



The  
Strongtower  
Foundation



# **The Strongtower Foundation Annual Return**

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

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

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

Rachael King

CEO

# Who We Are

## Access to Safe Housing & Accommodation

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

Our name is taken from Psalm 61:3:

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

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

# What We Do

## Twelve Month Re-integration Programme

We are much more than just a safehouse.

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

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

## Our Five Pillars of Support

### ◆ Befriending Support Network

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

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

### ◆ Life-skills Training

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

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

### ◆ Mental wellbeing and Counselling sessions

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

### ◆ Education & Employability Opportunities

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

### ◆ Self-discovery and Development Tools

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

## Our values

### Restoration

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

### Justice

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

### Compassion and Care

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

### Collaboration

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

### Opportunity

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

### Agape Love

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

## Annual Accounts Return

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

## Board of Trustees

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

## Secretary

Adetola Okunuga	Non-voting Administrator	Appointed July 2023
-----------------	--------------------------	---------------------

## Key Management

Rachael King	Chief Executive, Founder
--------------	--------------------------

## Advisors

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

Accountant	Genius Accountancy 27 Old Gloucester Street, London, WC1N 3AX
------------	--

## Annual Accounts Return – RECEIPTS AND PAYMENTS

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

Receipts 10,590.27

Payments 424.43

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

## Annual Accounts Return –BANK

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



## Annual Accounts Return –BANK

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

## Annual Accounts Return –BANK

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

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

Annual Accounts Return – Trustee Signature

Board Approval Date of Accounts: 26 March 2023

Signed on behalf of the Board of Trustees by:

**Nathan King**

Nathan King

28/03/2024

Chair of Trustees