

# THE STRONGTOWER FOUNDATION

England & Wales · Charity number 1195771

## Details

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Other names	STRONGTOWER
Status	Registered
Legal form	CIO
Registered	2021-09-09
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	The Strongtower Foundation Third Floor 86-90 Paul Street London EC2A 4NE
Phone	02075517777
Email	<a href="mailto:info@thestrongtowerfoundation.org">info@thestrongtowerfoundation.org</a>
Website	<a href="http://www.thestrongtowerfoundation.org">www.thestrongtowerfoundation.org</a>

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE:(A) THE RELIEF OF THOSE IN NEED BY REASON OF THEM BEING, HAVING BEEN OR BEING AT RISK OF BECOMING VICTIMS OF SLAVERY, HUMAN TRAFFICKING, EXPLOITATION OR DOMESTIC VIOLENCE, IN PARTICULAR BY THE PROVISION OF HOUSING, HOUSING RELATED SUPPORT OR CARE; (B) TO PROMOTE FOR THE PUBLIC BENEFIT THE PROVISION OF SERVICES(I) DIRECTED TOWARDS THE PREVENTION OF DOMESTIC VIOLENCE AND(II) TO MEET THE NEEDS OF SURVIVORS OF DOMESTIC VIOLENCE AND THEIR FAMILIES; AND(C) TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY.FOR THE PURPOSE OF THIS CLAUSE 3:'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY BY REASON OF FACTORS INCLUDING (BUT NOT LIMITED TO) UNEMPLOYMENT, FINANCIAL HARDSHIP OR NEED RELATED TO BEING (OR BEING AT RISK OF BEING) VICTIMS OF SLAVERY, HUMAN TRAFFICKING, EXPLOITATION OR DOMESTIC VIOLENCE; AND'EXPLOITATION' MEANS EXPLOITATION AS DEFINED IN THE MODERN SLAVERY ACT 2015

**Activities:** THE RELIEF OF THOSE IN NEED BY REASON OF THEM BEING, HAVING BEEN OR BEING AT RISK OF BECOMING VICTIMS OF SLAVERY, HUMAN TRAFFICKING, EXPLOITATION OR

DOMESTIC VIOLENCE, IN PARTICULAR BY THE PROVISION OF HOUSING, HOUSING RELATED SUPPORT OR CARE.

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Disability, The Prevention Or Relief Of Poverty
- **Who:** The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£14,940	£11,946	-	-
2024-05-31	£19,122	£25,822	-	-
2023-05-31	£10,590	£424	-	-
2022-05-31	£1,203	£53	-	-

## Trustees

Name	Role	Appointed
<b>Nathan King</b>	Chair	2021-09-09
Christopher Rose		2024-04-08
Lauren Romanish		2024-02-29
Samantha Betz		2024-09-10

**THE STRONGTOWER FOUNDATION**

England & Wales - Charity number 1195771

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# Accounts

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The  
Strongtower  
Foundation



**The Strongtower Foundation  
Annual Return 2024-2025**

## Introductory Note From CEO



Dear Reader,

This financial return for 2025 reflects a foundational year for The Strongtower Foundation, marking the transition from planning to active service delivery.

During this period, we successfully launched our supported housing provision and opened our first safe accommodation facility. This milestone enabled us to place our first resident, who settled well into the programme and began her journey toward independent living.

Alongside this, we trained our first cohort of volunteers, equipping them with essential skills in trauma-informed care, safeguarding, and basic counselling support. These volunteers now form a critical part of our delivery model and community-based support system.

Our financial activity this year reflects deliberate investment into establishing infrastructure, securing accommodation, and building a sustainable foundation for future growth.

This report reflects not only financial stewardship, but the beginning of tangible, life-changing impact. Sincerely,

Rachael King

Chief Executive Officer  
The Strongtower Foundation

## Who We Are

### Access to Safe Housing & Accommodation

The Strongtower Foundation (STF) is a Charitable Incorporated Organisation (CIO), founded in September 2021, with a mission to support victims of modern slavery and human trafficking. We believe that modern slavery is a critical contemporary issue, and we are committed to ensuring people can live free from slavery in our communities and nationwide.

During the financial year, we continued to provide essential support to victims through our structured reintegration programme, focusing on housing, mental well-being, education, and employability. Our work remains volunteer-driven, with trustees contributing their time voluntarily without remuneration.

Our name is taken from Psalm 61:3:

*For thou hast been a shelter for me, and a strong tower from the enemy.*

Please visit our website for more information: [www.thestrongtowerfoundation.org](http://www.thestrongtowerfoundation.org)

## Objectives & Activities

### Twelve Month Re-integration Programme

STF operates as more than just a safehouse.

- a) We provide safe accommodation for victims to call their home
- b) We run a volunteer-led 12-month programme providing holistic care and support to bring healing to the whole person: mind, body, and soul

Our aim is to break the cycle of dependence by equipping those who have affected by this crime through tool-building support programmes that will empower them to transition into **independent living**.

## Our mission

At the heart of our mission is a strong commitment to empower victims of Modern Slavery and Human Trafficking (MSHT) to move past their trauma and achieve independent living and engage the community to drive real change

Our approach is grounded in volunteer-led services. Through university workshops, training sessions and events, we rally local support, making the fight against MSHT a shared responsibility.

Our victim support programs focus on rehabilitation and reintegration to prevent re-trafficking:

- **Empowerment and Support:** Our comprehensive services provide survivors with the tools they need to rebuild their lives, including mental health support and life skills.
- **Safe Transitional Housing:** We provide safe, nurturing environments where victims can heal and regain their independence.
- **Sustainability:** We ensure our services are effective and sustainable, maintaining high standards through ongoing training for staff and volunteers.

## Our purpose

Our charity bridges the critical gap in survivor support. Many remain trapped in a cycle, making them vulnerable to re-trafficking. By offering tailored programs through our Five Pillar Support Program, focused on empowerment, skills training, and safe transitional housing, we equip survivors to rebuild their lives and regain autonomy, ensuring that no one navigates this journey alone.

## Our Support Programme

Our **Five Pillar Support Programme** includes 5 elements:

### Befriending Support Network

We recruit and train volunteers to befriend our residents so that they can get to know the local area. The interaction can range from helping with shopping to a coffee and a chat in the local park. This service is essential to community integration.

Our training will cover essential modules such as safeguarding, dealing with mental health and spotting the signs of MSHT.

#### ◇ Life-skills Training

During the 12-month period we support women by sharing essential life skills that will help with confidence building, such as cooking classes and healthy eating tips. Finance and budgeting skills are a core part of this service. We aim to teach women to manage their budget and enable them to save for a deposit for independent living during their time with us.

#### ◇ Mental wellbeing and Counselling sessions

We work with trained volunteers to help victims develop emotional skills, cope with life challenges and manage their triggers; this will enable them to function independently and socially. This can range from 1-1 counselling to art and music therapy.

#### ◇ Education & Employability Opportunities

Over a 12-month period, we work with career advisors to help victims consider their future, opportunities and career path. We partner with organisations to provide essential skills-development for future employment and/or education in preparation for living independently, finding work and becoming self-sustaining.

#### ◇ Self-discovery and Development Tools

A core part of independence is identity. Our programme integrates volunteer-led self-discovery sessions chosen by the victims. This can range from book-clubs to baking to gardening.

## Our values

### Restoration

MSHT strips away an individual's humanity so that they can be commodified, we want to restore this by ensuring victims are given the support they need, the dignity they deserve and the freedom and self-determination they are entitled. Many survivors of MSHT have endured unimaginable hardships. We want to restore their, faith, hope and trust in people.

### Justice

Human Rights are at the core of what we do. We believe in the inherent and inalienable right to liberty, dignity and self-determination. We strive to uphold these principles and realise them in the lives of the victims that come into our care.

### Compassion and Care

We aim to empower victims of MSHT to move past their trauma and become survivors. We want to provide a safe and understanding environment that fosters stability and recovery.

### Collaboration

We serve a mission that is bigger than us and we recognise that we cannot do this work alone. We encourage engagement with our local community and actively pursue collaborations and partnerships to further our mission.

### Opportunity

We want to give opportunities for development to people through working with us, whether through volunteerism or employment, as well as the opportunity for a fresh start for those we support.

### Agape Love

Agape love is defined as the love that comes from God for all mankind. It is the premise that every person, irrespective of their culture, class, creed or colour is loved and embraced. While we are not a proselytising organisation, we are founded on the values taught by Jesus to show care and compassion for the vulnerable in a practical way

## Charity Details

Charity Number	1195771
Registration Date	9 September 2021
Registered Address	The Strongtower Foundation 3rd Floor 86-90 Paul Street London EC2A 4NE

### Board of Trustees

Nathan King	Chair	Appointed 09 September 2021
Lauren Romanish	Trustee	Appointed 29 February 2024
Christopher Rose	Trustee	Appointed 08 April 2024
Samantha Betz	Trustee	Appointed 10 September 2024

### Secretary

Adetola Okunuga	Non-voting Administrator	Appointed 01 July 2023
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### Key Management

Rachael King	Chief Executive Officer & Founder	Appointed 09 September 2021
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## Advisors

Bank

Co-Operative Bank  
1 Balloon Street, Manchester  
M60 4EP

# Financial Review

## Financial Performance

During the financial year ending 31 May 2025, the charity generated income primarily through donations, including a significant £10,000 contribution received in February 2025.

Key financial highlights include:

- Total income: £14,940.69
- Housing-related costs: £5,301.27 (Property lease: £5,050 | Furniture: £251.27)
- Other operating expenditure: £6,644.43
- Total expenditure: £11,945.70
- Net surplus for the year: £2,994.99
- Closing balance: £7,611.33

## Reserves Policy

The charity aims to maintain sufficient unrestricted reserves to ensure continuity of operations and to respond to emerging needs.

At year-end, the charity held £7,611.33 in unrestricted funds, providing a stable base moving into the next financial year.

## Principal Funding Sources

The charity's primary funding sources during the year were individual donations and a major one-off donation received in February 2025.

## Plans for Future Periods

The charity plans to expand supported housing provision, increase resident capacity, strengthen volunteer training, and secure additional funding streams.

## Annual Return FY24-25 Financial Review

### Statement of Financial Activities

<i>Notes</i>	<i>Total 2025 (£)</i>	<i>Total 2024 (£)</i>
<b><i>Income from:</i></b>		
Donations – corporates	10,000.00	18,000
Donations – individuals	1,266.40	1,122
Rental Income	2,050.00	-
Grant income	-	-
<i>Other receipts</i>	1,624.29	-
<b><i>Total Income</i></b>	<b>14,940.69</b>	<b>19,122</b>
<b><i>Expenditure on:</i></b>		
Housing-related costs	5,301.27	25,170
Office costs	50.23	288
Event Costs	2,145.23	-
Operating costs	4,448.97	364
<b>Total expenditure</b>	<b>11,945.70</b>	<b>25,822</b>
<b>Net movement in funds</b>	<b>2,994.99</b>	<b>-6,700</b>
Fund balances at 1 June	4,616	11,316
Fund balances at 31 May	7,611.33	4,616

## Balance Sheet as at 31 May 2025

Notes	2025 (£)	2024 (£)
<b>Current assets</b>		
Cash at bank and in hand	7,611.33	4,616
<b>Creditors: amounts falling due within one year</b>	-	-
<b>Net current assets</b>	7,611.33	4,616
<b>Total net assets</b>	7,611.33	4,616
<b>Funds</b>		
Unrestricted funds	7,611.33	4,616
Restricted funds	-	-
<b>Total charity funds</b>	7,611.33	4,616

## Accounting Policies

### Basis of Preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) and applicable UK accounting standards.

### Recognition of Income and Expenditure

Income is recognised when receivable, and expenditure is accounted for on an accrual basis.

### Fund Accounting

Funds are classified as restricted or unrestricted, with restrictions applied to specific grants and donations.

### Valuation of Fixed Assets

Fixed assets are recorded at cost and depreciated over their useful economic lives, where applicable.

The charity does not currently hold any fixed assets.

<i>Category</i>	<i>Amount (£)</i>
<b><i>Income Analysis</i></b>	
<i>Donations – corporations</i>	10,000.00
<i>Donations – individuals</i>	1,266.40
<i>Rental Income</i>	2,050.00
<i>Other receipts</i>	1,624.29
<b>Total Income</b>	<b>14,940.69</b>
<b><i>Expenditure Analysis</i></b>	
<i>Housing-related costs</i>	5,301.27
<i>Office costs</i>	50.23
<i>Event costs</i>	2,145.23
<i>Other operating expenditure</i>	4,448.97
<b>Total Expenditure</b>	<b>11,945.70</b>

## Staff Costs & Trustee Remuneration

### Number of Employees and Payroll Costs

The charity operates through a dedicated volunteer-led model, with no salaried employees during the financial year. Delivery is supported by a growing network of trained volunteers, including individuals equipped in trauma-informed care and safeguarding practices. This approach reflects a deliberate focus on maximising frontline impact, ensuring that resources are directed primarily toward beneficiary support and programme delivery.

### Disclosure of Any Payments to Trustees

No trustees received remuneration, expenses, or any other financial benefits during the financial year.

The Board continues to provide strategic oversight, governance, and leadership on a wholly voluntary basis, demonstrating a strong commitment to the charity's mission and long-term sustainability.

## Funds Movement

### Changes in Restricted and Unrestricted Funds

- Net Movement (surplus) in Funds: £2,994.99

The charity recorded a net surplus for the financial year ended 31 May 2025, reflecting careful cost management during its foundational year of operations.

## Restricted / Unrestricted funds

All income received and expenditure incurred during the year relates to **unrestricted funds**. This provides the charity with full flexibility to allocate resources where they are most needed, particularly in establishing its supported housing provision and delivering core services.

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Annual Return FY24-25 Accounting Policies & Analysis

**Approved by the Board of Trustees on 31 March 2026 Signed  
on behalf of the Trustees:**

Nathan King

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**Nathan King** (Chairperson)

**THE STRONGTOWER FOUNDATION**

England & Wales - Charity number 1195771

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# Accounts

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The  
Strongtower  
Foundation



# **The Strongtower Foundation Annual Return, 2023-2024**

## Introductory Note From CEO

Dear Reader,

This financial return for 2024 reflects a year of significant progress and tangible impact at The Strongtower Foundation. Building upon the transformative initiatives outlined in our impact report, our financial stewardship has directly enabled the realization of our core mission: combating modern slavery and empowering survivors.

The opening of our first supported housing unit, a milestone celebrated with both joy and solemnity, was made possible by the careful management of allocated resources. These funds were crucial in establishing a safe and nurturing environment for survivors, demonstrating the direct correlation between financial planning and tangible change in lives.

Furthermore, our commitment to raising awareness and advocating for systemic change, through parliamentary engagements and public forums, required strategic financial investment in outreach and resource development. These expenditures, are reflected in our community events, educational material and volunteer training.

We have also spent considerable time investing in strategic partnerships with government contractors and other charities, which have strengthened our operational capacity and expanded our reach. We have ensured that all funds are utilized efficiently to maximize impact, ensuring the long-term sustainability of our programs.

This financial report is more than a record of expenditures; it's a testament to the effective management of resources to transform financial capital into tangible hope and empowerment. It demonstrates our commitment to re-building a future free from modern slavery, one life at a time.

Sincerely,

Rachael King

Chief Executive Officer  
The Strongtower Foundation

## Who We Are

### Access to Safe Housing & Accommodation

The Strongtower Foundation (STF) is a Charitable Incorporated Organisation (CIO), founded in September 2021, with a mission to support victims of modern slavery and human trafficking. We believe that modern slavery is a critical contemporary issue, and we are committed to ensuring people can live free from slavery in our communities and nationwide.

During the financial year, we continued to provide essential support to victims through our structured reintegration programme, focusing on housing, mental well-being, education, and employability. Our work remains volunteer-driven, with trustees contributing their time voluntarily without remuneration.

Our name is taken from Psalm 61:3:

*For thou hast been a shelter for me, and a strong tower from the enemy.*

Please visit our website for more information: [www.thestrongtowerfoundation.org](http://www.thestrongtowerfoundation.org)

## Objectives & Activities

### Twelve Month Re-integration Programme

STF operates as more than just a safehouse.

- a) We provide safe accommodation for victims to call their home
- b) We run a volunteer-led 12-month programme providing holistic care and support to bring healing to the whole person: mind, body, and soul

Our aim is to break the cycle of dependence by equipping those who have affected by this crime through tool-building support programmes that will empower them to transition into **independent living**.

## Our mission

At the heart of our mission is a strong commitment to empower victims of Modern Slavery and Human Trafficking (MSHT) to move past their trauma and achieve independent living and engage the community to drive real change

Our approach is grounded in volunteer-led services. Through university workshops, training sessions and events, we rally local support, making the fight against MSHT a shared responsibility.

Our victim support programs focus on rehabilitation and reintegration to prevent re-trafficking:

- **Empowerment and Support:** Our comprehensive services provide survivors with the tools they need to rebuild their lives, including mental health support and life skills.
- **Safe Transitional Housing:** We provide safe, nurturing environments where victims can heal and regain their independence.
- **Sustainability:** We ensure our services are effective and sustainable, maintaining high standards through ongoing training for staff and volunteers.

## Our purpose

Our charity bridges the critical gap in survivor support. Many remain trapped in a cycle, making them vulnerable to re-trafficking. By offering tailored programs through our Five Pillar Support Program, focused on empowerment, skills training, and safe transitional housing, we equip survivors to rebuild their lives and regain autonomy, ensuring that no one navigates this journey alone.

## Our Support Programme

Our **Five Pillar Support Programme** includes 5 elements:

### ◆ Befriending Support Network

We recruit and train volunteers to befriend our residents so that they can get to know the local area. The interaction can range from helping with shopping to a coffee and a chat in the local park. This service is essential to community integration.

Our training will cover essential modules such as safeguarding, dealing with mental health and spotting the signs of MSHT.

### ◆ Life-skills Training

During the 12-month period we support women by sharing essential life skills that will help with confidence building, such as cooking classes and healthy eating tips. Finance and budgeting skills are a core part of this service. We aim to teach women to manage their budget and enable them to save for a deposit for independent living during their time with us.

### ◆ Mental wellbeing and Counselling sessions

We work with trained volunteers to help victims develop emotional skills, cope with life challenges and manage their triggers; this will enable them to function independently and socially. This can range from 1-1 counselling to art and music therapy.

### ◆ Education & Employability Opportunities

Over a 12-month period, we work with career advisors to help victims consider their future, opportunities and career path. We partner with organisations to provide essential skills-development for future employment and/or education in preparation for living independently, finding work and becoming self-sustaining.

### ◆ Self-discovery and Development Tools

A core part of independence is identity. Our programme integrates volunteer-led self-discovery sessions chosen by the victims. This can range from book-clubs to baking to gardening.

## Our values

### Restoration

MSHT strips away an individual's humanity so that they can be commodified, we want to restore this by ensuring victims are given the support they need, the dignity they deserve and the freedom and self-determination they are entitled. Many survivors of MSHT have endured unimaginable hardships. We want to restore their, faith, hope and trust in people.

### Justice

Human Rights are at the core of what we do. We believe in the inherent and inalienable right to liberty, dignity and self-determination. We strive to uphold these principles and realise them in the lives of the victims that come into our care.

### Compassion and Care

We aim to empower victims of MSHT to move past their trauma and become survivors. We want to provide a safe and understanding environment that fosters stability and recovery.

### Collaboration

We serve a mission that is bigger than us and we recognise that we cannot do this work alone. We encourage engagement with our local community and actively pursue collaborations and partnerships to further our mission.

### Opportunity

We want to give opportunities for development to people through working with us, whether through volunteerism or employment, as well as the opportunity for a fresh start for those we support.

### Agape Love

Agape love is defined as the love that comes from God for all mankind. It is the premise that every person, irrespective of their culture, class, creed or colour is loved and embraced. While we are not a proselytising organisation, we are founded on the values taught by Jesus to show care and compassion for the vulnerable in a practical way

## Charity Details

Charity Number	1195771
Registration Date	9 September 2021
Registered Address	The Strongtower Foundation 3rd Floor 86-90 Paul Street London EC2A 4NE

### Board of Trustees

Nathan King	Chair	Appointed 09 September 2021
Lauren Romanish	Trustee	Appointed 29 February 2024
Christopher Rose	Trustee	Appointed 08 April 2024
Samantha Betz	Trustee	Appointed 10 September 2024

### Secretary

Adetola Okunuga	Non-voting Administrator	Appointed 01 July 2023
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### Key Management

Rachael King	Chief Executive Officer & Founder	Appointed 09 September 2021
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### Advisors

Bank	Co-Operative Bank 1 Balloon Street, Manchester M60 4EP
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## Financial Review

### Financial Performance

During the year, the charity generated £19,302 in total income, primarily from corporate donations.

Key financial highlights include:

• Donations:	£19,122
• Housing-related costs:	£25,170
• Office costs:	£288
• Other operating expenditure:	£364
• Total expenditure:	£25,822
• Net deficit for the year:	£6,700

### Reserves Policy

STF aims to maintain adequate reserves to ensure financial stability and sustainability. The charity's financial position remains strong, with sufficient funds available for operational continuity.

### Principal Funding Sources

Our primary funding sources include grants from organisations such as the Big Lottery Fund and individual donations. We continue to seek diverse funding opportunities to support and expand our work.

### Plans for Future Periods

Looking ahead, STF plans to:

- Expand its Safe Housing Programme to support more survivors.
- Strengthen partnerships with organisations to enhance education and employability opportunities.
- Increase volunteer engagement and training to improve service delivery.
- Develop additional funding streams to sustain long-term operations.

## Statement of Financial Activities

### Statement of financial activities (SOFA) for the year ended 31 May 2024

(Including Income & Expenditure Account)

Notes	Total 2024 (£)	Total 2023 (£)
<b>Income from:</b>		
Donations - corporations	18,000	-
Donations - individuals	1,122	90
Grant income	-	10,500
<b>Total Income</b>	<b>19,122</b>	<b>10,590</b>
<b>Expenditure on:</b>		
Housing-related costs	25,170	-
Office costs	288	288
Other operating expenses	364	136
<b>Total expenditure</b>	<b>25,822</b>	<b>424</b>
<b>Net movement in funds</b>	<b>- 6,700</b>	<b>10,166</b>
Fund balances at 1 June	11,316	1,151
Fund balances at 31 May	4,616	11,316

All income earned and expenditure incurred for the year forms part of unrestricted funds.

## Balance Sheet

### Balance sheet as at 31 May 2024

Notes	2024 (£)	2023 (£)
<b>Current assets</b>		
Cash at bank and in hand	4,616	11,136
<b>Creditors: amounts falling due within one year</b>	<b>-</b>	<b>-</b>
<b>Net current assets</b>	<b>4,616</b>	<b>11,136</b>
<b>Total net assets</b>	<b>4,616</b>	<b>11,136</b>
<b>Funds</b>		
Unrestricted funds	4,616	11,136
Restricted funds	-	-
<b>Total charity funds</b>	<b>4,616</b>	<b>11,136</b>

## Accounting Policies

### Basis of Preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) and applicable UK accounting standards.

### Recognition of Income and Expenditure

Income is recognised when receivable, and expenditure is accounted for on an accrual basis.

### Fund Accounting

Funds are classified as restricted or unrestricted, with restrictions applied to specific grants and donations.

### Valuation of Fixed Assets

Fixed assets are recorded at cost and depreciated over their useful economic lives, where applicable.

The charity does not currently hold any fixed assets.

## Income Analysis

### Breakdown of Major Income Sources

- |                             |         |
|-----------------------------|---------|
| • Donations - corporations: | £18,000 |
| • Donations - individuals:  | £1,122  |

## Expenditure Analysis

### Allocation of Expenditure Across Categories

- |                                |         |
|--------------------------------|---------|
| • Housing-related costs:       | £25,170 |
| • Office costs:                | £288    |
| • Other operating expenditure: | £364    |

## Staff Costs & Trustee Remuneration

### Number of Employees and Payroll Costs

The charity operates entirely with volunteers and has no paid employees.

### Disclosure of Any Payments to Trustees

No trustees received any remuneration or benefits during the financial year.

## Funds Movement

### Changes in Restricted and Unrestricted Funds

- Net Movement (deficit) in Funds: £6,700

All income earned and expenditure incurred for the year forms part of unrestricted funds.

## Related Party Transactions

No related party transactions were reported during the financial year.

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**Approved by the Board of Trustees on 27 March 2025**

**Signed on behalf of the Trustees:**

*N.King*

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**Nathan King** (Chairperson)

*Samantha Betz*

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**Samantha Betz** (Treasurer)

**THE STRONGTOWER FOUNDATION**

England & Wales - Charity number 1195771

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# Accounts

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The  
Strongtower  
Foundation



# **The Strongtower Foundation Annual Return**

The Strongtower Foundation (STF) is a Charitable Incorporated Organisation (CIO), founded September 2021.

STF is a human rights organisation with a mission to support victims of modern slavery and human trafficking. We believe that modern slavery is a contemporary issue of the highest importance, and we are determined to work with others to ensure people can be free from slavery in our communities and nationwide.

STF are a partnership and volunteer-based organisation. All trustees give their time voluntarily and receive no remuneration. Volunteers can claim back expenses in line with our Volunteering Policy.

Rachael King

CEO

## Who We Are

### Access to Safe Housing & Accommodation

The Strongtower Foundation is a charity housing project supporting victims of human trafficking within the UK. We operate a **12-month support programme** designed to assist victims reintegrate into society with autonomy, dignity and freedom.

Our name is taken from Psalm 61:3:

*For thou hast been a shelter for me, and a strong tower from the enemy.*

Please visit our website for more information: [www.thestrongtowerfoundation.org](http://www.thestrongtowerfoundation.org)

## What We Do

### Twelve Month Re-integration Programme

We are much more than just a safehouse.

- a) We provide safe accommodation for victims to call their home
- b) We run a volunteer-led 12-month programme providing holistic care and support to bring healing to the whole person: mind, body, and soul

Our aim is to break the cycle of dependence by assisting victims to move from identifying as “Victims” to “Survivors” and empowering them to transition into **independent living**. Our services cover 5 elements:

## Our Five Pillars of Support

### ◆ Befriending Support Network

We recruit and train volunteers to befriend our residents so that they can get to know the local area. The interaction can range from helping with shopping to a coffee and a chat in the local park. This service is essential to community integration.

Our training will cover essential modules such as safeguarding, dealing with mental health and spotting the signs of MSHT.

### ◆ Life-skills Training

During the 12-month period we support women by sharing essential life skills that will help with confidence building, such as cooking classes and healthy eating tips.

**Finance and budgeting** skills are a core part of this service. We aim to teach women to manage their budget and enable them to save for a deposit for independent living during their time with us.

### ◆ Mental wellbeing and Counselling sessions

We work with trained volunteers to help victims develop emotional skills, cope with life challenges and manage their triggers; this will enable them to function independently and socially. This can range from 1-1 counselling to art and music therapy.

### ◆ Education & Employability Opportunities

Over a 12-month period, we work with career advisors to help victims consider their future, opportunities and career path. We partner with organisations to provide essential skills-development for future employment and/or education in preparation for living independently, finding work and becoming self-sustaining.

### ◆ Self-discovery and Development Tools

A core part of independence is identity. Our programme integrates volunteer-led self-discovery sessions chosen by the victims. This can range from book-clubs to baking to gardening.

## Our values

### Restoration

MSHT strips away an individual's humanity so that they can be commodified, we want to restore this by ensuring victims are given the support they need, the dignity they deserve and the freedom and self-determination they are entitled. Many survivors of MSHT have endured unimaginable hardships. We want to restore their, faith, hope and trust in people.

### Justice

Human Rights are at the core of what we do. We believe in the inherent and inalienable right to liberty, dignity and self-determination. We strive to uphold these principles and realise them in the lives of the victims that come into our care.

### Compassion and Care

We aim to empower victims of MSHT to move past their trauma and become survivors. We want to provide a safe and understanding environment that fosters stability and recovery.

### Collaboration

We serve a mission that is bigger than us and we recognise that we cannot do this work alone. We encourage engagement with our local community and actively pursue collaborations and partnerships to further our mission.

### Opportunity

We want to give opportunities for development to people through working with us, whether through volunteerism or employment, as well as the opportunity for a fresh start for those we support.

### Agape Love

Agape love is defined as the love that comes from God for all mankind. It is the premise that every person, irrespective of their culture, class, creed or colour is loved and embraced. While we are not a proselytising organisation, we are founded on the values taught by Jesus to show care and compassion for the vulnerable in a practical way

## Annual Accounts Return

Charity Number	1195771
Registration Date	9 September 2021
Registered Address	The Strongtower Foundation 3rd Floor 86-90 Paul Street London EC2A 4NE

### **Board of Trustees**

Nathan King	Chair	Appointed 9 September 2021
Lara Bundock	Trustee	Appointed 9 September 2021
Lauren Romanish	Trustee	Appointed 29 February 2024

### Secretary

Adetola Okunuga	Non-voting Administrator	Appointed July 2023
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### **Key Management**

Rachael King	Chief Executive, Founder
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### **Advisors**

Bank	Co-Operative Bank 1 Balloon Street, Manchester M60 4EP
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Accountant	Genius Accountancy 27 Old Gloucester Street, London, WC1N 3AX
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Annual Accounts Return – RECEIPTS AND PAYMENTS

<b>The Strongtower Foundation</b>		
01 June 2022 to 31 May 2023		
<b>Head of Account</b>	<b>Debit</b>	<b>Credit</b>
Cash at Bank	-	
Donations		90.27
Grant		10,500.00
Operating Expenses	136.43	
Marketing		-
Office Cost	288.00	
	<b>424.43</b>	<b>10,590.27</b>

Receipts 10,590.27

Payments 424.43

**Surplus/(Deficit) 10,165.84**

Annual Accounts Return –BANK

Description	Money OUT	Money IN	Balance	Account	P/R
7894 THE HOXTON MI	24.00		1,126.51	Office Cost	Payment
DD 1&1 INTERNET LTD. V80477040-97477492	2.40		1,124.11	Operating expenses	Payment
Big Lottery Fund MAIN GRANT		10,000.00	11,124.11	Grant	Receipt
7894 THE HOXTON MI	24.00		11,100.11	Office Cost	Payment
DD 1&1 INTERNET LTD. V80477040-95958005	2.40		11,097.71	Operating expenses	Payment
7894 THE HOXTON MI	24.00		11,073.71	Office Cost	Payment
AMAZON EUROPE CORE 4374839634649966		6.26	11,079.97	Donation	Receipt
DD 1&1 INTERNET LTD. V80477040-95968437	2.40		11,077.57	Operating expenses	Payment
7894 THE HOXTON MI	24.00		11,053.57	Office Cost	Payment
LOCALGIVING LTD LGTXN00490920		500.00	11,553.57	Grant	Receipt
7894 CCC GBP 11.78	0.32		11,553.25	Operating expenses	Payment
7894 CCC GBP 61.45	1.68		11,551.57	Operating expenses	Payment
7894 NAME-CHEAP.CO	11.78		11539.79	Operating expenses	Payment
7894 NAME-CHEAP.CO	61.45		11,478.34	Operating expenses	Payment
PAYPAL PPWDL4DWJ2224ZSE4U		58.56	11,536.90	Donation	Receipt
7894 THE HOXTON MI	24.00		11,512.90	Office Cost	Payment

Annual Accounts Return –BANK

7894 THE HOXTON MI	24.00		11,488.90	Office Cost	Payment
DD 1&1 INTERNET LTD. V80477040-67008679	2.40		11,486.50	Operating expenses	Payment
DD 1&1 INTERNET LTD. V80477040-60010345	36.00		11,450.50	Operating expenses	Payment
7894 THE HOXTON MI	24.00		11,426.50	Office Cost	Payment
DD 1&1 INTERNET LTD. V80477040-69024417	2.40		11,424.10	Operating expenses	Payment
7894 THE HOXTON MI	24.00		11,400.10	Office Cost	Payment
DD 1&1 INTERNET LTD. V80477040-67021390	2.40		11,397.70	Operating expenses	Payment
AMAZON EUROPE CORE 4694646585389489		5.72	11,403.42	Donation	Receipt
7894 THE HOXTON MI	24.00		11,379.42	Office Cost	Payment
DD 1&1 INTERNET LTD. V80477040-61027888	2.40		11,377.02	Operating expenses	Payment
7894 THE HOXTON MI	24.00		11,353.02	Office Cost	Payment
DD 1&1 INTERNET LTD. V80477040-60050437	2.40		11,350.62	Operating expenses	Payment
7894 THE HOXTON MI	24.00		11,326.62	Office Cost	Payment
DD 1&1 INTERNET LTD. V80477040-62067095	2.40		11,324.22	Operating expenses	Payment
AMAZON EUROPE CORE 4479364546757686		5.00	11,329.22	Donation	Receipt
7894 THE HOXTON MI	24.00		11,305.22	Office Cost	Payment

Annual Accounts Return –BANK

AMAZON EUROPE CORE 8867564448553684	14.73	11,319.95	Donation	Receipt
DD 1&1 INTERNET LTD. V80477040-61051422	3.60	11,316.35	Operating expenses	Payment

Row Labels	Sum of Money OUT	Sum of Money IN
<b>Payment</b>	<b>424.43</b>	
Office Cost	288.00	
Operating expenses	136.43	
<b>Receipts</b>		
Donation		90.27
Grant		10,500.00
<b>Grand Total</b>	<b>424.43</b>	<b>10590.27</b>

Annual Accounts Return – Trustee Signature

Board Approval Date of Accounts: 26 March 2023

Signed on behalf of the Board of Trustees by:

**Nathan King**

Nathan King

28/03/2024

Chair of Trustees

**THE STRONGTOWER FOUNDATION**

England & Wales - Charity number 1195771

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# Accounts

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The  
Strongtower  
Foundation



**The Strongtower Foundation  
Annual Return**

The Strongtower Foundation (STF) is a Charitable Incorporated Organisation (CIO), founded September 2021.

STF is a human rights organisation with a mission to support victims of modern slavery and human trafficking. We believe that modern slavery is a contemporary issue of the highest importance, and we are determined to work with others to ensure people can be free from slavery in our communities and nationwide.

STF are a partnership and volunteer-based organisation. All trustees give their time voluntarily and receive no remuneration. Volunteers can claim back expenses in line with our Volunteering Policy.

Rachael King

CEO

# Who We Are

## Access to Safe Housing & Accommodation

The Strongtower Foundation is a charity housing project supporting victims of human trafficking within the UK. We operate a **12-month support programme** designed to assist victims reintegrate into society with autonomy, dignity and freedom.

Our name is taken from Psalm 61:3:

*For thou hast been a shelter for me, and a strong tower from the enemy.*

Please visit our website for more information: [www.thestrongtowerfoundation.org](http://www.thestrongtowerfoundation.org)

# What We Do

## Twelve Month Re-integration Programme

We are much more than just a safehouse.

- a) We provide safe accommodation for victims to call their home
- b) We run a volunteer-led 12-month programme providing holistic care and support to bring healing to the whole person: mind, body, and soul

Our aim is to break the cycle of dependence by assisting victims to move from identifying as “Victims” to “Survivors” and empowering them to transition into **independent living**. Our services cover 5 elements:

## Our Five Pillars of Support

### ◆ Befriending Support Network

We recruit and train volunteers to befriend our residents so that they can get to know the local area. The interaction can range from helping with shopping to a coffee and a chat in the local park. This service is essential to community integration.

Our training will cover essential modules such as safeguarding, dealing with mental health and spotting the signs of MSHT.

### ◆ Life-skills Training

During the 12-month period we support women by sharing essential life skills that will help with confidence building, such as cooking classes and healthy eating tips.

**Finance and budgeting** skills are a core part of this service. We aim to teach women to manage their budget and enable them to save for a deposit for independent living during their time with us.

### ◆ Mental wellbeing and Counselling sessions

We work with trained volunteers to help victims develop emotional skills, cope with life challenges and manage their triggers; this will enable them to function independently and socially. This can range from 1-1 counselling to art and music therapy.

### ◆ Education & Employability Opportunities

Over a 12-month period, we work with career advisors to help victims consider their future, opportunities and career path. We partner with organisations to provide essential skills-development for future employment and/or education in preparation for living independently, finding work and becoming self-sustaining.

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Registration Date	9 September 2021
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Nathan King	Chair	Appointed 9 September 2021
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Lara Bundock	Trustee	Appointed 9 September 2021
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Elizabeth Trumper	Trustee	Appointed 9 September 2021
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Helen Morgan	Trustee	Appointed 9 September 2021
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### Secretary

Benedicte Mabika	Non-voting Administrator	Appointed January 2022
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### **Key Management**

Rachael King	Chief Executive, Founder
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### **Advisors**

Bank	Co-Operative Bank 1 Balloon Street, Manchester M60 4EP
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Accountant	Genius Accountancy 27 Old Gloucester Street, London, WC1N 3AX
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Annual Accounts Return – RECEIPTS AND PAYMENTS

<b>The Strongtower Foundation</b>		
09 Sep 2021 to 31 May 2022		
<b>Head of Account</b>	<b>Debit</b>	<b>Credit</b>
Cash at Bank	1,150.51	
Donations		203.30
Grant		1,000.00
Advertisement	4.80	
Office Cost	48.00	
	<b>1,203.31</b>	<b>1,203.30</b>

Receipts	1,203.30
Payments	<u>52.80</u>
Surplus/(Deficit)	<b><u>1,150.50</u></b>

## Annual Accounts Return –BANK

Date	Description	Money OUT	Money IN	Balance	Account	P/R
07-Mar-22	PAYPAL CODE 2077		0.01	0.01		
09-Mar-22	Nathan King & Rach King test donate		1.00	1.01	Donation	Receipts
31-Mar-22	PAYPAL PPWDL4DWJ2224ZMEF6		148.20	149.21	Donation	Receipts
04-Apr-22	PAYPAL PPWDL4DWJ2224ZRSGJ		49.10	198.31	Donation	Receipts
06-Apr-22	7894 THE HOXTON MI	24.00		174.31	Office cost	Payment
14-Apr-22	ARNOLD CLy\RKAUTOM MAR13929		1,000.00	1,174.31	Grant	Receipts
21-Apr-22	DO 1&1 INTERNET LTD, V8O477O4(>06942821	2.40		1,171.91	Advertisement	Payment
06-May-22	7894 THE HOXTON MI	24.00		1,147.91	Office cost	Payment
09-May-22	AMAZON EUROPECOFE6798956977484495		5.00	1,152.91	Donation	Receipts
23-May-22	DD 1&1 INTERNET LTD. V8O477O40-94488338	2.40		1,150.51	Advertisement	Payment

## Annual Accounts Return –BANK

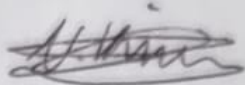
Row Labels	Sum of Money OUT	Sum of Money IN
<b>Payment</b>	<b>52.8</b>	
Advertisement	4.8	
Office cost	48	
<b>Receipts</b>		<b>1203.3</b>
Donation		203.3
Grant		1000
<b>(blank)</b>		<b>0.01</b>
<b>Grand Total</b>	<b>52.8</b>	<b>1203.31</b>

Annual Accounts Return – Trustee Signature

Board Approval Date of Accounts: 16 January 2023

Signed on behalf of the Board of Trustees by:

Nathan King



Date

22/02/2023

Chair of Trustees