



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

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 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).

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.

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.

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).

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

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.

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.

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.

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.

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.

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: 28th October 2025

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

GET OUT

Registered Charity Number: 1179362

Receipts and Payments Accounts

For the period ended 31 December 2024

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

GET OUT

Registered Charity Number: 1179362

Statement of Assets and Liabilities
As of 31 December 2024

	Unrestricted £	Restricted £	Total £
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: 28th October 2025

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.
