



Room To Heal
A Company Limited by Guarantee

Report and Unaudited Financial Statements
Year ended 31 December 2017

Charity Registration No. 1128857
Company Registered in England No. 06744055

ROOM TO HEAL

Status

The company, number 06744055, is limited by guarantee and has charitable status. The charity registration number is 1128857. The Company's governing document is its Memorandum and Articles of Association dated 7 November 2008 as amended by special resolution on 17 March 2009

Patron

Rt Hon Jeremy Corbyn MP

Trustees

Penelope Farrar – Chair

Sarah Hughes

Rebecca Stuart – Treasurer

Rhodri Jamieson-Ball

Michelle Knorr

Wendy Stayte (until 06 February 2017)

Emily Haisley

Lucy Bracken

Secretary

Mark Fish

Registered Office

Mildmay Community Centre

Woodville Road

London N16 8NA

Company Number

06744055

ROOM TO HEAL

Charity Number

1128857

Bankers

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

Triodos Bank
Deanery Road
Bristol BS1 5AS

Solicitors

Freshfields, Bruckhaus and Derringer

Independent Examiner

Shruti Soni Ltd
Chartered Certified Accountant and Registered Auditors
Chislehurst Business Centre
1 Bromley Lane
BR7 6LH

Room To Heal

Trustees' Report for the year ended 31 December 2017

The trustees present their report and the financial statements for the year ended 31 December 2017. This is a directors' report required by s417 of the Companies Act 2006 and all trustees are directors.

This Trustees Report and the associated Financial Statements have been prepared in accordance with guidance for preparing Charity Accounts and Reports presented in "Accounting and Reporting by Charities: Statement of Recommended Practice" and are therefore in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (effective 1 January 2015) – (Charities SORP FRS 102) together with The Companies Act 2006 and the requirements of the Memorandum & Articles of Association.

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.

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Structure, Governance and Management

Room to Heal's Trustees meet at least quarterly and regularly review progress against adopted priorities. As part of these discussions, 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.

Staff (part time)

Mark Fish (Founder, Director, Psychotherapist)

Chloe Davies (Deputy Director, Fundraiser, Psychotherapist)

Roro Ratih Ambarwati (Senior Community Support Worker)

Kirstin Hubert (Psychotherapist)

Ahmet Caglar (Psychotherapist) until June 2017

Iman Nafi (Casework Co-ordinator)

Tom Mayer (Clinical Administrator) until August 2017

Anna Giulia Perego (Clinical Administrator) from August 2017

Isabella Mighetto (Evaluations and Fundraising Co-ordinator) until September 2017

Martha Orbach (Gardening Co-ordinator)

Suzie Grayburn (Caseworker)

Clare Spencer (Operations Director) until September 2017

Sessional Staff

Stephanie Strong (Fundraiser) from February to September 2017

Imogen Butler (Finance Officer)

Mary Raphaely (Psychotherapist)

Marc Sutton (IT Administrator)

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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. During the year Mary Raphaely provided additional monthly supervision to our casework and remaining staff team. She is a group and individual psychotherapist with over thirty years experience and used to co-ordinate Room to Heal's women's programme.

Volunteers

Room to Heal's volunteers are vital to the charity and its work. During 2017, 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 2017 were:

Jo Masiulaniec

Paul Maston

Georgia Whitaker-Hughes until October 2017

Emily Kennedy-Neal

Sally Cook

Jane Heather

Erica Sutton-Teague

Anna Perego until June 2017

Kate Osmond until July 2017

Tara Coldwell-Brock until July 2017

Partner Organisations

In 2017 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 and the Happy Baby Community
- The Grange Retreat Centre, Norfolk
- Ice and Fire
- Ourmala Yoga Project
- Arsenal in the Community
- World Organisation Against Torture – Tunis
- Clement James Centre

- Code your Future
- Centre for Better Health
- Refugee Council
- Freedom From Torture
- Southwark Law Centre
- Positive Action in Housing
- Doctors of the World
- Wilson Solicitors LLP
- NHS services (IAPT, CDAT, iCope)
- The Children's Society
- Notre Dame Refugee Centre
- Asylum Aid
- Red Cross
- Asylum Support Appeals Project
- Joint Council for the Welfare of Immigrants
- Haringey and Hackney Migrant Support Centres
- Migrants Organise
- Migrant Help
- The Bike Project
- Mary Strand Charitable Trust
- Sheila Hind Trust
- Fund for Human Need
- Heinz, Anna and Carol Kroch Foundation
- Al-Mizan Charitable Trust
- National Zakat Foundation
- Refugee Action
- Hackney Migrant Centre
- Luqmani Thompson & Partners
- Abbey Home Farm, Cirencester
- Eden Rise
- IRCT
- United Nations Voluntary Fund for Victims of Torture
- Islington Foodbank

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AIMS, APPROACH AND ACHIEVEMENTS IN 2017

Introduction To Our Work

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 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. Our members can 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.

10th Anniversary

2017 marked the 10th Anniversary of our Room to Heal therapeutic community and was a chance to celebrate what the community has become and all we have achieved over the past decade. Fittingly, in 2017 members of our team were invited to the UN Expert Workshop on Working with Victims of Torture at the UN HQ in Geneva and, on the basis of the workshops we attended, key aspects of our model were incorporated into UN best practice guidelines. More details are provided later in this report.

The Changing Context

The 'hostile environment' towards asylum seekers continues to impact our members on an everyday basis and also at a deep psychological level. The idea that the #border is everywhere' has meant that fear and insecurity is pervasive and few places feel 'safe'.

People engaged with Community Mental Health Teams now have to show detailed paper work and identity documents which automatically excludes our members who are in the transition, waiting to apply for a fresh claim and without necessary documents. This has meant that members require additional support both from Room to Heal and external organisations like Doctors of the World, when trying to access the medical treatment they desperately need.

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Colleges that previously funded asylum seekers' further education are no longer offering free courses to those without refugee status. We now have to seek funding through grants to help our members access education, which is not always successful due to the limited pool of funding for asylum seekers.

We also experience ongoing difficulties securing suitable legal representation due to a continuing shortage of immigration lawyers at law firms and cuts in the provision of legal aid.

Developments with support payments have however, been more positive: asylum seekers on asylum support now receive Aspen cards, which are cash cards which can be used in a large variety of shops, a better system than the previous Azure cards, which were widely documented to be humiliating, and also limited where people could spend their money.

Our Mission And Our Aims

Our Mission:

To support people who have survived torture and human rights abuse to rebuild their lives in exile through an integrated, community-based programme of therapeutic and casework assistance

Specific Aims	Activities	Outcomes
1. To enable people to heal from their traumatic experiences and restore meaning to their lives	Assessments and time-limited individual therapies Therapeutic groups and intensive therapeutic retreats Psycho-education, including mindfulness training Nature therapies and social gardening sessions Creative activities Member forums and increased opportunity to engage in debates around the treatment and care of refugees and asylum seekers and raising public awareness	Reduced anxiety, depression and related post-traumatic symptoms Increased ability to articulate traumatic history and withstand the challenges of the asylum process Reduced isolation and marginalisation Increased sense of belonging and integration An increased sense of wellbeing/ meaning/ purpose in life

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Specific Aims	Activities	Outcomes
2. To assist people in dealing with material challenges, navigating the asylum process and integrating into the UK	<p>Casework sessions to address health, legal, education, housing and welfare issues</p> <p>Interventions in support of asylum (e.g. therapeutic input to Medico Legal Reports) and material needs</p> <p>Pathways Project supporting people into education and employment</p>	<p>Our members will have a better quality and standard of life and will integrate into society due to having greater ability to navigate asylum processes and:</p> <ul style="list-style-type: none"> • Having secured one or more of the following – better access to advisory services (legal, welfare, health), legal representation, improved housing, improved medical care and or welfare and grants • Having accessed education, voluntary work and employment related training
3. To enable local communities, policy makers, service providers and the general public to respond more appropriately to the needs of refugees and asylum seekers	<p>Production and delivery in partnership with our key stakeholders of:</p> <ul style="list-style-type: none"> • Articles, media materials and best practice guidelines • Training sessions • Public events and exhibitions • Policy workshops 	<p>Local communities, policy makers, mainstream service providers and the general public demonstrate greater understanding of the needs of survivors of torture and organised violence</p> <p>Policy and practice are better suited to meeting the needs of survivors of torture and organised violence</p>

Our Approach

Room to Heal's community model of rehabilitation, which combines therapeutic, casework and integration support, addresses an unmet need in London and more widely. We believe that belonging to a mutually supportive community of survivors is central to healing from extreme violence, and the traumas of exile: people gain support and strength from one another. Our approach is holistic, taking into account nuanced and subjective individual needs. We regard those who come to us seeking support as 'members' of the Room to Heal community, conferring a sense of agency and belonging.

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Achievements In 2017

In 2017 Room to Heal celebrated 10 years of community development. The community that was born when five men sat around a fire in Culpeper Community Garden sharing their stories with Room to Heal's founder Mark Fish, has now matured and proved itself a sustainable community model for rehabilitation – one which we are keen to share with others.

Our model of work has been recognised locally as evidenced by indications of interest received from potential partner organisations, professionals working in the field and volunteers.

In September 2017 we were invited to Norfolk to give guidance to organisations looking to set up therapeutic support for torture survivors in the region. We have also been developing partnerships with organisations in Devon to share our model and learning as there is a lack of specialist therapeutic and integrated care available.

We are also developing a reputation beyond our local work. In March 2017 Room to Heal was invited to talk at the United Nations (UN) Expert Workshop on Working with Victims of Torture in Geneva. Key aspects of our community model have since been incorporated into the UN best practice guidelines.

The interest generated by our UN visit prompted requests from various international NGOs to help deliver training programmes. Our Director, Mark Fish subsequently facilitated experiential training in working with survivors of torture, at the request of the UN, in The Gambia.

Room to Heal has also continued to partner OMCT in Tunisia. OMCT is the world's largest coalition of non-governmental organisations fighting against arbitrary detention, torture, summary and extrajudicial executions, forced disappearances and other forms of violence. Room to Heal has delivered training to psychologists, social workers, lawyers and educators working with torture survivors from OMCT Tunis, OMCT regional offices, the Tunisian Ministries of Social Affairs and Justice and Okles, a Libyan NGO working with children affected by violence and conflict.

Room to Heal was also invited to become an organisational member of the International Rehabilitation Council for Torture Victims (IRCT), as recognition of our standing in the field.

Community Development And Support For Members

In 2017 we maintained and further developed our programme of core activities all built around the therapeutic group-work that supports the community and helps each member navigate their individual asylum journey. In 2017 we supported a community of 80 members and a further 25 individuals who did not become community members but benefited from our work in helping them access other services. 27 members from becoming homeless

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Snapshot of how we helped

- 10 people resolved their immigration status thanks to our expert evidence
- 34 people were assisted with legal casework (providing therapeutic letters etc)
- 9 people secured benefits
- 24 people were protected from destitution
- 27 people were prevented from becoming homeless
- 24 people were supported to access medical care
- 26 people secured education through our Pathways Project
- 10 people accessed photography and media training
- We raised £3624.50 in destitution grants for our members.

In addition we trained 59 key workers in the Room to Heal therapeutic model through our local and international training and model sharing activities.

Activities that support our members include:

- Assessments of individuals referred to us and short-term individual psychotherapy as needed to help stabilise survivors and enable them to participate effectively in group work
- Group psychotherapy
- Intensive therapeutic retreats
- Casework to address housing and welfare needs
- Pathways Project to help people to access educational and employment opportunities
- Legal protection
- Therapeutic gardening and other group activities intended to help individuals heal and integrate into new communities.

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Assessment And Individual Therapy

In 2017 Room to Heal received referrals from the following partner agencies:

- British Red Cross
- Camden Mental Health Supported Housing
- CDAT (NHS)
- Doctors of the World
- Hackney Social Services
- Hestia
- IAPT (NHS)
- iCope NHS
- Joint Council for the Welfare of Immigrants
- London Catholic Worker
- Migrant and Refugees Community Forum
- Migrants Organise
- MIND
- Notre Dame Refugee Centre
- Pan Intercultural Arts
- Rape Crisis
- Refugee Council
- Southwark Law Centre
- The Children's Society
- Talking Therapies Southwark NHS
- Wilson Solicitors
- Women's Therapy Centre.

On referral to Room to Heal a therapist will, over multiple sessions, assess a potential member in order to understand whether they are likely to be able to both benefit from and contribute to our therapeutic group work. These assessments often prompt a need for one to one therapy before or during a member's participation in the group work. It is at this stage that we also identify welfare, housing and or legal protection needs which are then followed up by our caseworkers.

Group Work

In 2017 we continued to run our weekly support groups each one able to accommodate up to 12 members at any one time, which are facilitated by skilled therapists; these groups met 94 times during the year.

Retreats

Two retreats were held – one in Cirencester and a second near Totnes in Devon. Lasting about five days these provided an opportunity for our therapists to work intensively with 8 to 10 members on issues of concern to them. They also provided an opportunity for members to benefit emotionally and socially from interaction with other members in a safe, supportive environment.

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Casework

On the casework front, our team provided practical support to 66 people through 2,010 casework actions and sessions over the course of the year.

Our casework team has started scheduling a 6-month casework review meeting with members. This has meant we have been able to check in with members and gain more of an overview of what support they are likely to need, thus preventing emergency requests for assistance. It has also meant that members who are less proactive/vocal in seeking out casework appointments have a chance to receive the casework assistance they need.

We have continued to build partnerships with social enterprises and training providers to ensure that members who are unable to access education opportunities at colleges or universities are still able to develop their skills whilst awaiting the outcome of their asylum claim. We also worked closely with our partner “Positive Action in Housing” to ensure that none of our members faced street homelessness in 2017.

Legal Protection

Legal protection work is a key element of support provided through Room to Heal. Without such support, recovery from trauma is usually 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, providing therapeutic reports and letters to document our observations which are used in asylum proceedings.

In 2017 we supported 34 people with legal protection needs. We also improved our own internal specialist knowledge and our ability to draw on external resources. We developed a partnership with Wilson Solicitors, who have provided training to our caseworkers in unlawful detention claims, and are open for referrals from our members.

Group Activities

We continued to run weekly therapeutic gardening sessions attended over the course of the year by 40 of our members at the Mildmay Community Centre where Room to Heal is based.

In addition the Friday afternoon social and gardening sessions at Culpeper Community Garden continued. These attract members who have been active in our community over many years; they come to speak with other members or talk informally with our therapists and volunteers. Together they prepare a meal and enjoy the garden setting where Room to Heal also has a garden plot.

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Members were also encouraged to participate in a programme of storytelling workshops that culminated in performances at our 10th Anniversary Summer Party. In our experience, facilitated story telling enables members to share experiences of life in exile and help others to better understand the asylum experience.

We also started a collaborative project with *Eyes Wide Open*, a community partnership project running participatory photography projects. They trained our members in photographic skills and helping them to develop a travelling exhibition for delivery in 2018.

In addition we continued to develop the Pathways Project by partnering with social enterprises and charities with a focus on training, educational needs and employment.

We also undertook trips with members including visits to the theatre, Kew Gardens and Arsenal Football matches.

User Involvement

We have continued our efforts to structure each member's journey through Room to Heal with the aim of enabling their future integration into communities beyond Room to Heal. Developing meaningful user involvement has been enriching: in 2017 our quarterly Community Forum proved to be a useful way of gauging members' perceptions on activities, the direction of the organisation, community relations and guidelines. Four forums attended by 21 members were held. We have also benefited from member involvement on interview panels for volunteer and staff recruitment.

Evaluating The Impact Of Our Work

We monitor our output and measure our impact using our clinical database to record attendance, and through project evaluations and annual member surveys.

In 2017 our Member Survey reported the following findings

- 95% of respondents reported that they are better able to cope with the effects of their traumatic experiences: *"I am calmer. I am able to manage my stress and anxiety better"*
- 76% felt symptoms had improved and 100% reported improvements in mental health
- 90% reported that their ability to sustain relationships with others improved: *"Room to Heal has given hope and help to rebuild me mentally and given confidence in people. It also made me to have trust in people again"*

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- 90% reported reduced isolation *"I can see that I am not alone."* and *"I have a family at Room to Heal who can stand for me. I am loved"*
- 86% reported an increased sense of enjoyment: *"My life is getting better after I start coming here"*
- 90% are engaged in new activities that they enjoy. *"It's a beautiful place where you're stressed or when you are feeling down. Activities help me a lot because we all work as a team"*

Organisational Developments

The early part of 2017 saw Room to Heal focus on improving internal systems especially around data management.

Our organisational focus during the latter part of the year involved planning for recruitment of a new Director and a change of role for both Room to Heal's Director, Mark Fish and Deputy Director, Chloe Davies.

With the departure of our Operations Director, Clare Spencer in September 2017, Trustees began shaping the transitional leadership arrangements which in 2018 will see Mark and Chloe's roles change and their work with Room to Heal reduce, whilst a new Director with overall responsibility for governance, fundraising and financial management, team leadership and service delivery will be recruited to take both their places. Mark will be stepping down from his Director role but continuing to support the therapist team in their delivery of group work whilst Chloe steps down from her Deputy Director role and takes on a part time fundraising and development role. This important transition has required careful planning by Trustees in close liaison with staff and volunteers. It has also involved discussions with members for whom the proposed changes in group-work personnel represents a significant change.

Financial Review

Room to Heal had a challenging year in terms of fundraising. We secured funding from Garfield Weston, Peter Stebbings, Postcode Local Trust, Salter's Charitable Foundation, the Henry Smith Charity and London Catalyst. We secured further funding from the United Nations Voluntary Fund for Victims of Torture, the Alan and Babette Sainsbury Charitable Fund and the Evan Cornish Foundation.

We continued to be funded by Comic Relief, the Tudor Trust, Sutasoma, the AB Charitable Trust and the Arsenal Foundation.

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Our total income for 2017 was £231,178 and expenditure was £260,785, which compares with an income of £222,945 and expenditure of £206,752 in 2016. This financial year was the first in which Room to Heal has run at a deficit, although income increased on year. The deficit was primarily attributable to an increase in staff costs. The planned organisation changes for 2018 have addressed the funding shortfall through planned staff cost reduction. The plan is to break even in 2018.

Risk Management

Room to Heal Trustees regularly review major strategic, business and operational risks 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.

Trustees reviewed the register when they met in December 2017. The three key risks they identified and the associated mitigation actions were as follows:

Risk	Probability	Impact	Control
Room to Heal is not able to meet financial liabilities / unable to raise sufficient funds to carry out planned activities	Med – High	High	Finance and Fundraising strategies and reporting cycles have been developed and are being implemented and monitored; necessary resources have been apportioned to both; there has been a growing focus on diversifying the organisation's funding streams; donor reporting requirements are strictly adhered to; senior management ensures that accurate records are kept; cash flow is closely monitored, and a robust reserves policy is in place. These areas are closely monitored by Trustees. Director advises Trustees of any projected shortfall affecting ability to meet salaries, utilities, rent and any other liabilities 3 months in advance
Financial austerity results in increasing competition for funds from trusts and donors	High	High	Commitment exists to becoming more strategic in fundraising efforts, monitoring the external fundraising environment and acting accordingly, and diversifying fundraising streams

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Risk	Probability	Impact	Control
Political environment causes increasing difficulty in accessing legal representation and other advice	High	Med	Staff work hard to maintain good links with partner organisation

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 (estimated to be approximately £55,000), which will allow the organisation to run efficiently, and meet the needs of its members and staff. The unrestricted funds available to the charity as at 31 December 2017 were £67,915.

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Plans For The Future

2018 will be another landmark year for Room to Heal. In 2017 we celebrated our 10th anniversary year. It has been a year in which we have felt increasingly confident that we have a model of work that is powerfully effective. It has also been a year in which we have begun to make real our strategic intention to replicate and enhance our model working with partners to share learning and grow impacts. In this way we believe we can improve services for many more people whilst influencing and challenging perspectives, policy and practice.

In 2018 we will seek to further improve our model of work and build our partnership working.

We will also implement the transition plans we have developed to enable our founding Director, Mark Fish and Deputy Director, Chloe Davies, to reduce their roles with Room to Heal while at the same time we recruit a new Director. We recognise the significance of this shift and the need for staff, Trustees and volunteers to work closely together to mitigate any risks to our programme delivery and quality of member support.

We will also:

- Continue to build and refine our evaluation processes utilising our new clinical database
- Develop our capacity to support members by sourcing psychiatric inputs to Medical Legal Reports which can be crucial as part of submitting comprehensive evidence in asylum claims
- Extend our referral and casework network
- Develop our Pathways Project, ensuring that at all stages, our members are given support and access to opportunities which allow them to build sustainable, self-sufficient lives in the UK.
- Further develop meaningful member involvement in organisational development and planning of activities.

Trustees' Responsibilities

The trustees (who are also directors of the charitable company for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources

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and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- a) select suitable accounting policies and apply them consistently;
- b) observe the methods and principles in the Charities SORP;
- c) make judgments and accounting estimates that are reasonable and prudent;
- d) state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

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 30th August 2018 and signed on their behalf.


Penelope Farrar (Aug 31, 2018)

Penelope Farrar – Chair


R.J. Stuart (Aug 31, 2018)

Rebecca Stuart – Treasurer

Independent Examiner's Report to the Trustees of Room To Heal

I report on the accounts of the charitable company for the year ended 31 December 2017 which are set out on pages 22 to 33.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Shruti Soni
Shruti Soni (Aug 31, 2018)

Shruti Soni ACCA

Shruti Soni Ltd ● Chartered Certified Accountants
Chislehurst Business Centre, 1 Bromley Lane. BR7 6LH

Date: Aug 31, 2018

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

For the year ended 31 December 2017

	Note	Unrestricted £	Restricted £	2017 Total £	Unrestricted £	Restricted £	2016 Total £
Income from:							
Donations and legacies	2	61,017	155,142	216,159	31,748	182,994	214,742
Charitable activities							
Invoiced services	3	12,628	–	12,628	8,130	–	8,130
Other trading activities	4	2,349	–	2,349	–	–	–
Investments – bank interest		42	–	42	73	–	73
Total income		76,036	155,142	231,178	39,951	182,994	222,945
Expenditure on:							
Raising funds	5	8,529	–	8,529	8,403	–	8,403
Charitable activities							
Casework, Therapeutic, clinical activities	5	66,730	185,526	252,256	31,970	166,379	198,349
Total expenditure		75,259	185,526	260,785	40,373	166,379	206,752
Net income / (expenditure) for the year		777	(30,384)	(29,607)	(422)	16,615	16,193
Transfers between funds		18,128	(18,128)	–	11,514	(11,514)	–
Net movement in funds		18,905	(48,512)	(29,607)	11,092	5,101	16,193
Reconciliation of funds:							
Total funds brought forward		49,010	48,512	97,522	37,918	43,411	81,329
Total funds carried forward	15	67,915	–	67,915	49,010	48,512	97,522

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 15 to the financial statements.

Room To Heal

Company no. 06744055

Balance sheet

As at 31 December 2017

	Note	£	2017 £	£	2016 £
Current assets:					
Debtors	11	2,946		30,131	
Cash at bank and in hand		93,942		80,612	
		<u>96,888</u>		<u>110,743</u>	
Liabilities:					
Creditors: amounts falling due within one year	12	28,973		13,221	
		<u></u>		<u></u>	
Net current assets / (liabilities)			67,915		97,522
Total net assets / (liabilities)			67,915		97,522
			<u></u>		<u></u>
The funds of the charity:					
Restricted income funds	15				48,512
Unrestricted income funds:					
General funds		67,915		49,010	
		<u>67,915</u>		<u>49,010</u>	
Total unrestricted funds			67,915		49,010
			<u>67,915</u>		<u>49,010</u>
Total charity funds			67,915		97,522
			<u>67,915</u>		<u>97,522</u>

For the year ending 31 December 2017, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' Responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476
- The trustees acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements, which have been prepared in accordance with the special provisions relating to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), were approved by the Board on Aug 31, 2018

R.J. Stuart
R.J. Stuart (Aug 31, 2018)

Trustee

Name: R.J. Stuart

Date: Aug 31, 2018

Room To Heal

Statement of cash flows

For the year ended 31 December 2017

	Note	2017 £	2016 £
Cash flows from operating activities	16		
Net cash provided by / (used in) operating activities		13,288	(10,579)
Cash flows from investing activities:			
Dividends, interest and rents from investments		42	73
Net cash provided by / (used in) investing activities		42	73
Change in cash and cash equivalents in the year		13,330	(10,506)
Cash and cash equivalents at the beginning of the year		80,612	91,118
Cash and cash equivalents at the end of the year	17	93,942	80,612

Room To Heal

Notes to the financial statements

For the year ended 31 December 2017

1 Accounting policies

a) 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.

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

b) Public benefit entity

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

c) Going concern

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

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

d) Income

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

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 the provision of a specified service is deferred until the criteria for income recognition are met.

e) 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 upon notification of the interest paid or payable by the bank.

f) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Room To Heal

Notes to the financial statements

For the year ended 31 December 2017

1 Accounting policies

g) Expenditure

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 relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of performances and choral singing 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

h) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity.

However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time of the amount attributable to each activity.

- | | |
|-------------------------|------|
| • Charitable activities | 100% |
|-------------------------|------|

i) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

j) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500.

k) 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.

l) 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. Cash balances exclude any funds held on behalf of service users.

m) 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.

Room To Heal

Notes to the financial statements

For the year ended 31 December 2017

2 Income from donations and legacies

	Unrestricted	Restricted	2017 total Total	2016 Total
	£	£	£	£
AB Charitable Trust	10,000	–	10,000	10,000
Austin & Hope Pilkington Trust	–	–	–	3,000
Comic Relief	–	40,000	40,000	40,000
Donations and small grants	17,702	–	17,702	21,748
Garfield Weston	15,000	–	15,000	–
LB Islington	–	–	–	2,653
Lloyds Bank Foundation	–	–	–	10,100
Peter Stebbings	–	5,000	5,000	–
Postcode Local Trust	–	6,545	6,545	–
Salters' Charitable Foundation	–	10,000	10,000	–
Sutasoma	–	4,500	4,500	5,000
The Alan & Babette Sainsbury Charitable Trust	15,000	–	15,000	–
The Arsenal Foundation Gunners Fund	–	–	–	2,430
The City Bridge Trust	–	10,000	10,000	40,000
The Evan Cornish Foundation	–	9,500	9,500	10,000
The Henry Smith Charity	–	22,202	22,202	–
Tudor Trust	–	7,500	7,500	35,000
United Nations	–	39,895	39,895	34,811
Donated services	3,315	–	3,315	–
	<u>61,017</u>	<u>155,142</u>	<u>216,159</u>	<u>214,742</u>

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.

Donated services comprise probono legal services, IT support and payroll services valued at £1,835, £1,000 and £480 respectively

3 Income from charitable activities

	Unrestricted	Restricted	2017 Total	2016 Total
	£	£	£	£
Invoiced services				
Outreach and model sharing	7,380	–	7,380	7,680
Therapeutic reports	5,248	–	5,248	450
Total income from charitable activities	<u>12,628</u>	<u>–</u>	<u>12,628</u>	<u>8,130</u>

4 Income from other trading activities

	Unrestricted	Restricted	2017 Total	2016 Total
	£	£	£	£
Fundraising events	2,349	–	2,349	–
	<u>2,349</u>	<u>–</u>	<u>2,349</u>	<u>–</u>

Room To Heal

Notes to the financial statements

For the year ended 31 December 2017

5 Analysis of expenditure	1.00					2016 Total £
	Charitable activities		Casework, Therapeutic, clinical activities		Governance costs	
	Cost of raising funds £				£	
Staff costs (Note 7)	-	143,470	-	46,354	189,824	147,092
Art materials and other programme costs	-	804	-	-	804	596
Bookkeeping and accounting	-	-	-	9,139	9,139	4,994
Client travel	-	8,685	-	-	8,685	8,423
Community meal expenses	-	4,362	-	-	4,362	3941
Consultancy	-	-	-	1,610	1,610	-
Database	-	-	-	8,120	8,120	2,450
Events	1,915	-	-	-	1,915	1,929
Fundraising charges	3,885	-	-	-	3,885	7,953
Outreach expenses	2,614	-	-	-	2,614	450
Independent examination	-	-	1,169	-	1,169	1,440
Trustee meetings	-	-	297	-	297	113
Insurance	-	-	-	1,649	1,649	1,445
IT costs and support	-	-	-	1,812	1,812	1,204
Office consumables	-	-	-	23	23	354
Publicity	115	-	-	-	115	29
Rent	-	-	-	11,826	11,826	11,015
Retreats	-	3,812	-	-	3,812	2,903
Seasonal staff	-	2,420	-	-	2,420	3,117
Staff recruitment and training	-	-	-	175	175	2,745
Staff supervision	-	2,280	-	-	2,280	2,900
Staff travel	-	-	-	65	65	250
Sundry expenses	-	-	-	1,746	1,746	1,008
Telephone and Internet	-	-	-	356	356	327
Volunteer expenses	-	-	-	247	247	74
Legal services	-	-	-	1,835	1,835	-
	8,529	165,833	1,466	84,957	260,785	206,752
Support costs		84,957		(84,957)	-	-
Governance costs		1,466	(1,466)	-	-	-
Total expenditure 2017	8,529	252,256	-	-	260,785	206,752
Total expenditure 2016	8,403	172,448	1,553	24,348	206,752	

Of the total expenditure, £57,131 was unrestricted (2016: £51,887) and £203,654 was restricted (2016: £154,865).

The trustees are of the opinion that it is financially impracticable to analyse grants and expenditure by charitable activities. Income

Room To Heal

Notes to the financial statements

Net assets as at 31 December 2017

6 Net incoming resources for the year

This is stated after charging / crediting:

	2017 £	2016 £
Operating lease rentals: Property	11,826	11,015

7 Staff cost

Staff costs were as follows:

	2017 £	2016 £
Salaries and wages	178,858	140,793
Social security costs	10,049	6,299
Employer's contribution to defined contribution pension schemes	917	–
	189,824	147,092

No employee earned more than £60,000 during the year (2016: nil).

The charity considers its key management personnel to be the directors/trustees, the Director and Deputy Director and Operations Director. The total employee benefits including pension contributions of the key management personnel were £69,808 (2016: £66,736).

8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2017 No.	2016 No.
Charitable activities	4.9	3.0
Support	0.9	1.0
	5.8	4.0

9 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

Room To Heal

Notes to the financial statements

Net assets as at 31 December 2017

10 Trustee remuneration, expenses and related party transactions

The Managing Director, Mark Fish, is also a Director and Trustee of the charity. He received a gross salary of £28,583 from the charity in the year (2016 – £27,616). 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 2017 (31 December 2016 – £Nil).

No other trustees were paid or received any other benefits from employment with the charity in the year (2016: £nil). No charity trustee received payment for professional or other services supplied to the charity (2016: £nil).

Aggregate donations from a trustee were £300 (2016: £nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £nil

No trustees were reimbursed any expenses incurred in relation to their duties as trustees (2016: nil)

11 Debtors

	2017 £	2016 £
Trade debtors	2,808	–
Prepayments	138	131
Accrued income	–	30,000
	<u>2,946</u>	<u>30,131</u>

12 Creditors: amounts falling due within one year

	2017 £	2016 £
Taxation and social security	2,890	–
Other creditors	142	5,912
Accruals and deferred income	25,941	7,309
	<u>28,973</u>	<u>13,221</u>

13 Deferred income

Deferred income comprises grant and contract income received in advance.

	2017 £	2016 £
Balance at the beginning of the year	5,100	3,000
Amount released to income in the year	(5,100)	(3,000)
Amount deferred in the year	19,671	5,100
	<u>19,671</u>	<u>5,100</u>

Room To Heal

Notes to the financial statements

Net assets as at 31 December 2017

14 Analysis of net assets between funds

	General unrestricted £	Designated £	Restricted £	Total funds £
Net current assets	67,915	–	–	67,915
Net assets as at 31 December 2017	67,915	–	–	67,915

Analysis of net assets between funds

	General £	Designated £	Restricted £	Total funds £
Net current assets	49,010	–	48,512	97,522
Net assets as at 1 January 2017	49,010	–	48,512	97,522

15 Movements in funds

	At 1 January 2017 £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At 31 December 2017 £
Restricted funds:					
Casework, Therapeutic, clinical activities					
City Bridge Trust	21,315	10,000	(18,289)	(13,026)	–
Comic Relief	1	40,000	(37,399)	(2,602)	–
Lloyds Bank Foundation	1,678	–	(1,678)	–	–
Peter Stebbings	–	5,000	(5,000)	–	–
Postcode Local Trust	–	6,545	(6,545)	–	–
Salters' Charitable Foundation	–	10,000	(10,000)	–	–
Sutasoma	–	4,500	(4,500)	–	–
The Evan Cornish Foundation	5,100	9,500	(12,100)	(2,500)	–
The Henry Smith Charity	–	22,202	(22,202)	–	–
Tudor Trust	20,418	7,500	(27,918)	–	–
United Nations	–	39,895	(39,895)	–	–
Total restricted funds	48,512	155,142	(185,526)	(18,128)	–
Unrestricted funds:					
General funds	49,010	76,036	(75,259)	18,128	67,915
Total unrestricted funds	49,010	76,036	(75,259)	18,128	67,915
Total funds	97,522	231,178	(260,785)	–	67,915

Room To Heal

Notes to the financial statements

Net assets as at 31 December 2017

15 Movements in funds (continued)					
	At 1 January 2016 £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At 31 December 2016 £
Restricted funds:					
Casework, Therapeutic, clinical activities					
Austin & Hope Pilkington Trust		3,000	(2,554)	(446)	–
City Bridge Trust	21,315	40,000	(35,900)	(4,100)	21,315
Comic Relief	1	40,000	(37,398)	(2,602)	1
LB Islington	–	2,653	(2,653)	–	–
Lloyds Bank Foundation	1,677	10,100	(9,149)	(950)	1,678
Sutasoma	–	5,000	(4,084)	(916)	–
The Arsenal Foundtaion Gunners	–	2,430	(2,430)	–	–
The Evan Cornish Foundation	–	10,000	(2,400)	(2,500)	5,100
Tudor Trust	20,418	35,000	(35,000)	–	20,418
United Nations	–	34,811	(34,811)	–	–
Total restricted funds	43,411	182,994	(166,379)	(11,514)	48,512
Unrestricted funds:					
General funds					
	37,918	39,951	(40,373)	11,514	49,010
Total unrestricted funds	37,918	39,951	(40,373)	11,514	49,010
Total funds	81,329	222,945	(206,752)	–	97,522

Transfers

Transfers represent project contribution to core costs.

Purposes of restricted funds

Austin & Hope Pilkington Trust: In 2015 the charity received funding for nature therapy commencing in 2016. These funds were deferred at 31 December 2015 and the income was included in 2016.

City Bridge Trust: the grant contributed towards the “Improving the mental health of Londoners” programme, salaries of senior therapists and clinical administration staff and a biannual therapeutic retreat programme.

Comic Relief: the on-going grant covers the therapist, caseworker and community support costs for “Healing the Shattered Self” – a community-based, integrated programme for torture survivors.

Lloyds Bank Foundation: the grant funded a part-time caseworker as part of the overall casework programme.

Peter Stebbings: contributed to the overall casework programme.

Postcode Local Trust: contributed to the Garden Project. This encompassed salary costs of a garden coordinator, a nature psychotherapist, equipment, core overheads, community meal expenses and member travel fares.

Salter's Charitable Foundation: the grant funded the expansion of the casework programme. The grant contributed to the salary costs of casework staff, community meal expenses, volunteer expenses and rent.

Room To Heal

Notes to the financial statements

Net assets as at 31 December 2017

15 Movements in funds (continued)

Sutasoma: The grant funded the therapeutic retreat programme and all associated costs.

The Arsenal Foundation Gunners Fund: The grant contributed to office costs and overheads in 2016, and was fully allocated in 2016.

The Evan Cornish Foundation: The grant funded outreach and model sharing, it contributed towards the salary of a communications and outreach coordinator, clinical administrator, database set up costs, website development and overheads.

Tudor Trust: The charity received two grants from Tudor Trust in 2017. £7,500 was to cover the database costs. The balance was the remainder of the main grant to cover the overall running of the charity and trauma therapy.

UN: This on-going grant is for the main therapeutic aims of Room to Heal. It contributed towards the salary costs of the Director, Deputy Director, Garden Therapist and apportioned overheads.

16 Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2017 £	2016 £
Net income / (expenditure) for the reporting period (as per the statement of financial activities)	(29,607)	16,193
Dividends, interest and rent from investments	(42)	(73)
(Increase)/decrease in debtors	27,185	(30,131)
Increase/(decrease) in creditors	15,752	3,432
Net cash provided by operating activities	13,288	(10,579)

17 Analysis of cash and cash equivalents

	At 1 January 2017 £	Cash flows £	Other changes £	At 31 December 2017 £
Cash in hand	80,612	13,330	–	93,942
Total cash and cash equivalents	80,612	13,330	–	93,942

18 Legal status of the charity

The charity is a company limited by guarantee (registered England and Wales number 06744055) and has no share capital. The liability of each member in the event of winding up is limited to £1. Its registered address is Mildway Community Centre, Woodvile Road, London N16 8NA.