

City Of Escape Foundation

Charity No. 1155253

Company No. 08604745

Trustees' Report and Unaudited Accounts

31 July 2021

City Of Escape Foundation
Contents

	Pages
Trustees' Annual Report	2 to 5
Statement of Financial Activities	6
Summary Income and Expenditure Account	7
Balance Sheet	8 to 9
Notes to the Accounts	10 to 15
Detailed Statement of Financial Activities	16

Report of the trustees for the year ended 31st July 2021

The direct aim of the Foundation over the last year focused on the continual enrichment of children young people and their subsequent families and carers. Our mission is to aid children and young people to develop a sound cognitive approach within their lives through our mentoring and counselling programmes but equally through our academic and financial support.

The structure of our work with young people is primarily through our Christian faith however we continue to be inclusive of all faiths and beliefs and consider our foundation to provide opportunities for our multi-faith community.

Given the current economic and financial challenges work amongst young people has now become a vital component of our family structure. It is now more than ever an increasing threat to our community with the increase of mental health issues escalating dramatically amongst children and young people.

Community Outreach Work – Mental Health

This remains the vital component of the City of Escape Foundation. The current socio-economic climate following the pandemic coupled with recent statistics has estimated that one in five young people now suffer from mental health issues and as a direct result our service are in extremely high demand.

The counselling aspect of our work remains extremely high, and we have identified that anxiety amongst young people is the most predominant. These factors include the impact of domestic family issues, finance and domestic violence appears to be the most prominent factors for children and young people.

As a result of this we can offer both Counselling, Mentoring and Coaching enabling us to work specifically to the needs of the individual and therefore maximising the outcome for the individual young person. In addition, we are inclusive of parents and carers as they are a vital component of the individual's recovery plan. Currently we can offer individual therapy programmes using an integrative approach specific to the client's needs. Our Cognitive Behavioural Approach is sometimes used as it allows individuals to reflect upon their situation and how this affects the way they act which can prove effective for those in the community.

Our work in this arena also extends to Further Educational organisations as the young person's emotional state can further deteriorate due to the lack of funding within their respective educational establishment. We are therefore acutely mindful of the needs required within this area of work.

Community Outreach

Now more than ever there is a significant need within our community for this work. Although our initial focus is that of children and young people, we have established that their emotional well-being is also rooted within their family community and friends. If these adults are centred within their own emotional well-being it will create a solid foundation for children and young people to thrive.

The socio-economic division within our community has created a significant number of issues amongst adults-financial and of course a significant rise in mental health issues amongst adults. As a direct result we have seen the demand for our food bank rise to extreme proportions. Combined with this the demand for emotional support is in extremely high demand. We understand that this will continue to be the case and we are of the belief that unless our continued support is given within this area of work it will continue to have a detrimental impact on the lives of children and young people.

Youth Ministry

Continued government cuts and the lack of funding within schools have resulted in poor support for children and young people outside the context of school. As direct a result we understand that Children and young people can become embroiled in unsavoury activities which can inevitably lead to crime, gang culture and in some instances to the onset of poor mental health issues. We are in some instances now able to meet physically however we are always mindful of their safety and so by still using the zoom link facilities we can have motivational talks and debates amongst are young people so that their voice can be heard and the adopt the sense that they are being guided and supported appropriately. This also serves in building their self-esteem and confidence but in addition there social and communication skills.

We are seeking to strengthen ourselves in this area of work with a view of this serving as a preventative forum to lessen the increasing number of children and young people that resort to drug and alcohol misuse as an aid to any emotional traumas or difficulties that they may encounter.

Family Ministry Counselling

The continual decline in the family structure has no doubt in created a marked impact on young people. This project serves to try and remedy this by offering a safe space for families to discuss the issues that might be of concern to them and learn that by communicating these difficulties that there are solutions that can invariably result in families finding their own way forward rather than creating derisions within the family structure. Culturally the cohort of individuals are reluctant to talk about their issues however this is slowly beginning to change as they begin to understand the importance of talking therapy. This is also the case for our individual programmes i.e., our Children and Young Adults Counselling Ministry which is also equally in high demand. Our focus here is that of a Solution Focused approach enabling the individual young person to adopt a cognitive approach in working on and finding solutions to their presenting issues.

Gang Prevention Programme

The Foundation is keen to develop in this area of work however our research has shown that this is far more complex than we had originally thought. This is due to how sophisticated the gang culture has become through- County lines and associated crimes. We are of the belief that it would require more volunteers with experience within this area so that the work can prove to be more effective.

In the interim we have been able to assist those individuals who have been immersed into this lifestyle with effective results whoever we are aware that this requires us to combine our resources with similar organisations so as to be fully effective. The nature of this work also requires a high

City Of Escape Foundation

degree of confidentiality and complete anonymity for the individual. Our aim is to continue with this programme as the severity of this issue continues to expand and is currently now a major cause of concern amongst children and young people across all community sectors.

Prepared by Trustees and signed by:

Chair Trustee

Mr N Johnson

N Johnson

31 May 2022

City Of Escape Foundation

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

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 May 2022

City Of Escape Foundation

Statement of Financial

Activities

for the year ended 31 July

2021

		Unrestricted		
		funds	Total funds	Total funds
		2021	2021	2020
		£	£	£
	Notes			
Income and endowments from:				
Donations and legacies	3	123,101	123,101	106,866
Total		123,101	123,101	106,866
Expenditure on:				
Charitable activities	4	111,611	111,611	119,617
Total		111,611	111,611	119,617
Net gains on investments		-	-	-
Net income/(expenditure)		11,490	11,490	(12,751)
Transfers between funds		-	-	-
Net income/(expenditure) before other gains/(losses)		11,490	11,490	(12,751)
Other gains and losses				
Net movement in funds		11,490	11,490	(12,751)
Reconciliation of funds:				
Total funds brought forward		(7,368)	(7,368)	5,383
Total funds carried forward		4,122	4,122	(7,368)
		<hr/>	<hr/>	<hr/>
		<hr/>	<hr/>	<hr/>

City Of Escape Foundation
Summary Income and Expenditure
Account

for the year ended 31 July 2021

		2021	2020
		£	£
Income		123,101	-
Gross income for the year		<u>123,101</u>	-
Expenditure		<u>111,611</u>	-
Total expenditure for the year	111,611		<u>-</u>
	Net income before tax for the year		-
11,490			<u>-</u>
Net income for the year		11,490	<u>-</u>

City Of Escape Foundation
Balance Sheet

at 31 July
2021

Company No. 08604745	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	6	3,483	4,247
			4,247
Current assets		3,483	
Cash at bank and in hand		21,914	5,160
			5,160
Creditors: Amount falling due within one year	7	(21,275)	(16,775)
Net current assets/(liabilities)			(11,615)
		639	
Total assets less current liabilities		4,122	(7,368)
The funds of the charity			
Restricted funds	8		
Unrestricted funds	8		
General funds		4,122	(7,368)
			(7,368)
		4,122	
Reserves	8		
Total funds		4,122	(7,368)
Net assets/(liabilities) excluding pension asset or liability		4,122	(7,368)
Total net assets/(liabilities) (7,368)		4,122	

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 2021 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.

City Of Escape Foundation

Approved by the board on 31 May 2022

And signed on its behalf by:

N. Johnson

Trustee

31 May 2022

for the year ended 31 July 2021 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.
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Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
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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.
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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.
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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.
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Volunteer help	The value of any volunteer help received is not included in the accounts.
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Investment income	This is included in the accounts when receivable.
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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.
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Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
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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.
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Notes to the Accounts

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.

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.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

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

Unrestricted	Total	Total
	2021	2020

£	£	£
103,128	103,128	106,866
19,973	19,973	-
123,101	123,101	106,866

4 **Expenditure on charitable activities**

	Unrestricted	Total	Total
		2021	2020
	£	£	£
<i>Expenditure on charitable activities</i>			
	106,189	106,189	113,498
<i>Governance costs</i>			
Bank Charges	158	158	688
Depreciation	764	764	931
Professional Fees	4,500	4,500	4,500
	111,611	111,611	119,617

5 **Staff costs**

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

6 **Tangible fixed assets**

	£	£	£
Cost or revaluation			
At 1 August 2020	5,000	6,450	11,450
At 31 July 2021	5,000	6,450	11,450
Depreciation and impairment			
At 1 August 2020	3,145	4,058	7,203
Depreciation charge for the year	334	430	764
At 31 July 2021	3,479	4,488	7,967
Net book values			
At 31 July 2021	1,521	1,962	3,483
At 31 July 2020	1,855	2,392	4,247

7 **Creditors:**

amounts falling due within one year

2021	2020
£	£

Accruals	21,275	16,775
	<u>21,275</u>	16,775

3 Income from donations and legacies

8 Movement in funds

	At 1 August 2020	Incoming resources (including other gains/losses) £	Resources expended £	At 31 July 2021 £
Restricted funds:				
Unrestricted funds:				
General funds	(7,368)	123,101	(111,611)	4,122
Total funds	(7,368)	123,101	(111,611)	4,122

9 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	3,483	3,483
Net current assets	639	639
	4,122	4,122

Reconciliation of net debt

	At 1 August 2020 £	Cash flows £	At 31 July 2021 £
Cash and cash equivalents	5,160	16,754	21,914
	5,160	16,754	21,914
Net debt	5,160	16,754	21,914

11 Related party disclosures

Controlling party

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

Detailed Statement of Financial**Activities for the year ended 31 July**

	11,490	11,490	(12,751)
	Unrestricted		
	funds	Total funds	Total funds
	2021	2021	2020
	£	£	£
Income and endowments from:			
Donations and legacies	103,128	103,128	106,866
	19,973	19,973	-
	123,101	123,101	106,866
Total income and endowments	123,101	123,101	106,866
Expenditure on:			
Charitable activities	106,189	106,189	113,498
	106,189	106,189	113,498
Governance costs			
Bank Charges	158	158	688
Depreciation	764	764	931
Professional Fees	4,500	4,500	4,500
	5,422	5,422	6,119
Total of expenditure on charitable activities	111,611	111,611	119,617
Total expenditure	111,611	111,611	119,617
Net gains on investments	-	-	-
	11,490	11,490	(12,751)
Net income/(expenditure)			
Net income/(expenditure) before other gains/(losses)	11,490	11,490	(12,751)
Other Gains	-	-	-
Net movement in funds			
Reconciliation of funds:			
Total funds brought forward	(7,368)	(7,368)	5,383
Total funds carried forward	4,122	4,122	(7,368)
2021			