

ASPIRATIONS PROGRAM ANNUAL REPORT

01 June 22 – 31 Aug 23

Charity No. 1195424



We are incredibly proud of what the Charity has achieved this year.

We really have achieved the charity aims and supported people break free from the cycle of addiction and make positive improvements in their lives. We have seen significant growth over the last year, with the increased cost of living bringing more people to us in need of support. We have been able to develop and grow our existing programs and grow the charity this year. We continue to speak out against addiction and violence against women. This report is a summary of what we have achieved in the past year.

Carrie's Outreach

Carrie's Outreach is our women's only project that collaborates with women involved in prostitution in active addiction. In 2022, due to demand, we opened the program up for women living with disadvantages and complex needs.

Due to the complex lives of the women, we work with, measuring actual achievements and impact can never be fully achieved as there are so many over factors in their lives such as custody, DWP payments and the general nature of addiction. However, what we have been able to measure shows our work is important and making a difference. Both from data collected, but also from the feedback we receive from the women.

Since December 2022 we have thirty-one women who sell sex registered with us. It is important to recognize that these are women who do not come forward easily. They are scared and untrusting because of their past experiences. All the women registered with us have experienced some form of Sexual Violence or Domestic Violence, all have at some stage slept rough or have been sofa surfing. All have substance misuse problems and all score between an 8-10 on the ACE Studies score. The ages of our women range between 20-46, all women have lost custody of their children.

There are currently six women noted on our outreach log who have yet to attend drop-in we have anything between 2-10 women on Ambleside Drive while on outreach.

In the last fourteen months we have:

- Supported four women who have lost their children due to substance misuse.
- Housed ten into emergency accommodation either leaving prison, fleeing domestic violence or sofa surfing. All those women are now housed in their own accommodation or supported housing.
- Provided forty women who sell sex with access food parcels, toiletries, and condoms.
- Handed out seven hundred Outreach Bags and food parcels to women who sell sex and women living with multiple disadvantages and complex needs. Ten of those women are now accessing drug and alcohol treatment.
- Helped one woman exit street prostitution. She has completed 6 months residential treatment.
- Seen ten women attend our weekly mental health drop-in.
- Handed out sixty personal safety alarms and fifteen mobile phones for safety.
- Helped five women receive PIP with support from our support workers.
- Launched a monthly activity timetable. This will assist with cooking on a budget, selfcare and purpose.
- Seen 85% of women seeing improved mental health.
- Ninety-five percent of women accessing more services
- Fast tracked our first women into treatment,

Additionally, reports from National Probation Service show that the crime rate has dropped 76% amongst the women who sell sex since we launched the safeguarding forum demonstrating our impact.



This is what the women themselves have had to say about our work:

"There is so much I love about this service that all you lovely ladies do for us girls. Most importantly is that you are always here for me whenever I need a shoulder to cry on, hear my worries. Thanks for everything, clothes, food etc. But most important thanks for being you."

"I enjoy volunteering at Aspirations because of the trusting relationships you build with the girls. Having each one of them attend down and feel comfortable enough to open to you"

about their day-to-day life is extremely rewarding, especially when you can assist and support them where needed. I could not ask for a better team to work with. Each of us brings a special little something to ensure we provide the best support from all areas to support their needs. The way our team comes together as a whole determines our success, I value each one of them. Together we will continue to make a difference."



Recovery Day Program

Our Day Program continues to grow and help people on their way to recovery from addiction. In the last year we have seen:

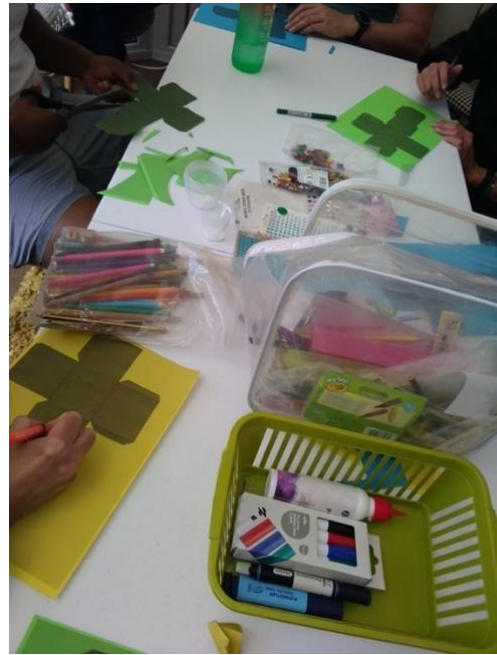
- sixty-four people have now completed the day program, of which:
- 50 are now either working full time in college or university or volunteer placements.
- Five of those people have been in employment with us.
- All attendees have seen improved mental & emotional health, relationships with family and children.

We currently have fifteen people attending the program, and a waiting list of a further ten people.

This is what the attendees themselves have had to say about our work:

"I love the Aspirations Program. It gave me hope when I got clean and gave me routine and the opportunity to socialize with peers. I feel really supported. The staff are kind and encouraging."

"All staff are friendly and helpful, i.e., good at their job. Anything I need help with is put into motion and sorted. This service benefits people with various issues including mental health, general wellbeing, and overall recovery. Not just with regards to past substance misuse."



Family Support Program

We have supported nineteen families with children's Christmas presents and dinner, and fifty families have received food parcels throughout the year. Our Family Program, whilst a small part of what we do, continues to provide vital support to the wider families who are impacted by someone going through addiction.

Harley's Space

In March 2023, we launched our newest program, Harley's Space. This service provides peer-led support once a week for young people battling addiction. It started because a mother whose teenage son lost his battle with addiction wanted to collaborate with us to provide support for other young people. There was no support for her son, and she now wants to provide young people with the recovery support Harley could not get. So far, we are seeing around 4-8 young people a week and have been able to organize a day trip to the beach for them.

Other News

We are continuing to grow and build resilience as a charity, being able to expand our staff team to meet the demand for our services. In July 2023, we were awarded funding from the Lloyds Bank Foundation, which not only has provided us with £25,000 of unrestricted funding a year for three years but comes with support in developing the charity further. This includes HR support and support with governance and appointing new trustees to further strengthen. This is all helping us to build a strong and resilient charity that can continue to grow.

In August 2023, we held our first Summer Ball which was a fundraising event for the charity and an opportunity to link up with corporate sponsors. It was a well-attended event and gained lots of positive feedback and we plan to make it an annual event moving forward.



We have also been nominated for The Kings Volunteer Award, and are delivering training on adult exploitation, public speaking and safeguarding and boundaries to numerous services. This includes police on a national level, NPS locally, leading homeless charities and recovery services, which is providing another source of income.

In September 2023, Tracy Harris (Head of communities at Southend-on-Sea City Council), Kerry Mayers (Psychological services lead for the South-East Essex Trauma Alliance in Essex Partnership University Trust), and Marie Edmonds, Founder of Aspirations) were asked to speak about the health and professional empathy shown to women who sell sex at a national conference.

The conference was called 'Putting a spotlight on women's health: addressing disparities in access, experience and quality of care for women', the conference looked at all aspects and barriers to women seeking health care.

Tracy, Kerry, and Marie, spoke about their work at developing a joint strategy to understand the health needs of women who sell sex, to put in place harm reduction measures to make them feel safe to ask for health support, and work collaboratively to develop trauma informed support. Tracy said: "Speaking at the conference allowed us to demonstrate the partnership working that has taken place across our organizations to understand, help and support, this small but significant community."

"Our understanding is that women will exit the sex trade when they feel they are properly supported and the first step of that is taking care of themselves, taking care of their health. If they are not met with a compassionate doctor, who can respond to them, understanding they are coming from a place of trauma, then the trust is immediately broken."



Aspirations Charity Shop



Following many successful pop-up charity shop fundraising events, we felt a permanent shop was the next step in our journey and within the foreseeable future of Aspirations.

We receive some phenomenal donations from our wonderful support network which we feel can be used to stock a wonderful charity shop. This enables us to recycle any items we do not use within our services, offer a new and exciting shopping experience to not only for our service users but to our community as well as the charity shop providing an additional and very important funding stream to allow Aspirations to continue the good work we do within our community.

The charity shop will be staffed by volunteers assisting with a range of tasks, such as donation sorting, hanging items in correct sizes, pricing items, supporting customers in the shop, serving customers, and operating the till and card payment system.

19 graduates from the Day program are helping with the logistics of the charity shop which is fantastic to see and witness such success stories.

Volunteering in this capacity helps our graduates in so many ways. Not only are they contributing and helping the charity, supporting, and giving back to their community, but gaining important life skills in the process such as, time keeping, working as a team, communication, customer service and creativity which we believe will stand them all in good stead throughout their journey.

At the end of 2023, we found a new location, which had dual usage, to expand our current services and a fully functional charity shop, in the Heart of Southend on Sea.

With the location being on the London Road, we really are in a prime location for all walking trade, as well as a few steps away from the High Street, welcoming all shoppers to come and look around.

The Charity Shop launched on Saturday 6th April, with queues outside hours before we were due to open, the shop was busy from open till close and was a huge success.

High Sheriff Awards

We're a small team with a big heart, we do what we do because we care about those we serve.

Last night we attended the High Sheriff of Essex awards hosted by Essex Community Foundation.

So proud and happy to announce we won the #highsheriff cup. We were just grateful to be nominated and receive funding towards the project, we really hand on heart didn't expect to win.

Proud is an understated, I'm so proud of our team. They work their socks off with limited resources to make the world a little better for those we serve.

At the heart of this, is them, those who must get up every day and fight to survive, those who live in a world that hasn't been very kind to them & still chose to live. They're the hero's in this story.



We will continue to be the voice for those that feel they don't have one.

Looking forward to going into work today and showing the ladies the cup.

Big thank you to the High Sheriff of Essex and Essex Community Foundation for your support.

Next year's aims

- More women off the streets and in stable accommodation
- Greater connection with and practical support for women selling sex and being homeless.
- Improvement in the lives of men & women affected by addiction.
- We will have greater organizational capacity and resilience.

We are already making an impact in achieving all these outcomes and look forward to continuing to report on the positive impact the Aspirations Program is having over next year.

Charity No. 1195424

Unaudited Financial Statements

Aspirations Program CIO
For the 15 months ended 31 August 2023

Prepared by Bronze Oak Accountancy Ltd

Contents

- 3 .
- 4 Organisation Information
- 5 Trustee's Report
- 6 Accountants Report
- 7 Balance Sheet
- 8 Income Statement
- 9 Notes to the accounts
- 11 9. Depreciation Schedule
- 12 Income Statement

•

**Aspirations Program CIO
For the 15 months ended 31 August 2023**

Charity Reg: 1195424 (England & Wales)

Aspirations Program CIO

Report of the Trustees and Audited Financial Statements

For the period ended 31 August 2023

Organisation Information

Aspirations Program CIO

For the 15 months ended 31 August 2023

Trustee(s)

Duncan Harold Smith

Gareth Peter Evans

Grant Darren Selby

John Phillip Gosnell

Registered Office:

Marie Edmonds, 573 Southchurch Road, Southend-On-Sea, Essex, GBR, SS1 2PN

1. Charity Registration No.

1195424 (England and Wales)

Accountants

Bronze Oak Accountancy Ltd
Suite 101, 12 Bonner Walk
Grays, Essex
RM16 6PW

Trustee's Report

Aspirations Program CIO

For the 15 months ended 31 August 2023

The Trustees presents their report with the financial statements of the Aspirations Program CIO for the period ended 31 August 2023.

Principial activities

The principiapl activity of the charity in the period under review was: A community based instrument created to address the needs and the presevation and protection of physical and mental health of people in recovery from harmful addiction and other mental health issues.

Going Concern

The charity will continue to adopt the going concern basis in preparing the annual financial statement

Trustees

The trustee(s) shown below have held office during the whole of the period ending 31 August 2023

Duncan Harold Smith

Gareth Peter Evans

The trustee(s) shown below joined the chartiy during the reporting period

Grant Darren Selby

John Philip Gosnell

The trustee(s) shown below resigned during the reporting period

Helen McDonald

Catherine Story

Maria Folivi

Esther Rosenblatt

This report was approved by the board of trustees on ~~30/04/2024~~

And signed on Behalf of the Board by:

Trustee/ Date: -



15/05/2024

Accountants Report

Aspirations Program CIO

For the 15 months ended 31 August 2023

Accountants' report to the board of directors on the preparation of the unaudited statutory accounts of Aspirations Program CIO for the year ended 31 August 2023

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Aspirations Program CIO for the year ending 31 August 2023 which comprises of the Profit and Loss Account, the Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at [icaew.com/membershandbook](https://www.icaew.com/membershandbook).

This report is made solely to the Company's Board of Directors, as a body, in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the accounts of Aspirations Program CIO and state those matters that we have agreed to state to them, as a body, in this report in accordance with AAF 2/10 as detailed at [icaew.com/compilation](https://www.icaew.com/compilation). To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that Aspirations Program CIO has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit [/loss] of Aspirations Program CIO. You consider that Aspirations Program CIO is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Aspirations Program CIO. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

Signature. 

Ricardo Bernard FCCA PGrd Financial Services

Balance Sheet

Aspirations Program CIO

As at 31 August 2023

	31 AUG 2023	31 AUG 2022
Assets (liabilities)		
Assets less current liabilities		
Fixed Assets	5,487	6,512
Current assets (liabilities)		
Assets		
Cash at bank & at hand	137,222	84,072
Trade debtors	1,500	-
Total Assets	138,722	84,072
Prepayments and accrued income	630	-
Creditors: amounts falling due within one year		
Corporation tax	-	(823)
Creditors: Amounts falling due within one year	-	(1)
Other taxes and social security	(1,774)	(38)
Trade creditors	(1,256)	(444)
Accruals and deferred income	(65,949)	(51,177)
Total Creditors: amounts falling due within one year	(68,979)	(52,483)
Total Current assets (liabilities)	70,372	31,589
Total Assets less current liabilities	75,859	38,101
Total Assets (liabilities)	75,859	38,101
Capital and reserves		
Equity	75,859	38,101
Total Capital and reserves	75,859	38,101

Income Statement

Aspirations Program CIO

For the 15 months ended 31 August 2023

JUN 2022-AUG 2023 JUN 2021-AUG
2022

Income Statement

Trading Income	307,600	160,215
Cost of Operations	(104,450)	(46,131)
Staff costs	(75,559)	(42,158)
Depreciation and other amounts written off assets	(2,200)	(984)
Operating Expenses	(81,888)	(40,165)
Surplus/ (Deficit)	43,503	30,776

This note form part of the financial statements

Notes to the accounts

Aspirations Program CIO

For the 15 months ended 31 August 2023

1. Charity Purpose

Aspirations Program Charity Interest Organisation is a community-based instrument created to address the need and the preservation and protection of physical and mental health of people in recovery from harmful addictions and other mental health issues.

To fully support them with their recovery and re-integrate with society. Nothing in this constitution shall authorise an application of the property of the CIO For the Purposes which are not charitable in accordance with [Section 7 Of the Charities and Trustee Investment (Scotland) Act 2005] and [Section 2 Of the Charities Act (Northern Ireland) 2008].

2. Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the financial statements, except as noted below

3. Basis of Preparation

The financial statements have been prepared under the historical cost convention applicable in the United Kingdom and in accordance with the Financial Reporting Standard for Smaller Entities (Effective April 2008)

4. Going Concern

The trustees will continue to adopt the going concern basis of accounting in preparing the annual financial statements

5. Income Policy

The Income shown in the Income statement represents Funds deployed during the period, exclusive of Value Added Taxation and Trade discounts

	2023	2022
6. Creditors: amounts falling due within one year		
Social Security & Taxation	(1,774.45)	(823.00)
Accounts Payable	(1,256.26)	-
Accruals	(1,460.00)	-
Income in Advance	(64,488.66)	(53,780.00)
Total Creditors: amounts falling due within one year	(68,979.37)	(54,603.00)

7. Employees

The average number of employees during the period was (x) (2022 5)

8. Preparation of accounts

The charity is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 August 2023 .

The members have not required the company to obtain an audit of its financial statements for the period ended 5th August 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395

and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

Trustee: / Date -----

Trustee: / Date -----

9. Depreciation Schedule

Aspirations Program CIO

For the 15 months ended 31 August 2023

COST ACCOUNT	NAME	RATE	COST	OPENING VALUE	PURCHASES	DISPOSALS	DEPRECIATION	CLOSING VALUE
Computer Equipment			1,282	603	477	-	521	560
Fixtures, Furniture & Fittings			5,090	2,431	2,230	-	1,114	3,547
Intangibles			781	742	-	-	98	644
Office Equipment			1,374	-	1,374	-	468	906
Total			8,526	3,776	4,081	-	2,200	5,657

Income Statement

Aspirations Program CIO

For the 15 months ended 31 August 2023

JUN 2022-AUG 2023 JUN 2021-AUG 2022

Income Statement

Trading Income		
Revenue	307,600	160,215
Total Trading Income	307,600	160,215
Cost of Operations		
Fund Raising Cost	(51,527)	(39,654)
Counselling Cost	(52,923)	(6,477)
Total Cost of Operations	(104,450)	(46,131)
Staff costs		
Employers national insurance	(329)	(482)
Staff pensions	(715)	(185)
Staff training and welfare	(1,756)	(2,986)
Wages and salaries	(70,553)	(37,540)
Travel and subsistence	(2,206)	(965)
Total Staff costs	(75,559)	(42,158)
Depreciation and other amounts written off assets		
Depreciation of tangible fixed assets	(2,200)	(984)
Total Depreciation and other amounts written off assets	(2,200)	(984)
Operating Expenses		
Rent	(30,974)	(15,000)
Repairs, renewal and maintenance	(7,127)	(4,433)
Subscriptions	(95)	(56)
Telephone and data	(3,119)	(1,765)
Advertising and marketing	(2,731)	(921)
Accounting services	(5,046)	(1,925)
Bank charges	(2)	-
Cleaning	(3,746)	(185)
Computer software, IT consumables and maintenance	(2,820)	-
General administration	(2,545)	(2,045)
Insurance	(1,344)	(2,139)
Legal and professional fees	(17,542)	(11,225)
Printing, postage and stationery	(2,975)	(249)
Donations	(1,581)	(223)
Entertainment	(241)	-
Total Operating Expenses	(81,888)	(40,165)
Surplus/ (Deficit)	43,503	30,776

This note form part of the financial statements

Unaudited Financial Statements

Aspirations Program CIO
For the 15 months ended 31 August 2023

Prepared by Bronze Oak Accountancy Ltd

Contents

3	.
4	Organisation Information
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7	Balance Sheet
8	Income Statement
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Fixtures, Furniture & Fittings			5,090	2,431	2,230	-	1,114	3,547
Intangibles			781	742	-	-	98	644
Office Equipment			1,374	-	1,374	-	468	906
Total			8,526	3,776	4,081	-	2,200	5,657

Income Statement

Aspirations Program CIO

For the 15 months ended 31 August 2023

JUN 2022-AUG 2023 JUN 2021-AUG 2022

Income Statement

Trading Income		
Revenue	307,600	160,215
Total Trading Income	307,600	160,215
Cost of Operations		
Fund Raising Cost	(51,527)	(39,654)
Counselling Cost	(52,923)	(6,477)
Total Cost of Operations	(104,450)	(46,131)
Staff costs		
Employers national insurance	(329)	(482)
Staff pensions	(715)	(185)
Staff training and welfare	(1,756)	(2,986)
Wages and salaries	(70,553)	(37,540)
Travel and subsistence	(2,206)	(965)
Total Staff costs	(75,559)	(42,158)
Depreciation and other amounts written off assets		
Depreciation of tangible fixed assets	(2,200)	(984)
Total Depreciation and other amounts written off assets	(2,200)	(984)
Operating Expenses		
Rent	(30,974)	(15,000)
Repairs, renewal and maintenance	(7,127)	(4,433)
Subscriptions	(95)	(56)
Telephone and data	(3,119)	(1,765)
Advertising and marketing	(2,731)	(921)
Accounting services	(5,046)	(1,925)
Bank charges	(2)	-
Cleaning	(3,746)	(185)
Computer software, IT consumables and maintenance	(2,820)	-
General administration	(2,545)	(2,045)
Insurance	(1,344)	(2,139)
Legal and professional fees	(17,542)	(11,225)
Printing, postage and stationery	(2,975)	(249)
Donations	(1,581)	(223)
Entertainment	(241)	-
Total Operating Expenses	(81,888)	(40,165)
Surplus/ (Deficit)	43,503	30,776

This note form part of the financial statements