

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**

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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

C. Crawford-Khan Appointed 14 Sept 2023

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 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 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 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, 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 few letters.

.....
Saige L Jennings (Chair)

Date: 26 October 2024

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

GET OUT

Registered Charity Number: 1179362

Receipts and Payments Accounts

For the period ended 31 December 2023

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

GET OUT

Registered Charity Number: 1179362

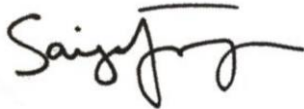
Statement of Assets and Liabilities

As of 31 December 2023

	Unrestricted £	Restricted £	Total £
Cash at Bank	9331.60	-	9331.60
Total Cash Funds	9331.60	-	9331.60

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 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.
