

ROOM TO HEAL
(a company limited by guarantee)

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2016

Alison Ward Accountants
Chartered Certified Accountants

28 Hills Road
Buckhurst Hill
Essex IG9 5RS

**ROOM TO HEAL
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2016**

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**ROOM TO HEAL
TRUSTEES' REPORT - STATUTORY INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2016**

The directors of the charitable company are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

Patron

Jeremy Corbyn MP

Trustees

Penelope Farrar - Chair
Sarah Hughes
Rebecca Stuart - Treasurer
Rhodri Jamieson-Ball
Michelle Knorr
Wendy Stayte
Emily Haisley
Lucy Bracken
Mark Fish

Secretary

Mark Fish

Registered Office

Mildmay Community Centre
Woodville Road
London N16 8NA

Company number

06744055

Charity number

1128857

Bankers

The Co-operative Bank
62-64 Southampton Row
London WC1B 4AR

Solicitors

Freshfields, Bruckhaus and Derringer

Independent Examiner

Alison Ward FCCA
Alison Ward Accountants
Chartered Certified Accountants
28 Hills Road
Buckhurst Hill
Essex IG9 5RS

**ROOM TO HEAL
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2016**

The trustees present their report and the independently examined financial statements of the charitable company for the year ended 31 December 2016. The statutory information is shown on Page 1.

Status

The company, number 06744055, is limited by guarantee and has charitable status. The charity registration number is 1128857. It has a Memorandum and Articles of Association as its governing document.

Charitable objectives

The objects for which the Charity is established (as amended 25 March 2009) are:

1. To promote human rights (as set out in the Universal Declaration of Human Rights and subsequent United Nations Conventions and Declarations) throughout the world by all or any of the following means:
 - (a) Relieving need among the victims of human rights abuse
 - (b) Obtaining redress for the victims of human rights abuse
 - (c) Research into human rights issues
 - (d) Raising awareness of human rights issues
 - (e) Promoting respect for human rights among individuals and organisations;
2. To promote social inclusion for the benefit of the public by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

Public Benefit

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives of the charity.

Structure, governance and management

Room to Heal's Trustees meet quarterly. As part of this discussion, opportunities and risks facing the organisation are also reviewed. The Chair and Director, as well as the Treasurer and Director, also meet regularly between Trustees' meetings.

Trustees

Penelope Farrar - Chair
Sarah Hughes
Rebecca Stuart - Treasurer
Rhodri Jamieson-Ball
Michelle Knorr
Wendy Stayte
Emily Haisley from 6 June 2016
Lucy Bracken from 24 October 2016

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

Employed Staff (part time)

Mark Fish (Founder, Director, Psychotherapist)
Chloe Davies (Deputy Director, Psychotherapist)
Roro Ratih Ambarwati (Senior Community Support Worker)
Kirstin Hubert (Women's Programme Coordinator)
Ahmet Caglar (Psychotherapist)
Mark Brinkley (Casework Co-ordinator) until January 2016
Iman Nafi (Casework Co-ordinator) from January 2016
Tom Mayer (Clinical Administrator)
Isabella Mighetto (Evaluations and Fundraising Co-ordinator) from September 2016
Martha Orbach (Gardening coordinator)
Suzie Grayburn (Caseworker) from May 2016
Clare Spencer (Operations Director) from June 2016

Sessional Staff

Imogen Butler (Finance Officer) from July 2016
Mary Raphaely (Psychotherapist)
Rosalind Franklin (Fundraiser) until July 2016
Kathleen Moss (Interim Finance Officer) until June 2016

Clinical Supervision

Regular clinical supervision is provided by Diana Birkett, who is also a supervisor at Freedom from Torture and Head of Counselling at Sutton Counselling Services. Mary Raphaely provided additional fortnightly supervision to our casework and remaining staff team. She is a group and individual psychotherapist with over thirty years experience and used to coordinate Room to Heal's women's programme.

Volunteers

Room to Heal's volunteers are vital to the charity and its work. During 2016, our staff team was joined by a number of volunteers working in a range of capacities, from offering communication and fundraising assistance, to supporting our members with casework guidance and cooking delicious, healthy meals for our members. Volunteers active in 2016 were:

Georgia Whitaker-Hughes
Emily Kennedy-Neal
Sally Cook
Jane Heather
Anna Perego
Kate Osmond
Tara Coldwell-Brock
Eleanor Williams
Emily Brett (Ourmala yoga)
Marc Sutton

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

Partner Organisations

In 2016 our members continued to benefit from the support received from Room to Heal's partner organisations:

- Mildmay Community Centre
- Culpeper Community Garden
- The Helen Bamber Foundation
- The Grange Retreat Centre, Norfolk
- Ice&Fire - a human rights performance charity
- Ourmala yoga project
- Arsenal in the Community
- OMCT Tunis - World Organisation Against Torture
- Luminary Bakery
- E5 Bakehouse
- Clement James Centre
- OrganicLea
- Code your Future
- Centre for Better Health

ROOM TO HEAL'S AIMS, APPROACH AND ACHIEVEMENTS IN 2016

Introduction

Room to Heal is a grassroots community charity supporting survivors of torture and human rights violations who are refugees and asylum seekers. We provide a programme of therapy, casework and broader activities to assist people in overcoming the legacy of their traumatic experiences whilst navigating the practical challenges of life in exile.

The Room to Heal community is made up of around 100 people from over 30 different countries, all of whom have survived torture or other human rights abuses. Typically, they have lost their homes, their families and their place of belonging in the world. The common legacy of these experiences includes deep depression and suicidality, extreme isolation, traumatic symptoms including flashbacks and sleeplessness, and a range of other enduring physical and mental health problems.

The day-to-day struggles of our members exacerbate the above. The majority of our members find themselves in limbo: waiting for an asylum decision, in fear of detention or deportation to the countries they fled and often threatened with homelessness and destitution

Our Aims

Our Mission:

To support people who have survived torture and organised violence to rebuild their lives in exile through an integrated, community based programme of therapeutic and casework assistance.

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

AIMS	ACTIVITIES/ OBJECTIVES	OUTCOMES
1. To enable people to heal from their traumatic experiences	<ul style="list-style-type: none"> • Therapeutic groups; • Psycho-education, including mindfulness training; • Body-oriented therapies; • Nature therapies and social gardening sessions; • Creative activities; • Intensive therapeutic & skills retreats; • Individual short-term trauma-focussed therapy and assessment sessions. 	<ol style="list-style-type: none"> 1. Instillation of hope and meaning in life; 2. Reduced isolation; 3. Development of trust and a sense of belonging 4. Reduction of anxiety, depression and related post traumatic symptoms; 5. Increased ability to articulate traumatic history.
2. To assist people in dealing with material challenges	<ul style="list-style-type: none"> • Casework sessions (to address legal, housing, health and welfare issues); • Interventions in support of asylum and other material needs; • Education and employment advice sessions. 	<ol style="list-style-type: none"> 1. Increased knowledge of and ability to access/receive support from relevant services (legal, welfare, housing, health); 2. Increased confidence in navigating asylum process; 3. Greater knowledge of and ability to access education, voluntary work and employment training; 4. Greater opportunities to become involved with the wider community.
3. To improve the care of torture survivors	<ul style="list-style-type: none"> • Disseminate our evidence-based model in the UK and abroad; • Articles and media materials; • Training sessions; • Public events; • Engagement with key stakeholders. 	<ol style="list-style-type: none"> 1. Local communities, policy makers, mainstream service providers and the general public have a greater understanding of the needs of survivors of torture and organised violence; 2. Policy and practice are better suited to meeting the needs of survivors of torture and organised violence.

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

Our Approach

Room to Heal's community model of rehabilitation, integrating therapeutic and casework support, addresses an unmet need in London and more widely. We believe that central to healing from extreme violence, and the traumas of exile, is belonging to a mutually supportive community of survivors: people gain support and strength from one another. Our approach is holistic, taking into account nuanced and subjective needs. Our model is increasingly being recognised - and sought after - in the migrant support sector in London and, more recently, internationally, and we work with an increasingly diverse range of partners to ensure maximum support for our members and more widely across the sector.

Over the past ten years, Room to Heal has witnessed an increased and evolving demand for our services. We are receiving more referrals than ever from partner agencies due to their reduced capacity as a result of cuts to services, along with proposed post-Brexit policies towards migrants living in the UK.

Our Work, Activities and Achievements this Year

Throughout 2016, Room to Heal's healing community for survivors of torture and human rights abuse has continued to flourish despite worrying changes in the political landscape. Therapeutic group activities enable us to build the strong, authentic community that lies at the heart of Room to Heal and supports each member through the myriad challenges they face.

We have continued to offer our core activities: assessments and short-term individual psychotherapy, group psychotherapy, casework to address people's practical challenges, therapeutic gardening, as well as three intensive therapeutic retreats to Norfolk and several community trips (to Kew gardens and Hampstead Heath). In addition we have offered drama training with Ice&Fire theatre group, and yoga with Ourmala.

Legal protection work is central to our holistic approach. While our members face the constant threat of forced return to the countries from which they fled, forbidden from working and isolated from mainstream society, meaningful recovery from trauma is limited. We spend considerable energy on this dimension of our work: ensuring our members can access appropriate immigration advice and representation, supporting them to articulate their history, and providing therapeutic reports and letters to document our observations which are used in asylum proceedings. We are in the process of improving our own internal capability in this domain, and our two caseworkers have begun OISC training which will enable them to give Level One Immigration Advice.

We have increasingly structured the journey through Room to Heal, with a greater emphasis on how best to enable forward-looking integration into communities beyond Room to Heal.

We continue to partner with networks to share Room to Heal's model of working, learn from other organisations in the field and amplify the voices of our members to counter assumptions and prejudice surrounding asylum seekers and refugees and raise awareness of the unique, nuanced needs of torture survivors living in the UK.

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

In 2016, caseworkers attended quarterly meetings with the Helen Bamber Foundation, Freedom from Torture and continued to be members of the London Destitution Advice Network. Therapists attended quarterly meetings with the Refugee Practitioners' Forum, and met with key organisations in the field such as the Institute of Psychotrauma, Traumatic Stress Clinic and Women's Therapy Centre. These meetings help us to develop best practice and unite with other organisations on issues of common concern.

Members spoke at a Migrant Health Conference at Norwich University, 'Working with Refugees, Asylum Seekers and other Forced Migrant Communities: Recognising Vulnerabilities and Building Resilience.' contributing to discussions on how to best care for patients who have been forced to flee war or persecution or who have been trafficked to the UK.

Our outreach and model-sharing work is deepening. In 2016, our Director, Mark Fish undertook two series of workshops in Tunis alongside the World Organisation Against Torture, sharing Room to Heal's model of rehabilitation for survivors of torture and in particular, working with psychologists, educators and mental health professionals to offer experiential training in group-work and to address the vicarious trauma experienced by professionals working in regions of greatest need.

We have engaged in a wide range of forums such as the Home Office National Asylum Stakeholders' Forum (NASF) Sub-Group, and have also been asked by the Home Office to take part in an advisory project related to psychosocial work with Syrian refugees in the UK. And we are delighted to be taking part in the UN Voluntary Fund for Victims of Torture (UNVFVT) Third annual Expert Workshop in Geneva in April 2017, to share our expertise and offer recommendations on the subject of rehabilitation for survivors of torture in the context of migration.

We also continued our creative partnership with the human rights theatre group Ice&Fire, who ran a series of workshops with 7 of our members, culminating in a performance at the British Museum during Refugee Week and at the Room to Heal Summer Party, profoundly touching audiences and endowing them with greater insight into the challenges, fears and hopes of people living in exile. Participating in theatrical performances gives members some of the necessary tools to effectively 'speak out' and go on to join other campaign networks and organisations, for example Amnesty International and Migrants Organise. One member was recently involved in a performance called 'Now We Are Here' at the Young Vic theatre which received excellent reviews and was performed to sell-out audiences.

We are expanding our online media presence through twitter, facebook, instagram and have also developed a Room to Heal blog, encouraging members, volunteers and staff alike to share their experiences.

At an organisational level, we have been focusing on ensuring our operational effectiveness and long-term sustainability. To this end, we welcomed Clare Spencer into the new role of Operations Director in June 2016. We have also spent the past 6 months designing a bespoke database, which will greatly improve the efficiency of our services, generate useful research data and help us understand the impact of our work and report back to funders.

The table overleaf summarises our key activities over 2016.

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

Key Activities

Activity	Description	No. of Beneficiaries
Assessments for New Referrals and Individual Psychotherapy	Relational and trauma-focussed psychotherapy, for individuals prior to joining the therapeutic support group, or to members in crisis.	662 referral meetings, assessment sessions and individual therapy sessions for 63 individuals
Therapeutic Support Group	Two weekly mixed-gender therapeutic support groups.	100 therapeutic support groups (2 groups, 50 weeks) for 27 members
Legal Protection Work	Assisting members in accessing appropriate legal support, articulating trauma and gaining legal protection.	50 members
Casework Sessions	Practical support for individuals relating to accessing legal, welfare, health and housing services.	1296 casework sessions for 50 members
Intensive Rural Therapeutic & Skills Retreats	<ul style="list-style-type: none"> - Two intensive therapeutic retreats for members; - One skills retreat for members to build confidence and learn new skills. 	11 members
Therapeutic Gardening & Food-Growing Programme	Weekly gardening group at Mildmay Community Centre, run by a senior psychotherapist and gardening coordinator.	47 members
Gardening and Cooking Social	Weekly social in the Culpeper Community garden.	52 members
Drama Workshops & Performances	Creative partnership with the human rights theatre group Ice&Fire, culminating in a performance at the British Museum during Refugee Week & Summer Party.	7 RtH members involved with Ice&Fire; 4 public performances and presentations attended by 1200 people
Community Forums	Open forum for the Room to Heal community to voice perspectives on activities, the direction of the organisation, community relations and guidelines. Held quarterly.	4 forums attended by 21 members

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

Evaluation

Each year we evaluate the impact of the work of Room to Heal in order to inform our development and improve our services. The central part of this year's Summary & Evaluation is our Annual Members' Survey - through which members - and now partners - are able to reflect and share their views. The table below sets out the key survey findings.

Key Survey Results

The 2016 Members' Survey showed that:

100% reported improvements in their mental health
100% felt more able to cope with the effects of trauma
100% felt more listened to
100% felt more supported
95% felt their quality of life had improved
91% felt more able to enjoy life
95% felt life was more meaningful
95% felt more positive about the future
96% felt less isolated
86% felt more able to maintain relationships with others
77% felt more able to engage sensitively with the opposite sex
86% felt more able to talk about traumatic things that had happened
89% felt better able to cope with the asylum process
94% felt more aware of their rights & entitlements
75% felt RtH had helped them access other specialist services
93% felt RtH helped them access financial support
80% felt more able to access housing
89% felt more able to access healthcare providers
73% were informed by RtH about places to study and receive training
100% felt their confidence had improved
87% felt RtH had made them feel part of a wider community.

The results of our Partners' Survey showed that:

100% felt RtH complemented the work of their organisation
100% of those working with mutual clients observed positive changes
100% felt RtH makes a unique contribution to the field
100% felt collaboration with RtH improved their knowledge & service provision
87% felt their experience of RtH had been 'very positive'
100% of those working with clients said they would refer a client to RtH or recommend RtH's services to another organisation.
100% of those working with clients said they would refer a client to RtH or recommend RtH's services to another organisation.

"Room to Heal brightens my life, making me aware there is HOPE!"

**ROOM TO HEAL
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2016**

Financial review

Room to Heal had a successful year in terms of fundraising, despite operating in an increasingly challenging financial environment.

We secured funding from Austin and Hope Pilkington Trust and the Islington Local Initiatives Fund. We also secured further funding from the United Nations Voluntary Fund for Victims of Torture, the Evan Cornish Foundation, the Sutasoma Foundation, and a further 2 years funding from Comic Relief.

We continued to be funded by City Bridge Trust, Lloyds Bank, Tudor Trust and AB Charitable Trust.

Our total income for 2016 was £222,945 and expenditure was £206,752, which compares with an income of £214,024 and expenditure of £167,028 in 2015.

At the end of 2016, our unrestricted reserves were £49,010 (up from £37,918 last year), which meets our target of 3 months' operating costs.

Risk Management

The trustees regularly review the major strategic, business and operational risks faced by the charity and systems have been developed to mitigate the significant risks. Our Risk Register analyses these risks in terms of probability, potential impact and actions necessary to mitigate these risks.

The key risks identified are:

1. Service users, staff or volunteers placed at risk;
2. Failure to raise sufficient funds to carry out planned activities and meet our financial liabilities;
3. Loss of accommodation at Culpeper or Mildmay;
4. Staff resourcing / structure no longer fit for purpose.

These risks are being mitigated by:

1. Having a variety of policies in place which we ensure all members, staff and volunteers are aware of. We provide regular supervision for staff and now also volunteers, we employ qualified staff who are members of appropriate professional bodies, our staff participate in professional networks and learning opportunities and we review good practice from elsewhere in developing our own practice.
2. Developing, implementing and regularly monitoring a fundraising strategy and a finance strategy; diversifying funding streams; having a robust reserves policy. These areas are closely monitored by trustees.
3. Maintaining good relationships with accommodation providers and encouraging close collaboration through joint activities; developing a contingency plan and improving system for monitoring and negotiating contracts. Negotiating a lease.

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

4. Regular reviews of organisational structure, ensuring that all our key areas of work are covered and staff are clear on their responsibilities.

Reserves policy

The trustees review the organisation's reserves on a quarterly basis, and aim to build sufficient unrestricted reserves to continue its normal activities in the event of a significant drop in funding or increased overheads. The trustees aim to hold three months of direct charitable expenditure as reserves, which will allow the organisation to run efficiently, and meet the needs of its members and staff.

Plans for the future

In our 10th anniversary year, alongside maintaining our flourishing community through delivering our in-depth therapeutic and casework programme and strengthening our user involvement, we will continue to improve our monitoring and evaluation, financial management and operational systems.

We will also increase our outreach and communications to contribute to debates on migration, share our members' stories in their own words, and share our unique community model of rehabilitation. This will include working in partnership with the OMCT (World Organisation Against Torture), alongside psychologists, educators and mental health professionals to offer experiential training in group-work and address the vicarious trauma experienced by professionals working in regions of greatest need. We believe this will improve services for many more people and dramatically increase the number of people we reach, as well as influencing and challenging perspectives, policy and practice.

We will continue to make the therapeutic and casework aspects of our work as integrated and seamless as possible, and develop both to ensure that we meet the evolving needs of our members. And, through our fledgling project 'Pathways to a Positive Future', we will develop our members' confidence, education and employable skills, so they are more equipped to integrate meaningfully into communities.

Our two caseworkers will complete their OISC training, which will enable them to give Level One Immigration Advice to our members. We will also strengthen our ability to provide medico-legal reports to support our members' asylum cases, develop our relationships with legal professionals, and improve our understanding of how we can best support our members through the asylum process. We are working with a legal consultant to develop this further and this is already proving extremely useful.

Currently, we are only able to offer short-term individual therapy prior to someone joining one of our therapeutic support groups. However, given the depth of trauma our client group has experienced there is often a need for longer periods of individual therapy. We currently refer these individuals to other providers. Sadly, there is a dearth of appropriate services available, especially those that can offer the integrated care we do, and many of the therapeutic services we would have referred people to are now operating at reduced capacity due to funding shortages. We are thinking through how we might develop our services in this regard, possibly extending individual therapeutic support to cover those who are referred but who cannot join the support groups for a variety of reasons, but who would hugely benefit from individual counselling from Room to Heal.

**ROOM TO HEAL
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

We will continue to develop our community forum, enabling members to fully debate and influence our community and programme development and determine how to influence wider perceptions. We are also considering other ways that members or past members could be involved in developing the organisation.

At an operational level, we will strengthen the way we record, manage and utilise information in our reporting through our new bespoke database, which will enable us to better capture and analyse data. We will continue to develop our strategic direction, and strengthen our capacity to manage our finances, HR, administration, risk, fundraising and development, which is crucial to our organisational effectiveness and long-term sustainability.

Trustees' Responsibilities

Company and charity 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 surplus or deficit of the charitable company for that period. In preparing those financial statements, the trustees are required to:-

- 1) Select suitable accounting policies and then apply them consistently;
- 2) Make judgements and estimates that are reasonable and prudent;
- 3) Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiner

Alison Ward FCCA of Alison Ward Accountants offers herself for reappointment as Independent Examiner to the charity at the forthcoming AGM.

Small company exemptions

This report has been prepared and delivered in accordance with the provisions in Part 15 of Companies Act 2006 applicable to companies subject to the small companies' regime.

This report was approved by the board on 28 September 2017 and signed on their behalf.



Penelope Farrar - Chair

**INDEPENDENT EXAMINER'S REPORT
TO THE MEMBERS OF ROOM TO HEAL
FOR THE YEAR ENDED 31 DECEMBER 2016**

I report on the accounts of the charitable company for the year ended 31 December 2016 which are set out on pages 164 to 22.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company 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 145 of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

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

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

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 you as 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 statement below.

Independent examiner's statement

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, 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.



Alison Ward FCCA

28 September 2017

Alison Ward Accountants
28 Hills Road
Buckhurst Hill
Essex IG9 5RS

ROOM TO HEAL
STATEMENT OF FINANCIAL ACTIVITIES (including the Income and Expenditure Account)
FOR THE YEAR ENDED 31 DECEMBER 2016

	Note	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Unrestricted Funds £	Restricted Funds £	Total 2015 £
Income:							
Donations and legacies	2	31,748	182,994	214,742	44,770	153,994	198,764
Other trading activities		-	-	-	12,115	-	12,115
Income from charitable activities	3	8,130	-	8,130	3,072	-	3,072
Income from investments	4	73	-	73	73	-	73
Total income		<u>39,951</u>	<u>182,994</u>	<u>222,945</u>	<u>60,030</u>	<u>153,994</u>	<u>214,024</u>
Expenditure on:							
Raising funds		8,403	-	8,403	10,844	-	10,844
Charitable activities	5	31,970	166,379	198,349	25,012	131,172	156,184
Total		<u>40,373</u>	<u>166,379</u>	<u>206,752</u>	<u>35,856</u>	<u>131,172</u>	<u>167,028</u>
Net income\expenditure		(422)	16,615	16,193	24,174	22,822	46,996
Transfer between funds	7	11,514	(11,514)	-	9,607	(9,607)	-
Net movement in funds		<u>11,092</u>	<u>5,101</u>	<u>16,193</u>	<u>33,781</u>	<u>13,215</u>	<u>46,996</u>
Reconciliation of Funds							
Total funds brought forward		37,918	43,411	81,329	4,137	30,196	34,333
Total funds carried forward		<u>£ 49,010</u>	<u>£ 48,512</u>	<u>£ 97,522</u>	<u>£ 37,918</u>	<u>£ 43,411</u>	<u>£ 81,329</u>

The company made no recognised gains and losses other than those reported in the income and expenditure account.

The notes on pages 16 to 22 form part of these financial statements

BALANCE SHEET AT 31 DECEMBER 2016

	Note	2016 £	£	2015 £
CURRENT ASSETS				
Debtors	8	30,131		-
Cash at bank and in hand		80,612		91,118
		<u>110,743</u>		<u>91,118</u>
CREDITORS: Amounts falling due within one year	9	(13,221)		(9,789)
		<u>97,522</u>		<u>81,329</u>
NET CURRENT ASSETS				
		<u>£ 97,522</u>		<u>£ 81,329</u>
NET ASSETS				
		<u>£ 97,522</u>		<u>£ 81,329</u>
RESERVES				
Unrestricted funds	10	49,010		37,918
Restricted funds	10	48,512		43,411
		<u>£ 97,522</u>		<u>£ 81,329</u>

In approving these financial statements as Directors of the company we hereby confirm that:

For the year ending 31 December 2016 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

The accounts were approved by the trustees on 28 September 2017



Rebecca Stuart - Treasurer

The notes on pages 16 to 22 form part of these financial statements

**ROOM TO HEAL
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2016**

1. ACCOUNTING POLICIES

1a. 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) and the Companies Act 2006.

Room to Heal meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

1b. Preparation of the accounts on a going concern basis

Room to Heal has reported a surplus of £16,193 for the year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis it is a going concern.

The uncertain economic outlook and willingness of trusts and the public to provide funding is a significant area of uncertainty which the trustees have mitigated by reviewing the activities of the charity. The trustees remain in regular contact with current funders to secure their on-going support.

1c. Income

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

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a specified service it is deferred until the criteria for income recognition are met (see note 2).

**ROOM TO HEAL
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

1. ACCOUNTING POLICIES (CONTINUED)

1d. Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised. The trustees' annual report contains information about the contribution to the charity made by volunteers.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

1e. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally on notification of the interest paid or payable by the Bank.

1f. Funds

The Restricted Funds are restricted income funds given to the charity for specific purposes. They are expendable by the trustees in furtherance of particular projects within the charity objects.

The Unrestricted Funds are funds expendable at the discretion of the trustees in furtherance of the objects of the charity.

1g. Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise the fundraiser's fees and the associated support costs.
- Expenditure on charitable activities includes the costs of counselling and retreats for beneficiaries and other activities undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**ROOM TO HEAL
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

1. ACCOUNTING POLICIES (CONTINUED)

1h. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance personnel, payroll and governance costs which support the charity's grant programme and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities.

1i. Tangible fixed assets

Items of equipment or fixtures are capitalised if their cost is greater than £500.

1j. Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1k. 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.

1l. Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1m. Taxation

The charitable company is exempt from taxation under sections 466 to 493 of the Corporation Tax Act 2010.

ROOM TO HEAL
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Comic Relief	-	40,000	40,000	40,000
Tudor Trust	-	35,000	35,000	35,000
United Nations	-	34,811	34,811	25,944
The Evan Cornish Foundation	-	10,000	10,000	-
Lloyds Bank Foundation	-	10,100	10,100	10,050
The City Bridge Trust	-	40,000	40,000	40,000
AB Charitable Trust	10,000	-	10,000	10,000
A & B Sainsburys	-	-	-	30,000
Sutasoma	-	5,000	5,000	3,000
The Arsenal Foundation Gunners Fund	-	2,430	2,430	-
LB Islington	-	2,653	2,653	-
Austin & Hope Pilkington Trust	-	3,000	3,000	-
Donations and small grants	21,748	-	21,748	4,050
Other income	-	-	-	720
	<u>£ 31,748</u>	<u>£ 182,994</u>	<u>£ 214,742</u>	<u>£ 198,764</u>

The charity received £3,000 from the Austin & Hope Pilkington Trust for 6 weeks of nature therapy commencing in March 2016. These funds were deferred at 31 December 2015 and the income has been included in the 2016 Statement of Financial Activities as shown above.

The charity benefits greatly from the involvement and enthusiastic support of its volunteers, details of which are given in our annual report. In accordance with FRS 102 and the Charities SORP (FRS 102), the economic contribution of general volunteers is not recognised in the accounts.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Outreach and model sharing	7,680	-	7,680	-
Training income	-	-	-	1,272
Therapeutic reports	450	-	450	1,800
	<u>£ 8,130</u>	<u>£ -</u>	<u>£ 8,130</u>	<u>£ 3,072</u>

ROOM TO HEAL
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016

4. INCOME FROM INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Bank interest receivable	£ 73	£ -	£ 73	£ 73

5. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Salaries	12,156	134,936	147,092	107,253
Sessional staff	696	2,421	3,117	10,668
Retreats	-	2,903	2,903	3,515
Art materials and other programme costs	-	596	596	665
Events	1,929	-	1,929	2,383
Client travel	-	8,423	8,423	6,228
Staff supervision	-	2,900	2,900	-
Staff recruitment and training	2,745	-	2,745	225
Staff travel	250	-	250	167
Volunteer expenses	74	-	74	42
Community meal expenses	1,335	2,606	3,941	3,723
Publicity	29	-	29	77
Rent	5,691	5,324	11,015	12,187
Insurance	1,445	-	1,445	1,690
Telephone and internet	327	-	327	411
Office consumables	354	-	354	885
IT costs	1,204	-	1,204	424
Database	50	2,400	2,450	-
Bookkeeping and accounting	2,564	2,430	4,994	3,631
Governance costs	113	1,440	1,553	1,520
Sundry expenses	1,008	-	1,008	490
	<u>£ 31,970</u>	<u>£ 166,379</u>	<u>£ 198,349</u>	<u>£ 156,184</u>

6. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Trustee meeting costs	100	-	100	72
Companies House filing fee	13	-	13	13
Independent examination	-	1,440	1,440	1,435
	<u>£ 113</u>	<u>£ 1,440</u>	<u>£ 1,553</u>	<u>£ 1,520</u>

ROOM TO HEAL
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016

7. TRANSFER BETWEEN FUNDS

The transfer between funds represents the contribution to core costs made by the restricted funds.

8. DEBTORS	2016	2015
	£	£
Trade debtors	30,000	-
Prepayments	131	-
	<hr/>	<hr/>
	£ 30,131	£ -
	<hr/>	<hr/>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2016	2015
	£	£
Other creditors including taxation and social security	5,912	967
Accruals and deferred income	7,309	8,822
	<hr/>	<hr/>
	£ 13,221	£ 9,789
	<hr/>	<hr/>

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
Fund Balances at 31 December 2016 are represented by				
Current assets	60,791	49,952	110,743	91,118
Current liabilities	(11,781)	(1,440)	(13,221)	(9,789)
	<hr/>	<hr/>	<hr/>	<hr/>
Total Net Assets	£ 49,010	£ 48,512	£ 97,522	£ 81,329
	<hr/>	<hr/>	<hr/>	<hr/>

**ROOM TO HEAL
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2016**

11. OPERATING SURPLUS

	2016	2015
	£	£
Surplus is stated after charging:		
Staff costs (note 12)	147,092	107,253

12. STAFF COSTS AND REMUNERATION OF KEY MANAGEMENT PERSONNEL

The charity considers its Key Management Personnel to be the directors/trustees, the Director and Deputy Director and Operations Director.

Employment costs during the year amounted to:	2016	2015
	£	£
Wages and salaries	140,793	103,103
Social security costs	6,299	4,150
	<u>£ 147,092</u>	<u>£ 107,253</u>

The average monthly number of employees during the year was 4 (2015 - 3.5).

The trustees neither received nor waived any emoluments during the year (2015 £Nil) other than stated in note 13 below.

13. RELATED PARTIES

The Managing Director, Mark Fish, is also a Director and Trustee of the charity. He received a salary of £27,616 from the charity in the year (2015 - £23,529). This is in accordance with paragraph 4.5 (a) of the Articles of Association. There were no amounts outstanding to or from Mark Fish at 31 December 2016 (31 December 2015 - £Nil).