

**away out**

# **ANNUAL REPORT AND AUDITED ACCOUNTS**

**LOVE  
HOPE  
FREEDOM**

**OCTOBER 23  
- SEPTEMBER 24**



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

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## Introduction

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

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



# LEGAL AND ADMINISTRATIVE INFORMATION

<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 (Vice-Chair) Andrew Malcolm (Treasurer) Michelle Carr Julie Allan Hassan Al-Bahrani Helen Williams Joanna Norman (appointed 18/3/2024, resigned 25/5/2025) Alison Coates (appointed 30/9/2024, resigned 25/5/2025) Karen Parker (appointed 10/2/2025)
<b>Chief Executive:</b>	Kay Nicolson
<b>Auditors:</b>	Baines Jewitt Limited Chartered Accountants Spitfire House 19 Falcon Court Preston Farm Industrial Estate Stockton-on-Tees, TS18 3TU
<b>Bank:</b>	HSBC Bank plc 136 High Street Stockton-on-Tees, TS18 1LR
<b>Solicitors:</b>	Punch Robson 34 Myton Road Ingleby Barwick Stockton-on-Tees, TS17 OWG



# STRUCTURE, GOVERNANCE AND MANAGEMENT

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

## Appointment of Trustees

The charity currently has 8 trustees.

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

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

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

## Organisation

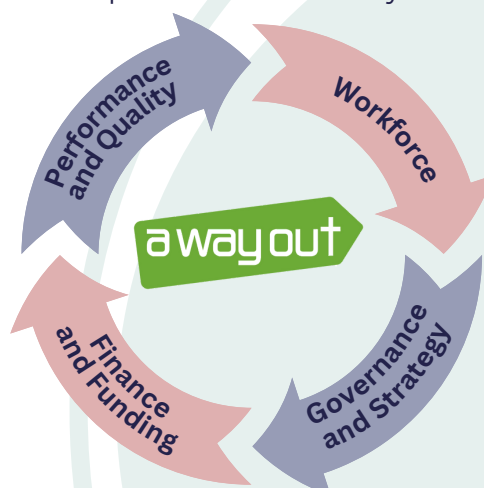
A Way Out was formed in 2002. Its founder, being brought up in the town of Stockton-on-Tees, was so moved by the abuse, poverty and addiction that devastated the lives of young girls and young people across the area, that she started an organisation, with a group of like-minded individuals, with the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

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

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

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

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



## Related Parties

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

## Pay Policy

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

## Risk Management

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

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



# OBJECTIVES AND ACTIVITIES

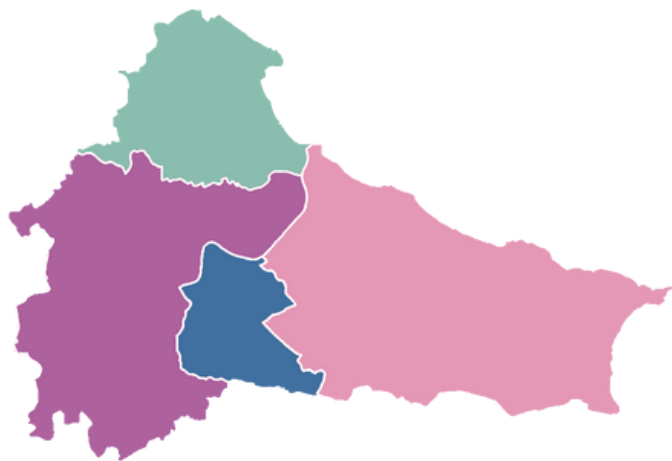
## The Current Need

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

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

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

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



**Stockton:**

**28.4%**

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

**Hartlepool:**

**32.9%**

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

**Middlesbrough:**

**38.7%**

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

**Redcar:**

**31.6%**

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

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

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

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

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

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

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

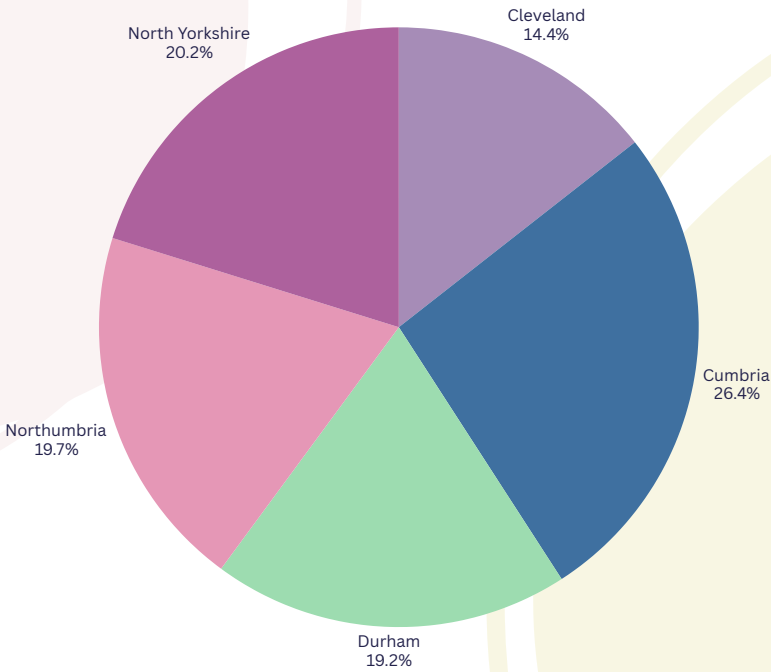
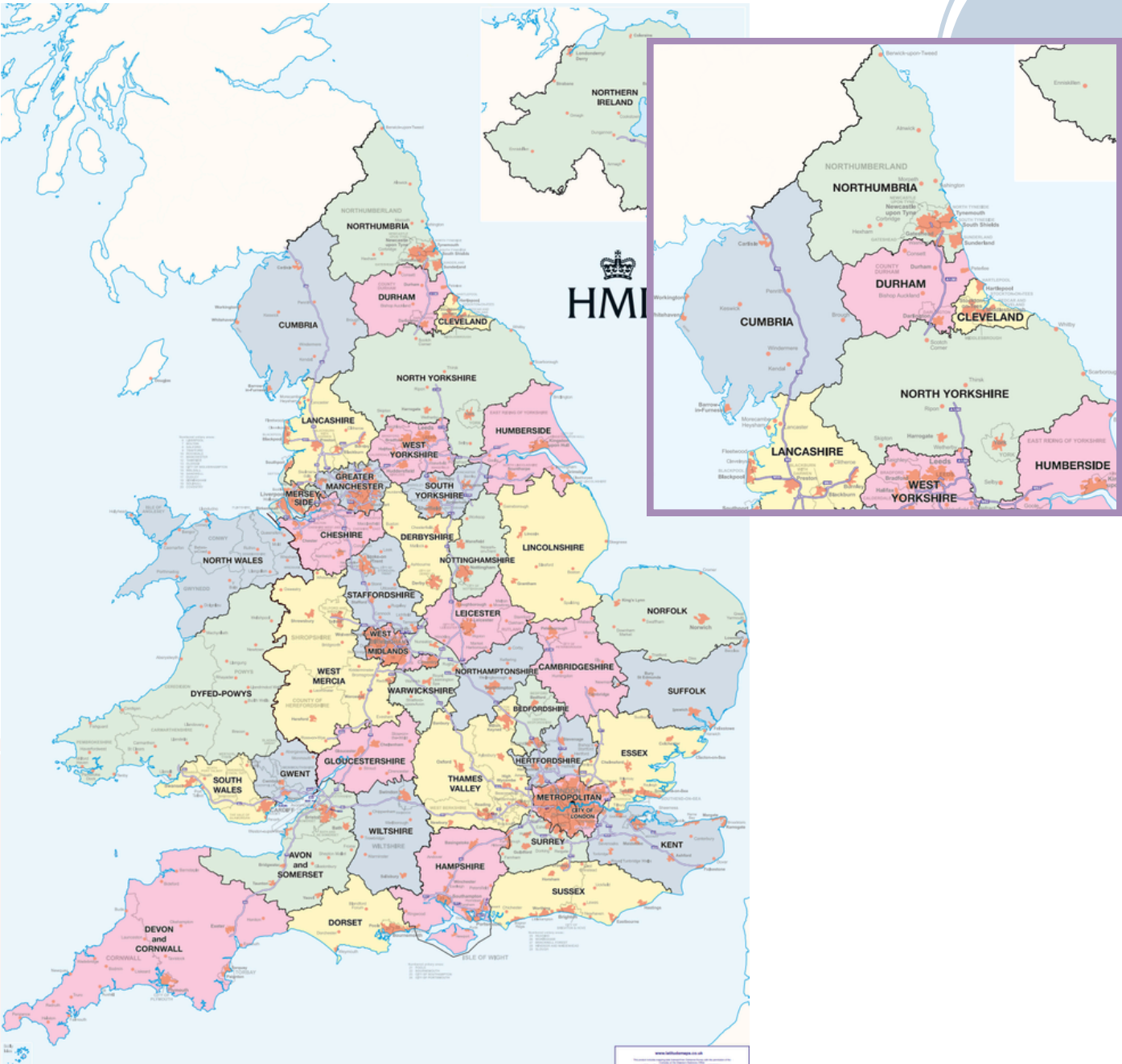
# <https://www.cleveland.pcc.police.uk/wp-content/uploads/2020/10/Appendix-A-Violence-in-Clevelandredact.pdf>

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

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

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

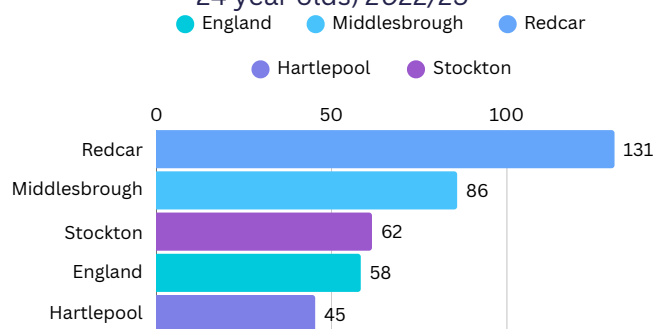




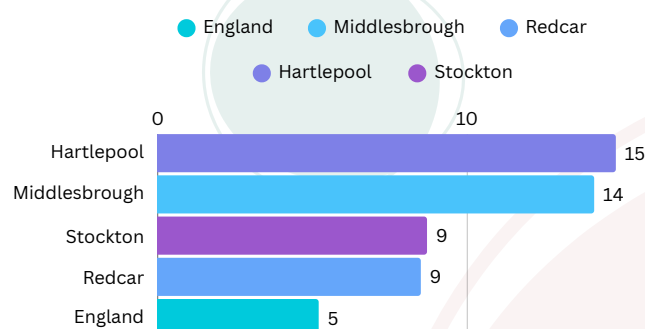
**Violence and Sexual Offences recorded by  
Cleveland Police Force in the North between  
October 2023 and September 2024<sup>^</sup>**

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

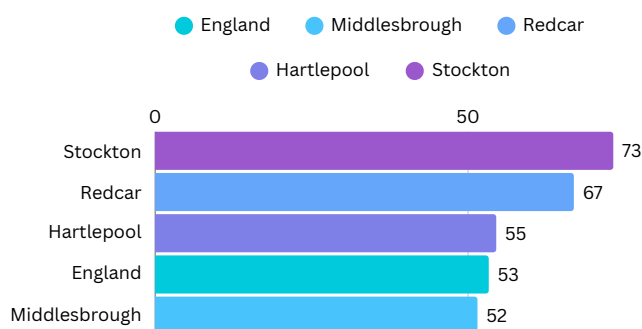
Hospital admissions due to substance misuse (15-24 year olds) 2022/23



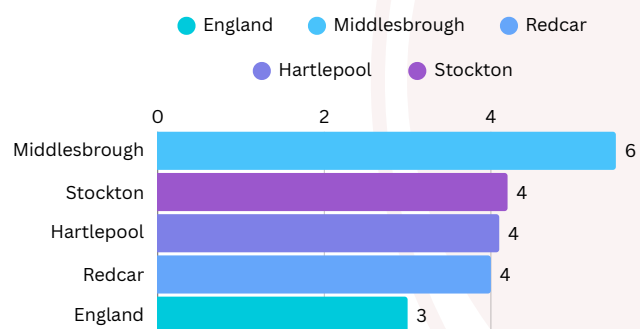
Death from drug misuse 2020/22



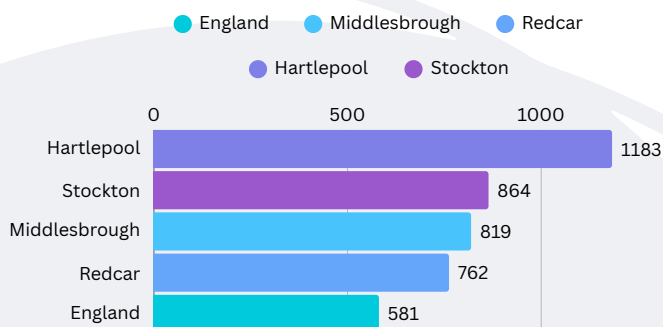
Adults with substance misuse treatment successfully engaged in community based treatment following release from prison 2023/24



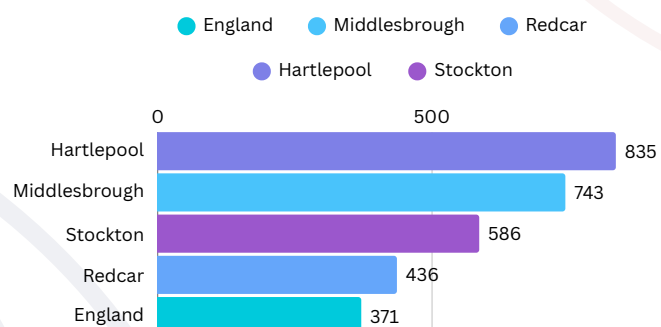
Violet Crime, sexual offences per 1,000 population 2022/23



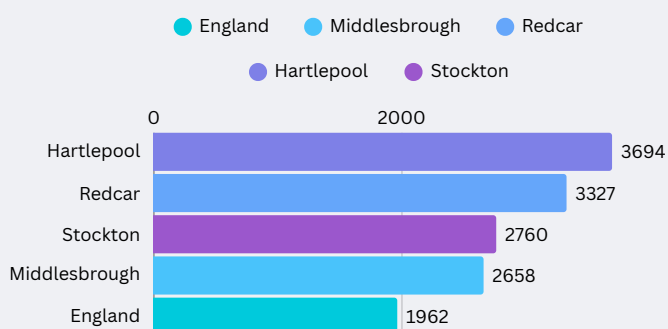
Admission for alcohol specific conditions 2023/24



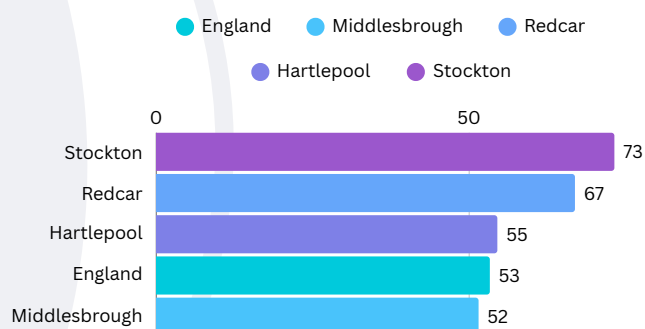
Admission episodes for mental and behavioural disorders due to use of alcohol (broad) 2022/23



Sexually Transmitted Infection (STI) Chlamydia detection rate 2023



New STI diagnosis, excluding Chlamydia 2023





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

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

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### VISION

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



### MISSION

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



### VALUES

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

**LOVE**  
**HOPE**  
**FREEDOM**

being accepted without  
judgement or stigma

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and exploitation

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

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



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



### Our Approach

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

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



### How are we going to get there?

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

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

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

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

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

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

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



## IMPACT

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

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

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

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

Recognised Achievements:

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



## ORGANISATIONAL DEVELOPMENT

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

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



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

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

Trustees have also

- Reviewed and approved the Business Plan.



## LOCAL INFLUENCE AND COMMUNITY INVOLVEMENT

A Way Out has:

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



# SERVICES OVERVIEW

The word "UNITY" is written in large, bold, teal-colored capital letters. It is set against a rectangular background with a soft rainbow gradient, transitioning from light pink at the top to light blue at the bottom.

## UNITY

## YOUNG PEOPLES SERVICE

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

Unity Service includes:



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



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



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



## ADULTS SERVICE

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



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



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



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

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

# UNIVERSAL SERVICES

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



reaching • inspiring • supporting • empowering

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



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

# PROJECT BREAKDOWNS

# UNITY



## YOUNG PEOPLE

### Project Outline:

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

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

### Achievements October 2023 to March 2024:

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

### OUTCOMES (October-March)

9 unique individuals

9

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



8

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



8

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



7

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



9

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



### Achievements April to September 2024:

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

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

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

### OUTCOMES (April to September)

15 unique individuals

13

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



10

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



11

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



13

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



10

children self-reported improved understanding of expressing feelings and emotions



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

“ I enjoyed everyone opening up about their emotions. ”

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

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

“ I learnt what peer pressure is ”

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

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

“ I learnt that we shouldn't bully ”



## SUPPORT FOR YOUNG WOMEN

### Project Outline:

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

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

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



### Achievements October 2023 to September 2024:

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

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

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

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

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

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

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

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

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

“

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

”

“

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

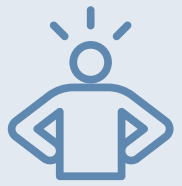
”

## OUTCOMES

44 unique individuals

31

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



33

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



32

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



28

young women self-report maintained or increased physical health.



28

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



30

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



32

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



32

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



9

young women not on case load attended drop-in sessions





# VIOLENCE AGAINST WOMEN AND GIRLS

## Project Outline:

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

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

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

## Achievements October 2023 to September 2024:

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

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

“

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

”

“

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

”

“

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

”

“

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

”

“

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

”

## OUTCOMES

17 unique individuals

17

young women self-report feeling safe



17

young women self-report improved health and well-being



17

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



17

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





## OUTREACH AND RECOVERY

### Project Outline:

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

### Achievements October 2023 to September 2024:

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

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

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

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



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

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

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

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

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

## OUTCOMES - 100 Unique Individuals

100

women engaged with in-house support and outreach service



56

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



40

women reported a positive benefit from participating in group wellbeing sessions



17

women reported an increase in self-esteem and confidence





21

women reported feeling safe



22

women are in stable accommodation



21

women are accessing sexual health screening and health checks



12

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



6

disclosed rape and sexual violence



33

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



## FUTURE STEPS

### Project Outline:

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

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

### Achievements October 2023 to September 2024:

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

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

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



# PHOENIX WOMEN CRIMINAL JUSTICE SERVICES

## **Project Outline:**

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

## **Achievements October 2023 to September 2024:**

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

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

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

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

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

### **Intervention Delivery**

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

#### **Supporting clients with accommodation issues**

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

#### **Emotional wellbeing**

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

#### **Supported to address issues within their families**

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

#### **Supported through addiction and recovery**

- Support to attend addiction services.
- Relapse Prevention.

#### **Education, Training and Employment**

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

#### **Support to identify positive and negative relationships**

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

#### **Supported with benefits, money management and debt**

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

#### **Supported in the transition between custody and community**

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

**Group work commencement**

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

**CASE STUDY**

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

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

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

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

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



**OUTCOMES**  
141 unique individuals





33

supported to address issues within their families



50

supported with benefits, money management and debt



71

supported to identify positive and negative relationships



21

supported in the transition between custody and the community



## UNIVERSAL SERVICES



reaching • inspiring • supporting • empowering

## FAMILIES

### Project Outline:

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

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

### Achievements October 2023 to September 2024:

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

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

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

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

## OUTCOMES

6 unique families

4

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



4

reported a positive improvement in their family relationships.



4

reported improved resilience.



5

reported that they found the service useful.



6

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



# THERAPEUTIC PSYCHOTHERAPY COUNSELLING

### Service Outline:

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

### Key functions of the service:

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

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

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



## Client experiences:

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

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

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

## 1 to 1 Psychotherapy – how we work with the clients

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

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

## OUTCOMES

### 18 individuals

195

one to one psychotherapy sessions.



20

group therapy sessions.



23

clients exited therapy after achieving their outcome.



3

therapists available during the reporting period.





# VOLUNTEERS

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

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

## SUPPORT

**13**

number of dedicated volunteers.



**214**

number of volunteer hours delivered.



Achievements October 2023 to September 2024:

Our team of dedicated volunteers:

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



# RESERVES POLICY

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

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



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

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



# PLANS FOR THE FUTURE

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

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

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

### Trustees' responsibilities

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

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

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

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

In so far as the trustees are aware:

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

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

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

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



Robert Thompson  
Chair

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

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

---

## **Opinion**

We have audited the financial statements of A Way Out (the 'charitable company') for the year ended 30 September 2024 which comprise the Statement of Financial Activities including Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

## **Basis for opinion**

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

## **Conclusions relating to going concern**

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

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

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

## **Other information**

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

## **Opinions on other matters prescribed by the Companies Act 2006**

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

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



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

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

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**Matters on which we are required to report by exception**

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

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

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

**Responsibilities of trustees**

As explained more fully in the trustees' responsibilities statement set out on page 35, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

**Auditor responsibilities for the audit of the financial statements**

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

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

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

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

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

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

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

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

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

**Use of this report**

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

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

**Date: 25 June 2025**

**JL/AJW**

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

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

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

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

All incoming resources and resources expended derive from continuing activities.

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

**Company Registration Number: 06265354**

**BALANCE SHEET**  
**AS AT 30 SEPTEMBER 2024**

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

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

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



**R Thompson**  
Director/Trustee



**A Malcolm**  
Director/Trustee

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

**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2024**

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

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

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

**1. CHARITY INFORMATION**

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

**2. BASIS OF PREPARATION OF THE FINANCIAL STATEMENTS**

**Basis of Preparation and Assessment of Going Concern**

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

**3. ACCOUNTING POLICIES**

**Income Recognition**

**(a) Grants and donations**

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

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

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

**(b) Gift aid recoverable on donations and gifts**

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

**(c) Investment income**

Investment income is included when receivable by the charity.

**(d) Gifts in kind**

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

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

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

**(e) Donated services and facilities**

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



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

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

**3. ACCOUNTING POLICIES (Continued)**

**(f) Volunteer help**

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

**(g) Resources Expended**

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

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

**(h) Tangible Fixed Assets**

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

**(i) Depreciation**

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

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

**(j) Pension Costs**

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

**(k) Financial Instruments**

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

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

**(l) Fund Accounting**

Funds held by the charity are either:

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

**(m) Operating Leases**

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

**(n) Hire Purchase and Finance Lease Commitments**

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

**(o) Going Concern**

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

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

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

**4. INCOME BREAKDOWN**

**(a) Grants and Donations**

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

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**4. INCOME BREAKDOWN (continued)**

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

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

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

**5. RESOURCES EXPENDED - CHARITABLE ACTIVITIES BY PROJECT**

For details of project costs, see note 16.

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**NOTES TO THE FINANCIAL STATEMENTS**  
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**6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES**

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

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**7. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS**

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



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**8. FUNDRAISING COSTS**

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

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

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

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

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

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

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

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

	<b>2024</b>	2023
	<b>No</b>	No
Direct charitable work	<b>23</b>	22
Administrative	<b>3</b>	4
	<u><b>26</b></u>	<u>26</u>

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

**10. NET MOVEMENT IN FUNDS**

This is stated after charging:

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

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**11. TANGIBLE FIXED ASSETS**

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

**12. DEBTORS**

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

**13. CREDITORS: Amounts falling due within one year**

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

**14. DEFERRED INCOME**

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

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

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

**15. OPERATING LEASES - LESSEE**

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

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

**16. MOVEMENT IN FUNDS**

**Restricted Funds:**

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

Previous year:

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

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

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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 Changing Lives, Thirteen, MoJ, Pilgrim Trust, Smallwood Trust and Lloyds Bank Foundation.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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**17. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

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

**18. FUNDS OF THE CHARITY**

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

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

**19. TAXATION**

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

**20. CONTROLLING PARTY**

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

**21. RELATED PARTY TRANSACTIONS**

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

**22. PENSION COSTS**

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

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

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

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**24. FINANCIAL INSTRUMENTS**

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

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

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

**25. PRIOR YEAR ADJUSTMENT AND RESTATEMENT OF COMPARATIVE FIGURES**

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





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