

**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?

We will help you find  
calmer waters



**Baines Jewitt**  
CHARTERED ACCOUNTANTS  
AND BUSINESS ADVISERS

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

**REPORTS AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

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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 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



<b>Charity Name:</b>	A Way Out
<b>Charity Registration Number:</b>	1137535
<b>Company Registration Number:</b>	06265354
<b>Registered Office:</b>	The Gate 1-2 Castlegate Quay The Riverside Stockton-on-Tees TS18 1BZ
<b>Website Address:</b>	<a href="http://www.awayout.co.uk">www.awayout.co.uk</a>
<b>Directors/Trustees:</b>	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)
<b>Chief Executive:</b>	Kay Nicolson
<b>Independent Examiner:</b>	Mr J. Lester FCA Baines Jewitt Limited Chartered Accountants Barrington House 41-45 Yarm Lane Stockton-on-Tees TS18 3EA
<b>Bank:</b>	HSBC Bank plc 136 High Street Stockton-on-Tees TS18 1LR
<b>Solicitors:</b>	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.

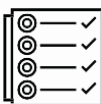
## Pay Policy

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

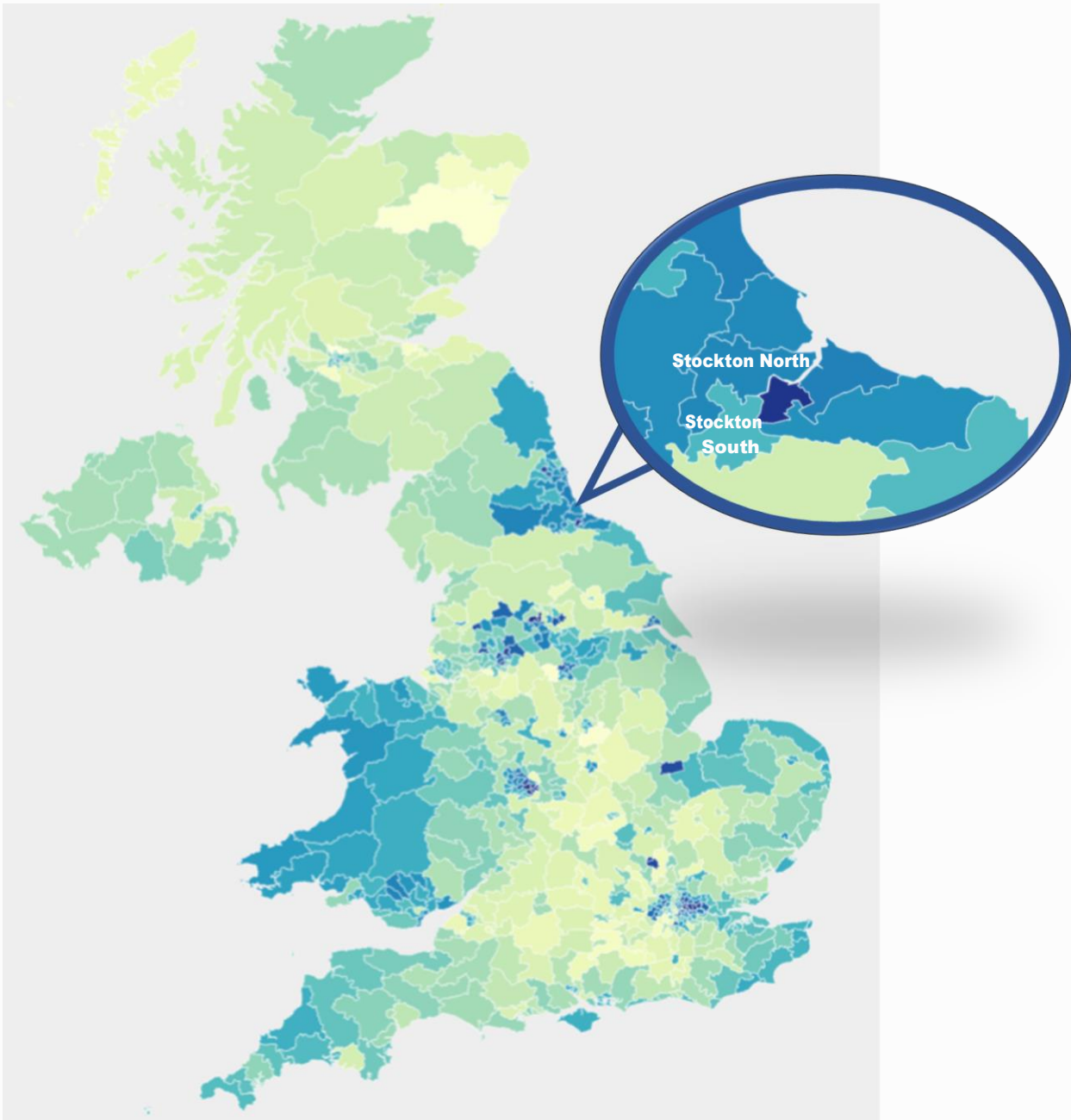
A Way Out operates across the Tees Valley whilst also maintaining its historic focus on Stockton-on-Tees. The Tees Valley consists of Hartlepool, Stockton, Middlesbrough and Redcar & Cleveland, all areas of which experience significant disadvantage and score high on the indices of deprivation.

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.

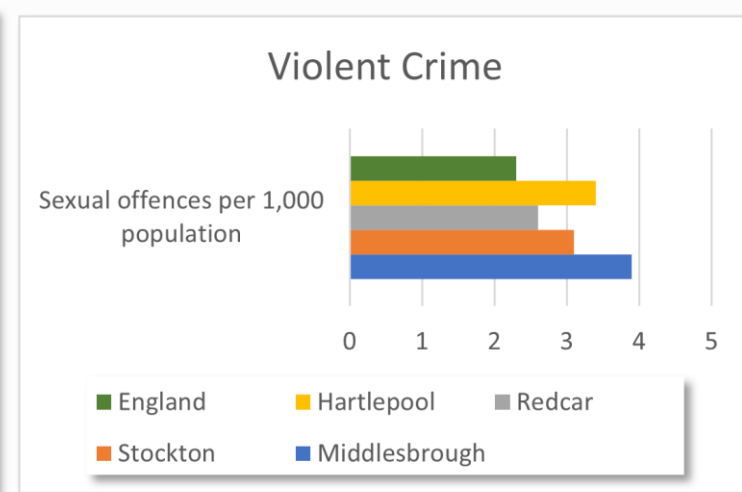
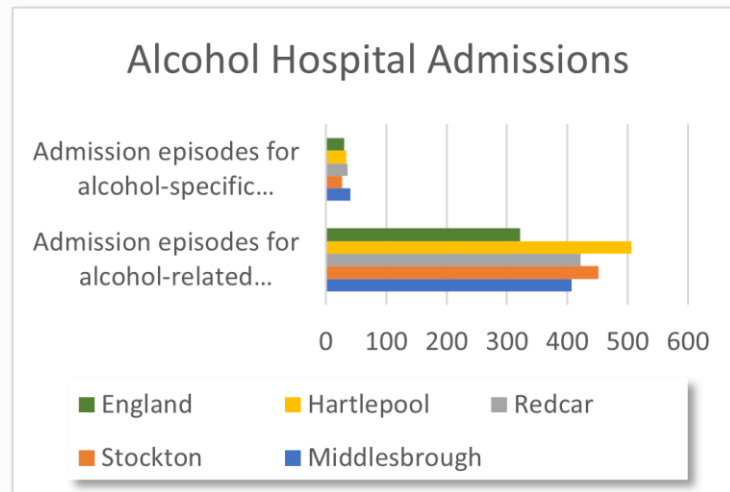
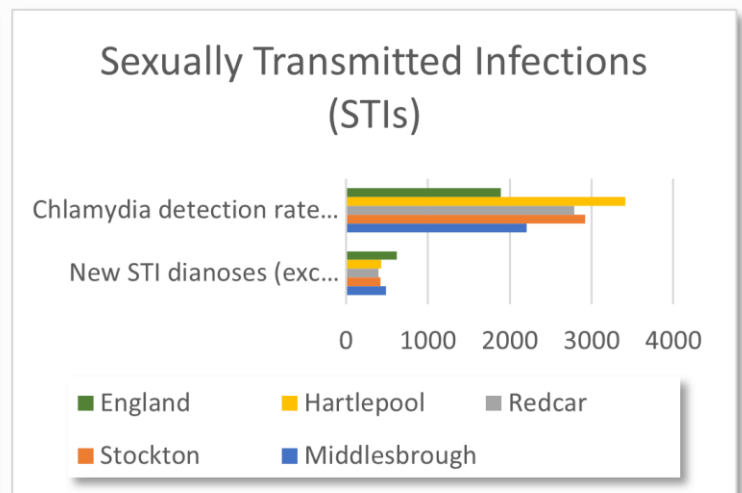
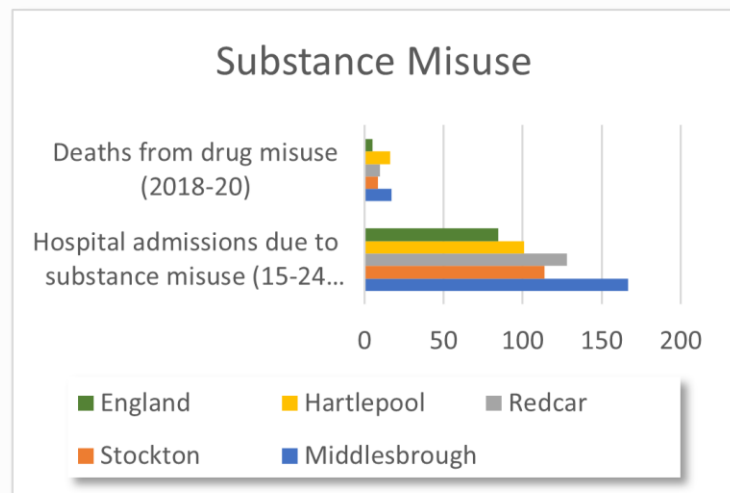
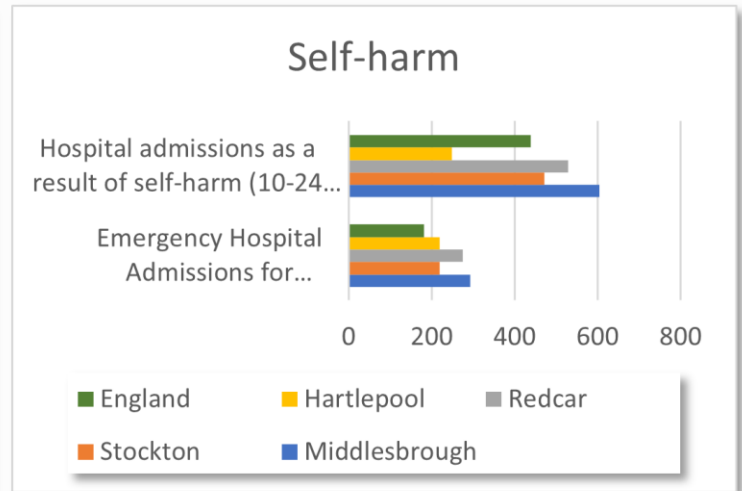
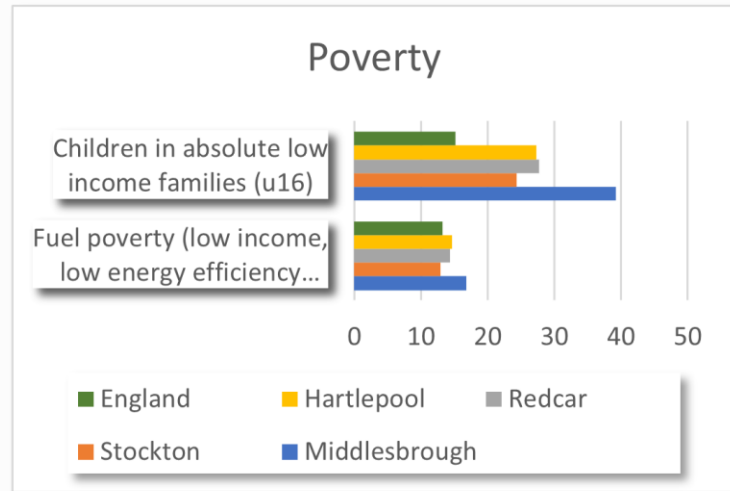
Stockton South:

**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:

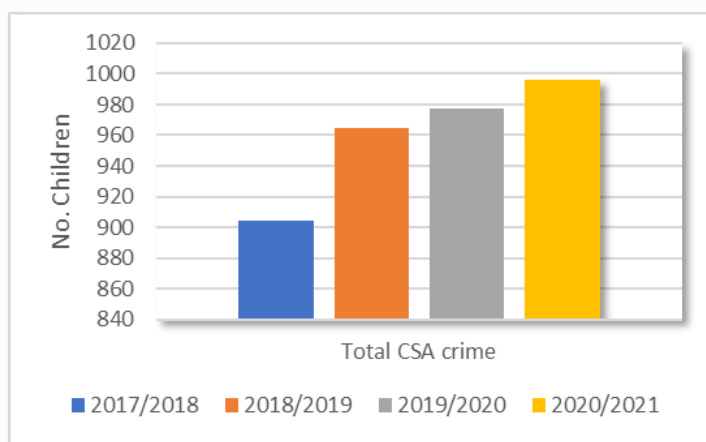
### Health and Wellbeing inequalities affecting women, families and young people in the Tees Valley:



#### 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

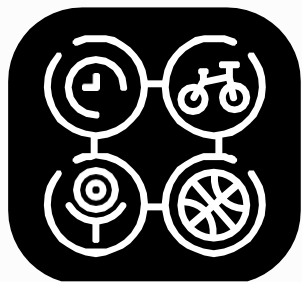
**Caring** – providing the right support at the right time in the right place whether someone is in crises, needing support or advocacy to address immediate needs, or ready to make lasting changes.

**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.



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 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/carers 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;

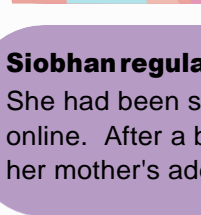
#### **Janine was sexually abused by her brother and by other men known to her mother as a child.**

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 off-line.** 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.

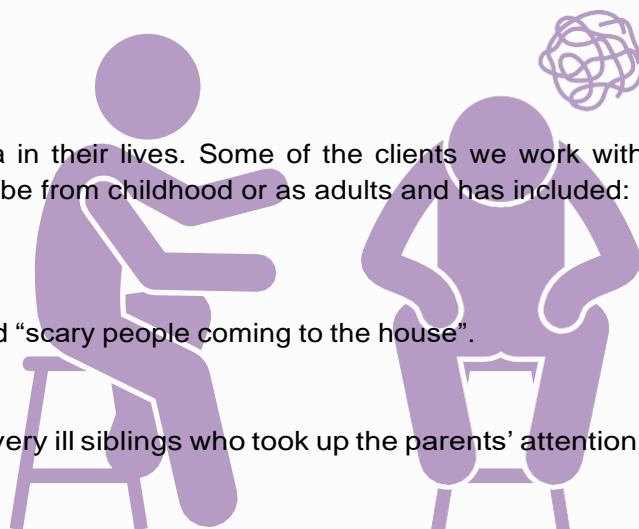
## Examples of training programmes developed and delivered through the psychological services:

- 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 retraumatising 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

### 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.



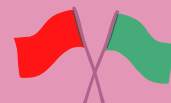
46

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:

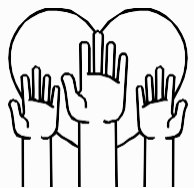
- ♦ Access to therapeutic support.
- ♦ Developing trusting and trauma informed working relationships.
- ♦ Substance misuse recovery services.
- ♦ Specialist domestic abuse services.
- ♦ Improved housing.
- ♦ Debt management.
- ♦ Skills training.
- ♦ Improved healthcare.

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

122

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.



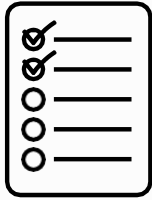
## RESERVES POLICY

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)**

		Unrestricted Funds		Restricted Funds		Total Funds	
	Notes	2022	2021	2022	2021	2022	2021
		£	£	£	£	£	£
<b>INCOME</b>							
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
<b>TOTAL INCOME</b>		<b>37,820</b>	<b>54,827</b>	<b>663,376</b>	<b>712,057</b>	<b>701,196</b>	<b>766,884</b>
<b>EXPENDITURE</b>							
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
<b>TOTAL EXPENDITURE</b>		<b>3,883</b>	<b>(2,234)</b>	<b>777,506</b>	<b>704,480</b>	<b>781,389</b>	<b>702,246</b>
<b>Net income/(expenditure)</b>	<b>10</b>	<b>33,937</b>	<b>57,061</b>	<b>(114,130)</b>	<b>7,577</b>	<b>(80,193)</b>	<b>64,638</b>
<b>Transfers between Funds</b>	<b>16</b>	<b>(63,744)</b>	<b>(16,253)</b>	<b>63,744</b>	<b>16,253</b>	<b>-</b>	<b>-</b>
<b>Net Movement in Funds</b>		<b>(29,807)</b>	<b>40,808</b>	<b>(50,386)</b>	<b>23,830</b>	<b>(80,193)</b>	<b>64,638</b>
<b>Reconciliation of funds:</b>							
Total funds brought forward	16	333,705	292,897	147,614	123,784	481,319	416,681
<b>Total Funds Carried Forward</b>	<b>16&amp;17</b>	<b>303,898</b>	<b>333,705</b>	<b>97,228</b>	<b>147,614</b>	<b>401,126</b>	<b>481,319</b>

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 £
<b>FIXED ASSETS</b>					
Tangible assets	11		20,306		6,536
<b>CURRENT ASSETS</b>					
Debtors	12	55,034		57,340	
Cash at bank and in hand		427,191		547,663	
		482,225		605,003	
<b>CREDITORS: Amounts falling due within one year</b>	13	(101,405)		(130,220)	
<b>NET CURRENT ASSETS</b>			380,820		474,783
<b>NET ASSETS</b>			401,126		481,319
<b>FUNDS</b>	16 & 17				
Unrestricted funds			303,898		333,705
Restricted funds			97,228		147,614
<b>TOTAL FUNDS</b>			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**

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	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
<b>Increase/(decrease) in cash and cash equivalents in year</b>		(120,472)	(77,032)
<b>Cash and cash equivalents at the beginning of the year</b>		547,663	624,695
<b>Total cash and cash equivalents at the end of the year</b>		427,191	547,663
<b>Cash and cash equivalents consist of:</b>			
Cash at bank and in hand		427,191	547,663

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

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**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
	£	£	£	£	£	£
<b>Grant and Contract Income:</b>						
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	-
	<b>3,000</b>	<b>3,450</b>	<b>659,261</b>	<b>710,212</b>	<b>662,261</b>	<b>713,662</b>
<b>Donations</b>	<b>33,640</b>	<b>49,184</b>	<b>-</b>	<b>1,714</b>	<b>33,640</b>	<b>50,898</b>
<b>Total Grants and Donations</b>	<b>36,640</b>	<b>52,634</b>	<b>659,261</b>	<b>711,926</b>	<b>695,901</b>	<b>764,560</b>

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**

	<b>Basis of Apportionment</b>	<b>Support Costs</b>	<b>Governance Costs</b>	<b>Total 2022</b>	<b>Support Costs</b>	<b>Governance Costs</b>	<b>Total 2021</b>
		£	£	£	£	£	£
Salaries and national insurance	Staff role	<b>72,946</b>	<b>48,163</b>	<b>121,109</b>	61,221	44,064	105,285
Pension costs	Staff role	<b>1,751</b>	<b>1,256</b>	<b>3,007</b>	1,714	1,171	2,885
Training	Staff time	<b>748</b>	-	<b>748</b>	40	-	40
Business development	Time	<b>14,404</b>	<b>1,483</b>	<b>15,887</b>	12,715	4,854	17,569
Office rent and service charges	Staff time	<b>2,181</b>	-	<b>2,181</b>	2,209	-	2,209
Cleaning and waste disposal	Staff time	<b>253</b>	-	<b>253</b>	177	-	177
Rates and water	Staff time	<b>65</b>	-	<b>65</b>	23	-	23
Heat and light	Staff time	<b>410</b>	-	<b>410</b>	245	-	245
Telephone and internet charges	Staff time	<b>1,500</b>	-	<b>1,500</b>	991	-	991
Printing, postage and stationery	Staff time	<b>168</b>	-	<b>168</b>	113	-	113
Staff expenses	Direct	<b>75</b>	-	<b>75</b>	-	-	-
Accountancy	Governance	-	<b>6,960</b>	<b>6,960</b>	-	6,840	6,840
		<b>94,501</b>	<b>57,862</b>	<b>152,363</b>	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**

	<b>2022</b>	2021
	<b>£</b>	£
Salaries and national insurance	<b>12,719</b>	8,324
Pension costs	<b>111</b>	100
	<hr/>	<hr/>
	<b>12,830</b>	8,424
	<hr/>	<hr/>

**9. STAFF COSTS AND REMUNERATION OF KEY MANAGEMENT PERSONNEL**

	<b>2022</b>	2021
	<b>£</b>	£
Salaries and wages	<b>571,015</b>	494,769
Social security costs	<b>35,828</b>	28,131
Agency costs	<b>32,277</b>	-
	<hr/>	<hr/>
Pension costs (note 22)	<b>639,120</b>	522,900
	<b>16,015</b>	15,129
	<hr/>	<hr/>
	<b>655,135</b>	538,029
	<hr/>	<hr/>

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:

	<b>2022</b>	2021
	<b>No.</b>	No.
Direct charitable work	<b>21</b>	23
Administrative	<b>3</b>	3
	<hr/>	<hr/>
	<b>24</b>	26
	<hr/>	<hr/>

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:

	<b>2022</b>	2021
	<b>£</b>	£
Depreciation of tangible fixed assets	<b>10,144</b>	5,866
Profit on disposal of motor vehicle	<b>-</b>	(4,184)
Independent Examiner's fees:		
- Accountancy services	<b>3,800</b>	3,240
- Independent examination	<b>2,560</b>	2,160
- Under provision re previous year	<b>600</b>	1,440
	<hr/>	<hr/>
	<b>6,960</b>	6,840
	<hr/>	<hr/>

**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 £
<b>Cost/Valuation</b>				
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>
At end of year	127,294	70,272	15,780	213,346
<b>Depreciation</b>				
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>
At end of year	127,294	61,801	3,945	193,040
<b>Net Book Value</b>				
At beginning of year	-	6,536	-	6,536
	<u>-</u>	<u>6,536</u>	<u>-</u>	<u>6,536</u>
At end of year	-	8,471	11,835	20,306
	<u>-</u>	<u>8,471</u>	<u>11,835</u>	<u>20,306</u>

**12. DEBTORS**

	2022 £	2021 £
<b>Due within one year:</b>		
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:

	<b>Land and Buildings 2022 £</b>	<b>Land and Buildings 2021 £</b>
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 1.10.21 £	Incoming Resources £	Outgoing Resources £	Transfers Between Funds £	Balance as at 30.9.22 £
<b>Restricted Funds:</b>					
<b>Core Costs, Projects and Support Services</b>					
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
	<u>147,614</u>	<u>663,376</u>	<u>777,506</u>	<u>63,744</u>	<u>97,228</u>
<b>Unrestricted Funds</b>	<u>333,705</u>	<u>37,820</u>	<u>3,883</u>	<u>(63,744)</u>	<u>303,898</u>
<b>Total Funds</b>	<u>481,319</u>	<u>701,196</u>	<u>781,389</u>	<u>-</u>	<u>401,126</u>
<b>Previous year:</b>					
	Balance as at 1.10.20 £	Incoming Resources £	Outgoing Resources £	Transfers Between Funds £	Balance as at 30.9.21 £
<b>Restricted Funds:</b>					
<b>Core Costs, Projects and Support Services</b>					
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
	<u>123,784</u>	<u>712,057</u>	<u>704,480</u>	<u>16,253</u>	<u>147,614</u>
<b>Unrestricted Funds</b>	<u>292,897</u>	<u>54,827</u>	<u>(2,234)</u>	<u>(16,253)</u>	<u>333,705</u>
<b>Total Funds</b>	<u>416,681</u>	<u>766,884</u>	<u>702,246</u>	<u>-</u>	<u>481,319</u>

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



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**NOTES TO THE FINANCIAL STATEMENTS**  
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**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.

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**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**

	<b>Tangible Fixed Assets £</b>	<b>Net Current Assets £</b>	<b>Total £</b>
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).

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

	<b>2022</b>	2021
	<b>£</b>	<b>£</b>
Net movement in funds	<b>(80,193)</b>	64,638
Depreciation charge	<b>10,144</b>	5,866
Profit on disposal of fixed assets	<b>-</b>	(4,184)
Interest receivable	<b>(630)</b>	(193)
Decrease/(increase) in debtors	<b>2,306</b>	(29,630)
Increase/(decrease) in creditors	<b>(28,815)</b>	(114,173)
	<u><b>(97,188)</b></u>	<u>(77,676)</u>
<b>Cash Outflow from Operating Activities</b>	<b>(97,188)</b>	<b>(77,676)</b>

**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:

	<b>2023</b>	2021
	<b>£</b>	<b>£</b>
Interest receivable:		
Financial assets at amortised cost	<b>630</b>	193
	<u><b>630</b></u>	<u>193</u>