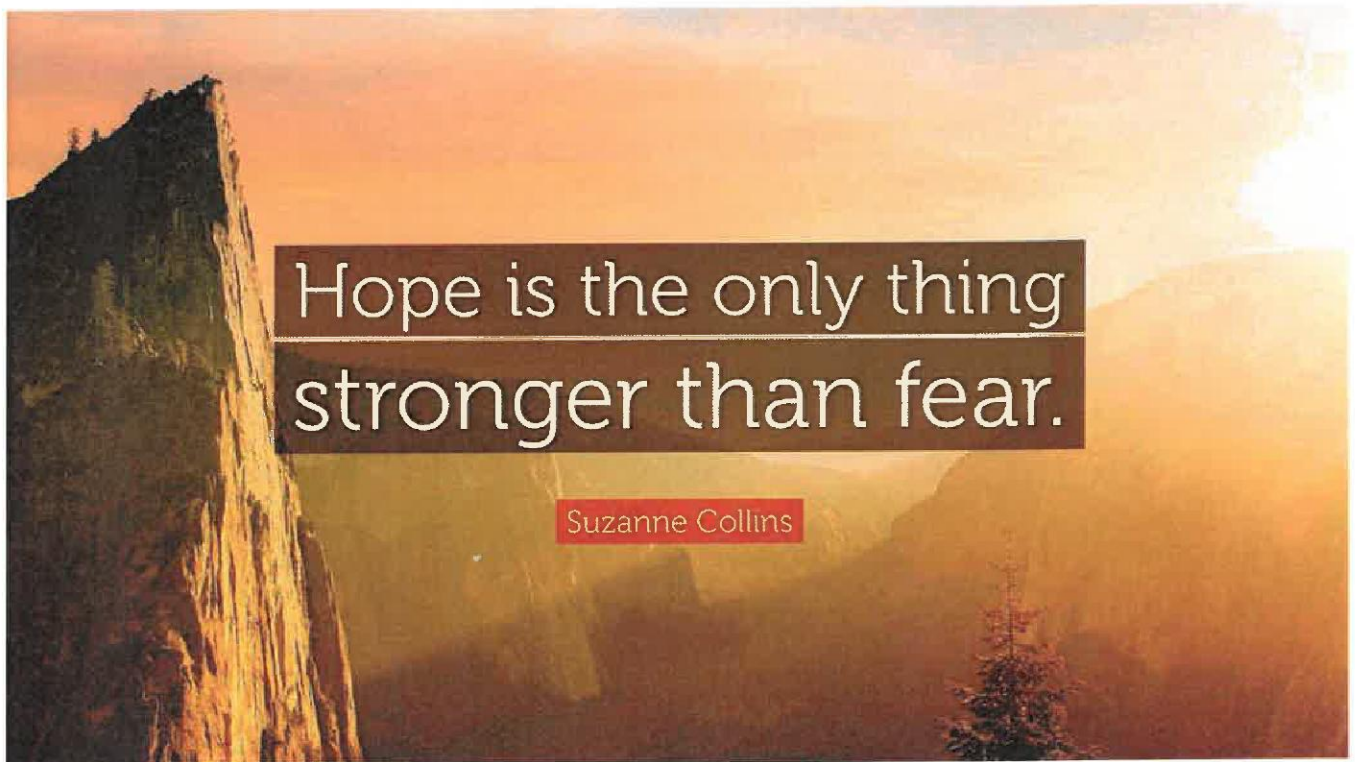


# The east to west Trust

## Trustees' Annual Report and Financial Statements

31 August 2023



### Bringing Hope To Young Lives

A company limited by guarantee, registered in England and Wales number 06972769  
Registered charity number 1131229

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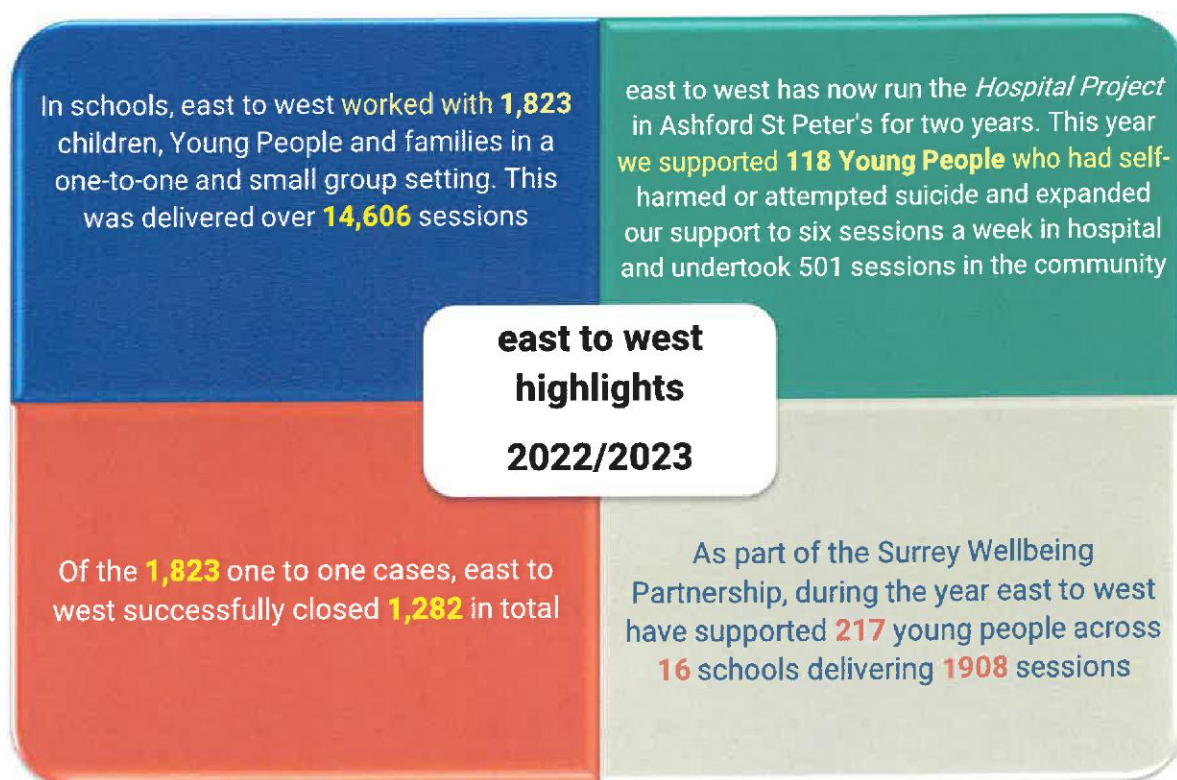
## The east to west Trust

### Perseverance pays off:

"I've supported this young person for 3 years, ever since they started their journey in secondary school. They would refuse to come into school, avoid classes and plan escapes. They were showing high levels of anxiety and waiting to be assessed by CAHMS. Throughout the 3 years, we provided a safe space for this YP and this space looked different on a daily basis; be it sitting outside the school gates; sitting in the car with YP and parent; holding her hand and walking her into school or walking her to lessons and sitting in some lessons with her. We played games and I provided a space for her to talk and let her anxieties out. I worked with the school and parents to ensure that the YP was supported in the best ways possible and felt safe in an environment where her anxiety was highly triggered. 3 years on, they are now able to walk into school independently, access all classes, enjoy relationships and friendships with peers and teachers, and academically achieve well. I'm super proud of her and all she's achieved."

Relational Support Worker in Secondary School

### The impact of east to west in 2022/2023



# The east to west Trust

## Contact details and social media



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**Facebook:** [e2wrelationalsupport](https://www.facebook.com/e2wrelationalsupport)  
**X (Twitter):** [@east-towest](https://twitter.com/@east-towest)  
**Instagram:** [easttowest\\_charity](https://www.instagram.com/easttowest_charity)  
**LinkedIn:** [The east to west Trust](https://www.linkedin.com/company/the-east-to-west-trust)



## Legal and administrative information

Company/Charity name	The east to west Trust	
Registered charity number	1131229	
Registered company number	06972769	
Registered office	Unit 3, 80 High Street Egham, Surrey TW20 9HE 01784 438007	
Trustees/Directors	Susan Holloway (Chair of Trustees) (resigned October 2022) Miriam Hanley Matthew Armsby (Chair of Trustees – October 2022) Alison Matts Andrew Rich (resigned June 2023) Jordan Amadi-Myers (resigned December 2022) Lynda Donaldson Emily Dodsworth (appointed June 2023)	
Secretary	Kenneth Morgan	
Bankers	The Co-Operative Bank plc PO Box 101 1 Balloon Street Manchester M60 4EP	CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4TA
Solicitors	Moore Barlow The Oriel, Sydenham Road Guildford GU1 3SR	
Independent examiner	T. A. Wells, FCA 31 Elizabeth Avenue Laleham Staines Middlesex TW18 1JW	

## Background Information

### Introduction

**east to west** is at the forefront of bringing hope to young lives. Our vision is for children, Young People and families (the term Young People will be used as a collective noun for these groups throughout the document) to overcome the challenges (both emotional and physical) they face to becoming the very best they can be. To enable this, we've developed **Relational Support**, a pastoral response, based on compassionate, valuing relationships which puts those we serve at the heart of *all* we do. Working in partnership with schools, **east to west** has made a positive difference in the lives of over **35,000** Children, Young People and Families across a generation.

During the year to 31<sup>st</sup> August 2023 we worked with **1,823** (2022 **1,648**) Young People in a 1:1 setting and, of these cases, **68%** of Young People reached a point where they could live their lives effectively without regular external support. As the support we were able to offer broadened with Covid restrictions being lifted we ran **469** support group sessions, supporting **318** Young People. This year, we addressed issues such as exam stress, wellbeing, Autistic Spectrum Disorder (ASD), anxiety, and friendship.

Since September 2021 east to west has been part of the Surrey Wellbeing Partnership. This partnership has brought together 13 charities from across Surrey to work alongside the Surrey & Borders NHS Trust under the Mindworks banner to provide early support to young people who need to talk to about their mental health or signpost them to available support options.

### Key moments this year

- September 2022: east to west appoints first chaplain – Rob Lewis
- October 2022: Ian Smith appointed as CEO
  - east to west awarded a £10,000 Tesco Golden Grant
  - east to west invited to speak at Windsor and Maidenhead Churches Trust meeting
- November 2022: Became Royal Ascot Golf Club joint Captain's Charity of the Year
  - Worked with charity O3e and the Chiesi organisation to create 6 skateboards for us to share with disadvantaged young people
- December 2022: Present wrapping at Waterside, Staines, where over 200 gifts had been donated to east to west to give out to children, young people and families the team were working with
  - Took part in 3 Christmas Tree festivals, sharing about the work of east to west in the community
- January 2023: Caroline Case (Caz) returns from Maternity Leave to launch new project at Reading Girls
  - Irum Banga appointed as Communication and Engagement Coordinator and Philippa Watterson as the Counselling Team Lead

# The east to west Trust

February 2023:	Burns Night celebration at Royal Ascot raises over £7,000 during the evening east to west joins with other charities as part of the Mindworks Alliance to explore and implement more effective mental health practices across schools
March 2023:	Second counsellor role launched at Twickenham east to west are called to support a number of schools facing serious wellbeing and mental health crisis, including a non-partner school.
April 2023:	Joined hundreds of others in celebrating the 80 <sup>th</sup> Birthday of our Patron, Gill Morgan Launched new project at North West Surrey Short Stay School (NWSSSS)
May 2023:	Met with local MP Kwasi Kwarteng to discuss our work and build partnerships with local businesses Charity Log – east to west’s new data and information tool – launched, with the Early Intervention Coordinator’s having first use of this live data retention tool!
June 2023:	east to west represented at fundraising event at the Houses of Parliament Trustee Andy Rich steps down as a trustee of east to west after several years of excellent service
July 2023:	Said goodbye to various team members, who all moved on to new roles Term ends having supported <b>1,823</b> young people, identified <b>914</b> unique issues and <b>4,201</b> positive outcomes

## The future for east to west

The synopsis above shows both the level, depth and breadth our work has covered in the past 12 months. It also shows that we’ve been growing, with new team recruited to key roles. This is in response to the clear evidence that demand on services such as ours is increasing rapidly. Indeed, we’ve seen a 40% increase in demand for (and delivery of) services in the past 12 months. This has led directly into our approach moving forwards (see future plans). On this basis and having regard to the factors set out in note 2 to the financial statements, the trustees are confident of the continued need for the services of east to west and that sufficient funds will be available for these to be provided.



## Trustee Report & Financial Statement

The trustees present their report and the financial statements for the year to 31 August 2023.

The east to west Trust is a company limited by guarantee and a registered charity. It is governed by its Memorandum and Articles of Association. The principal office is at: Unit 3, 80 High Street, Egham, Surrey, TW20 9HE.

This charitable company commenced activities on 1 September 2009 when it received the assets, liabilities and operations of the former unincorporated charity "The east to west Trust" (registered charity number 1059177) founded in 1996. The charity now continues the work started and built up by its predecessor.

Please see the information page (page 5) for details of all trustees in post during the year.

## Our aims

The objects of the trust set out in its Memorandum of Association are:

- To advance in life and relieve the needs of Young People through:
  - Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
  - The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.
- To assist in the relief of human suffering and poverty consequent upon the effect of personal, local, national or international disaster.
- To advance the Christian faith in accordance with the trust's statement of beliefs.

To assist the achievement of these objects, the trust has adopted the purposes:

- To see Young People impacted by hope.
- To see youth workers and churches empowered and equipped to impact Young People with hope.

By "hope" we mean hope of restoration, reconciliation and transformation.

These purposes are summarised in our strapline *"bringing hope to young lives"*.

## Public benefit

We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Much of our work is targeted at Young People aged between 4 and 18. However, through our Hospital Project we now reach young adults up to 25. The impact of east to west's work is tangible and measurable and will benefit the individuals themselves as they mature into the next generation of adults and their families and society as whole. Outcomes from our current years' work are included in the review of activities below.

We do not discriminate or treat any young person less favourably on the grounds of gender, marital status, race, colour, nationality, ethnic origin, religion, disability, age or sexual orientation. This is because we believe that everyone is made in the image of God and therefore everyone is of equal value and of unfathomable worth.



## Review of activities

Our principal activities and those whom we seek to help are described below.

### *Relational Support Work*

At the heart of east to west is Relational Support Work which we define as a pastoral response, based on compassionate, valuing relationships which puts those we serve at the heart of *all* we do.

### *Schools based Relational Support Work*

Our Schools based Relational Support Workers spend time building and maintaining purposeful relationships with students and staff in schools. The non-teacher, non-student nature of the role allows a unique relationship to be formed where trust and confidence is central and advice and support are offered.

Our school based Relational Support Workers are involved in a wide variety of activities aimed at increasing the students' emotional, physical and spiritual well-being.

We have been involved in the life of secondary schools for over 25 years, implementing, developing and sustaining placements. In 2022-23 we had Relational Support Workers placed in 18 secondary & 5 Primary schools:

### *Secondary Schools*

- |   |   |
|---|---|
| ■ Bishop Wand Church of England School, Sunbury-on-Thames | ■ Matthew Arnold School, Staines-upon-Thames    |
| ■ Epsom & Ewell High School                               | ■ Reading Girls School, Reading                 |
| ■ Esher Church of England High School, Esher              | ■ St Paul's Catholic College, Sunbury-on-Thames |
| ■ Everest Community Academy, Basingstoke                  | ■ St Richard Reynolds, Twickenham               |
| ■ Hampton High School, Hampton                            | ■ Teddington School, Teddington                 |
| ■ Hinchley Wood School, Hinchley Wood                     | ■ Thamesmead School, Shepperton                 |
| ■ Hoe Valley School, Woking                               | ■ Thomas Knyvett College, Ashford               |
| ■ Jubilee High School, Addlestone                         | ■ Twickenham School                             |
| ■ Kings International College, Camberley                  | ■ Woking High, Woking                           |

### *Primary Schools:*

- Goldsworth Primary, Woking
- Marnel Junior, Basingstoke
- Sayes Court Primary School, Addlestone
- West Ewell Primary, Epsom
- Woodmansterne Primary, Banstead

# The east to west Trust

## *Schools based Family Link Work*

Our Family Link Worker spent time building relationships with children and their carers in first schools in Windsor, with the goal of providing a constant support through the pressures of family life. east to west has been involved in first schools since 2010 and this year had placements across 2 schools:

- Trinity St Stephen Church of England Aided First School, Windsor
- Homer First School, Windsor

## *Early Intervention Coordinators*

Commencing in September 2021, east to west became a partner in the Surrey Wellbeing Partnership. This partnership consists of thirteen locally based Third Sector organisations who came together to create an Alliance with the Surrey and Borders NHS Foundation Trust under the banner "Mindworks Surrey".

Under the title "Early Intervention Coordinator" we have provided Relational Support to young people in **16** Secondary Schools across the Surrey Boroughs of Woking, Elmbridge & Spelthorne reaching **217** young people.

Our role is to provide support at an early stage to young people within secondary schools in these boroughs who are struggling with their mental health and who would potentially be referred to the Child & Young Person Services Team (CYPS). The aim is to provide effective support to them as early as possible, reducing the number of referrals for clinical interventions and therefore the number of young people who are having to wait for support.

## *Relational Counsellors*

Our Relational Counsellors are experienced, qualified counsellors who are registered members of the British Association for Counselling and Psychotherapy ("BACP"). They spend time with Young People providing a confidential space where they can express their thoughts and feelings. east to west has placed counsellors in 6 schools:

- Town Farm Primary School, Stanwell
- Sunbury Manor Secondary School, Sunbury-on-Thames
- Hoe Valley Secondary School, Woking
- Bishop David Brown, Woking
- Twickenham School (*commenced November 2022*)
- North West Surrey Short Stay School, Pyrford (*commenced April 2023*)



## *Peripatetic Counsellor*

The support we are able to offer through the Peripatetic Counsellor has recommenced this year with counsellors supporting team members by meeting a number of young people who have significant needs, but who do not reach the threshold or are on the CYPS waiting list.

*The Hospital Project (previously known as the Emerge Project)* (supporting Young People and adults who have self-harmed or attempted suicide)

This year we concluded our working relationship with Emerge Advocacy, who we'd initially launched the Emerge Project alongside. Increasingly, we were delivering more follow-up sessions in the community, within schools and growing a wider, more east to west based provision, and it was felt that it was important, to bring the work fully under the wider organisational umbrella. We are incredibly grateful for our partnership with Emerge Advocacy and remain on positive working terms with them.

This year we have recruited 10 new volunteers and successfully completed their induction training. Due to our wonderful growing team, we have been able to maintain a steady 6 evenings a week in the hospital. We have provided an online external training course and project-specific Safeguarding and self-harm training and made online resources available on Padlet, continual induction training and shadowing sessions for our new volunteers.

Alongside this, we have strengthened our school relationships. This is done by team members contacting us if their students have attended/attending A&E so we can support them in the hospital. We launched our pilot Self-Harm Recovery program at Winston Churchill School (Woking), providing weekly sessions where we meet several students who are currently self-harming. Being in school allows us to support them with identifying emotional triggers, developing their ability to speak about their emotions and implementing coping strategies that help lead to recovery. We have also seen a reduction in the young people in these schools attending St. Peter's having self-harmed, as recognised by the hospital staff themselves.

We have been present in St Peters for **252** sessions, which equates to at least **756** hours of availability to young people and their parents. Our hospital team have supported **129** young people in crisis within St Peters, whilst **83** young people and their families have been supported in the community over **581** sessions.

## ***Outcomes Improvement***

In May 2023 we launched a new digital system, speeding up our ability to track and report to our partners and funders what has been achieved. We launched Goals Based Outcomes (GBOs), a young person led way of reporting improvements across agreed issues and specific targets. These GBOs are ranked 1-10 on a sliding scale, with every young person rating themselves out of 10 for each area e.g. Anger – Learning Triggers; Responding appropriately when angry etc... As they successfully work on these targets, they move along the scale towards 10.

# The east to west Trust

During the last half of the Summer Term we supported 621 young people in a 1:1 setting delivering 2,445 sessions (across all projects). We reported 420 completed GBOs with 84 instances with a +4 improvement, 71 cases with a +6, whilst 67 improved by +5. We anticipate that over the course of a full year, we'll report on around 2,500 young people and 4000+ GBOs.

## Safeguarding and Development

east to west recognises the importance of safeguarding in its work with children, Young People and adults. We have a responsibility to protect everyone entrusted to our care and we are committed to the safeguarding of children and vulnerable adults to ensure their well-being. We follow the requirements of UK legislation in relation to safeguarding children and vulnerable adults and current best practice recommendations based on the Online Safeguarding Manual created by thirtyone:eight - <https://thirtyoneeight.org/>.

Our appointed Designated Safeguarding Leads (DSL) are:

Ian Smith (CEO)

Clare Biggins (Hospital Project + Wellbeing)

Clive Biggins (Impact and Quality + EIC Woking)

Dan Beedell (Income and Communications)

east to west is passionate about delivering positive outcomes for Young People. We continue to learn and develop all we do through a framework for monitoring and reporting the outcomes of our work. The framework enables east to west to safeguard those we work with and continuously review and improve the outcomes we are delivering. The outcomes framework asks three very simple questions: 'What did we do?', 'How well did we do it?' and 'How did we make a difference?'. Our team constantly seeks development opportunities. Each month they have input from outside agencies to grow their knowledge and enhance their practice. Throughout the year each team member is challenged to share:

- **Accomplished:** *What has gone really well (since the last supervision or across the whole year) that we might celebrate?*
- **Breadth:** *What has been learned (by the team member and/or east to west) in the process? How do we "take stock" of where things are now compared to where we thought they might be? What changes may be needed in east to west processes/practice in light of what has been learned?*

**Challenges:** *Any challenges you haven't overcome? How can we move forward on them? What goals did you set this term? What did you want to achieve but haven't? What happened to prevent you achieving your goals? How can I, and east to west, be of most help in enabling you to achieve your goals? What are you most excited about in this coming period? What concerns you the most? What ongoing professional development will help you to grow in your current role and for your future?*



## **What people say about the team:**

"A young person who had many complex issues, and is currently sitting her GCSE's wrote to her Relational Support Worker saying: "I want to say thanks again for helping me this past year, you've made my last year easier to deal with by just being there to talk to. Your support has allowed me to fully address things that have happened to me, which means a lot. You're the best east to west worker I've had, thank you forever."

**Young Person – Year 11**

"east to west has helped me to find ways to help my anxiety, as well as help me to think positive and try not to make everything negative. They have also helped me to try and bring out the best in myself and what I do whether it's something small or huge."

**Young Person – Year 6**

"east to west has been fun, worthwhile and freeing. It's been helpful to talk about how I feel, having a safe space to go to. I will be more open with how I am feeling instead of keeping it all inside. I feel great, like a weight has been lifted, and I feel free! My support through east to west could not have gone any better."

**Young Person – Year 7**

"The young person was referred to me having attempted suicide. They were also overdosing every other week. When she spent time with me, she was very quick to say that she is finally being "heard". She has complex family dynamics, including a parental divorce where the father was being abusive and she was being asked to visit him as part of the social services involvement. Together, we explored, not only healthy coping mechanisms but also explored boundaries, encouraging her to see other people's perspective and understanding what her role in all this can look like. Although there are many other underlying issues which are still being explored, since we began working together, she's stopped overdosing, and will come regularly to meetings and often pops in during her lunch/break"

**Relational Counsellor in Secondary School**

## Partnerships

east to west seeks to empower and equip youth workers and churches to impact Young People with hope as one of its prime purposes. Our partnership base is the network through which we aspire to see this goal fulfilled and on which we continue to build.

In the year 2022-23 east to west partnered with:

- 11 Local churches
- 8 Trust funds / 5 funding agencies, organisations and local authorities

### Church Partners

St. John's, Egham  
Christ Church, Virginia Water  
Egham URC  
Staines Methodist  
The Hope Centre, Sunningdale  
St John's, Hampton Wick  
Dedworth Green Baptist Church, Windsor  
Ashford Congregational Church  
Equippers Church, Weybridge  
St Paul's, Addlestone  
Holy Trinity Church, Lyne & Longcross

### Funders

St. Peter's Convent  
Community Foundation for Surrey  
Homelands CT  
Benefact Trust  
Percy Bilton Trust  
Edward Gostling Foundation  
TK Foundation  
Heathrow Community Trust  
POCA –Proceeds of Crime Act – Surrey Police  
Sparks Funding – North Surrey Volunteer Services  
Windsor and Maidenhead Churches Together  
Co-op  
Tesco

## Gender pay gap

The east to west Trust continues to review its salary structure in light of concerns over the Gender pay gap. east to west has 13 team members in a leadership structure. Of these, 9 are female, whilst 4 are male. Given the proportion of the remaining team, female leaders make up 9 out of 34 women employed. For males, the proportion is 4 out of 7.

The average hourly rate for females is £18.36, whilst for males it's £20.16. This is a difference of - 9.8%. This is largely due to the proportion of males in leadership compared to women across the whole organisation. There are 5 pay bands across the organisation, (RSWs/EICs / RCs / Team Leads / HOO / CEO). All across each band are paid the same hourly rate, regardless of gender and length of service.

We have undertaken development and support to prepare new members of the team to take on the most senior levels of leadership, both within east to west and beyond.

## **The people who make it happen**

### **Trustees**

The trustees, who are also directors for the purposes of company law, and who served during the year and up to the date of this report, are listed on page 5.

### **Trustee Recruitment**

Potential trustees are recruited to bring specific skills as needed on the board. These are identified through the annual board skills audit and board evaluation. After a preliminary discussion with the chair, the individual is invited to read the Core documents of the trust, and the Welcome to the Board document that outlines the characteristics, competences required and the Job Description for a trustee. Following an informal attendance at a board meeting, the existing trustees decide whether to proceed with the invitation to the individual to become a trustee. The trustee application form is then completed, and the new trustee is formally approved at the subsequent Board meeting.

### **Patron**

Gill Morgan has played an important role throughout the year acting as facilitator, voice of wisdom and experience, confidant and advocate on behalf of east to west. We are grateful for all her input throughout the last 12 months.

### **Team**

This year we said a fond farewell to six team members: David Welch, Helen Hallett, Natalie Whitmore, Danica Lake, Nicky Geraghty, and Luke Watson. We are incredibly grateful to all of them for their service to Young People while operating as part of east to west.

We employ a total of 39 paid team members (29 full time equivalents) whom we thank again for their ongoing commitment to the charity's work with Young People. This team is focussed on the delivery of our frontline programmes and is assisted by external advisers with specialist expertise in IT, communications and finance.

### **Volunteers**

The trustees also extend heartfelt thanks to the charity's dedicated volunteers for the on-going contribution they make. In the year 2022/2023, 756 volunteer hours were completed in the Hospital Project. All our volunteers have enhanced DBS checks and the charity provides on-going development to equip them for their roles. Many in the past, as a result of working with east to west, have moved into counselling and other pastoral roles, or joined our team as a paid team member.



## Trustees' annual report

Finance and Governance for the year ended 31 August 2023

### Finance

#### Overview

Total income for 2022-23 was £ 924,039 which was an increase of £ 228,995 compared with the income of 2021-22. Despite the financial pressures on both grant making organisations and our partners we note that grants and partner contributions increased by £ 190,518 to £ 642,918, an increase of 42%. Voluntary donations from individuals and churches, whether through direct giving or through taking part in fundraising events, remains a very significant part of our total income; together with the gift aid we were able to reclaim and additional charitable activities, this total came to £ 105,163, an increase of £ 13,406 on 2021-2022. This recognises the real sacrifice people made to support us in difficult times and we are grateful for this support.

Our partnership with the Surrey Wellbeing Partnership (SWP) appears in the accounts with the amount received being £ 175,905.

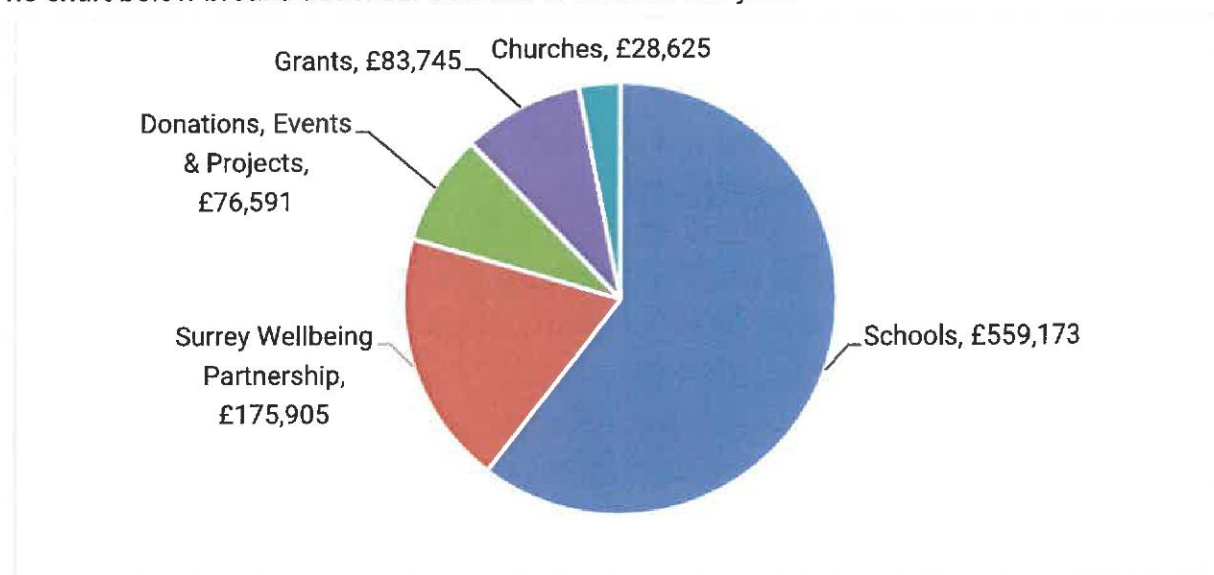
Restricted income accounted for about 22% of the total. Last year's proportion was 67%. It goes without saying that we remain extremely grateful to all those faithful individuals, churches, businesses and other funding organisations who provide financial support for our work – without this east to west could not operate as it does today.

Compared with the previous year costs increased from £ 674,641 to £ 1,016,196, an increase of 51%. We have a net deficit for the year, on both restricted and unrestricted funds. As a result our reserves diminished by £ 92,157 and we are carrying forward unrestricted funds of £ 87,418. At the balance sheet date net assets were £ 129,269. This equates to just over 6 weeks expenditure based on our budget for 2023-2024. The trustees are concerned that this is less than our policy for two months reserves and are seeking new sources of income from grant making organisations. They are confident this will produce the additional income that will be required and therefore hold the opinion it is right for these accounts to be prepared on the going concern basis.



## Funding

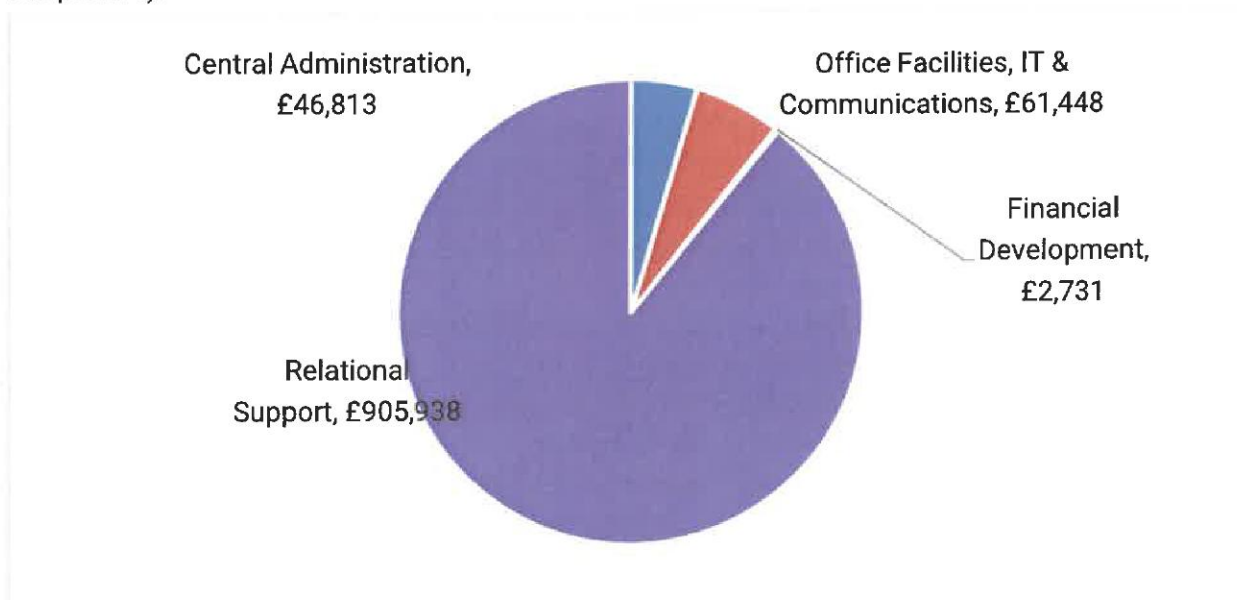
The chart below breaks down our sources of income this year:



Donations from individuals and churches provided 3% (13%) of our income; this figure reflects regular and one-off donations plus gift aid where applicable. This provision is most welcome as it shows continued confidence in and support for our work by those who have supported us for many years. Our partner schools have contributed 60% (52%) and we have received income from other partners and grants making up the remaining 37% (35%). We are extremely grateful for the loyalty of all our Church, Individual and Corporate financial supporters whose generosity we have been able to rely upon throughout the year.

## Expenditure

The following chart analyses the total expenditure of the trust for the year between its different activities. (Spending from restricted and unrestricted funding has been amalgamated to give the full picture).



## Governance

### Board of trustees

The board of trustees has responsibility for directing and controlling the affairs of the trust. The board met five times during year to:

- review the trust's activities, finances and performance;
- approve future plans and strategy; and
- monitor risks and ensure that they are appropriately managed.

At the start of each year goals are agreed by the trustees with the team and progress is monitored throughout the year through individual, team and trust appraisal processes.

### Leadership team

The trustees delegate day to day management of the trust to its Chief Executive Officer, currently Ian Smith, who is supported by the Shared Leadership Team consisting of the Team Leads, Eliz Argent, Caz Case, Philippa Watterson, Alisa Whiteland, Naomi Raj, Clare Biggins, Clive Biggins, Emma Reid and Dan Beedell. It is the Trustees' belief that during 2023/24 the trust will continue to benefit from work done by this team.

A Finance team, comprising the charity's senior team members, advisors and a Trustee, met intermittently during the year, with a remit to address day to day financial aspects of the charity.

Remuneration and pay levels for the key management personnel and within the charity generally are determined by the trustees with periodic benchmarking to organisations of a similar size and nature.

### Risk management

The trustees and management team assess the potential risks to the running and financing of the organisation and the safeguarding of the team and Young People on a monthly basis. east to west has a comprehensive portfolio of policies which enables the projects to operate in a professional and safe manner. The team and trustees review the policies at the end of each academic year.

Principle risk area	Key mitigating factors
Governance over the organisation and activities	<ul style="list-style-type: none"><li>■ A Board of trustees with experience in a range of relevant disciplines who meet regularly together and with the trust management</li><li>■ Annual assessment of governance effectiveness</li><li>■ Assimilation of emerging issues and trends within the sector</li></ul>
Management of financial resources	<ul style="list-style-type: none"><li>■ Monthly financial reporting and forecasting</li><li>■ Rigorous documented fiscal management processes overseen by the Board</li><li>■ Financial and fundraising matters considered at every trustee and management meeting</li></ul>
Safeguarding and service delivery	<ul style="list-style-type: none"><li>■ Maintenance of comprehensive operations policies reviewed, updated with ongoing training to team</li><li>■ Continuous development of the organisation and its service delivery team</li><li>■ Access to external resources and benchmarking against best practice standards</li></ul>

## People and employment

- Stringent appointment and vetting processes following Safer Recruitment best practice, including DBS checks
- Wide ranging induction and on-the-job development
- Well established, effective supervision and development mechanisms in place

## Future plans

We are actively exploring new opportunities with Secondary and Primary schools, through the Surrey Wellbeing Partnership, and we continue to expand the Hospital Project through additional evenings, community follow-up, and supporting schools where there is a high percentage of young people self-harming. We will continue to respond to new opportunities. However, our scope for expansion will be dictated by the availability of new funding as we need to preserve our reserves to provide an adequate contingency fund.

The generous legacy that the trust received during 2021 meant the two projects 'Making the Leap' (support for young people transitioning to Further Education colleges) & Connect (working with young men at a local Young Offenders Institute to give them the best opportunities for success following their release) continued to operate, with both team, members making significant impact in the lives of young people.

The board continues to seek to diversify its membership, actively seeking to recruit members of underrepresented groups.

## Statement of trustees' responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and regulations.

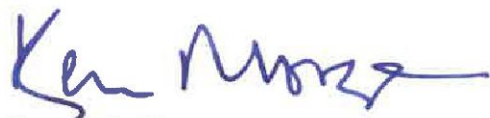
Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

## Small company provisions

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the board and signed on its behalf by the Secretary on 10 December 2023.



**Kenneth Morgan**  
Secretary



## Independent examiner's report

to the trustees/directors on the unaudited financial statements of

The east to west Trust (a company limited by guarantee)

for the year ended 31 August 2023

I report on the accounts of The east to west Trust for the year ended 31 August 2023, which are set out on pages 25 to 32 and comprise the statement of financial activities, the balance sheet and the related notes.

This report is made solely to the charity's Trustees, as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent Examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my work or for this report.

These financial statements have been prepared under the historical cost convention, in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities and Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

### Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is required.

Having satisfied myself that the charity is not subject to an audit under charity or company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Act;
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Act); and
- state whether particular matters have come to my attention.

### Independent Examiner's Statement

As the charity's income for the year exceeds £500,000, I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.



## Independent examiner's report - continued

### Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statements below.

In connection with my examination, no matter has come to my attention

(1) which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS 102) and in other respects comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

*T. A. Wells*

T. A. Wells FCA  
Chartered Accountant  
Independent Examiner

31 Elizabeth Avenue  
Laleham, Staines  
Middlesex TW18 1JW

Date: *10 December* 2023

# The east to west Trust

## Statement of financial activities

(incorporating the income and expenditure account) for the year ended 31 August 2023

	Notes	Unrestricted Funds £	Restricted funds £	2023 Total £	2022 Total £
Income and endowments					
Donations, legacy & Charitable activities	3	317,533	606,506	924,039	695,044
Other		-	-	-	-
Total		317,533	606,506	924,039	695,044
Expenditure					
Charitable activities & Fundraising	4	363,266	652,930	1,016,196	674,641
Total		363,266	652,930	1,016,196	674,641
Net Deficit/Surplus for the year		(45,733)	(46,424)	(92,157)	20,403
Transfers between reserves	11(1)	(16,335)	16,335	0	(4,718)
Total funds brought forward		149,486	71,940	221,426	201,023
Total funds carried forward		87,418	41,851	129,269	221,426

All of the activities are continuing activities.

The statement of financial activities includes all gains and losses for the year and therefore no statement of total recognised gains and losses has been prepared.

The notes on pages 26 to 33 form part of these accounts.

## Balance sheet as at 31 August 2023

	Notes	2023 £	2023 £	2022 £	2022 £
<b>Fixed assets</b>					
Tangible assets	8		-		3
<b>Current assets</b>					
Debtors	9	33,061		25,719	
Cash at bank		137,558		221,192	
		<u>170,619</u>		<u>246,911</u>	
Creditors: amounts falling due within one year	10	(41,350)		(25,485)	
		<u></u>		<u></u>	
Net current assets			129,269		221,426
Net assets			<u>129,269</u>		<u>221,426</u>
<b>The funds of the charity</b>					
Restricted funds	11		41,851		71,940
Unrestricted funds	12		28,211		59,607
Designated funds	12		59,207		89,879
			<u>129,269</u>		<u>221,426</u>
Total funds			<u>129,269</u>		<u>221,426</u>

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

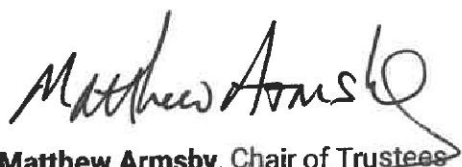
- ensuring that the company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial period and of its surplus or deficit for each financial period in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.



## The east to west Trust

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with the FRS102 SORP.

The financial statements were approved for issue by the board of trustees on 10<sup>th</sup> December 2023 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Matthew Armsby', with a stylized flourish at the end.

**Matthew Armsby**, Chair of Trustees

Registered company number 06972769

# The east to west Trust

## Statement of Cash Flow for period ended 31 August 2023

	2023
<b>Cash flows from operating activities</b>	£
Surplus for the financial year	(92,157)
Adjustments for:	
Increase in debtors	(7,342)
Increase in creditors	15,865
Total	8,523
<b>Cash from operations</b>	(83,634)
<b>Cash flows from investing activities</b>	
<b>Net decrease in cash and cash equivalents</b>	(83,634)
Cash and cash equivalents at beginning of year	221,192
Cash and cash equivalents at end of year	137,558

### Analysis of changes in net debt

	01/09/2022	Cash Flows	31/08/2023
	£	£	£
Cash at hand and in bank	221,192	(83,634)	137,558

## Statement of Cash Flow for period ended 31 August 2022

(for comparative purposes)

	2022
<b>Cash flows from operating activities</b>	£
Surplus for the financial year	20,403
Adjustments for:	
Increase in debtors	(21,024)
Increase in creditors	(20,817)
Total	(41,841)
<b>Cash from operations</b>	(21,438)
<b>Cash flows from investing activities</b>	
<b>Net decrease in cash and cash equivalents</b>	(21,438)
Cash and cash equivalents at beginning of year	242,630
Cash and cash equivalents at end of year	221,192

### Analysis of changes in net debt

	01/09/2021	Cash Flows	31/08/2022
	£	£	£
Cash at hand and in bank	242,630	(21,438)	221,192

## Notes to the financial statements

for the year ended 31 August 2023

### 1 Accounting policies

The charity, which constitutes a public benefit entity as defined by FRS 102, is a private company limited by guarantee and registered in England and Wales. It operates from the registered office address shown on page 5 and its objects, aims and activities are set out in the Trustees' Report. The principal accounting policies are summarised below and have been applied consistently throughout the year.

#### **Basis of accounting**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards 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) and the Companies Act 2006.

#### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objects of the company at the discretion of the trustees. Restricted funds can only be used for particular, limited, purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular, restricted, purposes. Designated funds are unrestricted funds set aside for use in projects to be specified by the Trustees

#### **Incoming resources**

Incoming resources are recognised in the Statement of Financial Activities (SoFA) when the charity becomes unconditionally entitled to the income and the amount can be quantified with reasonable accuracy and where it is certain that it will be received.

Performance related income is only included in the SoFA once the related services have been provided.

#### **Deferred income**

Grants and donations received in advance and specified by the donor as relating to specific future periods or subject to conditions which are still to be met, are deferred to the period to which they relate.

#### **Tax reclaims on donations**

Gift aid tax reclaims on donations are included in the SoFA in the same period as the donations to which they relate.

#### **Volunteer services**

The value of volunteer services received is not included in the accounts but is described in the trustees' report.



## Notes to the financial statements for the year ended 31 August 2023

continued

### Investment income

Income from investments is included in the accounts in the period it is receivable.

### Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

### Operating leases

Operating lease rentals are expensed on a straight-line basis over the period of the lease.

### Tangible fixed assets

Tangible fixed assets are assets with an expected useful life of more than one year and are recorded at cost or, if gifted, at the market value to the charity on receipt. The cost of Fixed Assets is written off as incurred

## 2 Going concern

These accounts show unrestricted funds of £87,418 and net assets of £129,269 (2022: £2221,426) at the balance sheet date. A budget and cash flow forecast for the next twelve months has been prepared. This shows a projected deficit of £ 100,000. The Trustees are concerned about this and are actively seeking new sources of income from grant-making organisations. The responses received so far have been favourable and therefore they are confident such additional finance will be forthcoming. Accordingly they believe they will have sufficient resources to be able to settle liabilities as they fall due during the twelve months following the approval of these accounts. Therefore they consider it is correct that these accounts have been prepared on the going concern basis.

## 3 Donations, legacies and incoming from charitable activities

	Unrestricted funds £	Restricted Funds £	2023 Total £	2022 Total £
Donations	77,837	7,535	85,372	81,213
Gift aid tax reclaims	9,085	-	9,085	9,032
Grants	39,643	44,102	83,745	84,531
Partner Contributions	129,036	430,137	559,173	367,869
Surrey Wellbeing Partnership	51,173	124,732	175,905	150,887
Fund Generation	10,759		10,759	1,512
Total Income	317,533	606,506	924,039	695,044

All income in the year was unrestricted except for £606,505 (£464,596) which was given by funders to pay for the work of a Relational Support Worker within a school, for the Hospital project, and for the Peripatetic Counsellor. Within the income items above there were no related party transactions requiring disclosure for the current year or the prior year

# The east to west Trust

## Notes to the financial statements for the year ended 31 August 2023

continued

### 4 Expenditure on raising funds and charitable activities

	Note	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £
Fundraising expenses		2,491	240	2,731	6,670
Staff costs	6	267,608	638,330	905,938	596,009
Training and travel		6,251	1,704	7,955	10,851
Office facilities		17,237	1,636	18,873	17,236
IT and communications		24,818	10,789	35,607	34,786
Fees and external assistance		37,929	195	38,124	2,402
Printing (Equipment Hire), postage and stationery		5,260	-	5,260	5,430
Other costs (books, subs, charges & transfers)		1,672	36	1,708	1,257
		<u>363,266</u>	<u>652,930</u>	<u>1,016,196</u>	<u>674,641</u>

### Amounts payable to Independent Examiner

We do not pay any sums for the independent examination as his time is donated to the charity;  
nor do we make payments for:-

- Assurance services other than independent examination;
- Tax advisory services;
- Other financial services

### 5 Net income

	2023 £	2022 £
Net income is stated after charging:		
Operating lease rentals (Photocopier)	3,290	3,869
Digital File Storage	3,846	3,254

## Notes to the financial statements for the year ended 31 August 2023

continued

### 6 Team

Team costs	2023 £	2022 £
Salaries	818,859	542,200
Social security costs	61,913	37,664
Pension Contributions	17,492	11,116
Supervision	<u>7,674</u>	<u>5,029</u>
	905,938	596,009
		—

The remuneration of key management personnel was £124,244 (2022 £125,612). No employees received remuneration of £60,000 or more.

### Number of staff

The average number of staff employed during the period, calculated in full-time equivalents, was as follows:

	2023 No.	2022 No.
Engaged in direct charitable activities	26	18
Other staff	3	3
	<u>29</u>	<u>21</u>

### Trustees

None of the trustees received any remuneration or expenses during the year.

### 7 Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Taxes Act 1988. Accordingly, there is no taxation charge or liability in these accounts.



## Notes to the financial statements for the year ended 31 August 2023

continued

### 8 Tangible fixed assets

In accordance with the Trust's accounting policy for tangible fixed assets, all such items were fully depreciated in the year to 31 August 2021 and there have been no purchases since then

### 9 Debtors

	2023	2022
	£	£
Prepayments and accrued income	7,515	2,355
Surrey Wellbeing Partnership	22,257	19,294
Gift Aid refund	1,751	3,984
Other debtors	1,538	86
	<u>33,061</u>	<u>25,719</u>

### 10 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	1,268	1,381
Other taxation, social security & Pension	19,855	16,881
Accruals and deferred income	20,227	7,223
	<u>41,350</u>	<u>25,485</u>

# The east to west Trust

## Notes to the financial statements for the year ended 31 August 2023

continued

### 11 Restricted funds

	At 1 September 2022 £	Transfers Between Reserves	Incoming Resources £	Outgoing Resources £	At 31 August 2023 £
Schools Work	3,276	19,430	439,201	(461,907)	-
Make the Leap	4,000	-	-	(4,000)	-
Hospital Project	33,251	-	42,573	(53,273)	22,551
Peripatetic Counsellor	25,864	-	-	(6,564)	19,300
Surrey Wellbeing Partnership	5,549	(3,096)	124,732	(127,186)	-
	<u>71,940</u>	<u>16,335</u>	<u>606,506</u>	<u>(652,930)</u>	<u>41,851</u>

### Restricted Funds table of movements 2021/2022 (for comparative purposes)

	At 1 <sup>st</sup> September 2021 £	Transfers Between Reserves	Incoming Resources £	Outgoing Resources £	At 31 <sup>st</sup> August 2022 £
Supported Lodgings	4,718	(4,718)	-	-	-
Schools Work	14,597	-	298,076	(309,397)	3,276
Hospital Project	-	-	66,898	(33,647)	33,251
Peripatetic Counsellor	13,705	-	12,500	(341)	25,864
Surrey Wellbeing Partnership	-	-	83,122	(77,573)	5,549
Making the Leap	-	-	4,000	-	4,000
	<u>33,020</u>	<u>(4,718)</u>	<u>464,596</u>	<u>(420,958)</u>	<u>71,940</u>

## Notes to the financial statements for the year ended 31 August 2023

### continued

- i. The Schools Work funds are restricted to providing Relational Support Work in an educational establishment setting
- ii. The Hospital Project funds are restricted to providing support for Young People in Ashford St Peter's NHS Foundation Trust
- iii. The Peripatetic Counsellor funds are restricted to providing ongoing support to Young People identified by the Relational Support Worker as needing a specific therapeutic intervention followed up by Relational Support in the school.
- iv. The Trust continues to be a member of the Surrey Wellbeing Partnership and the funds are restricted to activities connected with the Emotional Wellbeing and Mental Health support being offered to Young People in Crisis and those requiring early support to enable them to work through the issues they are facing. The sum of £3,096 was transferred to General Funds to cover rental costs etc.

### 12 Unrestricted funds

	At 1 September 2022 £	Transfers between reserves £	Incoming Resources £	Outgoing Resources & Designations £	At 31 August 2023 £
<b>General Fund</b>	59,607	(16,335)	317,533	(332,594)	28,211
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	-				

<b>Designated Funds</b>	At 1 September 2022 £	New Designations £	Utilised	Transfers £	At 31 August 2023 £
Future Projects	89,879	-	(30,672)	-	59,207
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	-				

The unrestricted funds of the charity include the General funds, which can be used to support all aspects of relational support projects undertaken by the trust and directly funding these if there is not sufficient specific (restricted) funding available. The Designated Funds arise from a legacy received in the year to 31<sup>st</sup> August 2021, which the Board of Trustees have decided should be used for future project opportunities.



# The east to west Trust

## Notes to the financial statements for the year ended 31 August 2022

continued

### 13 Operating lease commitments

	2023	2022
	£	£
Operating lease commitments are as follows:		
Payable within 1 year	3,290	3,290
Payable within 2 to 5 years	4,936	8,226
	<hr/>	<hr/>
	8,226	11,516
	<hr/>	<hr/>

### 14 Related parties

One of the trustees, Mr Matthew Armsby, is a partner in BC Technologies who provide IT support services for this trust. During the year they were paid £1,319 for this work. There are no other transactions requiring disclosure in this or the previous year.

