

**City Of Escape Foundation**

**Charity No. 1155253**

**Company No. 08604745**

**Trustees' Report and Unaudited Accounts**

**31 July 2020**

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The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 July 2020.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

**Company No. 08604745**

**Charity No. 1155253**

##### **Registered Office**

100 Crowther Road  
London  
SE25 5QR

##### **Directors and Trustees**

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

T. Dennis  
N. Johnson  
N. Kakembo

##### **Accountants**

EBD ASSOCIATES  
5A MARKET STREET  
EAST HAM  
E6 2RH

#### **OBJECTIVES AND ACTIVITIES**

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

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

N. Johnson  
Trustee  
31 July 2020

The main premise of the Foundation over the last year includes working with children, young people and their families across the community.

The Foundation seeks to in still both growth and development within the young person`s chosen career path- whether this is academically or through sporting means. The Foundation offers its support through the means of Mentoring, Counselling and financial support.

The basis of or work is structured through our Christian faith however we are inclusive of other faith orgaisnations and we centre ourselves on providing equal opportunities for all, across the community sector. Given the current global pandemic and socio –economic climate within our community this has only served to have a detrimental impact upon the lives of young people and their families. We have recognised that this has more importantly, caused an increase in their mental and emotional health. Now more so than ever, young people now require an even greater amount of support, given the challenges that they now face.

#### Community Outreach- Mental Health

The project was launched to meet the growing emotional and psychological need for young people within the community. The project is has now increasingly in demand following the pandemic.

We have identified a significant need in this area and so our focus of work has had to meet this growing need. Typically we have now adopted a tier system within this project 1.Counselling 2.Mentoring and 3.Coaching. We have found that this allows us to work specifically to the needs of the young person for intensified periods, so as to maximise the outcome. Our work has also identified that both Teaching Staff and parents will also need to be part of the overall process so as to maximise the potential of the young individual.

For those young people entering Further Educational establishment we are also able to provide the necessary coaching so as to facilitate their requirements on their desired course. This serves as an additional support and raises the self-esteem and confidence of the young individual in this new level of learning.

#### Community Outreach Work

We understand that there is a growing need not just amongst young people in relation to their emotional psychological and behavioural needs but also that of the more mature members of the community.

We have identified that this work extends two fold. 1. The psychological support –current and past issues, given the pandemic and 2.the economic and financial hardships that they face.

This inadvertently affects not only them but also the young person/s with the immediate family.

We had devised the creation of the Food bank last year and this has seen a tremendous increase in demand from the community.

We are aware that the socio-economic condition`s has had a devastating impact on individuals. The Foundation has therefore had to diversify proposed projects so as to meet this demand. Given the current economic climate we estimate that this project will now form an important aspect of the work for the City of Escape.

In addition we are also able to offer both guidance and support to those adults who are educationally and physically impaired.

#### Youth Ministry

## **City Of Escape Foundation**

### **Trustees Annual Report**

The Foundation is aware that due to shortage of funding many long withstanding youth clubs and after school organisations have been severely affected, resulting in young people having limited access to activities outside of the school and home environment.

We are aware that one of these means is through the creative arts medium whereby individuals are able to express themselves through the means of drama, music or acting

This project is still in its infinite stages due in part to the pandemic. The Foundation had incorporated the use of zoom links so that we could still engage the time of our young people and this has worked extremely well given the significant time they had available given the pandemic. Facilitating this only has allowed the individuals to undertake support and encouragement for one another and serves also as a forum for meaningful debates and discussions.

We are hopeful that the Youth Ministry will eventually be able to meet physically so as to further develop and enhance the group.

We understand that this may help somewhat towards the increasing membership of young people through the gang culture and the significantly high rates of drug and alcohol abuse amongst young people within the community.

### **Gang and Knife Crime Project**

The desire of the Foundation is to develop this area of work however due to the pandemic we were formally unable to undertake this project as it involves working closely with the individuals.

This area of work is of increased concern as a number of young people we have worked with have had some experience or knowledge of the increase gang/knife crime culture which have now extended further to County lines which has served in further exasabating the problem.

The increase in knife crime amongst predominately young males the idea of this work is to work with groups of individuals at grass root level be susceptible to this form of behaviour. This will also extend to working with parents /careers/teachers outlining the importance of how this can impact both family and communities.

We have recognised that this burdening issue has many different facets and so we have sought to tackle this from a confidential perspective by seeking to understand what the underlying factors are within our young people attaining to this manner of behaviour. Our counselling and mentoring seek to present sustained and confidential advice and workshops through the Foundation together with other existing organisations with a view of steaming this epidemic within the community.

### **Family Ministry Counselling**

The above has now become an area of concern due to the decline in the family structure. Often families are now under increasing pressure both financially and emotionally in trying to sustain the family unit.

This has impacted all members of the family structure, and this may result in fractured relationships, individual issues which in many cases can lead to individual `s suffering from a variety of mental health issues and the inability to cope with life.

The family Ministry Counselling acts as mediator in many cases to resolve many of the internal family issues rather than asserting blame. The immediate goal is to give the family the skills and tools to solve immediate and future issues therefore creating a sound family structure. This also enables the younger members of the family to become less confrontational and discover the importance of using their emotional intelligence.

### **Ministry Counselling**

The Ministry Counselling is by far an area of prime importance to the City of Escape.

## **City Of Escape Foundation**

### **Trustees Annual Report**

Currently one in five individuals, suffer from some form of mental health issue. This can range for example from anxiety, bereavement, Panic attacks, low mood and depression and trauma to name but a few. There is currently a stigma surrounding the issue of mental health and so many young people and adults are reluctant to talk about and resolve many of their presenting issues.

At the City of Escape, we are passionate in providing the safe space and confidentiality needed by many individuals to explore their issues. We are therefore able to offer weekly individual sessions based on a number of therapies, for example, cognitive behavioural therapy (CBT) which enables individuals to think about a situation and how this affects the way they act. In turn our actions can affect how we think and feel.

There is now a continuing and rising demand for this area of service due in part to the global pandemic coupled with the socio-economic decline communities now face.

We have now felt that it is necessary to expand and work in collaboration with similar organisations across the communities so as ultimately support young people and their families in the wider context.

**City Of Escape Foundation**  
**Statement of Financial Activities**  
**for the year ended 31 July 2020**

		<b>Unrestricted</b>	<b>Total funds</b>	<b>Total funds</b>
		<b>funds</b>	<b>2020</b>	<b>2019</b>
	<b>Notes</b>	<b>2020</b>	<b>2020</b>	<b>2019</b>
		<b>£</b>	<b>£</b>	<b>£</b>
<b>Income and endowments from:</b>				
Donations and legacies	3	106,866	106,866	81,330
<b>Total</b>		<b>106,866</b>	<b>106,866</b>	<b>81,330</b>
<b>Expenditure on:</b>				
Charitable activities	4	119,617	119,617	111,629
<b>Total</b>		<b>119,617</b>	<b>119,617</b>	<b>111,629</b>
Net gains on investments		-	-	-
<b>Net expenditure</b>		<b>(12,751)</b>	<b>(12,751)</b>	<b>(30,299)</b>
Transfers between funds		-	-	-
<b>Net expenditure before other gains/(losses)</b>		<b>(12,751)</b>	<b>(12,751)</b>	<b>(30,299)</b>
<b>Other gains and losses</b>				
<b>Net movement in funds</b>		<b>(12,751)</b>	<b>(12,751)</b>	<b>(30,299)</b>
<b>Reconciliation of funds:</b>				
Total funds brought forward		5,382	5,382	35,682
<b>Total funds carried forward</b>		<b>(7,369)</b>	<b>(7,369)</b>	<b>5,383</b>

**City Of Escape Foundation**  
**Summary Income and Expenditure Account**  
**for the year ended 31 July 2020**

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Income	106,866	-
<b>Gross income for the year</b>	<u>106,866</u>	<u>-</u>
Expenditure	119,617	-
<b>Total expenditure for the year</b>	<u>119,617</u>	<u>-</u>
Net expenditure before tax for the year	(12,751)	-
<b>Net expenditure for the year</b>	<u><u>(12,751)</u></u>	<u><u>-</u></u>



**City Of Escape Foundation****Balance Sheet****at 31 July 2020**

<b>Company No. 08604745</b>	<b>Notes</b>	<b>2020 £</b>	<b>2019 £</b>
<b>Fixed assets</b>			
Tangible assets	6	4,247	5,178
		<u>4,247</u>	<u>5,178</u>
<b>Current assets</b>			
Cash at bank and in hand		5,159	12,480
		<u>5,159</u>	<u>12,480</u>
<b>Creditors: Amount falling due within one year</b>	7	(16,775)	(12,275)
<b>Net current (liabilities)/assets</b>		<u>(11,616)</u>	<u>205</u>
<b>Total assets less current liabilities</b>		<u>(7,369)</u>	<u>5,383</u>
<b>Net (liabilities)/assets excluding pension asset or liability</b>		<u>(7,369)</u>	<u>5,383</u>
<b>Total net (liabilities)/assets</b>		<u><u>(7,369)</u></u>	<u><u>5,383</u></u>
<b>The funds of the charity</b>			
<b>Restricted funds</b>	8		
<b>Unrestricted funds</b>	8		
General funds		(7,369)	5,382
		<u>(7,369)</u>	<u>5,382</u>
<b>Reserves</b>	8		
<b>Total funds</b>		<u><u>(7,369)</u></u>	<u><u>5,382</u></u>

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

For the year ended 31 July 2020 the company was entitled to exemption 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 Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 31 July 2020

And signed on its behalf by:

N. Johnson  
Trustee  
31 July 2020

**City Of Escape Foundation**  
**Notes to the Accounts**  
**for the year ended 31 July 2020**

**1 Accounting policies**

**Basis of preparation**

The financial statements have been prepared in accordance with 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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

**Change in basis of accounting or to previous accounts**

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

**Fund accounting**

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

**Income**

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Notes to the Accounts

**Expenditure**

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Freehold investment property**

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

**Intangible fixed assets and amortisation**

Intangible fixed assets (including purchased goodwill, patents and trademarks) are carried at cost less accumulated amortisation and impairment losses.

**Stocks**

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**Trade and other debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Cash and cash equivalents**

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

**Trade and other creditors**

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**Research and development**

Expenditure on research and development is written off in the year in which it is incurred.

**Foreign currencies**

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

**Leased assets**

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

**Pension costs**

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

**2 Company status**

The company is a private company limited by guarantee and consequently does not have share capital.

## 3 Income from donations and legacies

Unrestricted	Total 2020	Total 2019
£	£	£
106,866	106,866	81,330
<u>106,866</u>	<u>106,866</u>	<u>81,330</u>

## 4 Expenditure on charitable activities

	Unrestricted	Total 2020	Total 2019
	£	£	£
<i>Expenditure on charitable activities</i>			
	113,498	113,498	105,794
<i>Governance costs</i>			
Accountancy Fee	4,500	4,500	4,500
Bank Charges	688	688	199
Depreciation	931	931	1,136
	<u>119,617</u>	<u>119,617</u>	<u>111,629</u>

## 5 Staff costs

No employee received emoluments in excess of £60,000.

## 6 Tangible fixed assets

	£	£	£
<b>Cost or revaluation</b>			
At 1 August 2019	5,000	6,450	11,450
Additions	(2,739)	(3,533)	(6,272)
Transfers	(406)	(525)	(931)
At 31 July 2020	<u>1,855</u>	<u>2,392</u>	<u>4,247</u>
<b>Net book values</b>			
At 31 July 2020	<u>1,855</u>	<u>2,392</u>	<u>4,247</u>
At 31 July 2019	<u>5,000</u>	<u>6,450</u>	<u>11,450</u>

## 7 Creditors:

amounts falling due within one year

	2020 £	2019 £
Accruals and deferred income	<u>16,775</u>	<u>12,275</u>
	<u>16,775</u>	<u>12,275</u>

8 Movement in funds

	At 1 August 2019	Incoming resources (including other gains/losses )	Resources expended	At 31 July 2020
		£	£	£
Restricted funds:				
Unrestricted funds:				
General funds	5,382	106,866	(119,617)	(7,369)
Revaluation Reserves:				
<b>Total funds</b>	<b>5,382</b>	<b>106,866</b>	<b>(119,617)</b>	<b>(7,369)</b>

9 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fixed assets	4,247	-	4,247
Net current assets	5,159	(16,775)	(11,616)
	<b>9,406</b>	<b>(16,775)</b>	<b>(7,369)</b>

10 Reconciliation of net debt

	At 1 August 2019	Cash flows	New HP/Finance leases	At 31 July 2020
	£	£	£	£
Cash and cash equivalents	12,480	(7,321)		5,159
	<b>12,480</b>	<b>(7,321)</b>	<b>-</b>	<b>5,159</b>
Net debt	<b>12,480</b>	<b>(7,321)</b>	<b>-</b>	<b>5,159</b>

11 Related party disclosures

**Controlling party**

The company is limited by guarantee and has no share capital; thus no single party controls the company.

**City Of Escape Foundation**  
**Detailed Statement of Financial Activities**  
**for the year ended 31 July 2020**

	Unrestricted		
	funds	Total funds	Total funds
	2020	2020	2019
	£	£	£
<b>Income and endowments from:</b>			
Donations and legacies	106,866	106,866	81,330
	<u>106,866</u>	<u>106,866</u>	<u>81,330</u>
<b>Total income and endowments</b>	106,866	106,866	81,330
<b>Expenditure on:</b>			
Charitable activities	113,498	113,498	105,794
	<u>113,498</u>	<u>113,498</u>	<u>105,794</u>
Governance costs			
Accountancy Fee	4,500	4,500	4,500
Bank Charges	688	688	199
Depreciation	931	931	1,136
	<u>6,119</u>	<u>6,119</u>	<u>5,835</u>
<b>Total of expenditure on charitable activities</b>	119,617	119,617	111,629
<b>Total expenditure</b>	119,617	119,617	111,629
Net gains on investments	-	-	-
	<u>(12,751)</u>	<u>(12,751)</u>	<u>(30,299)</u>
<b>Net expenditure</b>			
<b>Net expenditure before other gains/(losses)</b>	(12,751)	(12,751)	(30,299)
Other Gains	-	-	-
	<u>(12,751)</u>	<u>(12,751)</u>	<u>(30,299)</u>
<b>Net movement in funds</b>			
	<u>(12,751)</u>	<u>(12,751)</u>	<u>(30,299)</u>
<b>Reconciliation of funds:</b>			
Total funds brought forward	5,382	-	-
	<u>(7,369)</u>	<u>-</u>	<u>-</u>
<b>Total funds carried forward</b>			
	<u>(7,369)</u>	<u>(7,369)</u>	<u>5,383</u>