	127,294	51,657	9,500	188,451
Additions at cost	-	5,652	-	5,652
Disposals	-	-	-	-
	<u>127,294</u>	<u>57,309</u>	<u>9,500</u>	<u>194,103</u>
Depreciation				
At beginning of year	127,294	46,357	8,044	181,695
Charge for the year	-	3,379	360	3,739
Disposals	-	-	-	-
	<u>127,294</u>	<u>49,736</u>	<u>8,404</u>	<u>185,434</u>
Net Book Value				
At beginning of year	-	5,300	1,456	6,756
	<u>-</u>	<u>5,300</u>	<u>1,456</u>	<u>6,756</u>
At end of year	-	7,573	1,096	8,669
	<u>-</u>	<u>7,573</u>	<u>1,096</u>	<u>8,669</u>

11. DEBTORS

	2020	2019
	£	£
Due within one year:		
Grant/contract income receivable	15,513	27,606
Prepayments and accrued income	12,197	10,799
	<u>27,710</u>	<u>38,405</u>

12. CREDITORS: Amounts falling due within one year

	2020	2019
	£	£
Creditors and accruals	11,019	17,287
Grants received in advance (see note 13)	233,374	207,778
	<u>244,393</u>	<u>225,065</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

13. DEFERRED INCOME

Grants received in advance relate to monies received during the year which are specified to be spent in a future period as follows:

	Balance Received in advance as at 1.10.19	Received in Year	Balance Received in Advance as at 30.9.20	Per SOFA
	£	£	£	£
Anonymous	4,000	-	-	4,000
Awards for All	-	10,000	(10,000)	-
Big Lottery Fund	58,191	236,391	(74,350)	220,232
Cleveland PCC (COVID-19)	-	6,430	(3,215)	3,215
County Durham Community Foundation (DCMS)	-	6,109	(6,109)	-
County Durham Community Foundation (Tampon Tax)	-	10,000	(3,333)	6,667
Durham Tees Valley Community Rehabilitation Company (Outreach)	-	15,000	(7,500)	7,500
Durham Community Partnership (North East Sex Worker Forum)	7,500	-	-	7,500
Durham Community Partnership (Growth & Resilience Fund)	-	22,650	(18,875)	3,775
Garfield Weston Foundation	60,000	-	(30,000)	30,000
Homeless Link	-	30,199	(11,325)	18,874
Lloyds Bank Foundation	2,082	36,883	(6,250)	32,715
Smallwood Trust	-	17,500	(10,416)	7,084
St. James' Place	-	10,000	-	10,000
The Anchor Foundation	2,500	-	-	2,500
The Esmee Fairbairn Foundation	20,417	52,500	(23,333)	49,584
The Mercer Company	9,095	20,802	(8,668)	21,229
The Tudor Trust	3,333	2,000	-	5,333
The Vardy Foundation	20,000	30,000	(20,000)	30,000
Virgin Money	20,660	6,000	-	26,660
	<u>207,778</u>	<u>512,464</u>	<u>(233,374)</u>	<u>486,868</u>

14. OPERATING LEASE COMMITMENTS

The following operating lease payments are committed to be paid within one year:

	Land and Buildings 2020	Land and Buildings 2019
	£	£
On leases expiring:		
Within 1 to 2 years	-	-
Within 2 to 5 years	-	-
After 5 years	<u>21,600</u>	<u>21,600</u>

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NOTES TO THE FINANCIAL STATEMENTS
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15. MOVEMENT IN FUNDS

	Balance as at 1.10.19 £	Incoming Resources £	Outgoing Resources £	Transfers Between Funds £	Balance as at 30.9.20 £
Restricted Funds:					
Core Costs, Projects and Support Services					
Core Services	4,299	202,343	228,948	28,565	6,259
Liberty	25,139	166,096	139,350	(4,562)	47,323
Psychotherapy	2,685	4,815	7,500	-	-
Youth Services	6,017	54,536	45,420	(73)	15,060
Family Services	-	13,790	13,890	260	160
Blossom	3,938	85,371	74,844	1,809	16,274
Blossom Specialist	9,244	27,300	23,485	-	13,059
Building Capacities	8,024	-	5,070	-	2,954
STAGE Project	(179)	26,521	26,521	179	-
North East Sex Work Forum	581	15,000	13,677	-	1,904
Monitoring & Evaluation	6,316	18,149	14,507	-	9,958
Cleveland DIVERT	1,732	20,535	19,842	-	2,425
Prison Mentor	202	28,005	20,892	(962)	6,353
Training	-	2,562	2,484	-	78
COVID-19	-	10,685	8,208	(500)	1,977
	67,998	675,708	644,638	24,716	123,784
Unrestricted Funds	231,254	96,132	9,773	(24,716)	292,897
Total Funds	299,252	771,840	654,411	-	416,681
Restricted Funds:					
Core Costs, Projects and Support Services					
Core Services	-	161,117	171,712	14,894	4,299
Liberty	10,844	136,895	110,759	(11,841)	25,139
Psychotherapy	-	6,689	7,315	3,311	2,685
Youth Services	4,202	49,874	48,059	-	6,017
Family Services	-	13,564	13,564	-	-
Blossom	14,064	96,492	100,090	(6,528)	3,938
Blossom Specialist	7,909	29,155	24,286	(3,534)	9,244
Off Street Sex Work Research	2,347	-	1,851	(496)	-
Building Capacities	13,080	-	5,056	-	8,024
STAGE Project	-	9,797	9,015	(961)	(179)
North East Sex Work Forum	-	9,976	9,395	-	581
Monitoring & Evaluation	-	14,854	23,470	14,932	6,316
Cleveland DIVERT	-	22,028	19,407	(889)	1,732
Prison Mentor	-	17,442	17,240	-	202
	52,446	567,883	561,219	8,888	67,998
Unrestricted Funds	182,975	112,122	54,955	(8,888)	231,254
Total Funds	235,421	680,005	616,174	-	299,252

Transfers between funds are as agreed by the Board of Trustees.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

15. **MOVEMENT IN FUNDS** (*Continued*)

Restricted Funds:

Core Services - this relates to the Chief Executive Officer, Service Managers, Business Development, Administration, Finance and centre running costs (e.g. utilities). Restricted funding includes Big Lottery Women & Girls, Garfield Weston, Tudor Trust and Lloyds Bank Foundation.

Liberty - this relates to street-based outreach, assertive engagement and intensive therapeutic/recovery support to address immediate needs and, over time, empower women involved in on-street sex work, to prevent further harm and enable them to exit and break free from these life-controlling situations. Restricted funding includes Big Lottery, Henry Smith, The Mercers Company, Smallwood Trust, The Anchor Foundation, Catalyst, Ministry of Justice, Homeless Link and County Durham Foundation.

Psychotherapy - this relates to our in-house psychotherapeutic counselling service. Restricted funding includes Big Lottery Women & Girls and Henry Smith.

Youth Services - working exclusively with vulnerable young people in two areas with high levels of deprivation to intervene and break the cycle of disadvantage, and prevent related issues before they become entrenched. Restricted funding includes Children in Need, Ballinger Charitable Foundation and St. James' Place.

Family Services - (RISE) Reach, Inspire, Support and Empower families in need who are struggling with a range of complex issues which weaken the family unit and compound disadvantage. Working with the whole family in an intensive and motivational way, supporting and empowering them to make changes and achieve better outcomes. Restricted funding includes Children in Need.

Blossom - prevention and early intervention work with vulnerable women aged 16 to 24 to prevent exploitation of their vulnerabilities and access to routes into sex work. Restricted funding includes Big Lottery Women & Girls and Vardy Foundation.

Building Capacities - funding from Big Lottery to help the charity build its skills, knowledge and confidence so that it delivers outcomes to beneficiaries more effectively and sustainably.

STAGE Project - a partnership of six charities across the North East and Yorkshire helping women affected by sexual exploitation and grooming. The STAGE Project provides a range of one-to-one support, drop-ins and specialist group work programmes, as well as specialist work in custody. Together these provide a therapeutic approach to help women recover from the impact of recent and historic grooming and exploitation. The project is one of 10 chosen by the Department of Digital, Culture, Media and Sport to receive the restricted proceeds from the 5% tax on tampons and sanitary towels.

North East Sex Work Forum (NESWF) - a multi-agency not-for-profit regional group aiming to give a voice to people involved in or exploited through the sex industry across the North East, enabling them to shape and contribute to service provision and respond to their needs. Restricted funding from County Durham Community Foundation and Cleveland PCC provides for a part-time NESWF Co-ordinator.

Monitoring & Evaluation - funding towards additional costs of the Liberty and Blossom projects. Restricted funding from Big Lottery.

Cleveland DIVERT - a voluntary, multi-agency adult offender diversion scheme as part of the Police and Crime Commissioner's strategy to reduce re-offending by providing offenders with the opportunity to address the underlying causes of their offending behaviour and prevent them re-offending. The scheme targets low and medium level offenders and offers them a credible alternative to criminal prosecution. Restricted funding from Cleveland PCC.

Prison Mentor - restricted funding from Durham Tees Valley Community Rehabilitation Company provides for a full-time Prison Mentor who supports females in prison to strengthen and build resilience through Pathway 9. The Mentor specifically engages with women offenders who disclose involvement with sex work, preparing them for release by creating robust resettlement plans, identifying and recognising any triggers upon release in order to reduce the incidence of women re-attaching to former networks and returning to substance misuse.

Training - restricted funding to develop and deliver an evidence based training programme to equip partners to develop and deliver services for isolated and vulnerable individuals. Restricted funding from County Durham Partnership (Growth & Resilience Fund).

COVID-19 - restricted funding from County Durham Community Foundation, Tees Valley Community Foundation, Tesco Groundworks and Ballinger Charitable Trust to provide weekly parcels for isolated and vulnerable clients that are currently accessing our services. Each parcel is tailored to the age(s) and number of recipients and contains information (including government guidance and other sources of support), food, hygiene products and activities (for children and/or parents) so that they do not have to leave the house whilst socially isolating.

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NOTES TO THE FINANCIAL STATEMENTS
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16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted funds	-	123,784	123,784
Unrestricted funds	8,669	284,228	292,897
	8,669	408,012	416,681

17. FUNDS OF THE CHARITY

Unrestricted funds comprise those funds which the trustees are free to use in accordance with the charitable objects, although the trustees may decide to designate part of these funds for specific purposes.

Restricted funds are funds which have been given for particular purposes and projects.

18. TAXATION

HM Revenue & Customs have approved the charitable status of A Way Out and its income is therefore exempt from tax under Sections 505 and 506 of The Taxes Act 1988, provided that such income is applied for charitable purposes.

19. CONTROLLING PARTY

Throughout the year, the charity was under the control of the Board of Trustees.

20. RELATED PARTY TRANSACTIONS

The total amount of donations received without conditions from trustees in the year to 30 September 2020 was £1,651 (2019: £1,500).

Other than the above, there were no reportable related party transactions (2019: none).

21. PENSION COSTS

The charity operates a group personal pension scheme. The assets of the scheme are held separately from those of the charity, being invested by the insurance company. The pension costs charged in the financial statements represent contributions payable by the charity in the year and amounted to £13,638 (2019: £11,781).

**22. RECONCILIATION OF NET MOVEMENTS IN FUNDS TO
CASH FLOW FROM OPERATING ACTIVITIES**

	2020	2019
	£	£
Net movement in funds	117,429	63,831
Add: Depreciation charge	3,739	7,331
Less: Interest receivable	(1,328)	(1,265)
Decrease/(increase) in debtors	10,695	(30,396)
Increase/(decrease) in creditors	19,328	111,382
	149,863	150,883

23. FINANCIAL INSTRUMENTS

At the year end, the charity had financial assets at amortised cost of £640,208 (2019: £506,762) and financial liabilities at amortised cost of £11,019 (2019: £17,287).

The income attributable to the charity's financial instruments is summarised as follows:

	2020	2019
	£	£
Interest receivable:		
Financial assets at amortised cost	1,328	1,265