

**ESCAPE INTERVENTION SERVICES LTD.
DIRECTORS' REPORT AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 28 FEBRUARY 2023**



**Escape Intervention Services Ltd.
Directors' Report and Financial Statements
For The Year Ended 28 February 2023**

Contents

Page

Company Information	1
Directors' Report	2
Accountant's Report	3
Income and Expenditure Account	4
Balance Sheet	5
Notes to the Financial Statements	6—7
The following pages do not form part of the statutory accounts:	
Detailed Income and Expenditure Account	8

**Escape Intervention Services Ltd.
Company Information
For The Year Ended 28 February 2023**

Directors

Mrs Christine Rushton
Mr Malcolm Payne
Mrs Angela Jones
Mrs Nicola Cramer
Mr Philip Cox

Secretary

Mrs Angela Jones

Company Number

05366111

Registered Office

3 Waverley
Market Dock
South Shields
Tyne And Wear
NE33 1LE

Accountants

KP Simpson Ltd
Certified Public Accountants
172-174 Albert Road
Jarrow
NE32 5JA

Escape Intervention Services Ltd.
Company No. 05366111
Directors' Report For The Year Ended 28 February 2023

The directors present their report and the financial statements for the year ended 28 February 2023 .

Directors

The trustees who held office during the year were as follows:

Mrs Christine Rushton
Mr Malcolm Payne
Mrs Angela Jones
Mrs Nicola Cramer
Mr Philip Cox

Statement of Directors' Responsibilities

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors 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 company and of the surplus or deficit of the company for that period. In preparing the financial statements the directors are required to:

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

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

On behalf of the board

Mr Philip Cox
Director
19/09/2023



**ESCAPE INTERVENTION SERVICES LTD
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 28 FEBRUARY 2023**

This year we achieved our aims by delivering the following services:

- **Counselling**
- **Personal development through outdoor/creative activities**
- **Volunteering opportunities**
- **Sessional staff opportunities**
- **Complementary therapies**
- **Donations of clothing, household items, feminine hygiene products, toiletries, cleaning products etc**

Our services complement both Local and National Government Strategic plans and priorities, and we participate in local forums and working parties that contribute to aligning the development of future services with the needs of local children, young people and families.

Achievement and Performance:

- We continued to provide face-to-face sessions for counselling, having received 261 referrals this year.
- We worked within Public Health priorities outlined in the Mental Health Transformation Plan to deliver both short-term and long-term counselling dependent on the issues and traumatic experiences of clients, by delivering 2820 counselling sessions throughout the year, which included 804 being delivered in schools. Our sessional Counsellors/Psychotherapists were funded through the generous donations from the Wellesley Trust, Awards for All, National Lottery Community Fund, Together Fund and Street Games.
- We have worked with 14 qualified Sessional Counsellors/Psychotherapists and 1 trainee Counsellor, who have contributed to the success of our counselling provision, which has seen clients progress and address their mental health issues, including bereavement/loss.
- We have worked with approximately 300 young people through our activity programmes, which is lower than our normal average of 400 per year, as we are beginning to return to normal delivery levels. These outdoor and creative activities include:
 - kayaking
 - ghyll-scrabbling in the Lake District
 - cycling repair and maintenance sessions, and expeditions
 - bowling, quasar laser fun activities
 - art/creative writing group for young women
 - climbing sessions at Simonside Climbing Wall
 - fishing
 - family events
 - weekend residential experiences at Mounthooly in Northumberland, Hawkhirst Scout Centre in Northumberland and the Ocean Youth Trust training vessel James Cook.

These activities have been made possible by funding from Covid Community Champions Grant, Police and Crime Commissioner's Operation Payback, Barbour Foundation, Community Foundation, Albert Hunt Trust, Masonic Charitable Foundation, National Lottery Community Fund, Street Games, the Together Fund and the Tyne & Wear High Sheriff's Award.

- We have utilised 8 Sessional Activity Workers throughout the year to support delivery of activities and enhance the life chances and experiences of young people attached to our service.
- We continued to work in complementary partnership with other statutory and voluntary organisations to enhance the South Tyneside offer that supports children, young people and families, including kinship carers, to become physically, mentally, emotionally and psychologically healthier. These organisations include: CREST, Key (homelessness), Matrix, Women's Aid (Refuge), Lifecycle, Children and Young People's Service (CYPS), WAVES, schools, GP practices, Humankind, Leaving Care, Changing Lives, Liaison and Diversion Team, Social Workers, Early Help Team, Young Carers, Families First, Youth Justice Service, Impact Family Services and Health Visitors etc.
- We reviewed our Policies and Procedures in line with Local Authority recommendations.
- Our Volunteer Complementary Therapist delivered 120 therapy sessions to reduce anxiety, depression and stress, together with promoting positive physical health benefits of regular massage etc.

Provision:

The Service Manager oversees every aspect of service delivery and its development.

Counselling:

We have offered a range of therapies including Cognitive Behavioural Therapy (CBT), Psychotherapy, Person-Centred Therapy and Integrative Therapy as a direct response to the diverse range of presenting issues.

We received 261 referrals for counselling and assessments were carried out to ascertain suitability for our interventions. All cases were deemed suitable, and clients were then put onto our waiting list, which is impacted by the fact that we do not deliver time-limited interventions due to the complexity of the trauma experienced by children, young people and adults accessing our services.

**ESCAPE INTERVENTION SERVICES LTD
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 28 FEBRUARY 2023**

- ❖ 15 Counsellors/Psychotherapists have delivered sessions at our office base and in schools.
- ❖ Funding from the Wellesley Trust, Awards for All, National Lottery Community Fund, Together Fund and Street Games have enabled us to remunerate 14 Qualified Sessional Counsellors and Psychotherapists for their professional delivery of counselling and reimburse travel expenses for one trainee.
- ❖ All Counsellors and Psychotherapists receive external monthly Clinical Supervision in line with BACP and UKCP guidelines.
- ❖ 261 assessments for mental health support were carried out.
- ❖ 2820 sessions of counselling were attended.
- ❖ 230 clients aged 4-25 years and their parents/carers received counselling.
- ❖ We currently have 70 clients on our waiting list.

Complementary Therapies:

These are delivered by our qualified Therapist who offers six free sessions to young people and adults associated with our service, which include:

- ❖ Aromatherapy massage
- ❖ Hand and arm massage
- ❖ Back massage
- ❖ Indian head massage
- ❖ Hot stones massage
- ❖ Crystal healing
- ❖ Reiki

120 sessions were delivered to 20 clients to alleviate symptoms of anxiety, depression, stress and physical ailments impacting on their health and wellbeing.

Activity Programmes:

We have not delivered as many outdoor, adventurous and creative activities as we have during the past fifteen years, mainly due to the lack of a dedicated Activity Co-ordinator and funding issues. We have been mindful of the increased anxieties felt by young people aged 11-18 years, many of whom have become accustomed to being socially isolated and reticent about socialising with others, including at school. We are hopeful that the coming year will enable us to deliver more activities to complement our counselling provision and benefit our community by encouraging young people to become more active, through National Lottery Community Fund grants.

We have also struggled to recruit Sessional Activity Workers/Youth Workers despite working with the Police and Crime Commissioner's Violence Reduction Unit Consortium, who also acknowledged the challenges facing the sector in relation to youth work provision. Our pool of Sessional Activity Workers and Volunteers diminished at the beginning of the pandemic due to fears associated with Covid-19. We have interviewed several new recruits who are now working with us on our new programmes. We have delivered the following:

- ❖ 300 young people have participated in a programme of activities including:
 - ❖ kayaking
 - ❖ ghyll-scrambling in the Lake District
 - ❖ cycling repair and maintenance sessions, and expeditions
 - ❖ bowling, quasar laser fun activities
 - ❖ art/creative writing group for young women
 - ❖ weekend residential experiences at Mounthooly in Northumberland, Hawkhurst Scout Centre in Northumberland and the Ocean Youth Trust training vessel James Cook
 - ❖ 3 x arts and crafts 10-week programmes
 - ❖ 4 x 10 week climbing sessions

These activities have been made possible by funding from Covid Community Champions Grant, Police and Crime Commissioner's Operation Payback, Barbour Foundation, Community Foundation, Albert Hunt Trust, Masonic Charitable Foundation, National Lottery Community Fund, Street Games, the Together Fund and the Tyne & Wear High Sheriff's Award.

Resilience Programmes:

We delivered one course of resilience sessions within a local secondary school, which was evaluated very positively by the participants and staff members. We have plans to continue to deliver more of these sessions when time and staffing allows, as the resilience programme was developed through funding from the Police and Crime Commissioner's Violence Reduction Unit and is instrumental in assisting young people to increase their resilience and face life's challenges.

Family Mediation:

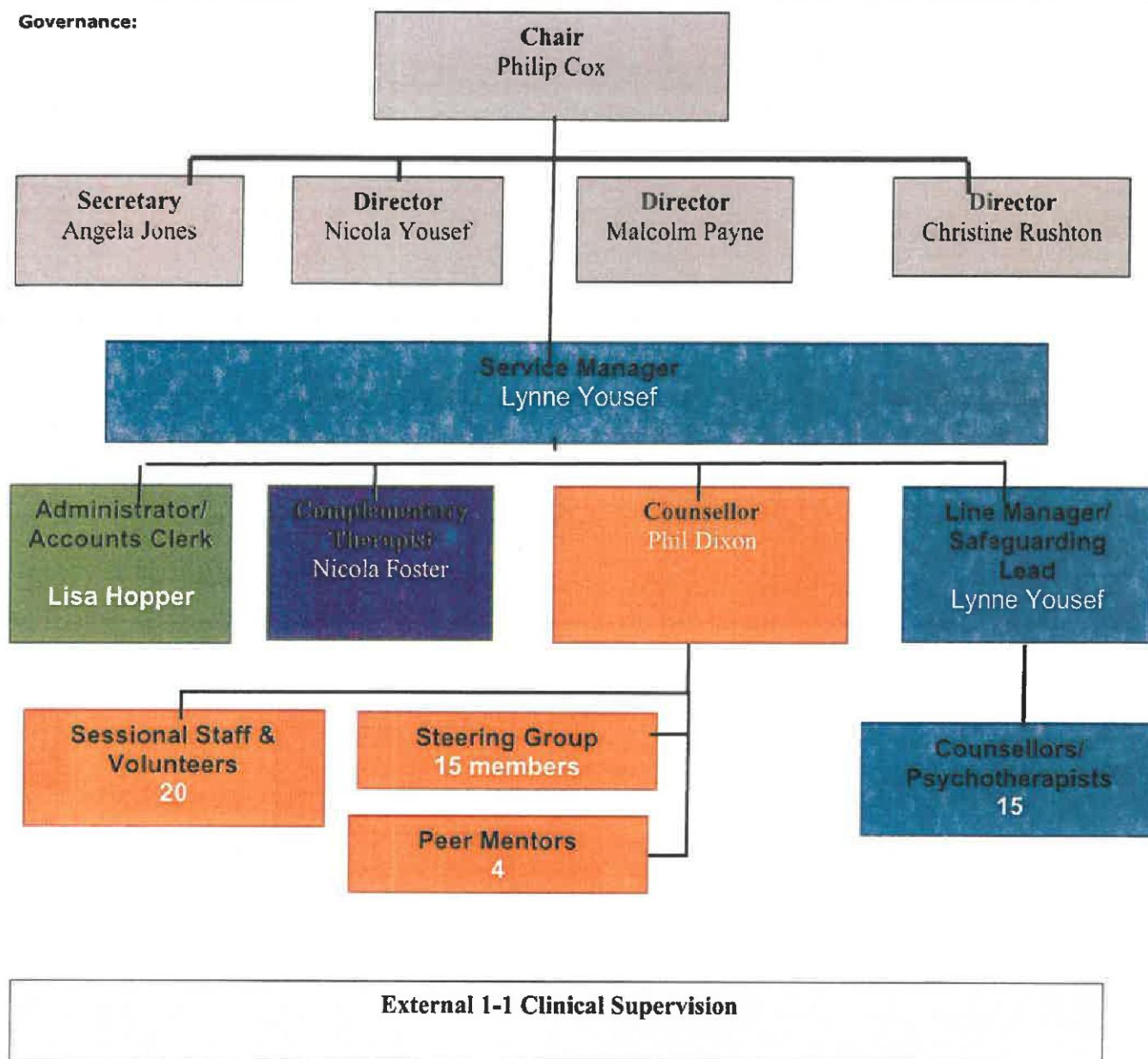
The Service Manager has delivered several mediation sessions between young people and their parents to help build positive relationships within families and increase community cohesion.

Steering Group:

We have continued to work with our Steering Group of 15 young people to plan, organise, budget for and evaluate our activity programmes. They have enjoyed meeting fortnightly as social evenings have been arranged and they have also participated in activities they have organised for their peers.

**ESCAPE INTERVENTION SERVICES LTD
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 28 FEBRUARY 2023**

Governance:



Escape Intervention Services Ltd is an organisational member of the British Association of Counsellors and Psychotherapists (BACP) and individuals are also members of the United Kingdom Council for Psychotherapy.

**ESCAPE INTERVENTION SERVICES LTD
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 28 FEBRUARY 2023**

Team working:

Escape Intervention Services has a strong team working ethic, which is understood by all Committee Members, staff, sessional staff, volunteers and young people who form part of our Steering Group. Everyone associated with Escape recognises the family values on which Escape has developed and flourished, with all team members being informed of developments, training opportunities and plans for the future.

Due to the nature of our team structure it is difficult to get everyone together at one time as most of our volunteers and sessional staff work full-time and have their own commitments. We communicate regularly with them through email and keep them abreast of changes or new items to consider. We also have an annual celebration to which everyone is invited, to thank everyone for their commitment and support of our services.

Plans for the future:

1. We intend to maintain current levels of delivery by identifying and applying for funding through grants and contracts that may be relevant to developing our services.
2. We aim to increase our activity programmes to work with more young people and improve their life chances by engaging them in pursuits they would not normally have access to due to the financial constraints of their families.
3. We shall remain responsive to demand and consider Saturday opening, if and when required, for those who cannot attend our evening sessions which usually end at 8.00pm.
4. We have discussed our future plans to build a purpose-built therapeutic centre with our Architect, PH+S, who have drawn plans to our specification and produced a model. These plans have been reviewed by our Committee and we have discussed this with the Planning Department of the Local Authority, who are receptive to the idea of a community asset.
5. We will ensure that policies and procedures are kept up to date and that Governance is conducted professionally.
6. We will continue to contribute to the Local and National Plans, and invest in our relationships with partner agencies to ensure young people and families grow and thrive.

**ESCAPE INTERVENTION SERVICES LTD
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 28 FEBRUARY 2023**

The main financial contributors to assisting us to sustain our charity this year are as follows:

Awards for All
Bill and May Hodgson
National Lottery Community Fund
Rothley Trust
Social Enterprise Support Fund
Together Fund
Hadrian Trust
Masonic
Albert Hunt Trust
Garfield Weston Foundation
Barbour Foundation
Edward Gostling Foundation
Street Games
Dogger Bank Operator's Fund
Community Foundation
PCC Operation Payback

Escape Intervention Services Ltd.
Accountant's Report
For The Year Ended 28 February 2023

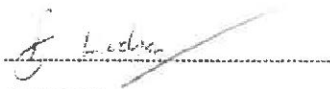
In accordance with the engagement letter dated 17 September 2018, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this 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 Company and the Company's directors for our work or for this report.

You have acknowledged on the balance sheet as at year ended 28 February 2023 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

Signed



19/09/2023

KP Simeson Ltd
Certified Public Accountants
172-174 Albert Road
Jarrow
NE22 5JA

**Escape Intervention Services Ltd.
Income and Expenditure Account
For The Year Ended 28 February 2023**

Notes	Restricted Funds 2023	Unrestricted Funds 2023	Total Funds 2023	Total Funds 2022
Income From:				
Donations	153,208	49,290	202,498	95,665
Government Grants				
Total Income	<u>153,208</u>	<u>49,290</u>	<u>202,498</u>	<u>95,665</u>
Expenditure on:				
Program Delivery	117,326	45,794	163,120	145,837
Total Expenditure	<u>117,326</u>	<u>45,794</u>	<u>163,120</u>	<u>145,837</u>
Operating Surplus	35,882	3,496	39,378	-50,172
Tax on surplus		56	56	400
Net movement in Funds	<u>35,882</u>	<u>3,552</u>	<u>39,434</u>	<u>-49,772</u>
Reconciliation of Funds				
Total funds brought forward	25,719	5,942	31,661	81,443
Net movement in funds	35,882	3,552	39,434	-49,772
Total funds carried forward	<u>61,601</u>	<u>9,494</u>	<u>71,095</u>	<u>31,661</u>

The statement of financial activities includes all gains and losses recognised in the year

Escape Intervention Services Ltd.
Balance Sheet
As At 28 February 2023

		2023		2022	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	4		7,543		7,836
			7,543		7,836
CURRENT ASSETS					
Debtors	5	175		1,176	
Cash at bank and in hand		78,988		27,862	
		79,163		29,038	
Creditors: Amounts Falling Due Within One Year	6	(14,179)		(3,725)	
NET CURRENT ASSETS (LIABILITIES)			64,984		25,313
TOTAL ASSETS LESS CURRENT LIABILITIES			72,527		33,149
PROVISIONS FOR LIABILITIES					
Deferred Taxation			(1,433)		(1,489)
NET ASSETS			71,094		31,660
Income and Expenditure Account			71,094		31,660
MEMBERS' FUNDS			71,094		31,660

For the year ending 28 February 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

On behalf of the board



Mr Philip Cox
Director

19/09/2023

The notes on pages 6 to 7 form part of these financial statements.

**Escape Intervention Services Ltd.
Notes to the Financial Statements
For The Year Ended 28 February 2023**

1. General Information

Escape Intervention Services Ltd. is a private company, limited by guarantee, incorporated in England & Wales, registered number 05366111. The registered office is 3 Waverley, Market Dock, South Shields, Tyne And Wear, NE33 1LE

The company is also a registered charity under the registration number 1149516, which also gives the company exemption from corporation tax.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared under the historical cost convention and in accordance with Financial Reporting Standard 102 section 1A Small Entities "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

2.2. Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

Sale of goods

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

Rendering of services

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

2.3. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings	25% reducing balance
Computer Equipment	25% reducing balance

2.4. Taxation

Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable surplus for the year. Taxable surplus differs from surplus as reported in the statement of comprehensive income because of items of income or expense that are taxable or deductible in other year and items that are never taxable or deductible. The company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable surplus. Deferred tax liabilities are generally recognised for all taxable timing differences. Deferred tax assets are generally recognised for all deductible temporary differences to the extent that it is probable that taxable surplus will be available against which those deductible timing differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable surplus will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period. Deferred tax liabilities are presented within provisions for liabilities and deferred tax assets within debtors. The measurement of deferred tax liabilities and asset reflects the tax consequences that would follow from the manner in which the Company expects, at the end of the reporting period, to recover or settle the carrying amount of its assets and liabilities.

Current or deferred tax for the year is recognised in surplus or deficit, except when they related to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

3. Average Number of Employees

Average number of employees during the year was as follows: 3 (2022: 3)

Escape Intervention Services Ltd.
Notes to the Financial Statements (continued)
For The Year Ended 28 February 2023

4. Tangible Assets

	Fixtures & Fittings £	Computer Equipment £	Total £
Cost			
As at 1 March 2022	886	26,267	27,153
Additions	-	1,899	1,899
As at 28 February 2023	<u>886</u>	<u>28,166</u>	<u>29,052</u>
Depreciation			
As at 1 March 2022	711	18,606	19,317
Provided during the period	44	2,148	2,192
As at 28 February 2023	<u>755</u>	<u>20,754</u>	<u>21,509</u>
Net Book Value			
As at 28 February 2023	<u>131</u>	<u>7,412</u>	<u>7,543</u>
As at 1 March 2022	<u>175</u>	<u>7,661</u>	<u>7,836</u>

5. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	175	726
Paye account	-	450
	<u>175</u>	<u>1,176</u>

6. Creditors: Amounts Falling Due Within One Year

	2023 £	2022 £
Trade creditors	11,580	3,153
Paye account	1,988	-
Pension account	311	272
Accruals and deferred income	300	300
	<u>14,179</u>	<u>3,725</u>

7. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

8. Restricted Funds

Restricted Funds	Balance bf	Incoming	Outgoing	Balance 28th Feb'23
Awards for All		10000	10000	0
Bernicia Foundation	4625		4625	0
Coalfields	10000		10000	0
National Lottery Community Fund		83262	35699	47563
PCC Operation Payback		4872	3551	1321
Rothley Trust		1000	1000	0
SESF		27500	27500	0
Sport England	5242		5242	0
Streetgames		15574	10161	5413
Together Fund		10000	2696	7304
Trusthouse Charitable Foundation	5852		5852	0
Doggerbank		1000	1000	0
Totals	25719	153208	117326	61601