

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

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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
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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 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 27th 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

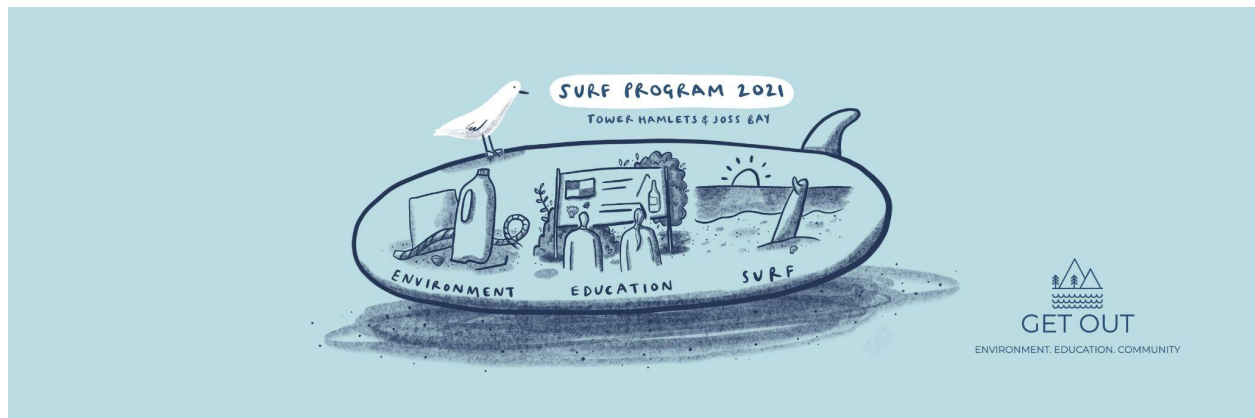


Our third year ...

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 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 with regard to 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 expenditure and strategic decisions.

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:

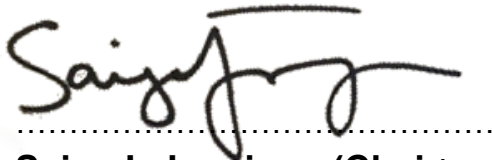
- Financial risk: That any applications for grants or donations may not be forthcoming
- Staff risk: A reliance on one key member of staff to carry out all necessary work.

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 £	Restricted £	Total £
Receipts			
Donations	11,499.40	-	11,499.40
Grants	-	2000.00	2000.00
Total	11,499.40	2000	13,499.40
Payments			
Charitable activities	8,614.15	-	8,614.15
Salaries/Wages	14,210.40	-	14,210.40
Governance	6,763.38		6.763.38
Total	29,587.93	-	29,587.93
Net of Receipts	-16,088.53		-16,088.53
Cash funds at start of period	-	-	36,580.16

Cash funds at end of period	-	-	20,534.55
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GET OUT

Registered Charity Number: 1179362


Statement of Assets and Liabilities

As at 31 December 2021

	Unrestricted £	Restricted £	Total £
Cash Funds			
Cash at Bank	20,534.55	-	20,534.55
Total Cash Funds	20,534.55	-	20,534.55

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.
