

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

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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

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 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 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 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 ...

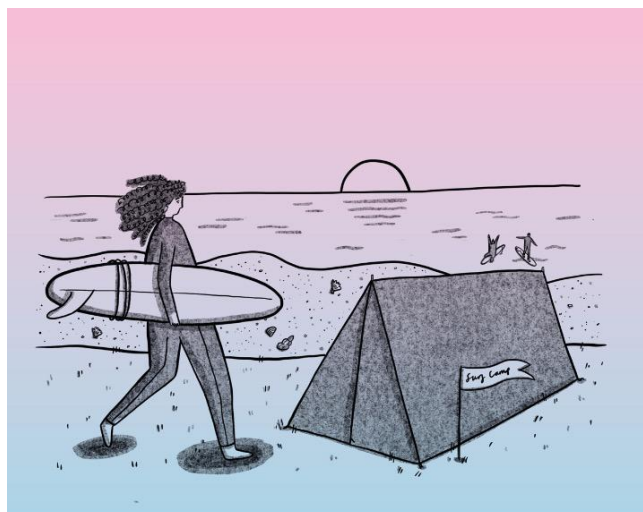
The four Trustees of GET OUT and the founder Kieran Harkin come from various countries and backgrounds and bring a wide range of experience and skills to the charity. It was this group that provided the leadership for the charity to take steps to fulfil the charitable objectives set out in the charity's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

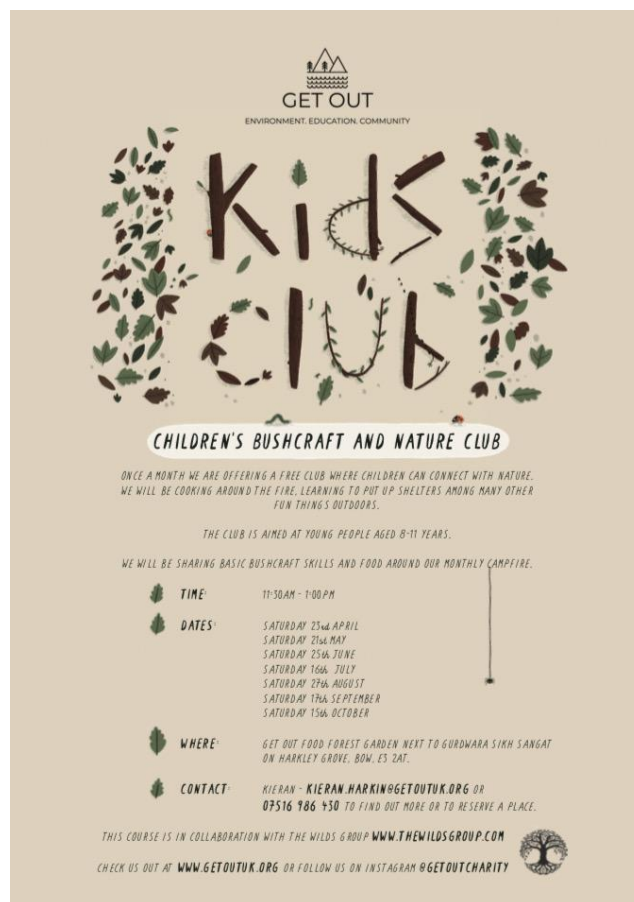


Food Forest - Community Garden

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.

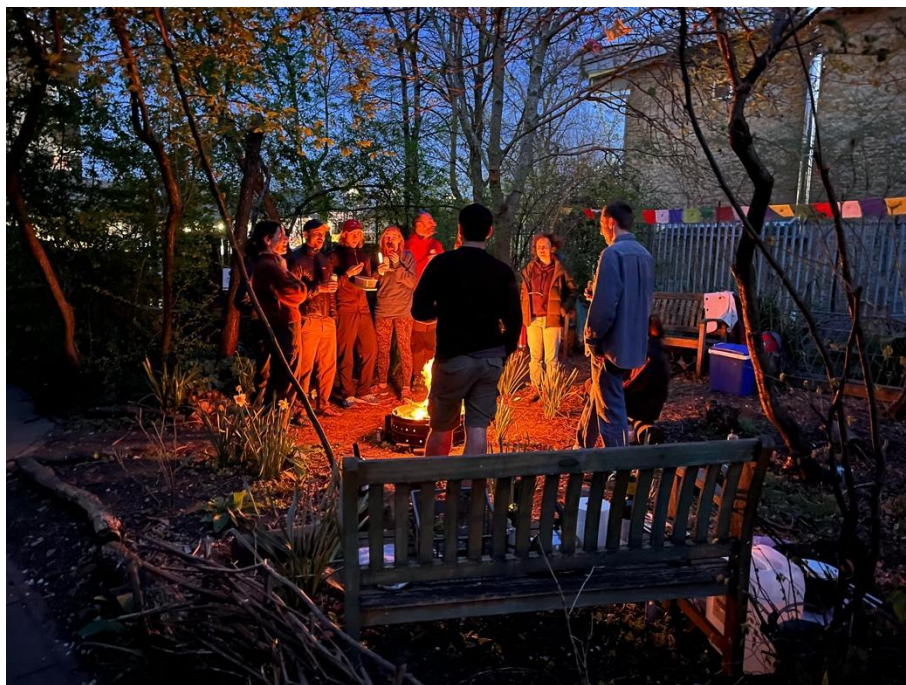
Volunteers who joined our WhatsApp group were given access to the garden so they could spend more time there and choose when to volunteer their time. It is estimated that this group spent 800 plus hours volunteering throughout 2022.

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.

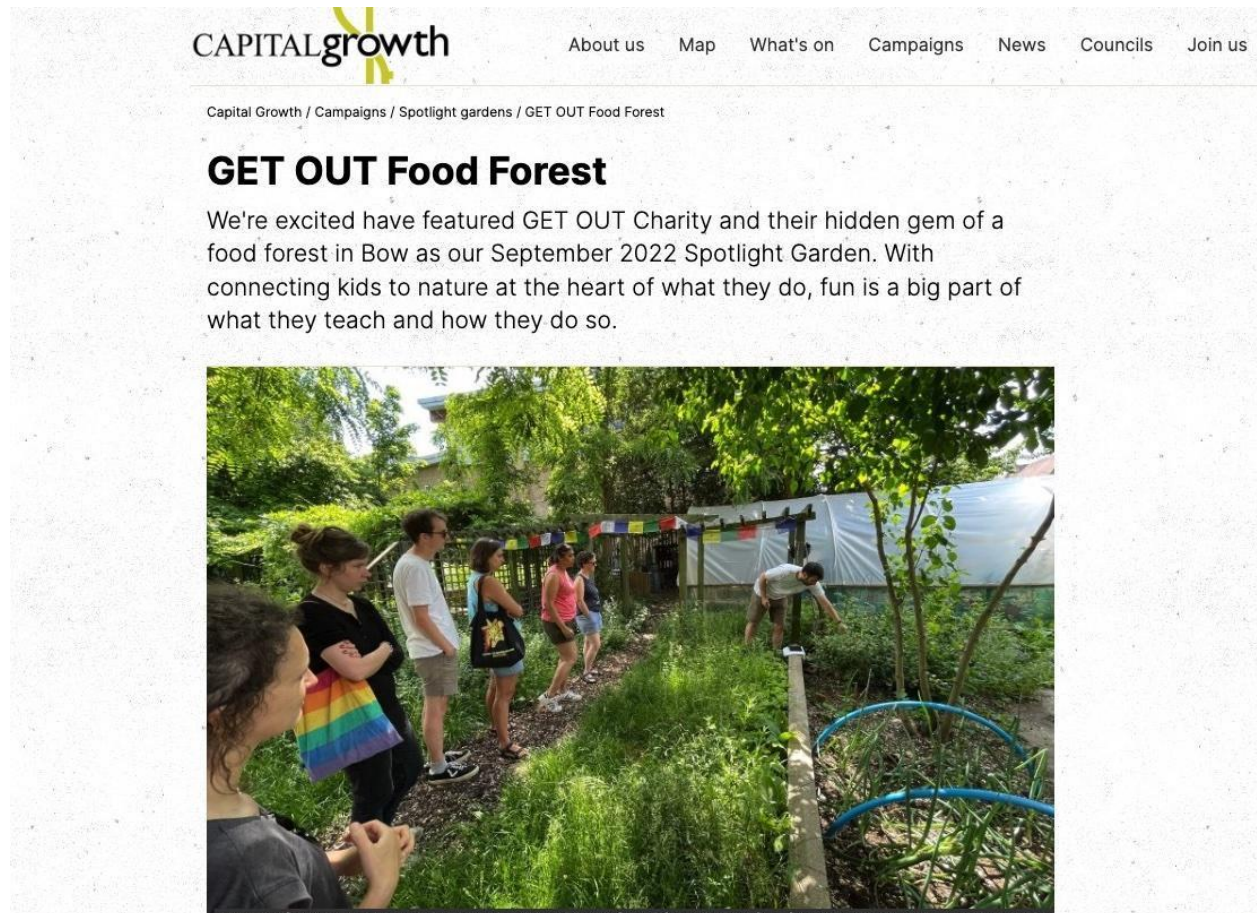
The contribution from the Volunteer Growing Team and drop-in volunteers was essential to the charity delivering the community garden and its features, maintaining the site, and ensuring it is an urban oasis in the inner city. Their help and dedication continue to play a vital role within GET OUT and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

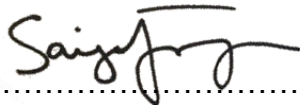
- Financial risk: Any applications for grants or donations may not be forthcoming
- Staff risk: A reliance on one key member of staff to carry out all necessary work.

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

GET OUT

Registered Charity Number: 1179362

Receipts and Payments Accounts

For the period ended 31 December 2022

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

Cash funds at the start of period	20,534.55	-	20,534.55
Cash funds at end of period	9,976.06	-	9,976.06

GET OUT

Registered Charity Number: 1179362

Statement of Assets and Liabilities

As of 31 December 2022

	Unrestricted £	Restricted £	Total £
Cash Funds			
Cash at Bank	9,976.06	-	9,976.06
Total Cash Funds	9,976.06	-	9,976.06

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.
