


ANNUAL REPORT

Trustees' Report and Financial Statements
for the year ended 31 December 2019

CHARITY NUMBER: 1149652
COMPANY NUMBER: 08186281

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ANNUAL REPORT

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REFERENCE AND ADMINISTRATIVE DETAILS

FOUNDER

Helen Bamber OBE (1925 - 2014)

PRESIDENT

Emma Thompson

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Hugh Richardson - Treasurer

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MANAGEMENT EXECUTIVES

Gareth Holmes – Fundraising and Communications Director

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CHARITY NUMBER 1149652

COMPANY NUMBER 08186281

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ANNUAL REPORT

For the year ended 31 December 2019

COVID 19 MESSAGE March 2020

As we prepared to release our 2019 Annual Report, the COVID 19 global pandemic began.

The Coronavirus pandemic is especially difficult for those living in cramped and crowded accommodation, with little money, reliant on foodbanks, who already struggle to access healthcare, whose livelihoods are precarious and who are at high risk of falling prey to exploitation and trafficking. This includes the survivors of trafficking and torture that the Helen Bamber Foundation support.

The Helen Bamber Foundation operates in a dynamic, agile and client centered way. In this ever changing environment we are responding to this crisis by finding creative ways of providing our vital service, making sure the survivors we support get the best care possible. Working remotely we are continuing to offer symptom management and emotional support, to undertake legal protection work, to provide counter-trafficking risk management, to offer housing and welfare support such as emergency relief, and continuing to find ways to maintain community engagement including through the provision of online classes.

In common with many others, we are constantly reviewing our services and it is already clear that our clients and our work will be profoundly affected in 2020 and beyond. Rest assured we will always continue to prioritise our clients, staff and our volunteers' welfare.

We are determined not to let our clients down and we will do everything we can to make sure that survivors, who have suffered so much already, are looked after. The only way we are able to do this is because we are lucky enough to have the support of amazing people. Those who in uncertain times carry on thinking of others – staff, volunteers, supporters and patrons. On behalf of our clients, and all of us, we honestly can't thank you enough.

Kerry Smith, Chief Executive Office & Charlotte Seymour-Smith, Chair of the Board of Trustees.

INTRODUCTION TO THE HELEN BAMBER FOUNDATION

WHO WE ARE

The Helen Bamber Foundation (HBF) is a pioneering Human Rights charity supporting refugees and asylum seekers who are the survivors of extreme human cruelty. The people we work with have been subjected to many atrocities, including state-sponsored torture, human trafficking, religious and political persecution, forced labour, sexual exploitation, and gender-based and 'honour-based' violence.

The bravery and resilience of our clients is an inspiration to all the team at HBF. In the words of our Founder:

'We find our reward in the eyes of those to whom we owe nothing.'

Helen Bamber, OBE (1925-2014)

HBF exists to ensure that **all** survivors of trafficking and torture are free and healthy (both physically and mentally), are safe, are protected from re-victimisation, detention and poverty, and have the ability and agency to integrate in and contribute to the communities around them. HBF also uses its unique expertise to drive change and improve practice and policy for all survivors.

We are innovative, ambitious and compassionate.

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

2019 was a globally tumultuous year. Flooding and fires made it impossible for the 'developed' world to continue to ignore the reality of climate change – something that many across the 'developing' world have borne the brunt of for decades. Closer to home, the ongoing paralysis at the heart of government due to Brexit continued. In both these contexts, my first thought has been for those forced to migrate due to the toxic and rapidly increasing relationship between climate change, instability and human trafficking. My second is of the large profits that organised criminal gangs are making from desperate people, with very little risk of being caught and more often than not demand increasing due to tightening border controls.

In the UK, and across Europe and North America, the reality is that despite recognition there is an ever growing increase in human trafficking and modern slavery. What is worse is that even when an individual subjected to trafficking comes to the attention of the authorities, all too often they end back being re-trafficked or further exploited. This must end.

In 2019 the Helen Bamber Foundation not only strengthened our service for survivors of trafficking and torture but also focused on using our unique voice and expertise to influence positive change in both the refugee and trafficking sectors in the UK and Globally.

We also boosted our goal to work more collaboratively in order to deliver our mission of ensuring that all survivors get access to the support they need. We continued to partner with the Happy Baby Community, are part of a new partnership, Action to Grow with Young Roots, focused on young men, delivered Hike for Freedom - a health and wellbeing partnership for female survivors, and have co-chaired a cross sector senior leadership group on staff wellbeing and organisational culture with the Home Office. This is only the beginning of the partnership work we are seeking to deliver and support. We know that together with partners we can protect and support far more survivors than through our individual efforts alone.

The dedication of our staff, volunteers and patrons was pivotal to HBF's success in 2019. I have also had the great pleasure to get to know more of our supporters - discussions with whom have been engaging, constructive and enjoyable. I thank you all for your support, from the bottom of my heart.

There is no doubt that in 2020 the contributions of our amazing team, partners and fantastic supporters will be critical in enabling HBF to expand the protection and care that survivors receive beyond our doors. I look forward to working with you in delivering the increased impact that is necessary.

Kerry Smith, CEO Helen Bamber Foundation

STRUCTURE, GOVERNANCE AND MANAGEMENT

HBF's Staff & Volunteers: A Community Effort

We can only provide the level of services required by our clients thanks to the dedication, professionalism and vision of our staff and volunteers. During 2019, the full-time equivalent of 29 members of staff handled the daily business of the charity, providing services directly to - and on behalf of - its clients. The staff was supported by over 160 volunteers, among them doctors, therapists, barristers, solicitors, administrators, artists, musicians and other specialists, many of whom come from the local areas around our offices but others from much further afield. We offer our heartfelt thanks to all our volunteers, without whom we would not be able to give the quality or variety of support to our clients.

Management and Governance

HBF is an independent charity. The day-to-day management of the charity by the Managing Executives continued with the introduction of a Management Group made up of the Chief Executive, Directors and Heads of Teams. A Finance and Fundraising Committee comprising of Trustees and Management Team members meets at least quarterly to provide financial and fundraising governance and oversight.

Under Charlotte Seymour-Smith as Chair, the Trustees provided strong strategic oversight and governance throughout 2019. New Trustees are recruited externally, with their appointment being approved by the Board of Trustees. A tailored induction follows, ensuring that each new Trustee has been briefed as required on HBF's governance structure and decision-making processes, her/his obligations under charity law, and the activities of HBF and its financial performance. Trustee meetings are held every quarter.

A MESSAGE FROM THE CHAIR OF TRUSTEES

As Chair of the Helen Bamber Foundation I am extremely proud of the fact that we have successfully delivered the first year of our 2019 - 2021 strategy. We have done this by strengthening and building on our life-changing work with survivors of trafficking and torture, **and** by developing the unique role our evidence and voice can play in addressing the challenges faced by survivors in the current policy environment. The needs of all survivors are complex and constantly evolving, and HBF must continue to adapt with agility in order to meet the needs of our clients and those of survivors beyond our doors.

Good governance and strong leadership of the organisation are critical to the effective delivery of our strategy. So too is how successfully we can elevate and give power to the voice of our clients, people with first hand experience. It is with great pride, therefore, that I can say that during the course of 2019 our clients themselves have significantly influenced how HBF provides services. For example, we have this year implemented a permanent community group and a women-only health and wellbeing space – resulting in the achievement of Hike for Freedom. Our clients have also co-designed a new programme: *Ambassadors for Change*. I look forward to seeing a growing voice of survivors with first hand expertise across HBF and externally.

It is clear that without the hard work of our staff and the dedication and enthusiasm of our volunteers and supporters, HBF would not achieve the success it has. And of course, without the generosity of our funders none of this would be possible. Therefore I would like to say to you all “Thank you – HBF is only able to grow in impact and influence due to your efforts and engagement”.

Charlotte Seymour-Smith, Chair Helen Bamber Foundation

HELEN BAMBER FOUNDATION'S VISION, MISSION & STRATEGY FOR 2019 - 2021

We believe our society will be judged by how we care for those to whom we owe nothing. We are a human rights organisation that provides survivors of extreme cruelty with everything they need to make a sustained recovery. We know that dignity restored is strength regained.

VISION

All survivors of torture, trafficking and extreme human cruelty have safety, freedom and power.

MISSION

TO SUPPORT

Our Model of Integrated Care will directly or indirectly help support survivors of torture, trafficking and extreme human cruelty across the UK and beyond.

TO ADVOCATE

As Human Rights advocates – we are uniquely placed as a result of our expertise, research and influence - we will bear witness to the suffering of survivors and fight for their rights.

TO COLLABORATE

We will collaborate with others to find solutions to the challenges facing all survivors and support the implementation of best practice to improve outcomes. We will be a valuable partner for those seeking to influence UK, European and Global policy.

STRATEGY - Within the Foundation

TO IMPROVE CARE As a Centre of Excellence we will develop our monitoring and evaluation practices to generate evidence and learning on what is most effective for our clients. We will work closely with our clients to improve our services and grow our community and integration programme.

TO INCREASE CLIENTS By 2021 we will increase the number of new clients by 25%.

STRATEGY - Across the UK

TO EXPAND ACCESS We will focus on addressing the gap in specialist therapy provision in the UK, partnering with other organisations to double the number of survivors (non HBF clients) with access to appropriate care by 2021.

TO SHARE INFORMATION We will partner in research into treatment and understanding of survivor experience, drive forward and share systems and learning, and provide training.

STRATEGY – Around the World

TO EXERT INFLUENCE We will use our influence to deliver meaningful policy and practice change that improves the asylum system and ensures that all survivors receive the appropriate standard of care from government services nationally and internationally.

HELEN BAMBER FOUNDATION'S ACTIVITIES

Who Do We Work With – Client's Needs Multiple And Complex

As a result of their experiences, HBF clients have multiple and complex needs. During 2019 we supported **over 800 survivors** of trafficking and torture. 115 were clients new to the service - just under 90% of whom had Complex PTSD.

As well as acute psychological health conditions, severe physical injuries and medical conditions, survivors' suffering is compounded and their recovery hindered by the fear of persecution if returned to their country of origin. Additionally the vast majority of our clients experience destitution and homelessness, often multiple times during their journey through the legal systems of the UK. HBF's experience is that many refugees and asylum seekers who are survivors of trafficking and torture have been unable to access the justice and representation they so desperately need. This is especially the case following cuts to legal aid in 2012 resulting in the decimation of Legal Aid advice providers.

Our clients are also often dangerously isolated and marginalised. Fear, emotional withdrawal and multiple barriers (such as language challenges, the inability to work, to open a bank account), can stand in the way of survivors trying new experiences, developing vital life-skills, practical and creative interests, and forming positive relationships. Furthermore, even though they suffer multiple physical injuries and illnesses (many as a direct result of their experiences), they often only have sporadic and ineffective engagement with statutory healthcare providers.

Finally, some of our clients have spent their entire childhoods in slavery, while others have been trafficked after fleeing from human rights violations. Sadly, due to the particular and prolonged impact of slavery, the survivors are extremely vulnerable to being re-targeted for further trafficking, exploitation and harm if they are left unsupported.

As a human rights and clinical organisation, HBF helps survivors to gain certainty in a challenging environment and to confront and overcome the multiple and complex traumas they have suffered, to improve their mental health, and to move forward with their lives.

Our Clients – The Heart Of All We Do

At HBF we know that the creation of a welcoming environment starts with us. It is of great satisfaction to us at HBF that when we ask for feedback our clients agree that:

- ✓ they are treated with respect (82% of clients strongly agree);
- ✓ they feel safer since coming to HBF (77% of clients strongly agree); and
- ✓ they are more confident (77% agree).

However the risk in only providing data is that the real human stories behind the numbers are overlooked. For this reason we are sharing with you the personal journey of one of our clients.

Ali's Story

Ali is a young man from Afghanistan who was exposed to killings and atrocity at a very young age during the war. He then had an extremely difficult journey to Europe and to the UK during which his life was endangered on multiple occasions. When he was referred to the Helen Bamber Foundation in 2017, he was an extremely vulnerable individual with a complex range of needs. He had recently been detained without a solicitor or an active asylum claim and was street-homeless and mentally unwell. He came to us with severe PTSD and dissociative behaviour. As well as experiencing flashbacks he was extremely fearful and hypervigilant. He had a history of self-harming and at times he was actively suicidal.

Through our Model of Integrated Care he got the all-round help he needed: he was supported to register and attend college; his housing and welfare needs were repeatedly attended to; a medico-legal report was prepared for his asylum claim; and he received a variety of therapeutic interventions matched to his circumstances. Ali received his refugee status at the end of 2018 and now lives in his own flat. He has also just completed his therapeutic treatment. His PTSD symptoms have significantly improved, he no longer dissociates, and he feels happy and hopeful for the future. He says that his "mind is now working" and he wishes to complete vocational training and work as a mechanic.

"Everyone is good here, and I don't have a family anymore, so when something happens I just come here to share it. Helen Bamber Foundation is my family."

HBF's Response 1 – An Integrated Model Of Care

Recognising the complexity of each client's suffering and needs, HBF offers specialist services within a Model of Integrated Care encompassing:

THERAPY
MEDICAL ADVICE
LEGAL PROTECTION
COUNTER-TRAFFICKING SUPPORT
HOUSING & WELFARE
COMMUNITY & INTEGRATION

For every individual we craft a bespoke care plan that enables positive recovery, protection and integration. We also provide support for as long as our services are needed. The goal of the Model of Integrated Care is to build a lasting and sustained recovery for each of our clients. Therefore it is with great pride that we can report that in 2019 over two-thirds of HBF's clients' mental health improved.

HBF's Response 2 – An Unique Voice

We estimate the numbers of survivors who have experienced trafficking and torture as being over 1 million across Europe, with over 40,000 currently in the UK and over 8,000 arriving into the UK each year. All these survivors would benefit from HBF's Model of Integrated Care. However not all of them can become our clients. Therefore it is our responsibility to use the expertise we have gained through the time spent and generosity of our clients to:

- Deliver **research** to provide evidence of best practice and what works
- Push for **policy change** and the introduction of best practice
- **Publish and disseminate** our learnings, through briefings, reports and training

PART ONE: OUR MODEL OF INTEGRATED CARE

Therapy

The Therapy Team supports survivors within an established framework of:

Stabilisation helping clients to manage their acute symptoms such as flashbacks, low mood and anxiety; as well as associated circumstances such as destitution or legal adversity that impact on mental health.

Therapeutic interventions supporting clients to come to terms with the traumatic experiences they have suffered.

Integration helping clients belong in the community they have joined.

HBF's Therapy Team offers survivors access to a range of evidence-based therapies for PTSD including:

- Trauma-focused Cognitive Behavioural Therapy (tfCBT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Narrative Exposure Therapy (NET)

As part of clinical advocacy and with the support of the legal team, the therapy team provided 68 clinical letters on behalf of our clients for their asylum, housing and other matters. During 2019, at least 248 (127 women and 121 men from 46 countries) individuals accessed therapy - an increase of 35% from 2018, and 2377 appointments were given including:

- 669 Narrative Exposure Therapy appointments.
- 704 Psychoeducation / stabilisation sessions.
- 128 Cognitive Therapy sessions.
- 120 Relational psychotherapy sessions.

HBF uses standardised outcome measures for PTSD, depression and anxiety. In addition to two-thirds of all our clients' mental health improving, our 2019 sample data shows that following therapy there were significant specific clinical improvements for our clients including:

- ✓ the proportion meeting the clinical criteria for severe anxiety fell from 55% to 30%;
- ✓ the proportion meeting the PCL criteria for PTSD fell from 75% to 38%; and
- ✓ the proportion presenting with low esteem (Rosenburg scale) fell from 79% to 36%.

In 2020

Over the coming year the Therapy Team will:

- Facilitate and develop client participation and leadership in the delivery of services.

- Make effective clinical care more widely available for all survivors through partnerships, pilots, training and the influencing of policy and best practice.

Medical Advice

In 2019 the Medical Advisory Service (MAS) continued to operate with a part-time Head of Doctors alongside 4 volunteer GP doctors and a trainee psychiatrist. A volunteer physiotherapist held monthly clinics for clients with chronic pain and mobility issues, some of whom were able to take part in the HBF three peaks climbing challenge in August 2019. MAS helps clients to stabilise and improve their health by carrying out medical assessments, discussing and explaining health issues, giving health advice and liaising with external services, particularly the NHS, to support their needs.

During the course of 2019, at least 419 appointments were provided for 169 clients by MAS – 7% more clients than in 2018 (96 women and 73 men from 39 countries).

Our annual MAS client feedback survey shows that 98% of clients felt that the advisory service run by the Head of Doctors and volunteer GPs helped them understand their health symptoms and supported them and their NHS GPs in managing their health concerns. Clients cited our doctors as being “very caring and supportive”, “efficient”, “kind” and “amazing”, and providing an “excellent service”.

In 2020

Over the coming year the MAS will:

- Build on its emerging influence in the health and social care sector – by increasing awareness of the needs of vulnerable immigrants, disseminating best practice guidance and contributing towards education and training events.

Legal Protection

The Legal Team with other departments works tirelessly to ensure both that survivors are not being returned to situations where they would likely suffer repeated Human Rights violations and can access appropriate support. This year HBF increased our in-house capacity to give immigration advice by submitting our application to be OISC registered and by recruiting a solicitor as our Specialist Counter Trafficking Legal Officer.

Most HBF clients are seeking international protection in the form of refugee status, humanitarian protection, or discretionary leave to remain in the UK.

HBF's Legal Protection Team supports client cases by:

- Ensuring clients have quality and reputable legal representation.
- Communicating with clients' solicitors regarding their needs.
- Offering Immigration advice (from the Head of Legal and the Specialist Counter Trafficking Legal Officer).
- Helping them to understand their legal position and the resources available to them.
- Giving support and advice on other emergencies surrounding legal protection needs.
- Producing expert medico-legal evidence to document the (often long-term) physical and/or psychological impact of their traumatic experiences.

In 2019 the Legal Protection Team supported 434 clients (218 male and 216 women from 45 different countries) during the course of the year:

- Worked closely with HBF's specialist Counter-Trafficking team in 46 cases to ensure that victims of trafficking, including survivors of sexual or labour exploitation, were provided with Counter-Trafficking letters and statements documenting their history and circumstances to support their legal protection claim.
- Worked to support clinical team members to provide 68 clinical letters to promote access to justice for disabled and vulnerable clients.
- Accompanied more than 30 clients who were particularly vulnerable, at risk of detention, or without any other form of support, to reporting centres, hearings and Home Office interviews.
- Assisted in the application of over 20 travel documents and fully completed 11 travel document applications for clients with refugee status, obtaining 10 successful applications so far. Of the 16 completed in 2018 there was a 100% success rate.
- Obtained legal representation under the Legal Aid scheme for 27 clients.

In 2019, the provision of medico-legal reports was increased by 43%. HBF's Medico-Legal Services provided 148 expert medico-legal reports that document the long-term physical and psychological impact of traumatic experiences. These reports are used as evidence for international protection in the UK. Our expertise in preparing them continues to be recognised by the Courts and Tribunal and by the Home Office. Our review of outcomes in 2019 showed that, following the provision of medico-legal reports in 2018, where the final outcome was known, in 75% of cases the client was granted a form of leave to remain in the UK. This is compared with an average success rate of 55% for claims between 2012-2016.¹

¹ The Migration Observatory brings together the information for the total success rate: <https://migrationobservatory.ox.ac.uk/resources/briefings/migration-to-the-uk-asylum/>. The 2018 figures give a 29% grant rate for initial decisions: <https://www.gov.uk/government/publications/immigration-statistics-year-ending-june-2018/how-many-people-do-we-grant-asylum-or-protection-to> ; and a 45% average success rate at appeal: <https://www.gov.uk/government/statistics/tribunal-statistics-quarterly-january-to-march-2019-for-appeals-evidence>, which is generally consistent.

In 2020

Over the coming year the Legal Team will:

- Maintain the increase in provision of medico-legal reports and aim to increase the number of individuals we provide reports for by 15% in this period (since currently some individuals require more than one report);
- Address the gap in the provision of legal services by increasing HBF's in-house capacity to give immigration advice/workshops and by developing referral and signposting partnerships.
- Work alone and in partnership with other charities and legal providers to influence policy and practice.

Housing and Welfare

Helen Bamber Foundation's (HBF) specialist housing and welfare casework ensures that clients' practical, everyday needs are met and that social deprivation, including street homelessness and destitution, are avoided through timely and often emergency interventions.

In 2019 the Housing and Welfare Team supported 260 clients through 1066 face-to-face and telephone appointments (up 18% from 2018), and provided 334 letters, assisting them with issues including (but absolutely not limited to) the following:

- Applications for asylum support.
- Applications for mainstream benefits once they have status.
- Making a homelessness application to the local authority.
- Approaching the local authority's adult social services for accommodation and support under the Care Act due to high support needs.
- Management of NHS debt.
- Applications for grants including to alleviate destitution, furnish accommodation, and support educational needs.

Over the course of 2019 there were many instances where our clients were threatened with destitution (302), homelessness (242) and of being housed somewhere clinically unsuitable (170). 714 housing and welfare problems were reported, of which:

- ✓ 62% of housing and welfare problems with a long term resolution in under 1 month; and
- ✓ 94% of housing and welfare problems were resolved with a long term resolution in under 3 months.

It also remains extremely difficult to help clients who have been granted Leave to Remain to obtain mainstream housing. This 'Homelessness Application' requires significant medical evidence and intensive casework to show that survivors of torture and trafficking have greater vulnerability to the effects of homelessness than others due to their psychological response to their experience. In 2019 we supported

36 clients in their application to a local authority, of which 12 have obtained permanent, housing association or private rented accommodation. Many are still awaiting a decision, while others who have been given a full housing duty, remain in temporary accommodation until they are offered more permanent (or private) accommodation.

In 2020

In the coming year the Housing and Welfare Team will:

- Provide evidence on the impact of the current housing and welfare systems on our client base to support drives to improve the system.
- Create further partnerships to support clients who are threatened with homelessness and/or destitution.

Counter-Trafficking

The Helen Bamber Foundation's (HBF) Counter-Trafficking Programme delivers intricate, intensive and person-specific contact and safeguarding for survivors to support them through the many difficulties they face. We strive to understand the root causes of vulnerability in each case and work in accordance with each individual's needs. Due to their considerable expertise, the Counter-Trafficking team also spend significant time improving the practice of those who work with survivors of trafficking, as well as developing policy and guidelines in the UK and globally.

Counter-Trafficking work includes:

- Recognising specific instances of risk, including difficulties with threats, intimidation and bullying, and helping to prevent survivors being drawn into exploitative or violent 'survival' relationships.
- Reducing the risk of social isolation and increasing self-esteem.
- Supporting and accompanying survivors through the UK National Referral Mechanism (NRM) – for official recognition of victims of trafficking - and asylum systems.
- Working collaboratively with solicitors and barristers to ensure that our clients are fully heard and understood by the Home Office and court judges.
- Providing support for all legal procedures, including criminal investigations by the Trafficking Specialist Unit of the Metropolitan Police (SC&09) and other UK police forces.
- Helping survivors to access compensation under the European Trafficking Directive.

Due to the lack of specialist provision available for this group, last year we set ourselves a target of ensuring that up to 50% of all new clients would be survivors of trafficking. In 2019 49% of new MOIC clients were survivors of trafficking. Across the Counter-Trafficking Programme:

- ✓ 124 clients (86 women and 38 men from across 29 countries in Africa, Asia and Central Europe) were provided with specialist support from the Counter-Trafficking Team due to their high level of vulnerability as victims of trafficking. This is an increase of 72% from 2018.
- ✓ On average, at any one time, approximately 15% of the Counter-Trafficking Team's case-load involves working with clients who are facing immediate risks relating to trafficking, exploitation or violence.
- ✓ At least 279 face-to-face appointments were held by the Counter-Trafficking team in 2019.

In 2020

Over the coming year the Counter-Trafficking team will drive increased professionalisation of the Trafficking sector in the UK and beyond by:

- Developing and providing best practice in standards for the care and support survivors of trafficking in the UK and Globally.
- Promoting the implementation of the Trauma-informed Code of Conduct among practitioners.
- Collaborating with partners and survivors to disseminate information and influence policy change.

Community & Integration

Through the Community and Integration Programme, our clients can engage in activities unrelated to their trauma and form safe and positive relationships with others in a similar position. They learn new skills and develop confidence and independence. This is a key part of our three-stage therapeutic model that ensures our clients have the strength to move on.

Therefore in 2019 HBF expanded its community and integration activities and supported a total of 232 clients. The team provided 278 face to face appointments. In addition, a number of productive partnerships were developed and have resulted in the introduction of new activities including CV review workshops.

As a result of these activities:

- 78 clients were assisted into further and higher education.
- 30 clients went to college courses.
- 39 clients benefitted from specialist employment and volunteering support.
- 17 clients received support to access integrating activities in their local communities.
- 4 clients were offered employment.

Furthermore, in 2019 (following a successful pilot in 2018) we launched our new Community Group at a nearby facility: the Pirate Castle. The Community Group is a weekly group designed to support our most isolated clients to participate in a community where they can socialise regularly, gain useful information and skills, as well as increase their confidence and independence, in a fun and relaxed space. In 2019 the

Community Group grew to a regular group of 25-30 clients attending each week and hosted several workshops usually in partnership with others. Of the clients attending the group:

- ✓ 79% reported feeling more confident since coming to the group;
- ✓ 70 % felt they had made friends in the group;
- ✓ 80% reported they had learned new skills in the group; and
- ✓ 74 % felt less lonely since coming to the group.

Our Community and Integration work relies on collaborations with others and therefore HBF is very happy to report our continued partnership with the newly formed charity the Happy Baby Community in their North London outreach project which supported over 200 women and their babies and children. We also commenced a new partnership called Hike for Freedom.

Hike for Freedom

"I felt free, finally there was freedom, to share my space and self with other people, to get out of my head and be present with others." Sara, survivor of trafficking

In 2019 a team of HBF staff volunteered their time to set up a pilot hiking project for our female clients, who weren't comfortable exercising at the gym but were keen to access other forms of exercise, particularly in a supported, group setting.

Our volunteers raised money from TRIBE Freedom Foundation and Outdoors for All as well as high-quality gear donations from Patagonia, Go Outdoors, Alpkit and Bamboo Clothing. Thanks to dedicated volunteers, 10 women were supported to undertake monthly hikes in the Chess Valley, Epping Forest, Box Hill, Hampstead Heath and Richmond Park. With individual training regimes, 7 women were able to take part in a final Three-Peaks Challenge in September, climbing Ben Nevis, Scafell Pike and Snowdon. It was an amazing, challenging, and transformative experience and achievement for all involved. The hiking group had an important effect on the participants' health and wellbeing all of whom felt more confident, powerful, ambitious and connected as a result.

In 2020

Over the coming year the Community and Integration Team will:

- Work with existing partners to expand opportunities for our clients to learn new skills including a focus on employability and education.
- Create more networks to expand its offering further, including sourcing additional creative space.
- Include its clients in the design and delivery of integration and community programmes.

PART TWO: RESEARCH, POLICY & DISSEMINATION

Our vision is a world where **all** survivors of torture, trafficking and extreme human cruelty have safety, freedom and power. We therefore use our expertise to deliver meaningful policy and practice change that improves the asylum and trafficking systems and ensures that all survivors receive the appropriate standard of care from government services nationally and internationally. We do this by:

- Improving the environment that all survivors experience by using our clinical and organisational expertise to influence and contribute to the development of law, policy and best practice.
- Driving the development and delivery of effective, evidence-based approaches that respond to survivors' needs in the UK and globally by offering expert training and disseminating our research findings.
- Investigating the consequences of our clients' experiences on their health and well-being and improving understanding of the clinical vulnerabilities of survivors of trafficking and torture and the complexity of their trauma following atrocity.

Strategic Legal Work

Helen Bamber Foundation (HBF) engages in strategic legal work where it seeks to improve the legal systems (for international protection and trafficking), further the rights of our clients and increase their access to justice.

In 2019 senior members of the HBF team provided evidence in 5 legal cases. The majority of the evidence we provided was in the form of witness statements which concerned challenges to the fairness of various aspects of the asylum system which create a hostile environment.

One of these cases in particular has led to significant gains for survivors. In KV (Sri Lanka) [2019] UKSC 10 we intervened in a Supreme Court case looking at the treatment of medico-legal evidence in immigration cases and the way allegations of self infliction by proxy should be treated. This intervention was successful and led to a significant change in the law whereby the Istanbul Protocol – UN standards on assessing torture survivors that the Helen Bamber Foundation regularly uses – was accepted as an authoritative set of standards. This will mean that all survivors who have medico-legal evidence can expect this to be accorded proper weight, ensuring that survivors of trafficking and torture are better protected and less likely to be returned to countries where they will be at risk.

We also provided evidence in:

- A challenge to gaps in support for victims of trafficking with children which is ongoing and should be heard in 2020;

- A challenge to poor decision making in trafficking cases where a negative trafficking decision could stop a person being recognised as a refugee which was heard in the Supreme Court in 2019; and
- A challenge to the standard of proof in trafficking claims which has been granted permission and should proceed in 2020.

Policy and Best Practice

As part of HBF's broader focus on delivering global policy change in the response to survivors of trafficking we drove forward our work within the sector on working in a trauma informed way with survivors and ensuring appropriate support. Specifically, our Head of Counter-Trafficking and Publications has spent the year working closely with the Organisation for Democratic Institutions and Human Rights on the forthcoming updated National Referral Mechanism Handbook which will give guidance to all 57 members states of the Organisation for Security and Cooperation in Europe. This handbook could significantly change the ways in which trafficking survivors are worked with and supported across all members states leading to increased protection from re-exploitation.

In 2019 our work to develop best practice included:

- the publication of the Quality Standards: Healthcare for Victims of Torture in Detention. Faculty of Forensic and Legal Medicine of the Royal College of Physicians of London;
- contributions to the new guidelines on Improving Access to Psychological Therapies: BAME Service User Positive Practice Guide for the British Association for Behavioural and Cognitive Psychotherapies;
- the production of a Quick Guide to Modern Slavery/Human Trafficking for the Royal College of General Practitioners; and
- the submission of recommendations to the Independent Chief Inspector of Borders and Immigration on the Home Office's Adults at Risk Policy as well as on the use of interpreters in the asylum process.

To further our work at the national and strategic level on care for survivors, we sit on the NHS England Modern Slavery Network and the Initial Accommodation Healthcare Network. Our Head of Counter-Trafficking is also chairing the new Survivors Advisory Panel for the Anti-Trafficking Monitoring Group of which HBF is a long term member. This will exchange knowledge and support with Survivor Leaders who are training to be researchers on modern slavery issues.

In addition, HBF is on the Consultancy Group for the Home Office which meets at the office of the Independent Anti-Slavery Commissioner for the UK with regard to drafting and publication of UK Statutory Guidance under the Modern Slavery Act.

Training

HBF provides training across three broad areas:

- ✓ Working with survivors of trafficking
- ✓ Therapeutic approaches in working with refugee and asylum seeking populations
- ✓ The application of medico-legal evidence

We delivered 22 training sessions in 2019. Examples of this include:

- partnering with Freedom from Torture and the UK Visas and Immigration policy team to deliver a 2-day medico-legal report training programme for Technical Specialists and Senior Caseworkers;²
- training NHS Safeguarding Midwives on how to apply HBF's Trauma Informed Code of Conduct;
- presenting to First-tier Tribunal Immigration Judges on the complexity of Post-Traumatic Stress Disorder amongst victims of trafficking;
- training the civil component of the Georgian Government, which formally identifies victims of trafficking, on the usefulness of trauma-informed practical working to make identification effective; and
- supporting the delivery of training in Narrative Exposure Therapy to specialist NHS therapists.

The Trauma Informed Code of Conduct for All Professionals Working with Survivors of Trafficking and Slavery (the TiCC) authored by Rachel Witkin and Dr Katy Robjant and published in 2018 will be updated in 2020. It has been widely shared across the UK and Global sectors and frequent requests for training follow. In particular, we are proud that in 2019 the TiCC became required reading for students on the Modern Slavery Course at St. Mary's University, London: Identification, support and care of victims of modern day slavery.

The TiCC is a simple, accessible guide for all professionals who may find themselves working with survivors of trafficking. It has a firm basis in the combination of specialist trauma care and experiential multi-faceted and multi-disciplinary work with survivors of trafficking. TiCC is concise and easy to follow for busy people, enabling them to:

- Establish and maintain a mutual relationship of trust with survivors in any working context or environment.
- Impart a consistent sense of calm, security and safety throughout the course of their work.
- Increase the confidence of survivors and minimise the risks of causing distress and re-traumatisation.
- Remain safe and well in the course of their work, avoiding secondary traumatisation and professional 'burnout.'

² The training has received excellent feedback and is a seminal piece of collaboration between the Foundations and the Home Office and should result in improved decision-making by Home Office caseworkers. HBF will continue to work on and build on this joint training in 2020.

Research And Dissemination

We spoke at 12 conferences during the course of the year. Critically, our feasibility and pilot study of Narrative Exposure Therapy in the treatment of survivors of trafficking is now complete. We have analysed the results which look very positive and provide strong support for a full-scale trial. Meanwhile we are completing the write-up of the feasibility and pilot study for publication in 2020.

We currently have the following projects ongoing:

- A 'proof of concept' Functional Magnetic Resonance Imaging (fMRI) study exploring the biological underpinning of trust-related abnormalities in survivors of multiple and repeated trauma who have 'complex PTSD'. This is in collaboration with partners at Kings College London
- A systematic review of the use of witchcraft and related rituals as forms of control in survivors of human trafficking
- A study of the effectiveness of case management in the care of survivors of trafficking (funded by the National Institute of Health Research and led by Kings College London)

In 2019 we also published the following articles:

- **Chessell, Z., Brady, F., Akbar, S., Stevens, A., & Young, K.** (2019). A Protocol for Managing Dissociative Symptoms in Refugee Populations. *The Cognitive Behaviour Therapist*
- **Daveney, J., Hassiotis, A., Katona, C., Matcham, F., & Sen, P.** (2019). Ascertainment and Prevalence of Post-Traumatic Stress Disorder (PTSD) in People with Intellectual Disabilities. *Journal of Mental Health Research in Intellectual Disabilities*
- **Rowley, L., Morant, N., & Katona, C.** (2019) Refugees Who Have Experienced Extreme Cruelty: A Qualitative Study of Mental Health and Wellbeing after Being Granted Leave to Remain in the UK. *Journal of Immigrant & Refugee Studies*
- **Waterman, L., Katona, C., & Katona C.** (2019) Assessing asylum seekers, refugees and undocumented migrants. *BJPsych Bulletin*
- **Bell, V., Robinson, B., Katona, C., Fett, A.K., Shergill, S.** (2019) When Trust is Lost: the impact of interpersonal trauma on social interactions. *Psychological Medicine*
- **Arnold, F., Cohen, J., Katona, C., et al.,** Preventing medically unsafe detainee release from immigration detention facilities. *Editorial, British Medical Journal*, (in press)
- **Abbas P., Brady F., Katona C., et al.,** The Texture of Narrative Dilemmas: A qualitative study in frontline professionals working with asylum seekers in the UK (submitted)
- **Walker S., von Werthern M., Brady F., and Katona C.,** Mental health of forced migrants recently granted leave to remain in the UK (submitted)
- **Unigwe S., Hunt J., Katona C., et al.,** Managing Adult Victims of Human Trafficking. 10-minute consultation. *BMJ*, (submitted)

We contributed chapters to the following publications:

- Social Scaffolding: Applying the Lessons of Contemporary Social Science to Health and Healthcare (Cambridge University Press) **Cornelius Katona and Francesca Brady**
- Seminars in Old Age Psychiatry (2nd edition) (Cambridge University Press) **Cornelius Katona**
- Expert Psychiatric Evidence (2nd edition) (Cambridge Medical) (in press) **Andrew Leak, David Rhys-Jones and Cornelius Katona.**
- Oxford Textbook of Migrant Psychiatry (Bhugra D ed) (in press) **Francesca Brady, Eileen Walsh, Katy Robjant & Cornelius Katona**
- Oxford Handbook of Prison Mental Health (in press) **Jane Hunt, Erin Dexter, Cornelius Katona**

In 2020

Over the coming year through Research, Training and Policy, HBF will collaborate with others to:

- Develop a robust trauma informed training programme for all those working with survivors of trafficking in the UK and globally.
- Drive forward large-scale research in order to improve practice and provision of therapy for survivors of trafficking and torture.
- Work with our new Human Rights Advisory Group to develop a plan to increase the impact of our legal work with a focus on challenging disability discrimination and promoting access to justice.
- Deliver more policy interventions on the impact of the hostile environment on survivors of trafficking and torture, including on homelessness and destitution.

FINANCIAL REVIEW

Financial Framework

Policies relating to reserves and the need to generate an annual operating surplus together provide a financial framework within which the Helen Bamber Foundation seeks to function.

Reserves Policy

Forming part of reserves, the unrestricted general fund is the working fund of the charity. Unlike the other funds, it is not restricted nor designated for a particular or defined purpose. The unrestricted general fund has to provide for the net deficit of any activities that have inadequate income of their own and for the general administration of the charity. It also provides working capital for operations and helps to provide resources to ensure that the charity is able to continue with its obligations in the event of a shortfall in income or unexpected upturn in expenditure. The target level for the unrestricted general fund is between three and six months of the higher of projected gross income or gross expenditure for the next financial year.

Summary of Results

In 2019, after use of the brought forward Strategic Investment Fund of £151,385, activities resulted in a surplus of £40,191. Fundraised income, which is HBF's principal funding source, raised less than budgeted largely because of the deferral until 2020 of a significant fundraising event planned to be held in 2019. Expenditure used to support the key objectives as described in this report was lower than budgeted.

HBF ended 2019 in a satisfactory financial position with an unrestricted general fund of £810,063 (up from £782,211 in 2018). The unrestricted general fund is £246,994 below the top end of the current target level of reserves of about £1,057,057, although well above the bottom end of the target range.

A budget showing a surplus has been set for 2020.

Risks

The major risks to which the HBF is exposed, as identified by the Trustees, have been reviewed and systems have been established to mitigate these risks. Among the risks identified, the most significant are considered to be:

- The ongoing challenge of ensuring funds are raised and activities are planned in order to meet budget requirements.
- The operational strain that can arise from the level of demand for the services of the foundation.
- The increasingly hostile environment that most of our client group find themselves in means that there is likely to be an increase in clients with complex needs.

These risks are mitigated in part through close operational monitoring and application of the reserves policy.

Subsequent Events and Going Concern

Since the year end the global health crisis arising from COVID-19 (Cornoavirus) has arisen. This virus is having an impact on all aspects of life, including the activities of HBF, and will affect income expected to be earned during 2020. The Trustees have put in place measures to mitigate the risks to HBF and are working to control the impact on the Foundation in light of the current situation. Having regard to these steps and the reserves held at the year-end, the Trustees consider it reasonable to expect that HBF has adequate resources to continue in operational existence for the foreseeable future. Accordingly, the Trustees continue to adopt the 'going concern' basis in preparing the accounts.

Remuneration Policy

The objectives of HBF's remuneration policy are to:

- Reward staff appropriately and enable the recruitment and retention of high calibre personnel.
- Ensure the proper use of the charity's resources in accordance with its aims and within affordable limits, based on the financial circumstances of the charity.
- Be non-discriminatory, just and equitable in the evaluation of jobs and their remuneration by providing a stable framework for the remuneration of the team.
- Pay at a competitive level taking account of external market rates - the aim being to set pay around the median level for comparable posts in the voluntary sector, subject to the charity's financial position.
- Operate within the law.

Remuneration is reviewed on an annual basis and agreed by the Board of Trustees. When setting pay levels, the charity gives consideration to external benchmark comparators, changes in the national average earnings index, affordability and other internal and external pressures including recruitment and retention. The policy applies to all staff, including the charity's Executive team. The total remuneration of the three members of the senior management executive including employers NI and employers pension contributions was £161,002.

Fundraising

HBF's fundraising team produces an annual Income Generation Strategy against which performance is regularly monitored by senior management and Trustees. In 2019, HBF fell short of fulfilling the objectives of its strategy, with fundraised income of £1,427,233 (against a target of £1,762,695) compared to £1,542,163 in 2018. This was largely because of the deferral until 2020 of a significant fundraising event planned to be held in 2019, which it had been hoped would generate £237,000, as well the absence of restricted partnership funding.

HBF's fundraising approach reflects the principles published on the HBF's website www.helenbamber.org. The charity's fundraising programme is delivered using internal resources and in 2019 did not involve external professional fundraisers or commercial participators. HBF does not generate merchandise for fundraising purposes.

HBF is registered with the Fundraising Standards Board. Registration with the Board represents a commitment to the highest standards of practice and ensures that all fundraising activity is open, legal and fair. As a registered participant, HBF commits to the Board's Codes of Fundraising Practice, which is the standard set for fundraisers in the UK. Registered participants also commit to abide by its Fundraising Promise.

The Fundraising Promise is based on 6 key pledges which reflect the core values of respect, honesty, accountability and transparency. HBF's strong commitment to recognised sector standards means that the charity is actively working to protect vulnerable people and other members of the public from behaviour which:

- Is an unreasonable intrusion on a person's privacy.
- Is unreasonably persistent.
- Places undue pressure on a person to give money or other property.

HBF has received no complaints in regard to its fundraising activities in 2019.

Public Benefit

In setting HBF's objectives and planning its activities, the Board of Trustees has given careful consideration to the Charity Commission's general guidance on public benefit. In particular the Board of Trustees considers how planned activities will contribute to the aims and objectives that have been set. The benefits that HBF brings to the public are:

- Relieving and assisting people and protecting the health of people who are at risk by reason of their experience of torture, hostilities, genocides or other atrocities.
- Preventing sickness and protecting the health of people who are at risk from such experiences.
- Relieving poverty among those people.
- Educating people on all issues concerning gross violation of human rights, torture and atrocities and the effect on people who experience such suffering.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also directors of Helen Bamber Foundation for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and group if group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 December 2019 was 9 (2018: 9). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

The trustees' annual report has been approved by the trustees on 1 April 2020 and signed on their behalf by

Charlotte Seymour-Smith, Chair of Trustees

Opinion

We have audited the financial statements of Helen Bamber Foundation (the 'charitable company') for the year ended 31 December 2019 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 December 2019 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- The trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- The trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the trustees' annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other

information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual report has been prepared in accordance with applicable legal requirements

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using

the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the entity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to

anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Joanna Pittman (Senior statutory auditor)

1 May 2020

for and on behalf of Sayer Vincent LLP, Statutory Auditor

Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 December 2019

		Unrestricted	Restricted	2019 Total	Unrestricted	Restricted	2018 Total
	Note	£	£	£	£	£	£
Income from:							
Donations – legal protection		–	3,880	3,880	–	18,393	18,393
Donations – therapy and casework		–	200,440	200,440	250,000	170,688	420,688
Donations – community integration		–	113,438	113,438	–	165,479	165,479
Donations – counter trafficking		–	54,299	54,299	–	117,981	117,981
Donations – research, policy, dissemination		–	17,000	17,000	–	25,653	25,653
Donations – general		1,019,177	19,000	1,038,177	758,969	35,000	793,969
Total Donations	2	1,019,177	408,057	1,427,234	1,008,969	533,194	1,542,163
Charitable activities							
Fees from medical legal reports – Legal protection		165,152	–	165,152	143,670	–	143,670
Training/Other income		8,133	8,500	16,633	7,077	–	7,077
Total charitable activities		173,285	8,500	181,785	150,747	-	150,747
Bank interest		2,130	–	2,130	1,031	–	1,031
Total income		1,194,592	416,557	1,611,149	1,160,747	533,194	1,693,941
Expenditure on:							
Raising funds	3	240,072	1,900	241,972	166,582	35,000	201,582
Charitable activities							
Legal protection	3	261,710	6,920	268,630	155,264	19,560	174,824
Therapy and casework	3	361,374	215,970	577,344	422,786	185,354	608,140
Community integration	3	77,063	115,718	192,781	6,900	165,479	172,379
Counter trafficking	3	98,646	56,199	154,845	5,346	117,981	123,327
Research, policy and dissemination	3	271,921	14,850	286,771	113,665	25,653	139,318
Total expenditure		1,310,786	411,557	1,722,343	870,541	549,027	1,419,568
Net income / (expenditure) and movement in funds	4	(116,194)	5,000	(111,194)	290,206	(15,833)	274,373
Reconciliation of funds:							
Total funds brought forward		966,477	–	966,477	676,271	15,833	692,104
Total funds carried forward		850,283	5,000	855,283	966,477	–	966,477

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 13 to the financial statements.

Helen Bamber Foundation

Balance sheet

Company no. 08186281

As at 31 December 2019

	Note	£	2019 £	£	2018 £
Fixed assets:					
Tangible assets	8		40,220		32,881
			<u>40,220</u>		<u>32,881</u>
Current assets:					
Debtors	9	219,675		336,122	
Cash at bank and in hand		739,943		703,521	
		<u>959,618</u>		<u>1,039,643</u>	
Liabilities:					
Creditors: amounts falling due within one year	10	144,555		106,047	
				<u>106,047</u>	
Net current assets			<u>815,063</u>		<u>933,596</u>
Total net assets			<u><u>855,283</u></u>		<u><u>966,477</u></u>
The funds of the charity:	13				
Restricted income funds			5,000		-
Unrestricted income funds:					
Designated fixed asset fund		40,220		32,881	
Designated strategic investment fund		-		151,385	
General funds		<u>810,063</u>		<u>782,211</u>	
Total unrestricted funds			<u>850,283</u>		<u>966,477</u>
Total charity funds			<u><u>855,283</u></u>		<u><u>966,477</u></u>

Approved by the trustees on 1 April 2020 and signed on their behalf by

Charlotte Seymour-Smith
Chair

Hugh Richardson
Treasurer

Statement of cash flows

For the year ended 31 December 2019

	Note	2019 £	£	2018 £	£
Cash flows from operating activities					
Net income/(expenditure) for the reporting period		(111,194)		274,373	
Depreciation charges		12,754		7,075	
Gains/(losses) on investments		–		–	
Dividends, interest and rent from investments		–		–	
(Loss)/profit on the sale of fixed assets		–		–	
(Increase)/decrease in stocks		–		–	
(Increase)/decrease in debtors		116,447		(196,190)	
(Decrease)/increase in creditors		38,508		(77,847)	
Net cash provided by / (used in) operating activities		56,515		7,411	
Cash flows from investing activities:					
Purchase of fixed assets		(20,093)		(32,152)	
Purchase of investments		–		–	
Net cash (used in)/provided by investing activities		(20,093)		(32,152)	
Change in cash and cash equivalents in the year		36,422		(24,741)	
Cash and cash equivalents at the beginning of the year		703,521		728,262	
Cash and cash equivalents at the end of the year		739,943		703,521	

Analysis of cash and cash equivalents and of net debt

	At 1 January 2019 £	Cash flows £	Other non- cash changes £	At 31 December 2019 £
Cash at bank and in hand	703,521	36,422	–	739,943
Total cash and cash equivalents	703,521	36,422	–	739,943

1 Accounting policies

a) Statutory information

Helen Bamber Foundation is a charitable company limited by guarantee and is incorporated in the United Kingdom.

The registered office address is Bruges Place, 15–20 Baynes Street London NW1 0TF.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (March 2018) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Reporting period

The financial statements cover the year to 31 December 2019.

d) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

e) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

f) Recognition of income

Recognition of income takes place in accordance with applicable accounting policies and results are presented in accordance with the SORP. All incoming resources are included in the Statement of financial activities when the charity has entitlement to the income, it is probable that the income will be received and that the amount can be measured reliably. Grants and donations are recorded in the period in which they are received or the charity is entitled to the income.

Donations receivable for the general purposes of the charity are credited to Unrestricted funds and donations tied to a particular purpose are credited to Restricted funds.

Revenue grants are credited to the Statement of Financial Activities when received or receivable, whichever is earlier. Where unconditional entitlement to grants receivable is dependent on fulfilment of conditions within the charity's control, the incoming resources are recognised when there is sufficient evidence that conditions will be met. Where there is uncertainty as to whether the charity can meet such conditions, the incoming resource is deferred. When funding received is designated by the donor to be used in a specific future period, income is deferred.

Income from medico legal reports is recognised when the report has been completed and submitted to the customer and an invoice has been raised.

Contractual income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

All other income, such as training fees, is recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable probability. Legacies are included when there is reasonable probability of receipt, amount and timing.

Where income is received in advance of its recognition, it is deferred and included in creditors. Where entitlement occurs before income is received, the income is accrued and included in debtors.

1 Accounting policies (continued)

g) Recognition of expenditure

All expenditure is accounted for on an accruals basis in the period to which the cost relates and has been classified under headings that aggregate all costs related to the category. Resources expended include attributable VAT which cannot be recovered. Where costs cannot be directly attributable to particular activities, they have been allocated on a basis consistent with the use of the resources. Overheads, salaries and governance costs are allocated between the activity headings on the basis of attributable employment cost, and an element of judgement is involved. Costs of raising funds are those costs, including fundraising expenditures, incurred by the charity to obtain funds. Support costs are those costs incurred which are not directly an output of the charitable activity. Governance costs are those incurred in connection with enabling the charity to comply with external regulation, constitutional and statutory requirements and in providing support to the Trustees in the discharge of their statutory duties.

h) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £250. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use. Major components are treated as a separate asset where they have significantly different patterns of consumption of economic benefits and are depreciated separately over its useful life.

Tangible fixed assets are stated at cost less accumulated depreciation. Only individual assets costing £250 or more and not forming part of a larger project are capitalised. This level is periodically reviewed, along with the need for a formal impairment review.

Provision is made for depreciation of fixed assets, at rates calculated to write off the cost, less the estimated residual value, of each asset over its expected useful life. Leasehold improvements are depreciated over 3 years and other fixed assets over 4 years.

i) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

j) Recognition of liabilities and constructive liabilities

Liabilities, including constructive obligations, are recognised at the point at which the charity is deemed to have entered into a binding commitment. Provisions are recognised when there is a present legal or constructive obligation as a result of a past event, it is probable that a transfer of economic benefit will be required to settle the obligation, and a reliable estimate can be made of the obligation.

k) Leases

Rental costs under operating leases are charged to expenditure as incurred. Lease incentives received by the charity are released on a straight line basis to the Statement of Financial Activities over the period until the first break clause or, in the case of leases already existing, until the rent review.

l) Pensions

The charity contributes to a stakeholder pension scheme on behalf of its staff, and the cost is recognised as incurred.

m) Taxation status

As a charity, Helen Bamber Foundation is exempt from taxation of income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied charitably. No tax charge has arisen in the year.

n) Funds

The charity's financial statements are a consolidation of individual funds. These divide into two distinct categories: unrestricted and restricted.

Unrestricted funds

The use of these funds has not been restricted to a particular purpose by the donor. The unrestricted funds comprise the General fund and Designated funds.

1 Accounting policies (continued)**General fund**

The General fund is the working fund of the charity. It is not tied or designated as are the other funds for use for a particular or defined purpose. The General fund has to provide for the net deficit of any activities that have inadequate income of their own and for the general administration of the charity. It also provides working capital for operations and helps to provide resources to ensure that the charity is able to continue with its obligations in the event of a shortfall in income or unexpected upturn in expenditure. The current target level for the unrestricted general fund is between three and six months of the higher of projected gross income or gross expenditure for the next financial year.

Designated funds

Designated funds are those which have been allocated by the charity for particular purposes. The Fixed Asset reserve represents the net book value of the investment by the General fund in fixed assets.

Restricted funds

These are income funds tied to particular purposes. They include gifts made to the charity to be used in accordance with the wishes of the donors. Until funds are expended, they are placed on deposit or held in cash.

o) Debtors

Trade and other debtors are recognised at the settlement amount due, after provision for doubtful debts.

2 Income from donations

	Unrestricted £	Restricted £	2019 Total £	Unrestricted £	Restricted £	2018 Total £
Donations – trusts and foundations	774,369	350,323	1,124,692	831,536	394,785	1,226,321
Donations – individuals	54,529	13,525	68,054	78,238	12,025	90,263
Donations – corporate	174,748	43,490	218,238	23,668	99,580	123,248
Other	15,530	720	16,250	75,527	26,804	102,331
	<u>1,019,176</u>	<u>408,058</u>	<u>1,427,234</u>	<u>1,008,969</u>	<u>533,194</u>	<u>1,542,163</u>

The "other" donations comprise income from community fundraising and a fundraising campaign comprising one main event in 2018.

2 Income from donations (continued)

Restricted and unrestricted donations from trusts and foundations of £2,000 or greater in 2019 were as follows:-

	Unrestricted £	Restricted £	2019 Total £	Unrestricted £	Restricted £	2018 Total £
The A. B. Charitable Trust	20,000	–	20,000	20,000	–	20,000
The Adfal Trust	4,000	–	4,000	4,000	–	4,000
Allen & Overy Foundation	–	–	–	7,500	–	7,500
The Marshall L & Deborah L Berkman Family Charitable Trust	–	8,957	8,957	–	8,440	8,440
The Blyth Watson Charitable Trust	2,000	–	2,000	–	–	–
British Humane Association	–	4,000	4,000	–	–	–
The Bryan Guinness Charitable Trust	5,000	–	5,000	3,000	–	3,000
City Bridge Trust	–	45,834	45,834	–	37,500	37,500
Comic Relief	–	119,234	119,234	–	57,142	57,142
Donald Forrester Trust	–	5,000	5,000	–	–	–
Eva Reckitt Trust Fund	–	–	–	–	2,500	2,500
The Evan Cornish Foundation	–	12,000	12,000	–	–	–
The Fulmer Charitable Trust	3,000	–	3,000	–	–	–
Give Way to Freedom	–	4,638	4,638	–	36,456	36,456
Goldman Sachs Gives	15,000	–	15,000	–	–	–
The Henry Smith Charity	–	50,000	50,000	–	37,500	37,500
The Indigo Trust	–	–	–	2,000	–	2,000
The Leigh Trust	–	4,200	4,200	–	3,478	3,478
The Little Butterfly Foundation	–	–	–	–	5,000	5,000
The Marwyn Trust	183,616	–	183,616	–	–	–
The McCartney Foundation	25,000	–	25,000	–	–	–
Moynitruist	5,000	–	5,000	5,000	–	5,000
Oak Foundation	150,000	–	150,000	150,000	51,857	201,857
Outdoors For All	–	4,500	4,500	–	–	–
Penningtons Manches Cooper Foundation	–	–	–	4,500	–	4,500
The Persula Foundation	–	–	–	–	8,000	8,000
The Pilgrim Trust	–	10,000	10,000	–	7,500	7,500
Pilkington Charities Fund	3,000	–	3,000	–	–	–
Postcode Equality Trust	250,000	–	250,000	500,000	–	500,000
Ptarmigan Trust	–	–	–	2,000	–	2,000
Schroder Charity Trust	–	5,000	5,000	–	–	–
The Eleanor Rathbone Charitable Trust	–	–	–	–	2,000	2,000
The Sigrid Rausing Trust	–	–	–	100,000	–	100,000
The Roddick Foundation	–	–	–	–	–	–
The Souter Charitable Trust	3,000	–	3,000	5,000	–	5,000
The Sutasoma Trust	–	–	–	–	13,500	13,500
The Segelman Trust	3,333	–	3,333	20,000	–	20,000
The United Nations Voluntary Trust Fund on Contemporary Forms of Slavery	–	11,475	11,475	–	14,400	14,400
The Westcroft Trust	–	–	–	2,000	–	2,000
William Brake Charitable Trust	–	2,000	2,000	–	2,000	2,000
The Wright Family Foundation	15,000	–	15,000	–	–	–
The Wyn & Ken Lo Memorial Foundation	–	–	–	–	3,500	3,500
Other trusts – Trusts under £2,000	5,420	8,902	14,322	4,536	9,012	13,548
Anonymous	82,000	54,583	136,583	2,000	95,000	97,000
Total	774,369	350,323	1,124,692	831,536	394,785	1,226,321

3a Analysis of expenditure (current year)

	Charitable activities							2019 Total £	2018 Total £
	Cost of raising funds £	Legal protection £	Therapy and casework £	Community Integration £	Counter Trafficking £	Research, policy and dissemination £	Support and Governance costs £		
Staff costs (Note 5)	159,993	144,544	271,489	69,915	97,865	167,683	107,376	1,018,865	809,193
Legal protection	-	51,136	-	-	-	-	-	51,136	51,380
Therapy and casework	-	-	137,160	-	-	-	-	137,160	85,602
Community Integration and creative arts programme	-	-	-	68,154	-	-	-	68,154	77,247
Counter Trafficking	-	-	-	-	11,386	-	-	11,386	7,716
Education, policy and research	-	-	-	-	-	50,698	-	50,698	47,399
Fundraising costs	36,385	-	-	-	-	-	-	36,385	51,608
Premises costs	-	-	-	-	-	-	189,479	189,479	139,268
Audit	-	-	-	-	-	-	8,400	8,400	8,300
Trustee expenses	-	-	-	-	-	-	743	743	1,646
Office and supplies costs	-	-	-	-	-	-	68,129	68,129	65,805
Irrecoverable VAT	-	-	-	-	-	-	64,392	64,392	58,871
Depreciation	-	-	-	-	-	-	12,754	12,754	7,075
Movement on doubtful debt provision	-	-	-	-	-	-	4,662	4,662	8,458
	196,378	195,680	408,649	138,069	109,251	218,381	455,935	1,722,343	1,419,568
Support and Governance costs allocation	45,594	72,950	168,695	54,712	45,594	68,390	(455,935)		-
Total expenditure 2019	241,972	268,630	577,344	192,781	154,845	286,771	-	1,722,343	1,419,568
Total expenditure 2018	201,582	174,824	608,140	172,379	123,327	139,318	-	1,419,568	

Governance costs are included above under audit fees and trustees' expenses.

3b Analysis of expenditure (prior year)

	Charitable activities								
	Cost of raising funds £	Legal protection £	Therapy and casework £	Community Integration £	Counter Trafficking £	Research, policy and dissemination £	Support and Governance costs £	Support costs £	2018 Total £
Staff costs (Note 5)	125,822	83,191	349,349	62,196	91,459	54,350	42,826	-	809,193
Legal protection	-	51,380	-	-	-	-	-	-	51,380
Therapy and casework	-	-	85,602	-	-	-	-	-	85,602
Mind and body and Creative arts programme	-	-	10,000	67,247	-	-	-	-	77,247
Counter Trafficking	-	-	-	-	7,716	-	-	-	7,716
Education, policy and research	-	-	-	-	-	47,399	-	-	47,399
Fundraising costs	51,608	-	-	-	-	-	-	-	51,608
Premises costs	-	-	50,000	-	-	-	89,268	-	139,268
Audit	-	-	-	-	-	-	8,300	-	8,300
Trustee expenses	-	-	-	-	-	-	1,646	-	1,646
Office and supplies costs	-	-	20,000	-	-	-	45,805	-	65,805
Irrecoverable VAT	-	-	10,000	-	-	-	48,871	-	58,871
Depreciation	-	-	-	-	-	-	7,075	-	7,075
Movement on doubtful debt provision	-	-	-	-	-	-	8,458	-	8,458
	177,430	134,571	524,951	129,443	99,175	101,749	252,249	-	1,419,568
Support and Governance costs allocation	24,152	40,253	83,189	42,936	24,152	37,569	(252,249)	-	-
Total expenditure 2018	201,582	174,824	608,140	172,379	123,327	139,318	-	-	1,419,568

4 Net income for the year

This is stated after charging:

	2019 £	2018 £
Depreciation	12,754	7,075
Operating lease rentals:		
Property	143,500	95,769
Auditor's remuneration (excluding VAT):		
Current year audit	8,400	8,250
Under provision for 2017	-	50
	<u> </u>	<u> </u>

5 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2019 £	2018 £
Salaries and wages	877,176	666,384
Social security costs	76,469	55,016
Employer's contribution to pension schemes	28,112	14,340
Recruitment costs	2,695	11,516
Interim staffing costs	34,413	61,937
	<u>1,018,865</u>	<u>809,193</u>

One employee earned between £60,000 and £70,000 during the year (2018: none).

The total employee benefits, (including pension contributions and employer's national insurance) of the senior management executive were £161,002 (2018: £82,653). During 2019 the number of senior management employees increased from two to three and the equivalent for 2018 would have been £139,506.

The Trustees were not paid or in receipt of any other benefits from employment with the charity in the year (2018: £nil). No Trustee received payment for professional or other services supplied to the charity (2018: £nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £535 (2018: £1,143) incurred by 1 (2018: 1) trustee relating to attendance at meetings of the Trustees.

6 Staff numbers

The average number of employees based on the average headcount employed during the year was as follows:

	2019 No.	2018 No.
Fundraising	4.0	4.0
Charitable activities	23.3	19.2
Support	4.0	3.2
Governance	2.0	1.7
	<u>33.3</u>	<u>28.1</u>

7 Related party transactions

There were no related party transactions to disclose in 2019 (2018: £nil).

There were no donations from related parties which were outside the normal course of business and no restricted donations from related parties. The total amount of donations received in 2019 from Trustees or parties related to them was £364 (2018: £6,644).

8 Tangible fixed assets

	Leasehold Improvement £	Fixtures and fittings £	Computers and medical equipment £	Total £
Cost				
At the start of the year	104,521	45,187	50,105	199,813
Additions in year	8,855	3,976	7,262	20,093
Disposals in year	–	(15,000)	(10,000)	(25,000)
At the end of the year	113,376	34,163	47,367	194,906
Depreciation				
At the start of the year	104,521	30,494	31,917	166,932
Charge for the year	1,461	4,657	6,636	12,754
Eliminated on disposal	–	(15,000)	(10,000)	(25,000)
At the end of the year	105,982	20,151	28,553	154,686
Net book value				
At the end of the year	7,394	14,012	18,814	40,220
At the start of the year	–	14,693	18,188	32,881

All of the above assets are used for charitable purposes.

9 Debtors

	2019 £	2018 £
Trade debtors	69,895	90,121
Prepayments & other debtors	58,041	46,497
Accrued income	91,739	199,504
	219,675	336,122

10 Creditors: amounts falling due within one year

	2019 £	2018 £
Trade creditors	23,263	21,872
Taxation and social security	28,803	23,901
Accruals	30,823	25,220
Deferred income	61,666	35,054
	144,555	106,047

11 Deferred income

Deferred income relates to three restricted donations.

	2019 £	2018 £
Balance at the beginning of the year	35,054	105,120
Amount released to income in the year	(35,054)	(105,120)
Amount deferred in the year	61,666	35,054
Balance at the end of the year	61,666	35,054

12a Analysis of net assets between funds (current year)

	Unrestricted general £	Designated £	Restricted £	Total funds £
Tangible fixed assets	–	40,220	–	40,220
Net current assets	810,063	–	5,000	815,063
Net assets at the end of the year	810,063	40,220	5,000	855,283

12b Analysis of net assets between funds (prior year)

	Unrestricted general £	Designated £	Restricted £	Total funds £
Tangible fixed assets	–	32,881	–	32,881
Net current assets	782,211	151,385	–	933,596
Net assets at the end of the year	782,211	184,266	–	966,477

13a Movements in funds (current year)

	At 1 January 2019 £	Income and gains £	Expenditure and losses £	Transfers £	At 31 December 2019 £
Restricted funds:					
Legal protection	–	3,880	(3,880)	–	–
Therapy and casework	–	208,940	(208,940)	–	–
Community integration	–	113,438	(113,438)	–	–
Research, policy and dissemination	–	17,000	(12,000)	–	5,000
Counter Trafficking	–	54,299	(54,299)	–	–
General	–	19,000	(19,000)	–	–
Total restricted funds	–	416,557	(411,557)	–	5,000
Unrestricted funds:					
Designated funds:					
Fixed assets fund	32,881	–	(12,754)	20,093	40,220
Strategic Investment Fund	151,385	–	(151,385)	–	–
Total designated funds	184,266	–	(164,139)	20,093	40,220
Unrestricted general fund	782,211	1,194,592	(1,146,647)	(20,093)	810,063
Total unrestricted funds	966,477	1,194,592	(1,310,786)	–	850,283
Total funds	966,477	1,611,149	(1,722,343)	–	855,283

13b Movements in funds (prior year)

	At 1 January 2018 £	Income and gains £	Expenditure and losses £	Transfers £	At 31 December 2018 £
Restricted funds:					
Legal protection	1,167	18,393	(19,560)	–	–
Therapy and casework	14,666	170,688	(185,354)	–	–
Community integration	–	165,479	(165,479)	–	–
Research, policy and dissemination	–	25,653	(25,653)	–	–
Counter Trafficking	–	117,981	(117,981)	–	–
Sponsorship	–	35,000	(35,000)	–	–
Total restricted funds	15,833	533,194	(549,027)	–	–
Unrestricted funds:					
Designated funds:					
Fixed assets fund	7,804	–	(7,075)	32,152	32,881
Strategic Investment Fund	–	–	–	151,385	151,385
Total designated funds	7,804	–	(7,075)	183,537	184,266
Unrestricted general fund	668,467	1,160,747	(863,466)	(183,537)	782,211
Total unrestricted funds	676,271	1,160,747	(870,541)	–	966,477
Total funds	692,104	1,693,941	(1,419,568)	–	966,477

Purposes of restricted funds**Legal protection**

The restricted funds for protection work are to fund legal protection and advocacy support work; providing refugee and asylum seeking clients with a fair chance at seeking justice against the perpetrators of the interpersonal violence they experienced, international protection from the government and appropriate welfare support and housing provision. This includes legal staff salaries, client travel and interpreter costs and any other associated costs of administrating and providing legal protection and advocacy support to clients.

Therapy and casework

The restricted funds for therapy and casework are to fund our therapeutic care for survivors of gross human rights violations, helping individuals and families to overcome the psychological impact of interpersonal violence and achieve sustained recovery from acute trauma symptoms, Complex Post-Traumatic Stress Disorder and other resultant mental health issues. This includes clinical staff salaries, client travel and interpreter costs and associated costs of administrating referrals for our services and providing tailored support and counselling for clients.

Community integration

The restricted funds for community integration are to assist clients to become valued members of society and combine work from different areas. Mind and body work are to fund therapies which use the mutual influence of body on mind, and mind on body to facilitate healing and recovery from trauma. The programme includes acupuncture, cranio-sacral therapy, hakomi and internal family systems, movement, pilates, yoga (including pre- and post-natal), massage, breathing training and osteopathy. The restricted funds are for clinical staff salaries, equipment, volunteer costs and client travel.

The restricted funds for social wellbeing work are to fund the Creative arts programme, which includes language and skills classes and artistic and social groups for clients of the Foundation, to break isolation and aid recovery. This includes the costs of materials, client travel, volunteer expenses and the salary of the coordinating staff member.

Purposes of restricted funds (continued)

Research, policy and dissemination

These restricted funds are to fund work on research, policy and dissemination.

Counter Trafficking

The restricted funds for counter trafficking are to enable the foundation to fund a model of integrated care for victims of human trafficking. This includes clinical staff salaries, client travel and interpreter costs and associated costs of administering referrals for our services and providing tailored support and counselling for clients.

Purposes of designated funds

Fixed assets fund

A designated fund has been established to represent the net book value of the charity's fixed assets.

Strategic Investment Fund

A designated fund was established to enable HBF to establish its position and build its reputation through building a partnership culture which would enable HBF to reach a wider range of audiences. As planned this fund was expended during 2019.

14 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases are as follows for each of the following periods:

	Property	
	2019	2018
	£	£
Less than one year	185,716	185,716
Two to five years	557,151	742,867
	<u>742,867</u>	<u>928,583</u>