

# GET OUT

England & Wales · Charity number 1179362

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2018-07-27

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 54 Salop Road  
London  
E17 7HT

**Phone** 07516986430

**Email** [kieran.harkin@getoutuk.org](mailto:kieran.harkin@getoutuk.org)

**Website** [www.getoutuk.org](http://www.getoutuk.org)

## Activities

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**Objects:** 1) TO ADVANCE THE EDUCATION OF CHILDREN AND YOUNG PEOPLE AND PARTICULARLY THOSE FROM SOCIALLY, AND ECONOMICALLY DISADVANTAGED BACKGROUNDS, IN THE LONDON BOROUGH OF TOWER HAMLETS IN THE CONSERVATION, PRESERVATION AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT. 2) TO ADVANCE IN LIFE AND HELP YOUNG PEOPLE IN THE LONDON BOROUGH OF TOWER HAMLETS THROUGH: (A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE; (B) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.

**Activities:** GET OUT exists to connect disadvantaged young people and children to the natural world to further its protection and improve wellbeing. This is done through surfing, outdoor education and food growing projects. GET OUT primarily works within the London borough of Tower Hamlets but runs surf projects and surf camps around the south of England.

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Prevention Or Relief Of Poverty, Environment/conservation/heritage, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

## Geography

- **Area of benefit:** LOCAL
- Throughout London

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2024-12-31 | £40,111 | £43,361     | -      | -         |
| 2023-12-31 | £38,706 | £39,350     | -      | -         |
| 2022-12-31 | £32,116 | £42,674     | -      | -         |
| 2021-12-31 | £13,499 | £29,588     | -      | -         |
| 2020-12-31 | £20,168 | £8,204      | -      | -         |

## Trustees

| Name                          | Role  | Appointed  |
|-------------------------------|-------|------------|
| <b>Carina Crawford - Khan</b> | Chair | 2023-09-14 |
| Adam Rahman                   |       | 2020-03-27 |
| Carmen Martinez               |       | 2025-11-05 |
| Gurvinder Kaur Uppal          |       | 2025-12-08 |
| Lee Walker                    |       | 2025-12-15 |

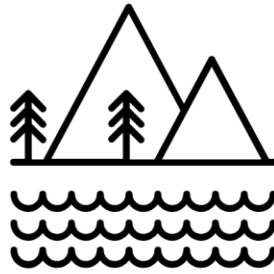
**GET OUT**

England & Wales - Charity number 1179362

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# Accounts

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# GET OUT

ENVIRONMENT. EDUCATION. COMMUNITY

Registered Charity Number: 1179362

CIO Company Number: CE014750

## **TRUSTEES' ANNUAL REPORT AND ACCOUNTS**

### **For the period ended 31 December 2024**

#### CONTENTS

|              |                                     |
|--------------|-------------------------------------|
| Page 1       | Charity Information                 |
| Pages 2 - 11 | Trustees' Annual Report             |
| Page 12      | Independent Examiner's Report       |
| Page 13      | Receipts and Payments Account       |
| Page 14      | Statement of Assets and Liabilities |
| Page 15      | Notes to the financial statements   |

[www.getoutuk.org](http://www.getoutuk.org)

## GET OUT

### Reference and Administrative details

Charity registration number 1179362

CIO Company number CE014750

Charity's principal address 54 Salop Road  
London  
E177HT

Charity trustees Trustees who served during the period and up to the date of this report were as follows:

|                  |         |                                |
|------------------|---------|--------------------------------|
| S. Jennings      | (Chair) | Appointed 28 July 2018         |
|                  |         | Appointed Chair 4th March 2020 |
| K. Mc Cafferty   |         | Appointed 28 July 2018         |
| D. Bolton        |         | Appointed 28 July 2018         |
| A. Rahman        |         | Appointed 27 March 2020        |
| C. Crawford-Khan |         | Appointed 14 Sept 2023         |

|               |           |                                                |
|---------------|-----------|------------------------------------------------|
| Key Personnel | K. Harkin | Founder and Director<br>Appointed 28 July 2018 |
|---------------|-----------|------------------------------------------------|

Bankers The Co-operative Bank - Business  
PO Box 250  
Skelmersdale  
WN8 6WT

Independent Examiner Dr Peter Ellington FAIA  
Triple Bottom Line Accounting  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

# GET OUT

**Registered Charity Number:** 1179362

## **Trustees' Annual Report for the period ended 31 December 2024**

The trustees present their report together with the independently examined accounts of the charity for the period ended **31 December 2024**.

The charity is a **Charitable Incorporated Organisation (CIO)** constituted on **27 July 2018** under company number **CE014750** and registered with the Charity Commission for England and Wales under charity number **1179362**.

The trustees have adopted the provisions of *Accounting and Reporting by Charities: Statement of Recommended Practice (SORP)* 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).

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## **Objectives and Activities**

The purpose of the charity, as detailed in its constitution, is:

1. **To advance the education** of children and young people—particularly those from socially and economically disadvantaged backgrounds, in the London Borough of Tower Hamlets—in the conservation, preservation, and improvement of the physical and natural environment.
  2. **To advance in life and help young people** in the London Borough of Tower Hamlets through:
    - (a) The provision of recreational and leisure-time activities provided in the interest of social welfare designed to improve their conditions of life; and
    - (b) Providing support and activities which develop their skills, capacities, and capabilities to enable them to participate in society as mature and responsible individuals.
-

## Principal Activities in 2024

In 2024, GET OUT continued to deliver and expand its outdoor education and wellbeing programmes, completing its transition to focus fully on blue-space and water-based activities. The charity's work this year centred on projects that connect young people—especially those from inner-city communities—with nature, the ocean, and their local waterways.

Key activities during the reporting period included:

- Launching a Surf Therapy Project in partnership with Step Forward, supporting 50 young people through nature-based wellbeing sessions and surf therapy experiences.
- Delivering the “Your Water – Your Way” pilot in partnership with Surfers Against Sewage, engaging around 50 young people through creative, community, and outdoor sessions exploring connection to their local waterways, concluding with a surf day at Joss Bay.
- Running two residential surf camps and a series of surf day trips, reaching nearly 110 children and young people from East London schools and youth groups.
- Hosting the first Youth Ocean Summit residential weekend in Devon, bringing together 28 young people from London and the South West to explore youth leadership, environmental protection, and ocean literacy.

This year also marked the first in which GET OUT no longer reported on food-growing or garden management projects, having successfully completed its handover of the Food Forest Community Garden to local stakeholders in 2023. This transition allows the charity to dedicate its full capacity to its surf, waterway, and ocean-focused programmes.

In early 2024, the trustees met to develop a new Theory of Change for the organisation, built on three strategic pillars:

1. Increasing access to green and blue spaces
2. Improving health and wellbeing through time in nature
3. Inspiring a generation to protect the environment

## Structure, Governance and Management

The charity continues to be governed by the provisions set out in its constitution, adopted on 27 July 2018.

The trustees met four times during the period and held additional informal and sub-committee meetings to advance the development of the charity's new Theory of Change and three-year growth plan.

The trustees who have served during the period and up to the date of this report are listed on page 1.

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## Public Benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales when planning and delivering the charity's activities.

GET OUT's programmes continue to provide clear public benefit by enabling young people from disadvantaged communities to access green and blue spaces, improve their mental and physical wellbeing, and develop the skills, confidence, and environmental awareness necessary to participate fully in society.

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## Achievements and Performance

Thanks to the continued dedication of our small team, Trustees, and volunteers, GET OUT proudly completed its sixth accounting period since registration with the Charity Commission. 2024 marked a significant milestone in our evolution, as we completed our transition to focus entirely on *blue-space and water-related programmes*, enabling us to deepen our impact on the wellbeing and environmental awareness of young people.

## Programme Overview

### 1. Surf Therapy

In 2024, GET OUT launched its first dedicated Surf Therapy project, in partnership with the Step Forward charity ([www.step-forward.org](http://www.step-forward.org)).

This innovative programme supported 50 young people from East London, many of whom face mental health challenges or social barriers. Through a combination of structured surf sessions, peer support, and guided reflection, participants experienced improved confidence, social connection, and overall wellbeing.

The sessions highlighted the unique therapeutic power of blue spaces and aligned with growing evidence that surfing and time in nature enhance mental health, resilience, and self-esteem.

## **2. Your Water – Your Way (with Surfers Against Sewage)**

We piloted Your Water – Your Way, a creative partnership with Surfers Against Sewage, designed to connect young people with their *local waterways* — even when they can't be in or on the water.

Across six months, we delivered skateboarding sessions, creative workshops, and short film projects, culminating in a surf day at Joss Bay.

The project engaged around 50 young people, empowering them to see their urban blue spaces as valuable places for recreation and community action.

While recruitment proved challenging due to sporadic scheduling, the pilot provided valuable learning for future youth-led environmental programming.

## **3. Surf Camps and Day Trips**

Building on our established core model, GET OUT ran two residential surf camps and a series of surf day trips, welcoming a total of over 100 young participants (48 on residential camps and 60 on day trips).

The camps offered an immersive experience in surfing, team building, and environmental learning, with overwhelmingly positive feedback from schools and participants.

Young people reported improved self-confidence, physical fitness, and a deeper sense of connection to the ocean and to one another.

## **4. Youth Ocean Summit**

In 2024 we delivered our first-ever Youth Ocean Summit residential weekend in North Devon, uniting 28 young people from inner-city London and coastal Devon.

Through surfing, workshops, and peer-led discussion, participants explored how youth voice can influence environmental protection and local action.

The Summit has now become a flagship part of GET OUT's youth engagement model, directly contributing to our mission of empowering young people to lead on ocean and environmental issues

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## Programme Impact

Drawing on participant feedback, independent studies, and established research (including the University of Derby and RSPB “Connection to Nature” findings and the Outward Bound 2024 Social Impact Report), GET OUT’s 2024 programmes demonstrated consistent outcomes across wellbeing, confidence, and environmental awareness:

- 85% of participants reported feeling calmer and happier after outdoor activity.
- 70% said they learned new ways to care for the environment.
- Three in four reported stronger teamwork and social confidence.

These outcomes mirror wider evidence that time in nature and blue-space activity leads to measurable improvements in wellbeing, social connection, and pro-environmental behaviour.

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## Strategic Development

At the beginning of 2024, the Board of Trustees met to co-develop a Theory of Change for GET OUT’s programme work. This framework now guides both delivery and evaluation across all projects, focusing on three core pillars:

1. Increasing access to green and blue spaces
2. Improving the health and wellbeing of participants
3. Inspiring a generation to protect the environment

This shift represents a clear, evidence-based vision for the charity’s next phase of growth.

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## Volunteering

Our work continues to be supported by a small but dedicated volunteer team.

In 2024, 15 volunteers contributed their time across surf camps, day trips, and event logistics, helping ensure every activity ran safely and inclusively. Their contribution remains a cornerstone of GET OUT’s success.

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## **Financial Review**

In the period ended 31 December 2024, the charity received income totalling £40,111.85 and spent £43,360.80.

We entered the year with £9,331.60 cash in the bank and finished this period with £6,082.65. This represents a planned reduction in reserves as part of our investment in new programme delivery and strategic development. This was the charity's sixth accounting period since registration with the Charity Commission.

Income for the year included restricted funding of £16,700, which was allocated to specific programme work such as the *Surf Therapy Project* (in partnership with Step Forward) and the *Your Water – Your Way* pilot (with Surfers Against Sewage).

The remaining £23,411.85 of unrestricted income was raised through donations, school and community contributions, and corporate sponsorships. This included:

- £15,866.00 from schools and community organisations taking part in surf camps and day trips;
- £6,030.00 in corporate sponsorship, including support from surf and outdoor industry partners;
- £1,300.00 in individual donations from members of the public; and
- £215.85 in miscellaneous refunds.

Expenditure for 2024 totalled £43,360.80, the majority of which directly supported charitable activities. This included programme delivery, staff costs, transport, and equipment purchases necessary for surf therapy and outdoor education sessions. Governance expenditure of £565.20 covered the charity's annual independent examination and compliance costs.

While expenditure exceeded income by £3,248.95, this was a strategic decision to deliver a year of growth and pilot new programmes while maintaining healthy reserves for 2025. The charity closed the year in a stable financial position with £6,082.65 in cash funds, providing a secure base for continued delivery of water-based programmes in the year ahead.

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## **Appointments of the Trustees**

During 2024, the Board of Trustees continued its work to strengthen governance and strategic oversight. Following a review of the Board's composition at the end of 2023, the Trustees maintained a focus on recruiting individuals with expertise in youth engagement, education, and fundraising.

No new Trustees were appointed during the reporting period, and all existing members continued to serve throughout the year. The charity's Board therefore, comprised the same individuals as at the end of 2023.

The Trustees are:

- **S. Jennings (Chair)** – appointed 28 July 2018; appointed Chair 4 March 2020
- **K. McCafferty** – appointed 28 July 2018
- **D. Bolton** – appointed 28 July 2018
- **A. Rahman** – appointed 27 March 2020
- **C. Crawford-Khan** – appointed 14 September 2023

Together, the Trustees bring a diverse mix of skills spanning education, youth work, business development, and community leadership. This collective experience continues to provide strong guidance for the charity's operational and strategic decisions.

The Trustees express their gratitude to all volunteers, funders, and partners who contributed to the success of GET OUT's programmes during the year.

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## **Internal Controls**

A system of internal controls is in operation regarding all financial and governance matters. Written financial policies and authorisation procedures are in place to ensure transparency, accountability, and compliance with the Charities Act 2011 and relevant regulations for CIOs.

The organisation and reporting of the charity's operations and strategy are overseen by the Board of Trustees, which meets quarterly and as required between meetings. The Director provides regular financial and programme updates, and the Board approves all major expenditures, funding applications, and strategic initiatives.

In addition, the Trustees have introduced more structured financial monitoring, including quarterly cash flow reviews and variance reporting against budget. This ensures that early warning of any financial shortfall can be identified and acted upon promptly.

The Trustees reserve the final decision on all major capital expenditure, new partnerships, and programme expansion, maintaining a hands-on approach to the effective stewardship of the charity's resources.

## **Risks and Risk Mitigation**

The Board of Trustees regularly reviews the major risks to which the charity is exposed, particularly those related to its operations, finances, and reputation, and ensures that appropriate systems and processes are in place to mitigate these risks as far as reasonably possible.

The principal risks identified for **2024** were as follows:

### **1. Financial Sustainability**

As a small charity with one part-time staff member, GET OUT remains dependent on successful grant applications, school contributions, and donations to maintain programme delivery. The volatility of small-grant funding and limited unrestricted income present a continuing challenge.

#### **Mitigation:**

The Trustees maintain a close review of cash flow and reserves, with quarterly financial monitoring and conservative budgeting to ensure sustainability. The charity is actively diversifying its income base through corporate partnerships, school contributions, and longer-term funder relationships. Plans are also in development to increase unrestricted income through merchandise sales, events, and individual giving.

### **2. Staffing and Capacity**

The charity continues to rely heavily on one part-time Director for the delivery and administration of programmes, supported by volunteers and Trustees. This creates a potential risk in relation to capacity, continuity, and wellbeing.

**Mitigation:**

The Trustees have prioritised securing multi-year funding to increase staffing capacity and are exploring part-time administrative and programme support roles. The Board also maintains regular communication and hands-on involvement in governance, fundraising, and strategic planning to share responsibility.

### **3. Programme Delivery and Partnership Risk**

Given the charity's focus on partnerships with external organisations (e.g. Step Forward and Surfers Against Sewage), there is an inherent risk of project disruption or misalignment of expectations if partners' timelines or funding conditions change.

**Mitigation:**

Formal partnership agreements and clear communication protocols have been implemented for all collaborative projects. The Board reviews all partnership commitments before approval to ensure alignment with GET OUT's charitable objectives and safeguarding standards.

### **4. Safeguarding and Participant Welfare**

The nature of GET OUT's activities—particularly surf therapy and outdoor residential programmes—requires robust safeguarding, risk assessment, and health and safety procedures to protect young participants and volunteers.

**Mitigation:**

The charity operates under a comprehensive safeguarding policy, with all staff and volunteers subject to DBS checks and mandatory safeguarding training. Risk assessments are completed for every event or trip, and GET OUT continues to work only with accredited surf schools and activity providers.

### **5. Strategic Transition and Growth**

As the charity transitions fully to water-based programmes, there is a risk of losing momentum or identity among previous supporters familiar with its earlier community garden projects.

**Mitigation:**

The new **Theory of Change** adopted in 2024 provides a clear strategic framework, reaffirming the charity's purpose and demonstrating measurable outcomes for funders and stakeholders. Communication and marketing efforts have focused on storytelling and impact evidence to strengthen brand identity and highlight GET OUT's distinctive role in connecting young people with blue spaces.

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signed by:  
  
419ADA8BB9554E4...

.....  
Carina Crawford-Khan (Chair)

Date: 28<sup>th</sup> October 2025

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## GET OUT

Registered Charity Number: 1179362

Independent Examiner's Report to the Trustees of GET OUT

I report to the trustees on my examination of the accounts for the period ended 31 December 2024, which are set out on pages 13 to 15.

As trustees of the charity, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under Section 145 of the Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

I have completed my examination of the books and records that have been presented to me by the Trustees and officers of the charity. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material aspect:

- accounting records were not kept in accordance with Section 130 of the Act; or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....  
Dr Peter Ellington FAIA  
Triple Bottom Line Accounting Limited  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

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**GET OUT**

Registered Charity Number: 1179362

**Receipts and Payments Accounts**

For the period ended 31 December 2024

|                                                      | <b>Unrestricted<br/>£</b> | <b>Restricted<br/>£</b> | <b>Total<br/>£</b> |
|------------------------------------------------------|---------------------------|-------------------------|--------------------|
| <b>Receipts</b>                                      |                           |                         |                    |
| Donations                                            | 1300                      |                         | 1300               |
| Grants                                               |                           | 16700                   | 16700              |
| Corporate                                            | 6030                      |                         | 6030               |
| School & Community<br>Organisations<br>Contributions |                           | 15866                   | 15866              |
| Misc (Refunds)                                       | 215.85                    |                         | 215.85             |
| <b>Total</b>                                         | <b>7545.85</b>            | <b>32566</b>            | <b>40111.85</b>    |
| <b>Payments</b>                                      |                           |                         |                    |
| Charitable activities                                |                           | 16283.01                | 16283.01           |
| Salaries / Wages (inc.<br>pension and HMRC)          | 10229.6                   | 16282.99                | 26512.59           |
| Governance                                           | 565.2                     |                         | 565.20             |
| <b>Total</b>                                         | <b>565.20</b>             | <b>32566</b>            | <b>43360.8</b>     |
|                                                      |                           |                         |                    |
| <b>Net of Receipts</b>                               |                           |                         |                    |
| <b>Cash funds at the<br/>start of period</b>         |                           |                         | 9331.6             |
| <b>Cash funds at end of<br/>period</b>               |                           |                         | 6082.65            |

GET OUT

Registered Charity Number: 1179362

Statement of Assets and Liabilities

As of 31 December 2024

|                  | Unrestricted<br>£ | Restricted<br>£ | Total<br>£ |
|------------------|-------------------|-----------------|------------|
| Cash at Bank     | 6,082.65          |                 | 6,082.65   |
| Total Cash Funds |                   |                 |            |

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the period end the charity did not have any outstanding guarantees to third parties nor any debts secured on the assets of the charity.

The financial statements were approved by the Board of Trustees on 19th September 2024 and were signed on its behalf by:

Signed by:  
  
419ADA8BB9554E4...

.....  
  
Carina Crawford-Khan  
Chair of the Board of Trustees  
Date: 28<sup>th</sup> October 2025

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## GET OUT

Registered Charity Number: 1179362

Notes to the financial statements  
For the period ended 31 December 2024

## ACCOUNTING POLICIES

### [1] Basis of preparing the financial statements.

The financial statements have been prepared on a cash basis under the historical cost convention, and in accordance with the Statement of Recommended Practice: "Accounting and Reporting by Charities" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard (FRS 102) applicable in the UK and Republic of Ireland (effective 1 January 2015), and the Charities Act 2011.

### [2] Taxation

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

### [3] Fund accounting

Unrestricted funds can be used in furtherance of the general objectives of the charity, at the discretion of the trustees. Restricted funds are subjected to restrictions imposed by the donors or when funds are raised for restricted purposes.

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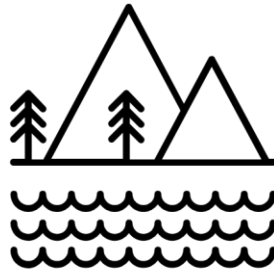
**GET OUT**

England & Wales - Charity number 1179362

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# Accounts

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# GET OUT

ENVIRONMENT. EDUCATION. COMMUNITY

Registered Charity Number: 1179362

CIO Company Number: CE014750

## **TRUSTEES 'ANNUAL REPORT AND ACCOUNTS** **For the period ended 31 December 2023**

### CONTENTS

|              |                                     |
|--------------|-------------------------------------|
| Page 1       | Charity Information                 |
| Pages 2 - 11 | Trustees 'Annual Report             |
| Page 12      | Independent Examiner's Report       |
| Page 13      | Receipts and Payments Account       |
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[www.getoutuk.org](http://www.getoutuk.org)

## GET OUT

### Reference and Administrative details

Charity registration number 1179362

CIO Company number CE014750

Charity's principal address  
54 Salop Road  
London  
E177HT

Charity trustees Trustees who served during the period and up to the date of this report were as follows:

|                  |         |                                |
|------------------|---------|--------------------------------|
| S. Jennings      | (Chair) | Appointed 28 July 2018         |
|                  |         | Appointed Chair 4th March 2020 |
| K. Mc Cafferty   |         | Appointed 28 July 2018         |
| D. Bolton        |         | Appointed 28 July 2018         |
| A. Rahman        |         | Appointed 27 March 2020        |
| C. Crawford-Khan |         | Appointed 14 Sept 2023         |

|               |           |                                                |
|---------------|-----------|------------------------------------------------|
| Key Personnel | K. Harkin | Founder and Director<br>Appointed 28 July 2018 |
|---------------|-----------|------------------------------------------------|

Bankers  
The Co-operative Bank - Business  
PO Box 250  
Skelmersdale  
WN8 6WT

Independent Examiner  
Dr Peter Ellington FAIA  
Triple Bottom Line Accounting  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

---

GET OUT

Registered Charity Number: 1179362

## **Trustees' Annual Report for the period ended 31 December 2023**

The trustees present their report together with the independently examined accounts of the charity for the period ended 31 December 2023.

The charity is a Charitable Incorporated Organisation which was constituted on 27 July 2018 under company number CE014750 and is registered with the Charity Commission in England and Wales under charity number 1179362.

The trustees have adopted the provisions of 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).

### **Objectives and Activities**

The purpose of the charity, as detailed in its constitution, is:

- (1) To advance the education of children and young people particularly those from socially and economically disadvantaged backgrounds, in the London Borough of Tower Hamlets, in the conservation, preservation and improvement of the physical and natural environment.
- (2) To advance in life and help young people in the London Borough of Tower Hamlets through
  - (a) The provision of recreational and leisure time activities provided in the interest of social welfare designed to improve their conditions of life;
  - (b) Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

The principal activities of the charity in the period under review:

- Offering an educational surf programme to children and young people, primarily in the London Borough of Tower Hamlets. Our surf programme in 2023 consisted of residential surf camps, day trips and acting as a case study charity for World Ocean Day for Schools where we took 28 young people from Tower Hamlets to The Wave to join a day of activities.
- The continued management of an inner-city half-acre community garden for the benefit of local schools, inhabitants of Tower Hamlets and the surrounding neighbourhoods, by utilising the facilities to provide education and volunteering activities.

## **Structure, Governance and Management**

The charity is governed by the provisions set out in its constitution which were adopted by the trustees on 27<sup>th</sup> July 2018.

The trustees have met together 4 times during the period.

The trustees who have served during the period and up to the date of this report are set out on page 1.

## **Public benefits**

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission of England and Wales when determining the activities to be undertaken by the Charity.

## **Achievements and Performance**

Thanks to the tireless efforts of our dedicated staff, committed Trustees, and extraordinary volunteers, GET OUT proudly enters its fifth year since officially registering as a charity. We are incredibly proud of the resilience we've demonstrated in navigating the challenges of the pandemic during our formative years and for successfully establishing ourselves as a small but impactful charity.



## **2023 Highlights**

In an exciting recognition of our work, GET OUT was chosen as the case study charity for World Ocean Day for Schools, a significant global event that allowed us to showcase our commitment to environmental stewardship and community engagement.

Our surf program saw tremendous success this year, with 90 enthusiastic participants who embraced the joy and camaraderie of surfing. Additionally, we launched our inaugural residential surf camps, welcoming 32 young people to experience the exhilaration of surfing while building lasting friendships and skills.

Our Food Forest community garden became a thriving hub of activity, attracting over 1,000 visitors who came to enjoy the vibrant atmosphere and the bounty of nature. The garden also flourished with the dedication of our volunteers, totalling over 100 individuals, including 12 regular members of our growing team. This year, we were thrilled to include a local Bengali Women's Group in our volunteer efforts, enriching the diversity and inclusivity of our community engagement.

In partnership with Good Gym Tower Hamlets and Good Gym Newark, we celebrated over 100 hours of volunteer service dedicated to enhancing the Food Forest community garden. When combined with the remarkable contributions from all our volunteers, we surpassed a total of 1,000 volunteer hours this year, demonstrating the community's commitment to nurturing this green space.

Furthermore, we expanded our outreach by launching new partnerships with established youth organizations in East London, allowing us to further our mission of empowering young people and fostering community involvement. Together, these accomplishments reflect our collective passion for making a positive impact in our community, and we look forward to building on this momentum in the years ahead.

## **Our fifth year ...**

In our fifth year, we were proud to participate in World Ocean Day for Schools as a case study organisation. This opportunity allowed us to connect with young people in both Portugal and the UK and to enjoy a fantastic day at The Wave in Bristol.

As a small charity with just one part-time employee, we are once again delighted to have supported many children and young people in our surfing programs this year, helping them connect with nature. We are committed to ongoing growth, aiming to enhance the charity's resilience and sustainability while increasing our positive impact.

However, we faced challenges this year, as some schools that had committed to our surf camps and surf day trips canceled just weeks before the events. This prevented us from offering those opportunities to other schools and organizations.

We also felt a mix of sadness and pride as we transitioned away from the daily management of the Food Forest Community. Our goal was always to hand this space over to the community and the nearby primary school so they could use it to connect with nature and learn about food growing. We are confident that this transition was successful, with a dedicated team of local volunteers, including the Bengali Women's Group, ready to maintain the garden. When GET OUT first took over management, we transformed an overgrown, derelict area into a productive garden filled with hundreds of edible plants and a thriving ecosystem focused on education. Having invested over £10,000 and countless volunteer hours, we hope that the new management, which includes Malmesbury Primary School and the local community, will honor our commitment and keep this space thriving for the benefit of children, young people, and the wider community.

The trustees of GET OUT, along with founder Kieran Harkin, come from diverse backgrounds and possess a broad range of skills and experiences. This team has provided the leadership necessary for the charity to advance the objectives outlined in our constitution throughout 2023.

From January 1, 2021, to December 31, 2023, the charity did not employ any full-time staff.



## **GET OUT Programmes**

GET OUT has two main programme areas that are designed to:

- Educate children and young people on the importance of the ocean, and all waterways.
- Improve the physical and mental health and well-being of participants.
- Inspire young people to protect the environment.



## **Surf Camps**

In 2023, GET OUT charity made a significant impact by taking 100 children from disadvantaged backgrounds to surf camps, where they experienced the physical and mental health benefits of learning to surf while connecting with nature. Each child had a fantastic time, exploring the beautiful coastline and learning new skills in a supportive and encouraging environment. These camps not only provided a thrilling adventure but also fostered a sense of community and belonging among the participants. Through the exhilarating experience of surfing, the kids discovered the therapeutic benefits of being outdoors, leading to improved mental health and well-being. The smiles, laughter, and newfound friendships made during these camps highlighted the transformative power of connecting young people to nature, instilling in them a deeper appreciation for the environment and the joy it brings.

Surf camps can play a pivotal role in shaping young people's understanding of environmental stewardship by immersing them in the natural world while fostering a passionate connection to the ocean. Through hands-on experiences like beach clean-ups, marine conservation education, and sustainable surfing practices, participants learn about the ecological challenges facing coastal environments. These camps often promote a sense of community and shared responsibility, encouraging young surfers to become informed advocates for the environment. By instilling values of respect and care for nature, surf camps empower the next generation to take action in preserving our oceans and beaches for future generations.

GET OUT provides all equipment for each participant for their surfing lesson and ensures that we have twice the number of surf instructors in the water than what is recommended by Surfing England.

## **Community Partnerships**

GET OUT charity recognizes the profound impact that outdoor activities can have on the mental and physical well-being of young people, especially in today's fast-paced world. By partnering with organizations like Newark Youth Council, GET OUT can broaden its reach and ensure that more young individuals have access to surf day trips. These collaborative efforts not only enhance participation by making activities more accessible but also create a supportive community where young people can engage with peers, develop new skills, and build confidence. The combination of physical exercise, the tranquillity of nature, and the thrill of surfing fosters improved mental health and emotional resilience, providing an effective antidote to the stresses many young people face.

Moreover, these partnerships are pivotal in nurturing a generation of environmental advocates. During surf day trips, participants engage in educational programs that highlight the importance of ocean conservation and the challenges posed by pollution and climate change. By directly

experiencing the beauty of the coast and understanding the impact of their actions, young surfers are inspired to become active stewards of the environment. The collaborative approach between GET OUT and local organizations like Newark Youth Council not only enhances the quality of these experiences but also equips young people with the knowledge and passion needed to advocate for sustainable practices, fostering a lifelong commitment to protecting our natural resources.

## **World Ocean Day for Schools**

World Ocean Day for Schools provides educators with the inspiration, resources & activities to engage their students in more meaningful conversations about the ocean. Since its launch in 2018 World Ocean Day for Schools has focused on increasing ocean literacy in schools. We've evolved from a small-scale event with 400 schools to an interactive online festival with over 100k users. World Ocean Day for Schools is a UN Ocean Decade-endorsed activity.

In 2023 GET OUT was chosen to be the UK case study for World Ocean Day for Schools. This meant that our work was showcased via videos, animations and podcasts as part of the event. GET OUT took 28 young people who were in Year 8 at various schools in Tower Hamlets to The Wave in Bristol to join the event and link up with activities that included conservation workshops by the Marine Conservation Society, surf lessons, and painting a large mural on the theme of 'Ocean is Family'.

## **Food Forest - Community Garden**

In 2023, we continued to oversee the community garden but also began the process of transitioning away from the primary management of the space. This was a decision based on the fact we always set out to hand the garden over to the community users and that the time and resources allocated towards the garden were becoming detrimental to the growth of the charity. A key area that the trustees seek to make progress as the goal is to increase participation in other programme areas and become more financially sustainable.

The significant change we made to the community garden in 2023 was to work with the adjacent primary school and develop an area that could be used as a forest school classroom.

We ran 4 'Introduction to Permaculture' courses in 2023 which were attended by 24 young people between the ages of 16 and 21. This was seen as a huge success as it is difficult to engage with young people of these ages on a topic with which they are not familiar. We were able to achieve ethos by speaking with other community organisations and asking if they had young beneficiaries who were interested in nature and access to green spaces.



## **Volunteering programme**

In 2023, our amazing volunteers continued to be the heart of the community garden, contributing significantly to another successful year filled with an abundance of fresh vegetables and fruits for everyone to enjoy. Their hard work and dedication were vital to sustaining the garden's success, and we are incredibly thankful for their ongoing support.

The consistent efforts of our volunteer growing team made a real difference throughout the year. They tirelessly tended to the garden, ensuring that all our edible plants thrived and enhancing the flourishing ecosystem we've created. To encourage greater involvement, we maintained our active WhatsApp group for volunteers, providing them with the flexibility to choose their own schedules for garden contributions. This initiative resulted in an impressive estimate of over 1,200 hours of volunteer work throughout 2023!

We also held several drop-in sessions for local community members, partnering with Good Gym, which brought extra hands for various tasks. These collaborative events not only boosted community engagement but also added another 500 hours of volunteer time devoted to the garden. Our partnership with Good Gym has been incredibly rewarding, reinforcing our shared commitment to maintaining the garden as a vibrant urban oasis.

The contributions from our Volunteer Growing Team and drop-in participants are essential to our charity's mission of cultivating a thriving community garden, ensuring it remains an accessible and welcoming space for all. We deeply appreciate their unwavering dedication, which helps keep the spirit of GET OUT alive.

This year, we also welcomed volunteers with diverse skills ranging from graphic design to marketing, enhancing our outreach efforts. Their invaluable work behind the scenes allowed us to develop a professional website and maintain active social media channels, showcasing beautifully edited videos and images of the garden's activities and achievements.

Our regular volunteers mainly reside in London, with many hailing from the local community. This diverse group, spanning various ages and backgrounds, is united by a shared passion for gardening and a commitment to fostering community spirit. Their involvement not only enriches the garden but also strengthens the bonds within our urban neighbourhood.

## **Patrons**

GET OUT sincerely thanks our patrons and ambassadors for their unwavering support of our charity. We would like to give a special shout-out to Sophie Hellyer, a former British surfing champion, environmentalist, and influencer, whose efforts have been crucial in building a dedicated supporter base and securing valuable media coverage for our initiatives. We also appreciate Nabhaan Rizwan, an actor and musician from East London, who has been instrumental in our fundraising efforts and promotional activities. Their contributions have greatly enhanced our outreach and impact, and we are truly grateful for their support.

## **Public Relations and Social Media**

In the period between, we continued to use social media to educate and promote the charity. This is mainly on Instagram but Facebook, Twitter (X) and LinkedIn also have GET OUT accounts.



## **Financial Review**

In the period ended 31 December 2023, the charity received income totalling £38,706.47 and spent £39,350.93.

We entered the year with £9,976.06 cash in the bank and finished this period with £9,331.60. This is the charity's fifth accounting period since its registration with the Charity Commission.

The income for 2023 includes grants received from The National Lottery Local Community Fund of £6,100.00 which was restricted funding and £10,000.00 from The Robert Gavron Charitable Trust and £8,200 from the Frank Haines Memorial Trust and £1,000 from the Woodward Charitable Trust which was unrestricted funding.

The charity also received a donation from Dryrobe Ltd of £1,000.00. And £250 from Neighbourly as part of an initiative that links corporate volunteers and donations to charities.

Malmesbury Primary School continued to contribute to the surf programme when their students joined the programme and in 2023 which meant a contribution towards costs of £3,500. Seven Mills Primary School also joined the surf programme and contributed £5,400 towards costs. Newark Youth Council also contributed a total of £1,100 as they partnered with GET OUT on several surf day trips throughout 2023.

Other income we received was donated to the charity by private individuals which totalled £2,156.47.

The expenditure for 2023 was slightly more than the income but this was carefully considered as we entered the financial period with £9,976.06 in cash. Cash funds at the end of the reporting period were £9,331.60.

## **Appointments of the Trustees**

In 2023 the Trustees tried several times to appoint new Trustees that would fill gaps that were identified in a skills audit of the existing board members. This was done via adverts placed on [www.charityjob.co.uk](http://www.charityjob.co.uk), [www.theguardian.co.uk](http://www.theguardian.co.uk), LinkedIn and through social media posts. We were delighted to welcome Carina Crawford-Khan to the Boards of Trustees in Q3 of 2023. Carina brings a wealth of experience in youth engagement, and business development for charities. She is an Assistant Director at Citizens UK and a surfer, meaning she not only brings vital skills to the Board but also an understanding and passion for surfing, the main vehicle used at GET OUT to work towards our charitable objectives.

## **Internal Controls**

A system of internal controls is in operation regarding all financial operations. A series of written policies have been adopted and are in operation to govern operational matters. Organisation and reporting of the charity's operations and strategy are overseen by the Trustees, who meet quarterly and on a one-on-one basis more regularly as and when needed. Trustees reserve the final decision on major capital expenditures and strategic decisions.

## **Risks and risk mitigation**

The Board has examined the principal areas of the charity's operations and considered the significant risks which may arise in each of these areas. In the opinion of the Trustees, the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day-to-day operations.

The major risks are:

- Financial risk: Any applications for grants or donations may not be forthcoming
- Staff risk: A reliance on one key member of staff to carry out all necessary work.

The charity has systems to give early warning of financial shortfalls, and regularly reviews its operating policies. There are systems in place that mean that extra programme work is only agreed upon when the necessary funding is in place. There are also plans in place to seek funding to increase the number of paid employees at the charity and lessen the dependence on one key staff member.

## Declaration

The trustees declare that they have approved the trustees 'report above.

Signed on behalf of the charity's trustees.

A handwritten signature in black ink, appearing to read 'Saige L Jennings', with a horizontal line above the first part of the signature.

.....  
Saige L Jennings (Chair)

Date: 26 October 2024

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GET OUT

Registered Charity Number: 1179362

Independent Examiner's Report to the Trustees of GET OUT

I report to the trustees on my examination of the accounts for the period ended 31 December 2023, which are set out on pages 13 to 15.

As trustees of the charity, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under Section 145 of the Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

I have completed my examination of the books and records that have been presented to me by the Trustees and officers of the charity. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material aspect:

- accounting records were not kept in accordance with Section 130 of the Act; or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....  
Dr Peter Ellington FAIA  
Triple Bottom Line Accounting Limited  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

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GET OUT

Registered Charity Number: 1179362

### Receipts and Payments Accounts

For the period ended 31 December 2023

|                                                      | Unrestricted<br>£ | Restricted<br>£ | Total<br>£      |
|------------------------------------------------------|-------------------|-----------------|-----------------|
| <b>Receipts</b>                                      |                   |                 |                 |
| Donations                                            | 2156.47           | -               | 2156.47         |
| Grants                                               | 19200.00          | 6100.00         | 25300.00        |
| Corporate                                            | 1250.00           | -               | 1250.00         |
| School & Community<br>Organisations<br>Contributions | 10000.00          | -               | 10000.00        |
| <b>Total</b>                                         | <b>32606.47</b>   | <b>6100.00</b>  | <b>38706.47</b> |
| <b>Payments</b>                                      |                   |                 |                 |
| Charitable activities                                | 8553.01           | 2650.00         | 11203.01        |
| Salaries / Wages (inc.<br>pension and HMRC)          | 23816.28          | 3450.00         | 27266.28        |
| Governance                                           | 881.64            | -               | 881.64          |
| <b>Total</b>                                         | <b>33250.93</b>   | <b>6100.00</b>  | <b>39377.93</b> |
|                                                      |                   |                 |                 |
| <b>Net of Receipts</b>                               | <b>(644.46)</b>   |                 | <b>(671.46)</b> |
| <b>Cash funds at the<br/>start of period</b>         | <b>9976.06</b>    | <b>-</b>        | <b>9976.06</b>  |
| <b>Cash funds at end of<br/>period</b>               | <b>9331.60</b>    | <b>-</b>        | <b>9331.60</b>  |

GET OUT

Registered Charity Number: 1179362

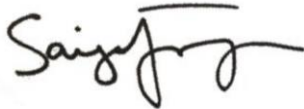
**Statement of Assets and Liabilities**

As of 31 December 2023

|                         | Unrestricted<br>£ | Restricted<br>£ | Total<br>£     |
|-------------------------|-------------------|-----------------|----------------|
| Cash at Bank            | 9331.60           | -               | 9331.60        |
| <b>Total Cash Funds</b> | <b>9331.60</b>    | <b>-</b>        | <b>9331.60</b> |

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the period end the charity did not have any outstanding guarantees to third parties nor any debts secured on the assets of the charity.

The financial statements were approved by the Board of Trustees on 19th September 2023 and were signed on its behalf by:



.....  
Saige L Jennings  
Chair of the Board of Trustees

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GET OUT

Registered Charity Number: 1179362

Notes to the financial statements  
For the period ended 31 December 2023

## ACCOUNTING POLICIES

### [1] Basis of preparing the financial statements.

The financial statements have been prepared on a cash basis under the historical cost convention, and in accordance with the Statement of Recommended Practice: "Accounting and Reporting by Charities" applicable to charities preparing their accounts in accordance with the Financial Reporting Standard (FRS 102) applicable in the UK and Republic of Ireland (effective 1 January 2015), and the Charities Act 2011.

### [2] Taxation

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

### [3] Fund accounting

Unrestricted funds can be used in furtherance of the general objectives of the charity, at the discretion of the trustees. Restricted funds are subjected to restrictions imposed by the donors or when funds are raised for restricted purposes.

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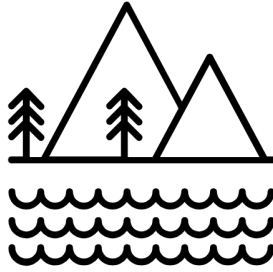
**GET OUT**

England & Wales - Charity number 1179362

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# Accounts

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# GET OUT

ENVIRONMENT. EDUCATION. COMMUNITY

**Registered Charity Number: 1179362**

**CIO Company Number: CE014750**

## **TRUSTEES' ANNUAL REPORT AND ACCOUNTS**

**For the period ended 31 December 2022**

### **CONTENTS**

|                     |                                            |
|---------------------|--------------------------------------------|
| <b>Page 1</b>       | <b>Charity Information</b>                 |
| <b>Pages 2 - 11</b> | <b>Trustees' Annual Report</b>             |
| <b>Page 12</b>      | <b>Independent Examiner's Report</b>       |
| <b>Page 13</b>      | <b>Receipts and Payments Account</b>       |
| <b>Page 14</b>      | <b>Statement of Assets and Liabilities</b> |
| <b>Page 15</b>      | <b>Notes to the financial statements</b>   |

[www.getoutuk.org](http://www.getoutuk.org)

## GET OUT

### Reference and Administrative details

**Charity registration number** 1179362

**CIO Company number** CE014750

**Charity's principal address** 54 Salop Road  
London  
E177HT

**Charity trustees** Trustees who served during the period and up to the date of this report were as follows:

|                |         |                                |
|----------------|---------|--------------------------------|
| S. Jennings    | (Chair) | Appointed 28 July 2018         |
|                |         | Appointed Chair 4th March 2020 |
| K. Mc Cafferty |         | Appointed 28 July 2018         |
| D. Bolton      |         | Appointed 28 July 2018         |
| A. Rahman      |         | Appointed 27 March 2020        |

**Key Personnel** K. Harkin Founder and Director  
Appointed 28 July 2018

**Bankers** The Co-operative Bank - Business  
PO Box 250  
Skelmersdale  
WN8 6WT

**Independent Examiner** Dr Peter Ellington FAIA  
Triple Bottom Line Accounting  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

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## **GET OUT**

**Registered Charity Number: 1179362**

### **Trustees' Annual Report for the period ended 31 December 2022**

The trustees present their report together with the independently examined accounts of the charity for the period ended 31 December 2022.

The charity is a Charitable Incorporated Organisation which was constituted on 27 July 2018 under company number CE014750 and is registered with the Charity Commission in England and Wales under charity number 1179362.

The trustees have adopted the provisions of 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).

### **Objectives and Activities**

The purpose of the charity, as detailed in its constitution, is: (1) To advance the education of children and young people particularly those from socially and economically disadvantaged backgrounds, in the London Borough of Tower Hamlets, in the conservation, preservation and improvement of the physical and natural environment. (2) To advance in life and help young people in the London Borough of Tower Hamlets through (a) The provision of recreational and leisure time activities provided in the interest of social welfare designed to improve their conditions of life; (b) Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

The principal activities of the charity in the period under review:

- Offering an educational surf programme to children and young people in Tower Hamlets including the addition of residential surf camps in 2022.
- The continued management of an inner-city half-acre community garden for the benefit of local schools, inhabitants of Tower Hamlets and the surrounding neighbourhoods, by utilising the facilities to provide education and volunteering activities.

## Structure, Governance and Management

The charity is governed by the provisions set out in its constitution which were adopted by the trustees on 27<sup>th</sup> July 2018.

The trustees have met together **4** times during the period.

The trustees who have served during the period and up to the date of this report are set out on page 1.

## Public benefits

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission of England and Wales when determining the activities to be undertaken by the Charity.



## Achievements and Performance

Thanks to the hard work of the charity's passionate and dedicated personnel, Trustees and amazing volunteers, the charity was able to continue into its fourth year since registering as a charity. We are immensely proud to have added residential surf camps to our programme work in 2022.

### Summary for 2022:

- 165 participants in our surf programme
- 65 young people joined our first-ever residential surf camps.
- 1000 plus visitors to our *Food Forest* community garden
- 50 plus volunteers and 12 regular growing team volunteers
- Over 1,000 volunteer hours at the *Food Forest* community garden
- 63 people attended our free *Introduction to Food Growing* courses.
- Food Forest Community Garden was selected for the Capital Growth Spotlight Garden



## Our fourth year ...

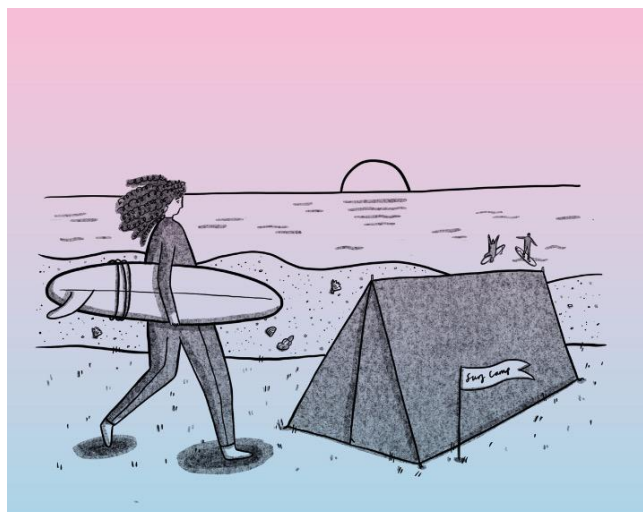
The four Trustees of GET OUT and the founder Kieran Harkin come from various countries and backgrounds and bring a wide range of experience and skills to the charity. It was this group that provided the leadership for the charity to take steps to fulfil the charitable objectives set out in the charity's constitution.

Since registering, 2022, was only the second year we were able to plan and implement programmes without too much disturbance from the threat of the COVID-19 pandemic.

We were delighted to add residential surf camps to our programme for the first time and were able to run 3 separate camps with a total of 62 participants. We also had an additional 65 young people participate in our three-part surf programme that includes a day trip to the coast to surf.

At our Food Forest Community Garden, we launched a new monthly 'Kids Bushcraft Club' and continued to offer free 'Introduction to Food Growing' courses. The garden was selected to be the Capital Growth Spotlight Garden for the month of September, and we had over 10,000 hours of volunteering from partnering organisations and the local community.

In the period from 1st January 2021 until 31 December 2022, there weren't any full-time employees at the charity.



## GET OUT Programmes

GET OUT has two programme areas that are designed to:

- Educate children and young people on the importance of nature, the ocean, and all waterways.
- Improve the physical and mental health and well-being of participants.
- Inspire young people to protect the environment.

## Surf Programme

The feedback we received from the children, young people, parents, and schools in 2021 gave us the confidence to go into 2022 with the ambition to launch residential surf camps in 2022. The camps were designed to not only give the participants more surfing and time in and around the ocean but also the opportunity to camp in a forest and take part in further activities such as bushcraft dinners and night nature walks. we were delighted to hold 3 separate camps and have a total of 65 young people join.



We continued to build on the three-part programme that was started in 2021 and we had 100 children and young people complete a programme that consisted of 2 workshops in Tower Hamlets that focused on environmental education before joining a day trip to the coast to learn to surf and complete a final workshop on the beach. The GET OUT Director facilitates the workshops in Tower Hamlets and a third-party educator completes the workshops on the beach whilst our director is in the water with the participants. Every participant is provided with an education booklet that must be completed during each stage of the programme.

GET OUT provides all equipment for each participant for their surfing lesson and ensures that we have twice the number of surf instructors in the water than what is recommended by Surfing England.

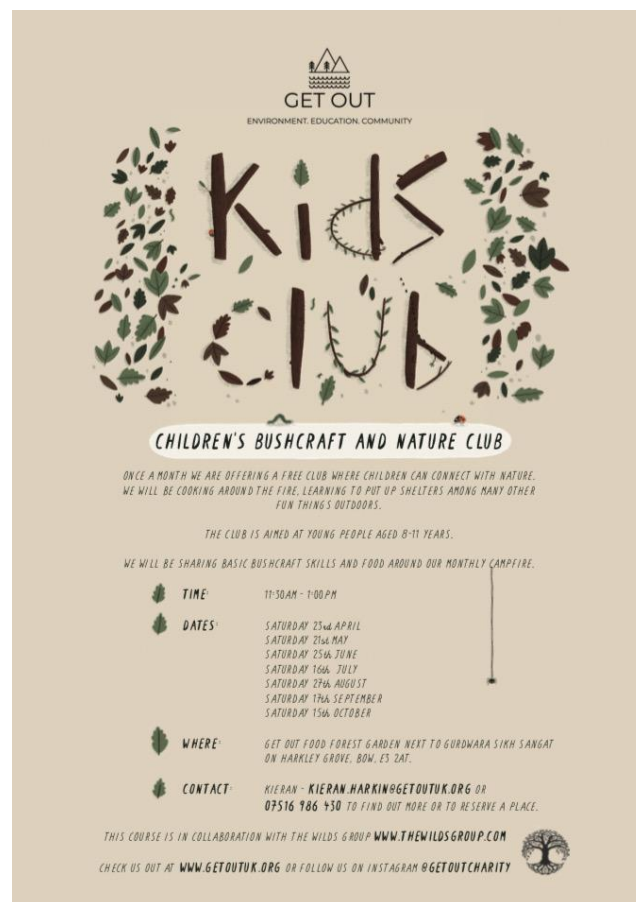


## Food Forest - Community Garden

In 2022 we continued to develop the community garden with the goal of education being our yield. We added a community tool library, a free book library and an upcycling area where visitors and volunteers were able to take various items to use at home that ranged from pots and timber to old tools.

Business as usual in 2022 meant that we maintained and added to the existing areas of a pond, wildlife zone, firepit area, raised beds, wormeries, polytunnels, rainwater harvesting systems, and composters whilst keeping ample signage explaining every area and feature.

We continued to offer 'Introduction to Food Growing' courses on a monthly basis from May until October and a new monthly Children Bushcraft and Nature Club was added to the programming for the community garden..



## Volunteering programme

Volunteers continued to play an essential role throughout 2022 and we were happy to have another successful year in terms of harvests and a range of healthy vegetables and fruit that volunteers could take home.



At the beginning of 2021, we recruited a GET OUT Volunteer Growing Team to help us get through the busy growing season and this team remained in place throughout 2022 helping us maintain the space and ensure all the edible plants thrived.

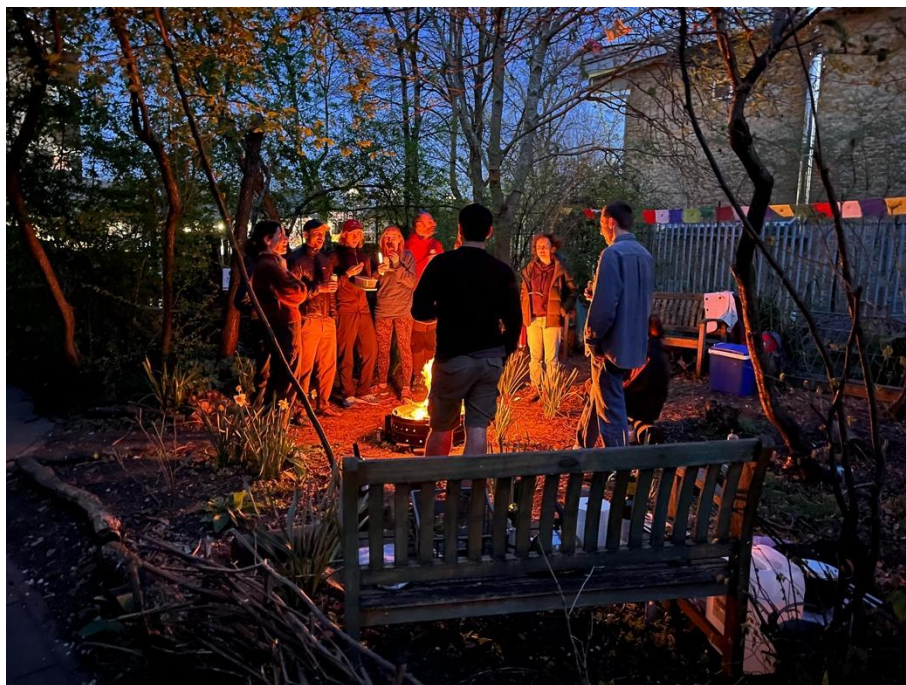
Volunteers who joined our WhatsApp group were given access to the garden so they could spend more time there and choose when to volunteer their time. It is estimated that this group spent 800 plus hours volunteering throughout 2022.

In addition to our regular volunteers, we held several drop-in sessions for the local community. We coincided these drop-in sessions with our partner organisation, Good Gym, and the slots whenever their volunteers visited the garden to volunteer their time towards manual labour tasks. It is estimated that our open sessions and the fruitful Good Gym partnership resulted in another 500 hours of volunteer time spent at the garden in addition to our normal volunteer growing team.

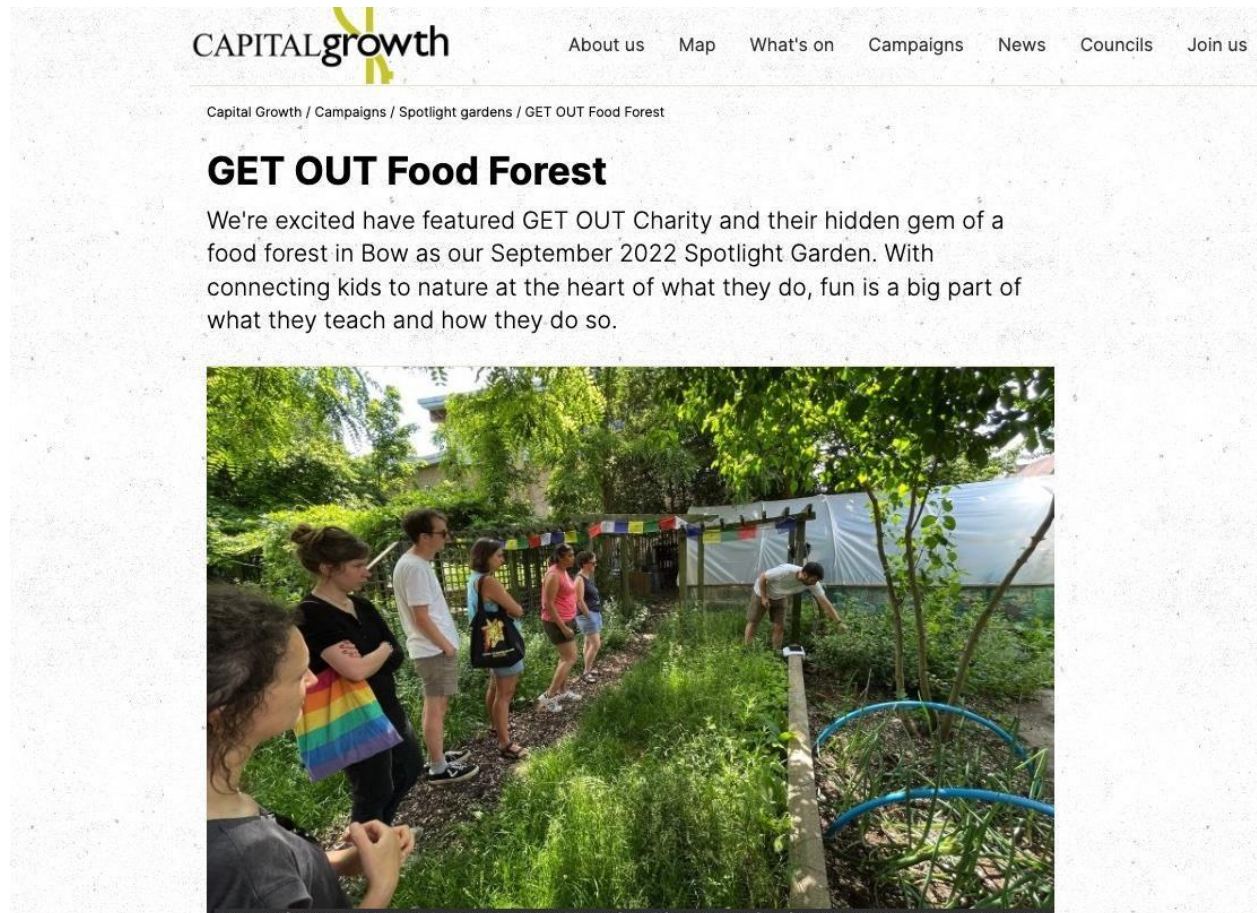
The contribution from the Volunteer Growing Team and drop-in volunteers was essential to the charity delivering the community garden and its features, maintaining the site, and ensuring it is an urban oasis in the inner city. Their help and dedication continue to play a vital role within GET OUT and are hugely appreciated.

In addition to the volunteers at the *Food Forest* community garden, we welcomed additional volunteers who donated their skills and time in a wide range of areas from graphic design to marketing. This tireless work behind the scenes enabled us to communicate with our beneficiaries through a professional website and social media channels, using videos and images edited by our volunteers.

All our regular volunteers live in London and the majority are from the local community. The group consists of many different ages and people from diverse backgrounds.



## Capital Growth Spotlight Garden for September



As a charity, we were delighted that after 3 years since taking on the management of the area we have made a community garden, we were invited to be the Capital Growth Spotlight Garden for September. Capital Growth offers support to all food growers across the capital, and they offer courses and numerous resources to those who are part of the network. Being a spotlight garden meant that Capital Growth promoted the garden to visitors and volunteers through their own website and social media, showcasing what it is we offer. This was then meant to act as a resource to inspire others to follow what we have done. We also committed to holding an open day as part of the Spotlight Garden initiative where both GET OUT and Capital Growth are promoted. We held a free day of capoeira dancing, mushroom workshops, skateboarding, a seed swap, and tours of the garden. Unfortunately, it rained that day, and we didn't get the numbers we expected but we still had approximately 75 visitors.

## **Patrons**

GET OUT thanks its patrons and ambassadors for their continued public support of the charity. Sophie Hellyer, who is a former British surfing champion, environmentalist and influencer greatly helped in mobilising a supporter base for the charity and getting coverage in the media. Nabhaan Rizwan is an actor and musician from East London who has helped in fundraising efforts and promotional work.

## **Public Relations and Social Media**

In the period between, we continued to use social media to educate and promote the charity. We were able to grow our following on Facebook, Instagram, and Twitter to a total of 1,998 followers by the end of 2022.

## Financial Review

In the period ended 31 December 2022, the charity received income totalling £32,115.78 and spent £42,674.27. We entered the year with £20,534.55 cash in the bank and finished this period with £9,976.06. This is the fourth accounting period for the charity since its registration with the Charity Commission.

The income for 2022 includes grants received from The National Lottery Local Connect Fund of £6,095.00 which was restricted funding and £8000.00 from The Robert Gavron Charitable Trust which was unrestricted funding.

The charity also received a donation from AXIS Capital of £2,500.00 under a scheme where the company supports charities that are deemed in their local catchment area.

Malmesbury Primary School continued to contribute to the surf programme when their students joined the programme and in 2022 that means a contribution towards costs of £12,000.00.

Other income we received was donated to the charity by private individuals via a Just Giving campaign and through our website donate function, these amounted to £1,646.38. We also received a donation of £630.00 from the NHS for advising on a new social prescribing project they launched at a city farm in Tower Hamlets and a donation of £270.00 from Capital Growth as part of the Food Forest Community Garden being a spotlight garden.

The expenditure for 2022 was more than the income but this was intended as we entered the financial period with £20,534.55 in cash. Cash funds at the end of the reporting period were £9,976.06.

## **Appointments of the Trustees**

In 2022 the Trustees tried several times to appoint a new Trustee from the Borough of Tower Hamlets or the City of London. It was also agreed that diversity needs to be increased in the representation of Board members and this was also sought in advertising for new Trustees. Unfortunately, after social media campaigns, local WhatsApp groups and an advert on charityjob.co.uk the recruitment of new Trustees were unsuccessful during this period. Nevertheless, the Trustees are committed to recruiting in these areas in the future and welcome applications.

Trustees are expected to take a particular interest in a specific area of the charity's activities and/or to have relevant professional expertise. Governance is undertaken by means of quarterly Trustee Board Meetings at which reports are presented for discussion and decisions taken on the various aspects of the charity work together with the latest financial information, health and safety matters and other governance issues.

## **Internal Controls**

A system of internal controls is in operation regarding all financial operations. A series of written policies have been adopted and are in operation to govern operational matters. Organisation and reporting of the charity's operations and strategy are overseen by the Trustees, who meet quarterly and on a one-on-one basis more regularly as and when needed. Trustees reserve the final decision on major capital expenditures and strategic decisions.

## **Risks and risk mitigation**

The Board has examined the principal areas of the charity's operations and considered the significant risks which may arise in each of these areas. In the opinion of the Trustees, the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day-to-day operations.

The major risks are:

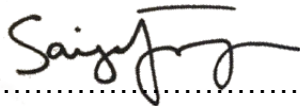
- Financial risk: Any applications for grants or donations may not be forthcoming
- Staff risk: A reliance on one key member of staff to carry out all necessary work.

The charity has systems to give early warning of financial shortfalls, and regularly reviews its operating policies. There are systems in place that mean that extra programme work is only agreed upon when the necessary funding is in place. There are also plans in place to seek funding to increase the number of paid employees at the charity and lessen the dependence on one key staff member.

## **Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.



.....  
**Saige L Jennings (Chair)**

Date: 28th September 2023

---

## **GET OUT**

**Registered Charity Number: 1179362**

### **Independent Examiner's Report to the Trustees of GET OUT**

I report to the trustees on my examination of the accounts for the period ended 31 December 2022, which are set out on pages 13 to 15.

As trustees of the charity, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under Section 145 of the Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

I have completed my examination of the books and records that have been presented to me by the Trustees and officers of the charity. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material aspect:

- accounting records were not kept in accordance with Section 130 of the Act; or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....  
Dr Peter Ellington FAIA  
Triple Bottom Line Accounting Limited  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

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## GET OUT

Registered Charity Number: 1179362

### Receipts and Payments Accounts

For the period ended 31 December 2022

|                                             | Unrestricted<br>£ | Restricted<br>£ | Total<br>£  |
|---------------------------------------------|-------------------|-----------------|-------------|
| <b>Receipts</b>                             |                   |                 |             |
| Donations                                   | 2,546.38          | -               |             |
| Grants                                      | 8,000.00          | 6,095.00        |             |
| <b>Corporate</b>                            | 2,500.00          | -               |             |
| <b>School Contributions</b>                 | 12,000.00         | -               |             |
| <b>Gift Aid</b>                             | 974.40            | -               |             |
|                                             |                   |                 |             |
| <b>Total</b>                                | 26,020.78         | 6,095.00        | 32,115.78   |
| <b>Payments</b>                             |                   |                 |             |
| Charitable activities                       | 20,217.20         | 2,795.00        | 23,012.20   |
| Salaries / Wages (inc.<br>pension and HMRC) | 15,604.69         | 3,300.00        | 18,904.69   |
| Governance                                  | 757.38            |                 | 757.38      |
|                                             |                   |                 |             |
| <b>Total</b>                                | 36,579.27         | 6,095.00        | 42,674.27   |
|                                             |                   |                 |             |
| <b>Net of Receipts</b>                      | (10,558.49)       |                 | (10,558.49) |

|                                          |                  |          |                  |
|------------------------------------------|------------------|----------|------------------|
| <b>Cash funds at the start of period</b> | <b>20,534.55</b> | <b>-</b> | <b>20,534.55</b> |
|                                          |                  |          |                  |
| <b>Cash funds at end of period</b>       | <b>9,976.06</b>  | <b>-</b> | <b>9,976.06</b>  |

## GET OUT

**Registered Charity Number: 1179362**

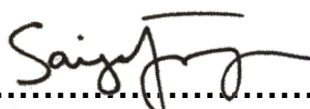
## Statement of Assets and Liabilities

**As of 31 December 2022**

|                         | <b>Unrestricted<br/>£</b> | <b>Restricted<br/>£</b> | <b>Total<br/>£</b> |
|-------------------------|---------------------------|-------------------------|--------------------|
| <b>Cash Funds</b>       |                           |                         |                    |
| Cash at Bank            | <b>9,976.06</b>           | <b>-</b>                | <b>9,976.06</b>    |
|                         |                           |                         |                    |
| <b>Total Cash Funds</b> | <b>9,976.06</b>           | <b>-</b>                | <b>9,976.06</b>    |

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the period end the charity did not have any outstanding guarantees to third parties nor any debts secured on the assets of the charity.

The financial statements were approved by the Board of Trustees on 19th September 2023 and were signed on its behalf by:

  
 .....  
**Saige L Jennings**

## **Chair of the Board of Trustees**

---

### **GET OUT**

**Registered Charity Number: 1179362**

### **Notes to the financial statements**

**For the period ended 31 December 2022**

## **ACCOUNTING POLICIES**

### **[1] Basis of preparing the financial statements.**

The financial statements have been prepared on a cash basis under the historical cost convention, and in accordance with the Statement of Recommended Practice: “Accounting and Reporting by Charities” applicable to charities preparing their accounts in accordance with the Financial Reporting Standard (FRS 102) applicable in the UK and Republic of Ireland (effective 1 January 2015), and the Charities Act 2011.

### **[2] Taxation**

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

### **[3] Fund accounting**

Unrestricted funds can be used in furtherance of the general objectives of the charity, at the discretion of the trustees. Restricted funds are subjected to restrictions imposed by the donors or when funds are raised for restricted purposes.

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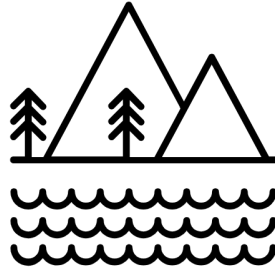
**GET OUT**

England & Wales - Charity number 1179362

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# Accounts

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# GET OUT

ENVIRONMENT. EDUCATION. COMMUNITY

**Registered Charity Number: 1179362**

**CIO Company Number: CE014750**

## **TRUSTEES' ANNUAL REPORT AND ACCOUNTS**

**For the period ended 31 December 2021**

### **CONTENTS**

|                     |                                            |
|---------------------|--------------------------------------------|
| <b>Page 1</b>       | <b>Charity Information</b>                 |
| <b>Pages 2 - 11</b> | <b>Trustees' Annual Report</b>             |
| <b>Page 12</b>      | <b>Independent Examiner's Report</b>       |
| <b>Page 13</b>      | <b>Receipts and Payments Account</b>       |
| <b>Page 14</b>      | <b>Statement of Assets and Liabilities</b> |
| <b>Page 15</b>      | <b>Notes to the financial statements</b>   |

[www.getoutuk.org](http://www.getoutuk.org)

## GET OUT

### Reference and Administrative details

**Charity registration number** 1179362

**CIO Company number** CE014750

**Charity's principal address** 54 Salop Road  
London  
E177HT

**Charity trustees** Trustees who served during the period and up to the date of this report were as follows:

|                |         |                                |
|----------------|---------|--------------------------------|
| S. Jennings    | (Chair) | Appointed 28 July 2018         |
|                |         | Appointed Chair 4th March 2020 |
| K. Mc Cafferty |         | Appointed 28 July 2018         |
| D. Bolton      |         | Appointed 28 July 2018         |
| A. Rahman      |         | Appointed 27 March 2020        |

**Key Personnel** K. Harkin Founder and Director  
Appointed 28 July 2018

**Bankers** The Co-operative Bank - Business  
PO Box 250  
Skelmersdale  
WN8 6WT

**Independent Examiner** Dr Peter Ellington FAIA  
Triple Bottom Line Accounting  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

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## **GET OUT**

**Registered Charity Number: 1179362**

### **Trustees' Annual Report for the period ended 31 December 2021**

The trustees present their report together with the independently examined accounts of the charity for the period ended 31 December 2021.

The charity is a Charitable Incorporated Organisation which was constituted on 27 July 2018 under company number CE014750 and is registered with the Charity Commission in England and Wales under charity number 1179362.

The trustees have adopted the provisions of 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).

### **Objectives and Activities**

The purpose of the charity as detailed in its constitution is: (1) To advance the education of children and young people and particularly those from socially and economically disadvantaged backgrounds, in the London Borough of Tower Hamlets, in the conservation, preservation and improvement of the physical and natural environment. (2) To advance in life and help young people in the London Borough of Tower Hamlets through (a) The provision of recreational and leisure time activities provided in the interest of social welfare designed to improve their conditions of life; (b) Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

The principal activities of the charity in the period under review:

- Offering a three-part educational surf programme to children and young people in Tower Hamlets.
- managing an inner-city half-acre community garden for the benefit of local schools, inhabitants of Tower Hamlets and the surrounding neighbourhoods, by utilising the facilities to provide education and volunteering activities.

## Structure, Governance and Management

The charity is governed by the provisions set out in its constitution which were adopted by the trustees on 27<sup>th</sup> July 2018.

The trustees have met together **4** times during the period.

The trustees who have served during the period and up to the date of this report are set out on page 1.

## Public benefits

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission of England and Wales when determining the activities to be undertaken by the Charity.



## Achievements and Performance

Thanks to the hard work of the charity's passionate and dedicated personnel, Trustees and amazing volunteers, the charity was able to continue into its third year since registering as a charity. Although activities were limited we are proud to have reached many people from diverse groups in the local community.

### Summary for 2021:

- 88 participants in our surf programme
- 1200 visitors to our *Food Forest* community garden
- 83 volunteers and 14 regular growing team volunteers
- Over 1000 volunteer hours at the *Food Forest* community garden
- 24 people attended our free *Introduction to Permaculture* courses
- Approximately 180 people attended our Autumn Gathering event

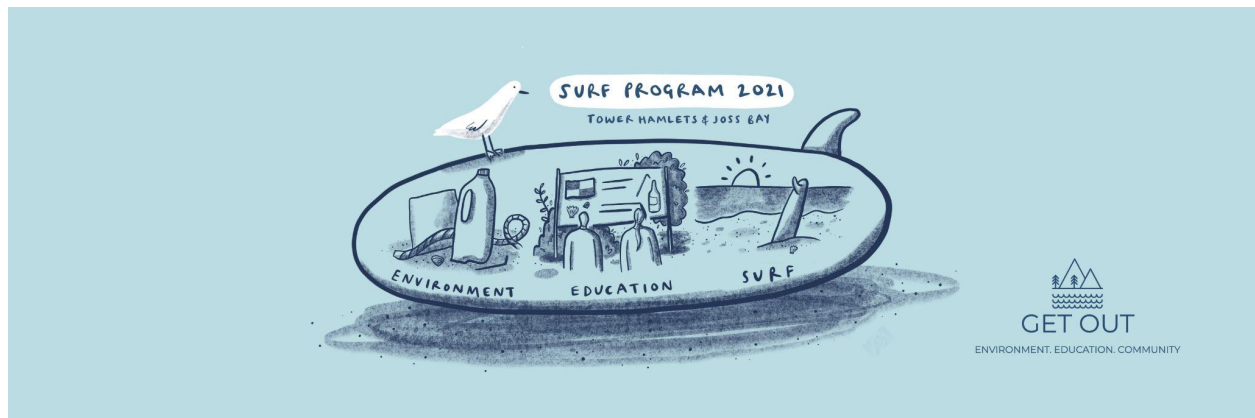


## Our third year ...

The four Trustees of GET OUT and the founder Kieran Harkin come from a range of different countries and backgrounds and bring a wide range of experience and skills to the charity. It was this group that provided the leadership for the charity to take steps to fulfil the charitable objectives set out in the charity's constitution.

Our third was the first year that the global COVID-19 pandemic did not massively affect the work of the charity and we were able to operate as originally intended when registering the charity. There were limitations again with how we operated but we managed to run the surf programme for the first time and we were more than satisfied to have 88 participants on the programme. We also ran permaculture courses, and several workshops from the *Food Forest* community garden and had over 800 hours of volunteering at the garden. As a charity in inner city London, we were proud to offer so many people the chance to connect to nature at a time when it was greatly needed for multiple reasons due to the pandemic.

In the period from 1st January 2021 until 31 December 2021, there weren't any full-time employees at the charity.



## Education

Children and young people play a huge role in giving GET OUT a sense of identity. In the period from January 2021 until December 2021, we managed to further develop our flagship project, *Food Forest* community garden by welcoming the local community in to learn about food growing, sustainability, biodiversity, soils, and permaculture. The space also provided a natural place for visitors to enjoy improving their well-being.

In 2021 we partnered with Stepney City Farm to offer free *Introduction to Food Growing and Permaculture* courses. The courses were run from both the GET OUT *Food Forest* and the city farm.

Throughout 2021 the charity managed and maintained the Food Forest site allowing the adjacent primary school to have exclusive access during school hours. GET OUT was able to run sessions for every school year group during Science Week and also ran 3 training sessions for teachers at the school with the hope that it would enable them to use the garden more with their classes.

The maintenance of the garden also means that there is ample signage throughout every area so that when it is accessed by children or adults that a walk through the site can be educational without any GET OUT volunteers or staff being there. In 2021 it is estimated that over 1200 people visited the garden.



## Surf Program

As a charity we were delighted to kick start our surf programme in 2021. This is an essential programme for the charity and helps us deliver on our mission to connect young people and children to nature as a means of its protection and to improve health and well-being.

The GET OUT surf program is a three-part program consisting of two face-to-face workshops focusing on everyday environmental issues and also preparing adventures and time spent outdoors.



These two workshops are essential, and we do not take anyone surfing unless these two workshops have been attended. GET OUT facilitates each part of the programme and we supply every participant with an educational booklet with questions to be completed at each stage. GET OUT also provides all equipment for each participant and ensures that we have twice the number of surf instructors in the water than what is recommended by Surfing England.



In 2021, GET OUT was still unable to offer residential surf camps as intended but still managed to have 88 children and young people participate in our surf programme with part 3 being a surfing day trip to the coast. We could only offer this thanks to the People's Postcode Lottery which funded the programme.

*"GET OUT provided our pupils with an opportunity to take part in a program that they would never usually be able to experience. After their surf trip, they were the most excited, happy and inspired children that I have ever seen"*

*Frank Harrowell, Head Teacher, Malmesbury Primary School.*



## Food Forest - Community Garden

In 2021 we continued to develop the site using the principles of permaculture design. After observing the site closely throughout late 2019 and 2020 we decided to change the layout of some of the growing beds in 2021 and further add to our perennial 'food forest' areas. This saw the addition of market garden-style beds which meant that we could produce more fruit and vegetables for our local community and volunteers.

Business as usual in 2021 meant that we maintained and added to the existing areas of a pond, wildlife zone, raised beds, wormeries, polytunnels, rainwater harvesting systems, and composters whilst keeping ample signage explaining every area and feature. As aforementioned, we were able to offer free adult courses using the *Food Forest* and in partnership with Stepney City Farm. These courses were designed to provide participants with the knowledge of how to grow food and create sustainable systems such as composting at home, no matter if they had a windowsill, balcony or small garden.

We were able to grow, promote and give away over 100 different fruits and vegetables in 2021.



## Volunteering programme

At the beginning of 2021 we recruited a new GET OUT Volunteer Growing Team to help us get through the busy growing season and to be able to offer volunteers a way to become more involved with the community garden. The team was recruited by advertising on social media and through local poster campaigns and local Facebook groups. We held 3 sessions to meet with those who attended and explain our idea for a volunteer growing team. This resulted in a team of 14 regular volunteers who committed to a few hours each month and who would have access to the site. In return, this team would contribute ideas to develop the site and what we grew, and take home fruit and vegetables each time they volunteered their time at the garden. We were very pleased that this resulted in an active WhatsApp group and the new growing team has become a mini-community within a community. This Volunteer Growing Team remain open to anyone who wishes to join. It is estimated that the Volunteer Growing Team spent 600 hours of their time collectively at the garden in 2021.



We were also able to welcome volunteers through open days which were normally held on Saturdays. These sessions were able to provide people with the opportunity to come down and spend time in the garden with their families without having to sign up for the volunteer growing team. The number of volunteers who joined these sessions in 2021 was 83 volunteers equating to an estimated 700 hours of volunteering time.

The contribution from the Volunteer Growing Team and drop-in volunteers was essential to the charity delivering the community garden and its features, maintaining the site and ensuring it is an urban oasis in the inner city. Their help and dedication continue to play a vital role within GET OUT and are hugely appreciated.

In addition to the volunteers at the *Food Forest* community garden, we welcomed additional volunteers that donated their skills and time in a wide range of areas from graphic design to marketing. This tireless work behind the scenes enabled us to communicate with our beneficiaries through a professional website and social media channels, using videos and images edited by our volunteers.

Finally, we were happy to continue our partnership with Good Gym which joined in with some Saturday open sessions and came on several Wednesday evenings throughout 2021 with a small team of volunteers to help at the garden. This is estimated to equate to a collective of 100 volunteer hours and 25 volunteers.

All our regular volunteers live in London and the majority are from the local community. The group consists of many different ages and people from diverse backgrounds.



## Autumn Gathering and Pumpkin Light Up

With COVID restrictions mostly lifted by Autumn in 2021 we decided we would push ahead with a small event at the *Food Forest* Community Garden. The event, an Autumn Gathering was designed to celebrate the season of Autumn and to educate children and young people on seasonal food and the changes that Autumn brings to nature. As an extra incentive for visitors, we partnered with the local primary school and provide 125 pumpkins for the children to carve. We then placed them throughout the garden after school hours and lit them up with candles for visitors to see. We also provided a seasonal pumpkin soup heated over the fire.

Beyond our expectations, we welcomed almost 200 people into the garden for the Autumn Gathering. This meant we had to adopt a one-in and one-out policy and stick to a one-way system.



## **Patrons**

GET OUT thanks its patrons and ambassadors for their continued public support of the charity. Sophie Hellyer, who is a former British surfing champion, environmentalist and influencer greatly helped in mobilising a supporter base for the charity and getting coverage in the media. Nabhaan Rizwan is an actor and musician from East London who has helped in fundraising efforts and promotional work.

## **Public Relations and Social Media**

In the period between, we continued to use social media as a means to educate and promote the charity. We were able to grow our following on Facebook, Instagram and Twitter to a total of 1,798 followers by the end of 2021.

We appreciated an invite from the Women's Environmental Network in Tower Hamlets to have a stall at their Autumn Gathering event. This enabled us to meet lots of people in the Borough and to help promote the charity and our vision and mission.

## **Corporate Partnerships**

In 2021 we continued a relationship with The Mace Group which was a partnership based on corporate volunteering where the company sent groups of employees for two days to volunteer at our *Food Forest* project. The agreement also involved The Mace Group paying for materials and contributing to staff costs for small building projects that their employees could complete during the two days.

## **Financial Review**

In the period ended 31 December 2021, the charity received income totalling £13,499.40 and spent £29,587.93. We entered the year with £36,580.16 cash in the bank and finished this period with £20,534.55. This is the third accounting period for the charity since its registration with the Charity Commission.

The expenditure from this period includes money that was awarded for the previous year from The People's Postcode Lottery but due to the COVID-19 pandemic, the charity was unable to use the money as intended. It was agreed with The People's Postcode Lottery that the funds could be used as intended in 2021.

The income for 2021 includes grants received from The National Lottery Local Connect Fund of £2,200.00 which was restricted funding and £2000 from The Robert Gavron Charitable Trust which was unrestricted funding. The charity also received a donation from Paperchase Ltd of £3000.00 as per a clause related marketing agreement and also from Malmesbury Primary School of £2,205.00 as a contribution towards costs related to their pupils joining the GET OUT Surf Programme. Malmesbury Primary School also donated a further £450 towards the running cost of the Food Forest Community Garden as their pupils have exclusive access during school hours. Other income we received was donated to the charity by private individuals making up a total of £3,644.40 and is unrestricted income.

The trustees are currently working on a three-year strategic plan to increase unrestricted funding and grant funding.

## **Appointments of the Trustees**

In 2021 the Trustees tried several times to appoint a new Trustee from the Borough of Tower Hamlets or the City of London. It was also agreed that diversity needs to be increased in the representation of Board members and this was also sought in advertising for new Trustees. Unfortunately, after social media campaigns, local WhatsApp groups and an advert on [charityjob.co.uk](http://charityjob.co.uk) the recruitment of new Trustees were unsuccessful during this period. Nevertheless, the Trustees are committed to recruiting in these areas in the future and welcome applications.

Trustees are expected to take a particular interest in a specific area of the charity's activities and/or to have relevant professional expertise. Governance is undertaken by means of quarterly Trustee Board Meetings at which reports are presented for discussion and decisions taken on the various aspects of the charity work together with the latest financial information, health and safety matters and other governance issues.

## **Internal Controls**

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## **Risks and risk mitigation**

The Board has examined the principal areas of the charity's operations and considered the major risks which may arise in each of these areas. In the opinion of the Trustees, the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day-to-day operations.

The major risks are:

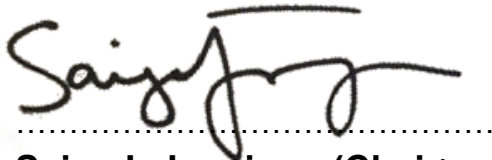
- Financial risk: That any applications for grants or donations may not be forthcoming
- Staff risk: A reliance on one key member of staff to carry out all necessary work.

The charity has systems to give early warning of financial shortfalls, and regularly reviews its operating policies. There are systems in place that mean that extra programme work is only agreed upon when the necessary funding is in place. There are also plans in place to seek funding to increase the number of paid employees at the charity and lessen the dependence on one key staff member.

## **Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

A handwritten signature in black ink, appearing to read 'Saige L Jennings', written over a dotted line.

**Saige L Jennings (Chair)**

Date: ...12/10/2022.....

---

## **GET OUT**

**Registered Charity Number: 1179362**

### **Independent Examiner's Report to the Trustees of GET OUT**

I report to the trustees on my examination of the accounts for the period ended 31 December 2021, which are set out on pages 13 to 15.

As trustees of the charity, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under Section 145 of the Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

I have completed my examination of the books and records that have been presented to me by the Trustees and officers of the charity. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material aspect:

- accounting records were not kept in accordance with Section 130 of the Act; or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached



.....  
Dr Peter Ellington FAIA  
Triple Bottom Line Accounting Limited  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

## GET OUT

Registered Charity Number: 1179362

### Receipts and Payments Accounts

For the period ended 31 December 2021

|                                      | Unrestricted<br>£ | Restricted<br>£ | Total<br>£        |
|--------------------------------------|-------------------|-----------------|-------------------|
| <b>Receipts</b>                      |                   |                 |                   |
| Donations                            | <b>11,499.40</b>  | -               | <b>11,499.40</b>  |
| Grants                               | -                 | <b>2000.00</b>  | <b>2000.00</b>    |
|                                      |                   |                 |                   |
| <b>Total</b>                         | <b>11,499.40</b>  | <b>2000</b>     | <b>13,499.40</b>  |
| <b>Payments</b>                      |                   |                 |                   |
| Charitable activities                | <b>8,614.15</b>   | -               | <b>8,614.15</b>   |
| Salaries/Wages                       | <b>14,210.40</b>  | -               | <b>14,210.40</b>  |
| Governance                           | <b>6,763.38</b>   |                 | <b>6,763.38</b>   |
|                                      |                   |                 |                   |
| <b>Total</b>                         | <b>29,587.93</b>  | -               | <b>29,587.93</b>  |
|                                      |                   |                 |                   |
| <b>Net of Receipts</b>               | <b>-16,088.53</b> |                 | <b>-16,088.53</b> |
| <b>Cash funds at start of period</b> | -                 | -               | <b>36,580.16</b>  |
|                                      |                   |                 |                   |

|                                    |          |          |                  |
|------------------------------------|----------|----------|------------------|
| <b>Cash funds at end of period</b> | <b>-</b> | <b>-</b> | <b>20,534.55</b> |
|------------------------------------|----------|----------|------------------|

## **GET OUT**

**Registered Charity Number: 1179362**

### **Statement of Assets and Liabilities**

**As at 31 December 2021**

|                         | <b>Unrestricted<br/>£</b> | <b>Restricted<br/>£</b> | <b>Total<br/>£</b> |
|-------------------------|---------------------------|-------------------------|--------------------|
| <b>Cash Funds</b>       |                           |                         |                    |
| Cash at Bank            | <b>20,534.55</b>          | <b>-</b>                | <b>20,534.55</b>   |
|                         |                           |                         |                    |
| <b>Total Cash Funds</b> | <b>20,534.55</b>          | <b>-</b>                | <b>20,534.55</b>   |

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the period end the charity did not have any outstanding guarantees to third parties nor any debts secured on the assets of the charity.

The financial statements were approved by the Board of Trustees on 12/10/2022 and were signed on its behalf by:



.....  
**Saige L Jennings**  
**Chair of the Board of Trustees**

## **GET OUT**

**Registered Charity Number: 1179362**

### **Notes to the financial statements**

**For the period ended 31 December 2021**

## **ACCOUNTING POLICIES**

### **[1] Basis of preparing the financial statements**

The financial statements have been prepared on a cash basis under the historical cost convention, and in accordance with the Statement of Recommended Practice: “Accounting and Reporting by Charities” applicable to charities preparing their accounts in accordance with the Financial Reporting Standard (FRS 102) applicable in the UK and Republic of Ireland (effective 1 January 2015), and the Charities Act 2011.

### **[2] Taxation**

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

### **[3] Fund accounting**

Unrestricted funds can be used in furtherance of the general objectives of the charity, at the discretion of the trustees. Restricted funds are subjected to restrictions imposed by the donors or when funds are raised for particular restricted purposes.

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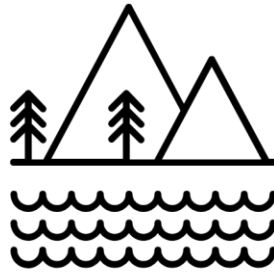
**GET OUT**

England & Wales - Charity number 1179362

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# Accounts

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# GET OUT

ENVIRONMENT. EDUCATION. COMMUNITY

**Registered Charity Number: 1179362**

**CIO Company Number: CE014750**

## **TRUSTEES' ANNUAL REPORT AND ACCOUNTS**

**For the period ended 31 December 2020**

### **CONTENTS**

|                     |                                            |
|---------------------|--------------------------------------------|
| <b>Page 1</b>       | <b>Charity Information</b>                 |
| <b>Pages 2 - 11</b> | <b>Trustees' Annual Report</b>             |
| <b>Page 12</b>      | <b>Independent Examiner's Report</b>       |
| <b>Page 13</b>      | <b>Receipts and Payments Account</b>       |
| <b>Page 14</b>      | <b>Statement of Assets and Liabilities</b> |
| <b>Page 15</b>      | <b>Notes to the financial statements</b>   |

**[www.getoutuk.org](http://www.getoutuk.org)**

## GET OUT

### Reference and Administrative details

Charity registration number 1179362

CIO Company number CE014750

Charity's principal address  
54 Salop Road  
London  
E177HT

Charity trustees Trustees who served during the period and up to the date of this report were as follows:

|                |         |                                                          |
|----------------|---------|----------------------------------------------------------|
| S. Jennings    | (Chair) | Appointed 28 July 2018<br>Appointed Chair 4th March 2020 |
| J. Calverly    |         | Appointed 28 July 2018<br>Resigned 4th March 2020        |
| K. Mc Cafferty |         | Appointed 28 July 2018                                   |
| D. Bolton      |         | Appointed 28 July 2018                                   |
| Z. Fiddes      |         | Appointed 28 July 2018<br>Resigned 7 November 2020       |
| A. Rahman      |         | Appointed 27 March 2020                                  |

|               |           |                                                |
|---------------|-----------|------------------------------------------------|
| Key Personnel | K. Harkin | Founder and Director<br>Appointed 28 July 2018 |
|---------------|-----------|------------------------------------------------|

Bankers  
The Co-operative Bank - Business  
PO Box 250  
Skelmersdale  
WN8 6WT

Independent Examiner  
Dr Peter Ellington FAIA  
Triple Bottom Line Accounting  
The Enterprise Centre  
University of East Anglia  
Norwich Research Park  
Norwich  
NR4 7TJ

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## **GET OUT**

**Registered Charity Number: 1179362**

### **Trustees' Annual Report for the period ended 31 December 2020**

The trustees present their report together with the independently examined accounts of the charity for the period ended 31 December 2020.

The charity is a Charitable Incorporated Organisation which was constituted on 27 July 2018 under company number CE014750 and is registered with the Charity Commission in England and Wales under charity number 1179362.

The trustees have adopted the provisions of 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).

### **Objectives and Activities**

The purpose of the charity as detailed in its constitution is: (1) To advance the education of children and young people and particularly those from socially and economically disadvantaged backgrounds, in the London Borough of Tower Hamlets, in the conservation, preservation and improvement of the physical and natural environment. (2) To advance in life and help young people in the London Borough of Tower Hamlets through (a) The provision of recreational and leisure time activities provided in the interest of social welfare designed to improve their conditions of life; (b) Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

The principal activity of the charity in the period under review was that of managing an inner-city half-acre community garden for the benefit of local schools, inhabitants of Tower Hamlets and the surrounding neighbourhoods, by utilising the facilities to provide education and volunteering activities.

### **Structure, Governance and Management**

The charity is governed by the provisions set out in its constitution which were adopted by the trustees on 27<sup>th</sup> July 2018.

The trustees have met together **4** times during the period.

The trustees who have served during the period and up to the date of this report are set out on page 1.

## **Public benefits**

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission of England and Wales when determining the activities to be undertaken by the Charity.



## **Achievements and Performance**

Thanks to the hard work of the charity's passionate and dedicated personnel, Trustees and our amazing volunteers, the charity was able to continue into its second year since registering as a charity. Although activities were limited, we are proud to have reached many people from diverse groups in the local community.

## **Our second year ...**

The four Trustees of GET OUT and the founder Kieran Harkin come from a range of different countries and backgrounds and bring a wide range of experience and skills to the charity. It was this group that provided the leadership for the charity to take steps to fulfil the charitable objectives set out in the charity's constitution.

Our second year, like many charities, businesses, and people, was extremely difficult due to the COVID-19 pandemic and the subsequent lockdowns. We were not able to run our surf program and had limited openings and reach with our permaculture courses, workshops, and education program at our *Food Forest* community garden.

In the period from 1st January 2020 until 31 December 2020, there weren't any full-time employees at the charity.

## **Education**

Children and young people play a huge role in giving GET OUT a sense of identity. In the period from January 2020 until December 2020, we managed to further develop our flagship project, *Food Forest* community garden, and when possible, welcomed the local community in to learn about food growing, sustainability, biodiversity, soils, and permaculture. The space also provided a natural place for visitors to enjoy improving wellbeing.

Unfortunately, our education work was limited due to COVID-19 government restrictions and lockdowns, but we did publish a series of ideas, infographics on social media to inspire people to stay connected with nature and to educate on the subject. We also managed to set up a mailing list and send a newsletter with 50 ideas of how to connect with nature during a lockdown.

At the beginning of 2020, we continued to run our *Eco Club* at our *Food Forest* project. This was limited in attendance because of the time of year with interest in joining outdoor clubs and seasonal conditions for growing food being at their lowest from January through to spring. Later in the year when restrictions were eased, we welcomed visitors into the garden, and we focused our education work on ensuring there were signs in the garden enabling visitors to walk around the half-acre site and read about the design and intention for each area without having anyone from GET OUT being

present. This enabled GET OUT staff and volunteers and members of the public to stay as safe as possible in line with government advice on dealing with COVID-19.



Throughout each lockdown, the adjacent primary school to the *Food Forest* project continued to welcome children of key workers to attend school. We then subsequently ensured that the project was safe and ready for these pupils to use during school hours. We were happy to see that the teachers and pupils during these times used the garden every day.

## **Surf Program**

The GET OUT surf program is a three-part program consisting of two face to face workshops focusing on everyday environmental issues and preparing adventures and time spent outdoors. These two workshops are essential, and we do not take anyone surfing unless these two workshops and have been attended. Therefore, we had to cancel the surf program in 2020 due to safety concerns with COVID-19 and government restrictions and lockdowns.

## Food Forest

We were delighted to revisit our existing Memorandum of Understanding (MOU) agreement to manage the *Food Forest* half-acre site and agree on an extension meaning we would-be stewards of the site until at least 2025.

In 2020 we continued to develop the site and added new walkways ensuring that visitors could enter and stick to a one-way system and walk around the entire area and see the pond, wildlife zone, raised beds, wormeries, polytunnel, rainwater harvesting, hothouse and composters. We also added new signage to educate on each of the areas within the site but also to comply with COVID-19 protocols when we could open to the public.

### Key Workers

The site was used throughout 2020 by pupils of Malmesbury Primary that still attended school as their parent(s) and/or guardians were key workers. This meant that approximately 60 children continued to use the garden as a place for education and for wellbeing daily from Monday to Friday.



## Volunteering programme



We continued to offer a volunteering programme to both the local community and anyone who saw our posts about volunteering on social media when COVID related government restrictions were allowed during 2020. We grew our number of regular volunteers to 56 and had an approximate further 50 visit the garden in 2020 and volunteer. This is estimated to equate to 300 hours of volunteering during 2020. This contribution was essential to the charity delivering the community garden and its features, maintaining the site and ensuring it is an urban oasis in the inner city.

In addition to the 56 regular volunteers and drop-in volunteering, we mobilised additional volunteers that donated their skills and time in a wide range of areas from graphic design to marketing. This tireless work behind the scenes enabled us to communicate with our beneficiaries through a professional website and social media channels, using videos and images edited by our volunteers.

All our regular volunteers live in London and the majority are from the local community. The group consists of many different ages and people from diverse backgrounds.

## **Patrons**

GET OUT thanks its patrons and ambassadors for their continued public support of the charity. Sophie Hellyer, who is a former British surfing champion, environmentalist and influencer that greatly helped in mobilising a supporter base for the charity and getting coverage in the media. Nabhaan Rizwan is an actor and musician from East London who has helped in fundraising efforts and promotional work.

## **Public Relations and social media**

In the period between, we continued to use social media to educate and promote the charity. We were able to grow our following on Facebook, Instagram and Twitter to 1,365 followers.

During this period, we also featured on the English adventurer, Alastair Humphreys podcast, *Living Adventurously*. We do not have analytics from the podcast, but we noticed an increase in income and interest for the charity following the podcast.

## **Corporate Partnerships**

In 2020 we had two partnerships to report on. One was with The Mace Group which was a partnership based on corporate volunteering where the company sent groups of employees for two days to volunteer at our *Food Forest* project. The agreement also involved The Mace Group paying for materials and contributing to staff costs for small building projects that their employees could complete during the two days.

In 2020 we also partnered with Rise Fierce which is a community of cold-water swimmers that encourage women to enjoy the benefits of cold-water swimming. They also run wild swimming and yoga retreats where they advertised a retreat in 2020 with donations going to GET OUT.

## **Financial Review**

In the period ended 31 December 2020, the charity received income totalling £20,168 and spent £8,204.6. We entered the year with £24,601.17 cash in the bank and finished this period with £36,580.16. This is the second accounting period for the charity since its registration with the Charity Commission. The income for this period includes a grant received from a People's Postcode Lottery of £18,350 which is categorized as restricted income. The further £1,818 we received is unrestricted income and was donated to the charity by individuals.

The trustees are currently working on a three-year strategic plan to increase unrestricted funding and grant funding.

## **Appointments of the Trustees**

In 2020 the Trustees tried several times to appoint a new Trustee from the Borough of Tower Hamlets or the City of London. It was also agreed that diversity needs to be increased in the representation of Board members and this was also sought in advertising for new Trustees. Unfortunately, after social media campaigns, local WhatsApp groups and an advert on [charityjob.co.uk](http://charityjob.co.uk) the recruitment of new Trustees were unsuccessful during this period. Nevertheless, the Trustees are committed to recruiting in these areas in the future and welcome applications.

Trustees are expected to take a particular interest in a specific area of the charity's activities and/or to have relevant professional expertise. Governance is undertaken by means of quarterly Trustee Board Meetings at which reports are presented for discussion and decisions taken on the various aspects of the charities work together with the latest financial information, health and safety matters and other governance issues.

## **Internal Controls**

A system of internal controls is in operation with regard to all financial operations. A series of written policies have been adopted and is in operation to govern operational matters. Organisation and reporting of the charities operations and strategy are overseen by the Trustees, who meet quarterly and on a one-on-one basis more regularly as and when needed. Trustees reserve the final decision on major capital expenditure and strategic decisions.

## Risks and risk mitigation

The Board has examined the principal areas of the charities operations and considered the major risks which may arise in each of these areas. In the opinion of the Trustees, the charity has established resources and review systems which, under normal conditions, should allow the risks identified by them to be mitigated to an acceptable level in its day-to-day operations.

The major risks are:

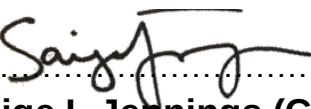
- Financial risk: That any applications for grants or donations may not be forthcoming
- Staff risk: A reliance on one key member of staff to carry out all necessary work.

The charity has systems to give early warning of financial shortfalls, and regularly reviews its operating policies. There are systems in place that mean that extra programme work is only agreed when the necessary funding is in place. There are also plans in place to seek funding to increase the number of paid employees at the charity and lessen the dependence on one key staff member.

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

  
.....  
**Saige L Jennings (Chair)**

Date: ...29/10/21.....

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## **GET OUT**

**Registered Charity Number: 1179362**

### **Independent Examiner's Report to the Trustees of GET OUT**

I report to the trustees on my examination of the accounts for the period ended 31 December 2020, which are set out on pages 13 to 15.

As trustees of the charity, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under Section 145 of the Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

I have completed my examination of the books and records that have been presented to me by the Trustees and officers of the charity. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material aspect:

- accounting records were not kept in accordance with Section 130 of the Act; or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached

.....  
**Dr Peter Ellington FAIA**  
**Triple Bottom Line Accounting Limited**  
**The Enterprise Centre**  
**University of East Anglia**  
**Norwich Research Park**  
**Norwich**  
**NR4 7TJ**

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## GET OUT

Registered Charity Number: 1179362

### Receipts and Payments Accounts

For the period ended 31 December 2020

|                                      | Unrestricted<br>£ | Restricted<br>£ | Total<br>£    |
|--------------------------------------|-------------------|-----------------|---------------|
| <b>Receipts</b>                      |                   |                 |               |
| Donations                            | <b>1,818</b>      | -               | <b>1,818</b>  |
| Grants                               | -                 | <b>18,350</b>   | <b>18,350</b> |
|                                      |                   |                 |               |
| <b>Total</b>                         | <b>1,818</b>      | <b>18,350</b>   | <b>20,168</b> |
| <b>Payments</b>                      |                   |                 |               |
| Charitable activities                | <b>2,756</b>      | -               | <b>2,756</b>  |
| Salaries/Wages                       | <b>5,448</b>      | -               | <b>5,448</b>  |
|                                      |                   |                 |               |
| <b>Total</b>                         | <b>8,204</b>      | -               | <b>8,204</b>  |
|                                      |                   |                 |               |
| <b>Net of Receipts</b>               | <b>-6,386</b>     | <b>18,350</b>   | <b>11,964</b> |
| <b>Cash funds at start of period</b> | -                 | -               | <b>24,616</b> |
|                                      |                   |                 |               |
| <b>Cash funds at end of period</b>   | -                 | -               | <b>36,580</b> |

## GET OUT

Registered Charity Number: 1179362

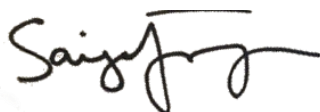
### Statement of Assets and Liabilities

As at 31 December 2020

|                         | Unrestricted<br>£ | Restricted<br>£ | Total<br>£    |
|-------------------------|-------------------|-----------------|---------------|
| <b>Cash Funds</b>       |                   |                 |               |
| Cash at Bank            | <b>18,230</b>     | <b>18,350</b>   | <b>36,580</b> |
|                         |                   |                 |               |
| <b>Total Cash Funds</b> | <b>18,230</b>     | <b>18,350</b>   | <b>36,580</b> |

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the period end the charity did not have any outstanding guarantees to third parties nor any debts secured on the assets of the charity.

The financial statements were approved by the Board of Trustees on 18 December 2020 and were signed on its behalf by:



.....  
**Saige L Jennings**  
**Chair of the Board of Trustees**

## **GET OUT**

**Registered Charity Number: 1179362**

### **Notes to the financial statements**

**For the period ended 31 December 2020**

## **ACCOUNTING POLICIES**

### **[1] Basis of preparing the financial statements**

The financial statements have been prepared on a cash basis under the historical cost convention, and in accordance with the Statement of Recommended Practice: “Accounting and Reporting by Charities” applicable to charities preparing their accounts in accordance with the Financial Reporting Standard (FRS 102) applicable in the UK and Republic of Ireland (effective 1 January 2015), and the Charities Act 2011.

### **[2] Taxation**

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

### **[3] Fund accounting**

Unrestricted funds can be used in furtherance of the general objectives of the charity, at the discretion of the trustees. Restricted funds are subjected to restrictions imposed by the donors or when funds are raised for particular restricted purposes.

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