



THE CHARLIE BURNS FOUNDATION

ANNUAL REPORT

FOR THE YEAR ENDING 31/03/2022

Charity No. 1182236

Company Number	09489173
Charity Number	1182236
Registered Address	23 Sharon Gardens Hackney London E9 7RX
Trustees	Trustees who are also directors under company law, who served during the year and up-to-the date of this report are as follows:- Keeley Burns (appointed 13/03/15) Tais Lima (appointed 19/12/18) Natalie Delaney (appointed 01/02/19)
Bankers	Barclays Bank Plc 298 Mare Street Hackney London E8 1HE
Website	www.thecharlieburnsfoundation.com
Email	trustees@charlieburnsfoundation.co.uk
Facebook	www.facebook.com/thecharlieburnsfoundation
Twitter	@TheCharlieBurns2
Instagram	Thecharlieburnsfoundation



Message from The Founder and Trustee

KEELEY BURNS

The Charlie Burns Foundation's are happy to present to you our 3rd Annual Report.

This year we have been less focused on food poverty and are prioritising our regular day-to-day activities to support those bereaved and affected by serious violence. Extending our focus on health and wellbeing we have been able to provide community activities that focus on improving social connectedness and resilience building as the pandemic is still upon us as we are still experiencing local lockdowns.

Postcode Parents have gone back to face-to-face sessions although there has been some impact due to local lockdowns we have been able to provide a consistent service and move sessions online.

However, through our experience of extending our service we have realised that there is a need to continue to centre our services around health and wellbeing, providing traditional and alternative therapeutic interventions for individuals and in group settings.

Over the next year the Charity will focus on outreach and sustaining partnerships with other organisations to strengthen our presence and extend the interventions that we provide. Many thanks to all staff, volunteers and facilitators your hard work has enabled CBF to provide the much needed support to our community and users.

A handwritten signature in black ink that reads "K Burns".

AIMS AND OBJECTIVES OF THE CHARLIE BURNS FOUNDATION

- To **relieve the charitable needs** of families bereaved or traumatised as a result of youth violence and knife crime
- To **act as a resource** for young people particularly but not exclusively those who are at risk of becoming involved in gang culture and violent crime by providing **advice, education, mentoring** and **assistance** and organising programmes of educational and other activities as a means of advancing in life and helping young people by **developing their skills, capacities and capabilities** to **enable them to grow** into society as independent mature and responsible adults.
- For the public benefit, the **prevention of crime** and the **protection of people** of all ages and their property by **raising awareness** of knife crime and other serious youth violence and its impact.



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TRAUMA INFORMED FAMILY SUPPORT WORKER



We were awarded a grant from The Postcode Community Trust in the last financial year and we continue to provide much needed family and one-to-one specialist guidance, advocacy, practical & emotional support by a specialist Trauma Informed Family Support worker.

This position provides essential and valuable support and advocacy to families bereaved by serious violence. We were able to extent and focus on providing outreach and practical support, monitor health and wellbeing, signposting to specialist services of any issues of concern of wellbeing and assess the

psychosocial, practical and emotional needs as well as providing support during the grieving process. The trauma informed family support worker is the first point of contact for families that self-refer or are referred to The Charlie Burns Foundation.



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...AS THERAPY



Following on from the successful Drumming...As therapy in September 2021 we received funding from Clarion futures to extend the ...As Therapy programme.

The programme provided mental health and wellbeing support to communities, designed to strengthen psychological and community resilience using traditional and alternative therapies. ...As Therapy aimed to support and equip participants with positive practices and coping mechanisms to strengthen resilience during traumatic life experiences and events.

With six different therapies over 17 weeks; group counselling, Reiki, yoga, Writing, Drama and Drumming this 'Covid-19 Community Project' designed to reduce isolation, build social connections, improve psychological coping skills, build community resilience and future-proof wellbeing.

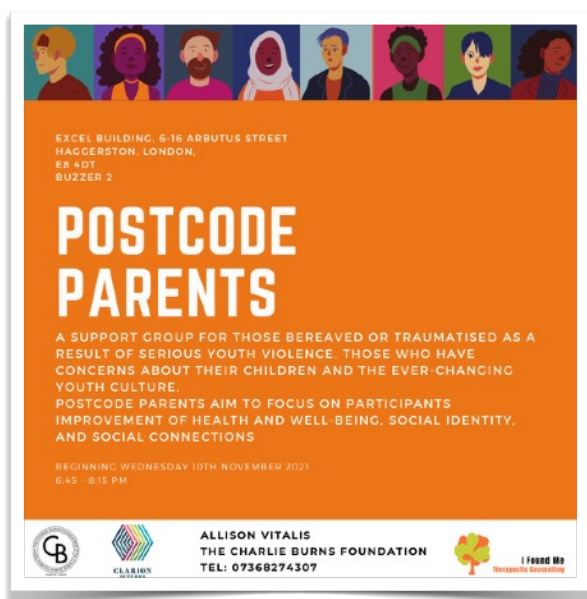
With advertising on Eventbrite the sessions were a great success with many people attending from across London.

We would like to thank the facilitators who provided the community with traditional and alternative practices to improve their wellbeing. A big thank you to psychotherapists at R-U-N, Reiki healer - Cher Nedd, Yoga specialist - Lotte Rice, Award winning writer - Eva Edo, Experts in self discovery healing and personal development who facilitated the Drama sessions - The Remedy and Master Drummer from One Drum Foundation, Abass Dodoo.



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POSTCODE PARENTS

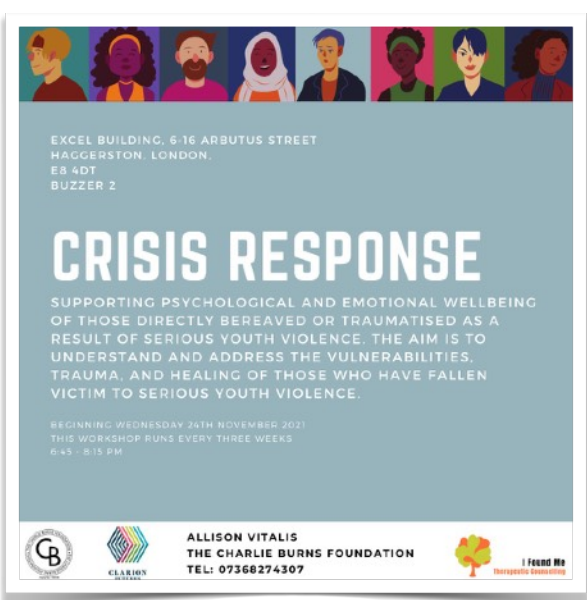


Our most consistent project Postcode Parents continues to provide weekly sessions and a safe space for those affected by serious youth violence. We connected with local organisation 'I Found Me Therapeutic Counselling' who were contracted to facilitate Postcode Parent sessions. We started off with face-to-face sessions but due to the Pandemic and local lockdown restrictions we had to move some sessions online.

Online dual delivery of Postcode Parents extended the reach for client participation. We realised that with the online sessions we were able to engage those needing support from

outside of London and outside of the United Kingdom. We will be reviewing the way Postcode Parents will be delivered. We continue to provide necessary one-to-one specialist therapeutic services to parents experiencing severe trauma.

CRISIS RESPONSE



Crisis Response Sessions was held once a month and facilitated by an experienced psychotherapist who specialises in supporting those bereaved through serious violence. Sessions were designed to help users move from individual trauma to collective healing, with focus on the psychological and emotional affects experienced by users in the aftermath of losing a family member to serious violence.

The sessions provided a space for users to gain awareness of their strengths and limitations based upon their experiences; gain understanding of behaviours, actions and

choices and provide users with practical individual and collective coping practices.

FINANCIAL REVIEW - 31 MARCH 2022

The Charlie Burns Foundation wants to thank all of our funders who have enabled us to carry out the work outlined in this report. This has been a very challenging time for our users and wider community, without your continued support we would not have been able to provide the most valuable support to our community.

REVIEW OF THE FINANCIAL POSITION

Income: The result for the year are set out in the financial statements pages 9 - 12. The total income for the year was £22,088 (£39,055 at 31 March 2021).

Expenditure: Total expenditure for the year was £23,076 (£26,225 at 31 March 2021).

Surplus/Deficit: Our final financial position for the year across all funds is a deficit of -£988 (surplus of £12,829 at 31 March 2021).

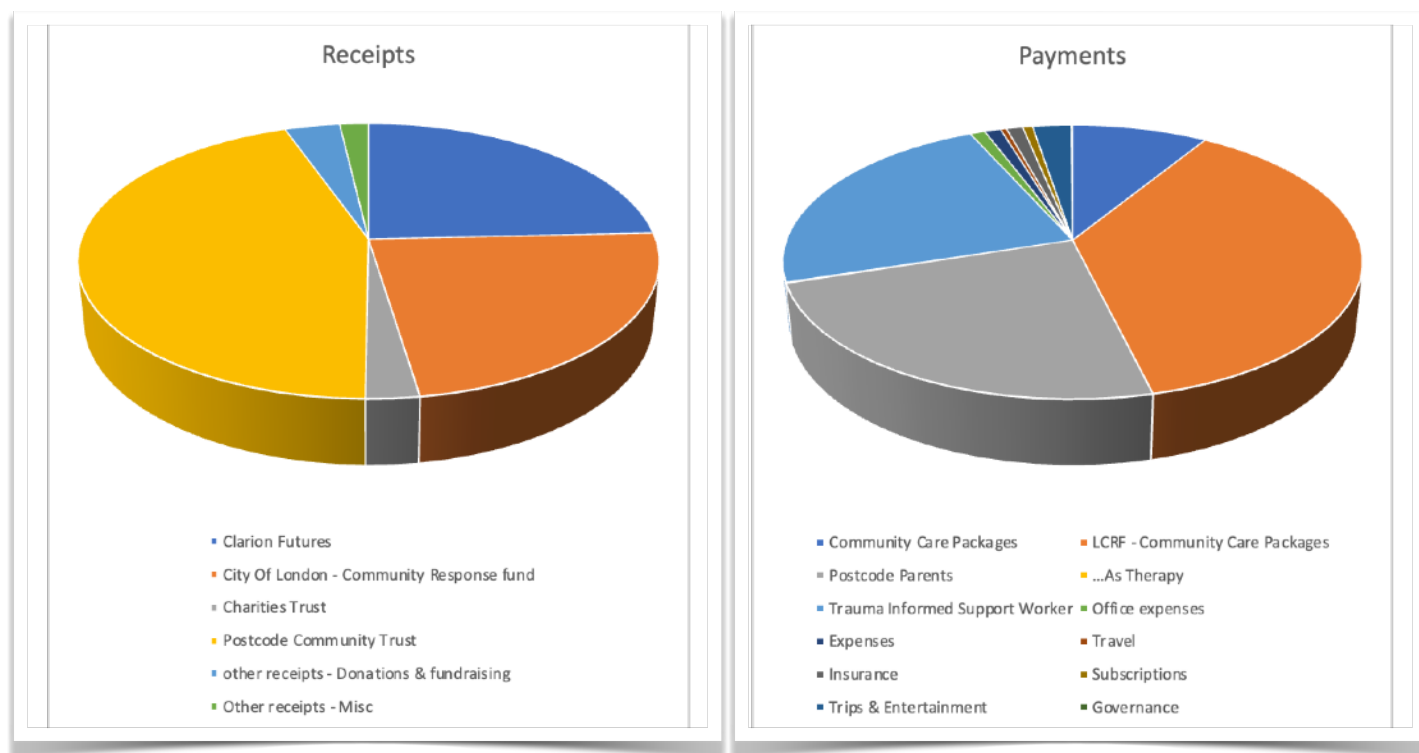
Reserves: Total cash reserves at the end of the financial year are £11,863 (£12,851 at 31 March 2021). This is predominantly made up of restricted reserves.

Conclusion: The financial year for the Charlie Burns Foundation has been an uncertain one. For the year ahead we will be focused on securing funding to ensure that the core activities continue to run.



Natalie Delaney - Trustee

RECEIPTS & PAYMENTS



RECEIPTS	UNRESTRICTED FUNDS		RESTRICTED FUNDS		FUNDS 2021-22	FUNDS 2020/21
Clarion Futures	£	0	£	21,993	£ 21,993	£ 9,484
City Of London - Community Response fund	£	0	£	0	£ 0	£ 9,100
Charities Trust	£	0	£	0	£ 0	£ 1,000
Postcode Community Trust	£	0	£	0	£ 0	£ 17,353
Activities for generations funds	£	0	£	0	£ 0	£ 1,393
Other receipts - Donations	£	95	£	0	£ 95	£ 725
London Borough of Hackney	£	0	£	0	£ 0	£ 0
Sub total	£	95	£	21,993	£ 22,088	£ 39,055
Total receipts	£	95	£	21,993	£ 22,088	£ 39,055

RECEIPTS & PAYMENTS CONTINUED...

PAYMENTS	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS 2021-22	FUNDS 2020/21
Cost of Charitable activities -				
<i>Community Care Packages</i>	£	263	£ 263	£ 2,136
<i>LCRF - Community Care Packages</i>			£ 0	£ 9,079
<i>Postcode Parents</i>	£	7,434	£ 7,434	£ 5,786
<i>...As Therapy</i>	£	3,558	£ 3,558	£ 29
<i>Trauma Informed Support Worker</i>	£	11,091	£ 11,091	£ 5,620
<i>Office expenses</i>	£ 52		£ 52	£ 237
<i>Expenses</i>		£ 333	£ 333	£ 254
<i>Travel</i>			£ 0	£ 95
<i>Insurance</i>		£ 257	£ 257	£ 258
<i>Subscriptions</i>		£ 67	£ 67	£ 156
<i>Trips & Entertainment</i>	£ 8		£ 8	£ 605
<i>Governance</i>	£ 13		£ 13	£ 26
Sub Total	£ 73	£ 23,003	£ 23,076	£ 24,281
ASSETS & INVESTMENTS - PURCHASES				
Payment for property, plant & Equipment	£ 0	£ 0	£ 0	£ 1,944
	£ 0	£ 0	£ 0	£ 0
Sub Total	£ 0	£ 0	£ 0	£ 1,944

RECEIPTS & PAYMENTS CONTINUED...

Total Payments	£	73	£	23,003	£	23,076	£	24,281
Net of receipts/(payments)	£	22	£	(1,010)	£	(988)	£	12,829
Cash funds last year end	£	20	£	12831	£	12851	£	22
Cash funds this year end	£	42	£	11,821	£	11,863	£	12,851

STATEMENT OF ASSETS & LIABILITIES AS AT 31ST MARCH 2022

	UNRESTRICTED FUNDS		RESTRICTED FUNDS		ENDOWMENT FUNDS	
CASH FUNDS						
Barclays Bank Plc	£	42	£	11,821	£	0
Cash in hand	£	0	£	0	£	0
TOTAL CASH FUNDS	£	42	£	11,821	£	0

PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.



Keeley Burns - Trustee

OUR FUNDERS & PARTNERS

- Postcode Community Trust
- Clarion Futures
- In Kind Direct
- One Drum Foundation
- I Found Me Therapeutic Counselling
- The Remedy
- Eva Edo
- Lottie Rice
- Cher Nedd
- R-U-N

