



**Room To Heal**  
**A Company Limited by Guarantee**

**Report and Unaudited Financial Statements**  
**Year ended 31 December 2018**

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



**ROOM TO HEAL**

**FOR THE YEAR ENDED 31 DECEMBER 2018**

**STATUTORY INFORMATION**

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**

"Rt Hon Jeremy Corbyn MP"

**Trustees**

Penelope Farrar - Chair  
Sarah Hughes (until 17 April 2018)  
Rebecca Stuart - Treasurer  
Rhodri Jamieson-Ball  
Michelle Knorr  
Emily Haisley  
Lucy Bracken  
Dave Maunga (from 17 April 2018)  
Susannah Fairweather (from 17 June 2018)

**Secretary**

Mark Fish (until 3 September 2018)

**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

Triodos Bank  
Deanery Road  
Bristol BS1 5AS

**Solicitors**

Freshfields, Bruckhaus and Derringer

**Independent Examiner**

Shruti Soni Ltd  
Chartered Certified Accountant and Registered Auditors  
117a St. John's Hill  
Sevenoaks  
TN13 3PE

# **ROOM TO HEAL**

## **TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2018**

The trustees present their report and the financial statements for the year ended 31 December 2018. 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.

The Trustees present their report and the independently examined financial statements of the charitable company for the year ended 31 December 2018. The statutory information is shown on Page 1.

### **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 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 until September 2018 and became Community Director up until end December 2018)

Elli Free (Director) from September 2018

Chloe Davies (Deputy Director, Fundraiser, Psychotherapist until April 2018 when she became Sessional Fundraiser)

Roro Ratih Ambarwati (Senior Community Support Worker)

Emily White (Group Therapist from May 2018)

Theresa Ryan-Enright (Group Therapist)

Kirstin Hubert (Psychotherapist)

Iman Nafi (Casework Co-ordinator until October 2018)

Anna Giulia Perego (Clinical Administrator until October 2018 when she took on the role as Caseworker alongside Clinical Administrator role)

Suzie Grayburn (Caseworker)

### **Sessional Staff**

Martha Orbach (Gardening Co-ordinator)

Imogen Butler (Finance Officer)

Mary Raphaely (Psychotherapist)

Marc Sutton (IT Administrator)

Chloe Davies (Head of Development and Fundraising) from May until December 2018

Andrew Leak (Legal Consultant)

### **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, as well as the therapy team. Mary is a group and individual psychotherapist with over thirty years' experience and previously co-ordinated Room to Heal's women's programme. Fenik Adam also provided non-clinical supervision to caseworkers and volunteers during 2018. Fenik has worked at Freedom from Torture for over 25 years and has been a Counsellor since 1997.

## **Volunteers**

Room to Heal's volunteers are vital to the charity and its work. During 2018, 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 2018 were:

Jo Masiulaniec  
Paul Maston  
Sally Cook  
Jane Heather  
Kate Osmond  
Carey Buchanan  
Lewis Kane  
Mariko Taniguchi  
Andi Heck  
Mary Hannity  
Emily Kennedy Neal

## **Partner Organisations**

In 2018, we worked with a range of organisations whose support continued to benefit our members:

- Mildmay Community Centre
- Culpeper Community Garden
- The Helen Bamber Foundation and the Happy Baby Community
- The Grange Retreat Centre, Norfolk
- 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
- Doughty Street Chambers
- 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
- Abbey Home Farm, Cirencester
- Eden Rise
- International Rehabilitation Council for Torture Victims
- Reconnect at University College London
- Olive at University of East London
- Compass at Birkbeck University
- Elevate at Groundworks
- Redress
- Speak Street
- Hope for the Young
- Africa Writes, The Royal African Societies
- Liberty
- E5 Bake House,
- Luminary Bakery
- OrganicLea
- Breaking Barriers
- Mary Ward Adult Education Centre
- Islington Food bank
- Lift the Ban Coalition
- Range of solicitors firms

## ROOM TO HEAL'S AIMS, APPROACH AND ACHIEVEMENTS IN 2018

### 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. Community members participate in Room to Heal in varying ways. Some are current members of the weekly therapeutic groups, some attend therapeutic retreats, some participate in social activities and many join other community members for a freshly cooked meal and social connection on Fridays at the Culpeper Community Garden in Islington. 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 can exacerbate the above. Many of 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.

### 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
<b>1. To enable people to heal from their traumatic experiences and restore meaning to their lives</b>	Assessments and time-limited individual therapies Therapeutic groups and intensive therapeutic retreats 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



Specific Aims	Activities	Outcomes
<b>2. To assist people in dealing with material challenges, navigating the asylum process and integrating into the UK</b>	<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"> <li>• 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</li> <li>• Having accessed education, voluntary work and employment related training</li> </ul>
<b>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</b>	<p>Production and delivery in partnership with our key stakeholders of:</p> <ul style="list-style-type: none"> <li>• Articles, media materials and best practice guidelines</li> <li>• Training sessions</li> <li>• Public events and exhibitions</li> <li>• Policy workshops</li> </ul>	<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 and casework support with community integration, addresses a largely 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.

## Developments and Achievements In 2018

In 2018, after 10 years, our Founder and Director has stepped to one side to focus on our international work and we have new leadership in place. Our new Director, Elli Free, is developing our strategic direction for the next three to five years and, alongside this, our funding strategy.

Our core work goes from strength to strength. In 2018 we have supported 105 beneficiaries, including current members, new referrals, and people seen for assessment in the process of rebuilding their lives after torture and organised violence, through our intensive practical and psychological support. Details of this work are provided below.

Alongside our direct support to torture survivors, we continue to share our learnings through our international work with the UN and through our contributions to other national and local forums in

the refugee sector. This has been informed by participation of our community members in our regular community forum meetings and a members' committee that formed in 2018.

### **Snapshot of how we helped**

- 105 people supported in a community of 130 people
- 61 people provided with individual therapy; 32 people attended group therapy
- 15 members went on retreats in 2018 to Cirencester and rural Devon. 93% of participants felt both emotionally and physically better by the end of the retreats
- 80 people helped with housing, legal support, healthcare, and training support carrying out over 2000 actions to achieve the following:
  - 23 members prevented from destitution 34 times;
  - 14 members helped to secure housing/prevent homelessness 28 times;
  - 28 people accessed education, training or employment;
  - 32 members accessed welfare/benefits;
  - 34 people helped through the asylum process;
  - 11 members secured legal representation;
  - 15 medico-legal letters of support for individuals;
  - 71 destitution and educational grants obtained for members with a value of £6,527

100% of our members surveyed found our therapeutic support helpful

94% felt less isolated

84% felt their confidence had improved

94% felt that life was more meaningful

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.

### **Referrals, Assessment And Individual Therapy**

In 2018 Room to Heal received referrals from the following partner agencies:

- |   |                                   |
|---|-----------------------------------|
| • British Red Cross                                     | • Doctors of the World            |
| • Camden Pain Assessment and Management Service (CPAMS) | • Haringey Migrant Support Centre |
| • Crisis - Skylight                                     | • Helen Bamber Foundation         |
|   | • Hestia                          |

- IAPT (NHS)
- iCope NHS
- Joint Council for the Welfare of Immigrants
- Migrants Organise
- Notre Dame Refugee Centre
- Psyche\_Delight
- Refugee Support Network
- Sapphire Independent Housing
- Talking Therapies Harrow NHS
- The Connection - St Martins in the Field
- Traumatic Stress Clinic

On referral to Room to Heal a therapist will, usually 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.

### **Healing Therapies**

The overarching aim of our therapeutic work is to enable survivors to heal from their traumatic experiences and restore meaning to their lives. The expected outcomes we wanted to see in our client group include:

- Reduction in 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.

The key activities that make up this project are outlined below, with key details about this year's work.

We carry out an annual survey with our members at the end of each year and of those interviewed we found:

- 100% said that the therapeutic support had been helpful
- 84% of those interviewed in depth for our annual evaluation demonstrated improvements in being able to manage the impact of trauma
- 94% felt less isolated since being at Room to Heal
- 84% felt their confidence had improved through participation in Room to Heal.
- 94% feel that life is more meaningful as a result of coming to Room to Heal
- 95% felt more supported through support from Room to Heal members

### **Trauma-focused individual psychotherapy**

In 2018 we provided preparatory, trauma-focused individual psychotherapy for 61 people in 402 therapeutic sessions. Many of these sessions were to help prepare people for entry to our wider community-based programme, helping to build trust with people, reduce their traumatic symptoms, and prepare them for entry to the group.

## Therapeutic support groups

Our therapeutic support groups are the cornerstone of our therapeutic programme, animating and deepening our community. This year we delivered 96 groups to 32 people (15 women, 17 men) (plus additional support groups on retreat - see below).

*"It helps me to cope in difficult time by using the advice and experience others have been through before! It allows me to have a clear relaxing mind for a moment." (Member, December 2018)*

*"It helped me to express myself and be able to speak loud, before I joined the group, I wasn't able to speak [ineligible], to understand my feeling. Through the group I met with good friends who facing the same issues I face and sharing these with them helped me to get strength." (Member, December 2018)*

*"I wasn't able to be around people at all, I feel not comfortable to speak or to be around, with Room to Heal groups I felt very welcome and a lot of support and care, felt like family." (Member, December 2018)*

After torture and forced exile people often become profoundly isolated and feel as if no-one else can possibly understand what they have been through. Through engaging in a therapeutic group, alongside people from all over the world who have this common experience, people come to understand at the deepest level that they are not in fact alone. This in itself is profoundly healing and very often is the beginning of a process of rediscovering the humanity in themselves and others. Our two weekly mixed-gender therapeutic groups enable mutually supportive and open interaction between members and our group therapists. This core activity reflects our community approach and drives all of what we do.

## Therapeutic gardening programme

*"In the past 7 years I didn't do anything at all, the last few years I didn't move from the floor only to go toilet or to find something to eat, even though I didn't want to do that anymore. Cause depression. With the gardening it was fun and positive, felt like doing something good." (Member, December 2018)*

We have access to two beautiful gardens in Islington: the extensive gardens at our home at the Mildmay Community Centre, where we often hold gardening sessions after our therapeutic support groups, and the Culpeper Community Garden at Angel where we hold our social gardening session and meal on a Friday afternoon.

100% of members who answered a question in our annual survey said that their mental health had improved through the gardening / therapeutic activities - 63% much better, 37% a little better.

- 43 people attended our gardening programme at Mildmay
- 42 people attended our weekly sessions at Culpeper

Our work in the garden is vital in shaping our community. We like to surround ourselves in nature. We grow food together, cook and eat together, talk and spend enjoyable time together. We recognise that these simple human processes help us to heal. The Room to Heal garden is a place of growth. The gardening provides a safe and tranquil space for members to reconnect with themselves and their surroundings. The gardens also provide a great opportunity for community integration.

These sessions are also an opportunity to interact and sharing knowledge with local populations at both Mildmay Community Centre and Culpeper Community Garden.

## Therapeutic retreats

*"It was a great opportunity to be together in one place, sharing cooking and helping each other, like one team. We got space to learn and communicate with each other, I learn a lot about every friend in the group, their culture, music, food and lifestyles. I got new good friends. I can now have confidence to speak out and express myself openly"* (Member on retreat, October 2018)

We took a total of 15 members on two retreats in 2018, in Cirencester and rural Devon. 93% of participants felt both emotionally and physically better by the end of the retreats.

On retreat our members get a different sense of themselves in nature, and despite the terrible things that have happened to them there is often a rediscovery of their sense of place and purpose in the world. This results largely from communal living, depending on one another and being self-sufficient. Our retreats enable members to build new confidence, germinate new friendships and uncover new meaning in life. Through deepening the process of traumatic recovery and the experience of being in community with others, retreats accelerate the healing process and are often experienced by the members as transformative.

## Creative projects

2018 saw the start of a creative arts project - Platform 11 - through which members have built their creative skills and opportunities to speak out in public. During the summer we ran a series of storytelling workshops with a theatre practitioner who worked with 10 members through weekly sessions to create a public performance for our summer party.

In addition, 10 members took part in fortnightly photographic / visual arts workshops, creating an exhibition together for our summer party and documenting their lives for blogs etc. This formed part of our wider 'speak out' programme to develop opportunities for members to engage in advocating for themselves.

## Casework

The practical support we offer to our members continues to be a vital part of our holistic programme, preventing destitution, keeping members safe, housed and able to access the services they need. Increasingly, our casework team supports members in shaping educational and employment opportunities, ensuring that they can integrate meaningfully when they win their leave to remain.

We continue to address the full range of needs of our members, helping them to overcome the serious material deprivation that they face, for example homelessness and destitution, but also helping members to develop skills to move forward with their lives, and access education and employment. Social integration lies at the heart of our community-based approach, enabling people to re-engage in relationship and community, first through Room to Heal and increasingly through local communities and wider opportunities.

In the last year, in total, we provided support to 80 people, carrying out over 2000 actions to achieve the following:

- 23 members prevented from destitution 34 times;
- 14 members helped to secure housing/prevent homelessness 28 times;
- 28 people accessed education, training or employment;
- 32 members accessed welfare/benefits;

- 34 people helped through the asylum process;
- 11 members secured legal representation for;
- 15 medico-legal letters of support for individuals.
- 71 destitution and educational grants obtained for members with a value of £6,527

## 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.

Snapshot of legal support in 2018:

- 34 people helped through the asylum process
- legal representation secured for 11 members
- 15 medical legal reports / letters of support provided for members in the last year.
- 73 letters written to solicitors / members to support members in the asylum process

## User involvement

We have held 5 Members' Community Forums this year, where 27 members have engaged in developing the direction of Room to Heal, offering suggestions for activities and discussing issues that affect the community at large. In our 2018 members' survey all those who answered found it useful attending the Community Forum. Through this forum we have initiated a Members' Committee which meets monthly and feeds into the Room to Heal Board of Trustees, as well as the staff team.

A former Room to Heal member who has since gained refugee status and graduated from Room to Heal has joined the Board of Trustees, to help ensure members' views are reflected and acted on. Our recruitment for new staff now involves members on the interview panels. This gives members ownership of the community, and gives them a voice in shaping Room to Heal.

In our last annual evaluation 88% of respondents felt more confident to share their experiences as an asylum seeker or refugee with wider society (for example to educate or to raise awareness).

## International Work

2018 was the busiest year to date regarding Room to Heal's international work. Mark Fish, both in his capacity as Director of Room to Heal and independent international consultant and trainer, in partnership with The World Organisation against Torture, OMCT Tunis and *Psychologues du Monde Tunis*, delivered nine training workshops to 36 psychologists and human rights defenders.

Mark and his colleague Rim Ben Ismail, President of *Psychologues du Monde Tunis*, provided training and supervision in therapeutic group work to twenty Tunisian psychologists/human rights defenders over the duration of 2018, such that they were able to successfully facilitate parallel support groups

with ten groups of psychologists and 'educators' working in the Tunisian penal system.

In addition, Mark and Rim, under the auspices of OMCT, delivered two training workshops to the 16 members of '*L'instance Nationale pour la Prévention de la Torture*' – a governmental initiative to establish a mechanism to prevent torture in Tunisia.

During the latter half of 2018, Mark also laid the groundwork for the UNFVT funded programme (commencing 2019) sharing the Room to Heal therapeutic model with organisations working with survivors of torture in regions of greatest need - initially, St Andrew's Refugee Services in Cairo, Egypt, and the Refugee Consortium Kenya in Nairobi.

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.

## **Evaluating The Impact Of Our Work**

In 2018, respondents to our Member Survey in December reported the following findings:

- 84% of respondents reported they are better able to cope with the effects of their traumatic experiences:
- 79% felt symptoms had improved and 100% reported improvements in mental health
- 90% reported that their ability to sustain relationships with others improved:
- 94% reported reduced isolation
- 80% reported an increased sense of enjoyment

During the latter part of the year a focus was given on finding more appropriate therapeutic measures to use in group therapy. These will be rolled out in 2019.

## **Organisational Developments**

2018 was a year of significant change for Room to Heal.

After 11 years and two years of planning, our founding Director, Mark Fish, stood down from his day to day role to extend the exciting international work for the UN, using the Room to Heal model and expertise of community recovery. This model of community healing has developed for over a decade: it started with five people sat around a fire in Culpeper Community Garden sharing their stories with Mark and each other, and it has now matured and proved itself a sustainable model for rehabilitation. Room to Heal owes much to Mark for his strategic imagination and pragmatic persistence in setting up the charity and his skilful and insightful work as a therapeutic group leader working with our team to shape our distinctive practice. Mark continues to work closely with Room to Heal as a consultant on our international work.

Chloe Davies, our longstanding Deputy Director, after considerable planning decided to develop her own therapeutic practice and her writing work. Working alongside Mark for eight years, Chloe has been instrumental in developing Room to Heal's way of working, forging the partnerships, managing the successful fundraising pipeline, embedding the governance and safeguarding and ensuring Room to Heal has all the operational tools essential for a successful small charity.

As trustees were made aware of these intended changes we were able to plan ahead with staff for the transition to a new Director, and recruited Elli Free to the post of Director in September 2018.

Elli joined us from The Children's Society where she worked as the Service Manager of the Refugee

and Migrant Team. Elli has brought to Room to Heal many years of experience in the refugee sector and a track record in effective team leadership backed by strong management skills and a real passion for our work.

During discussion at the December 2018 Board meeting Trustees concluded that staff, including the outgoing leadership and our new Director, Trustees and volunteers together managed this transition well and in doing so minimised risks to our programme delivery and quality of member support.

## **Financial Review**

Like other small charities Room to Heal continued to experience challenges around fundraising with increased competition for funds. We secured new funding from Garfield Weston Foundation, the Lloyds Bank Foundation, The Roddick Foundation, The Mrs Smith & Mount Trust and London Catalyst. We secured further funding from the United Nations Voluntary Fund for Victims of Torture, the Alan and Babette Sainsbury Charitable Fund, Postcode Local Trust and The Salters' Charitable Foundation. We continued to be funded by Comic Relief, Sutasoma Trust, the Henry Smith Charity, the AB Charitable Trust and the Arsenal Foundation.

Our total income for 2018 was £265,575 and expenditure was £246,805 which compares with an income of £231,178 and expenditure of £260,785 in 2017. Despite the significant organisational changes that took place this year, we were successful in our plan to break even in 2018. This was due to increased income raised and cautious expenditure. This allowed us to increase our reserves this year which will provide much needed ongoing stability to the charity.

The UN grant (Project P-829-DA-18) has been spent in the period examined in these accounts (1st January 2018 - 31st December 2018) and in accordance with the terms of the offer letter.

## **Risk Management**

### ***Room to Heal Risk Management Policy***

Room to Heal trustees actively 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.

### ***Review of Risk Register***

Trustees reviewed the register when they met in October 2018. The three key risks identified in 2017 remained and the associated mitigation actions were unchanged as follows:

<b>Risk</b>	<b>Probability</b>	<b>Impact</b>	<b>Control</b>
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
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 £69,000), 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 2018 were £86,685.

### Plans For The Future

2019 will be another challenging year for Room to Heal. Importantly we recognise that it will be a year of consolidation following a change in leadership. With a new Director in place it will also be a year when we will shape the strategy which will guide our work and development over the next three years. Trustees, staff, volunteers, members and key stakeholders will all be involved and we expect that the result will be a clear basis for further improvements to our model of work and a strong direction for fundraising and development of partnership working with others in the sector. As part of the development of the plan we will review our efforts to replicate our model of work and consider what we have learnt from our international efforts. We expect that this reflection and strategic planning will help us build resilience for the next phase of our development. Concurrent with these developments across the team, Trustees will be working to refresh the Board following completion of a Trustees Skills Audit in 2018.

We will also:

- Continue to build and refine our evaluation processes utilising our clinical database
- Diversify our fundraising
- Further develop meaningful member involvement in organisational development and planning of activities.

### **Trustees' Responsibilities**

Company and charity law require the Trustees to prepare financial statements for each financial year that 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**

Shruti Soni FCCA of Shruti Soni Ltd was appointed as Independent Examiner to the charity in March 2017.

### **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 18.7.19 and signed on their behalf.



**Penelope Farrar - Chair**



**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 2018 which are set out on pages 20 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.

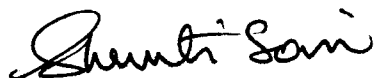
### Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Association of Chartered Certified Accountants (ACCA), which is one of the

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 ACCA**

Shruti Soni Ltd • Chartered Certified Accountants  
117A St. Johns Hill, Sevenoaks TN13 3PE

Date: 31/7/2019

## Room To Heal

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

#### For the year ended 31 December 2018

	Note	Unrestricted £	Restricted £	2018 Total £	Unrestricted £	Restricted £	2017 Total £
<b>Income from:</b>							
Donations and legacies	2	71,894	191,245	<b>263,139</b>	61,017	155,142	216,159
Charitable activities							
Invoiced services	3	-	-	-	12,628	-	12,628
Other trading activities	4	2,161	-	<b>2,161</b>	2,349	-	2,349
Investments – bank interest		275	-	<b>275</b>	42	-	42
<b>Total Income</b>		<b>74,330</b>	<b>191,245</b>	<b>265,575</b>	<b>76,036</b>	<b>155,142</b>	<b>231,178</b>
<b>Expenditure on:</b>							
Raising funds	5	20,389	-	<b>20,389</b>	8,529	-	8,529
Charitable activities							
Casework, Therapeutic, clinical activities	5	35,171	191,245	<b>226,416</b>	66,730	185,526	252,256
<b>Total expenditure</b>		<b>55,560</b>	<b>191,245</b>	<b>246,805</b>	<b>75,259</b>	<b>185,526</b>	<b>260,785</b>
<b>Net Income / (expenditure) for the year</b>		<b>18,770</b>	<b>-</b>	<b>18,770</b>	<b>777</b>	<b>(30,384)</b>	<b>(29,607)</b>
Transfers between funds		-	-	-	18,128	(18,128)	-
<b>Net movement in funds</b>		<b>18,770</b>	<b>-</b>	<b>18,770</b>	<b>18,905</b>	<b>(48,512)</b>	<b>(29,607)</b>
<b>Reconciliation of funds:</b>							
Total funds brought forward		67,915	-	<b>67,915</b>	49,010	48,512	97,522
<b>Total funds carried forward</b>	16	<b>86,685</b>	<b>-</b>	<b>86,685</b>	<b>67,915</b>	<b>-</b>	<b>67,915</b>

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 16 to the financial statements.

# Room To Heal

Company no. 06744055

## Balance sheet

As at 31 December 2018

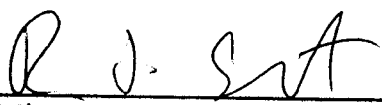
	Note	£	2018 £	£	2017 £
<b>Fixed assets:</b>					
Tangible assets	11		6,800		-
			<u>6,800</u>		<u>-</u>
<b>Current assets:</b>					
Debtors	12	4,160		2,946	
Cash at bank and in hand		117,481		93,942	
		<u>121,641</u>		<u>96,888</u>	
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	13	41,756		28,973	
		<u>41,756</u>		<u>28,973</u>	
<b>Net current assets / (liabilities)</b>			<u>79,885</u>		<u>67,915</u>
<b>Total net assets / (liabilities)</b>			<u>86,685</u>		<u>67,915</u>
<b>The funds of the charity:</b>					
Restricted income funds	16		-		-
Unrestricted income funds:					
General funds		86,685		67,915	
		<u>86,685</u>		<u>67,915</u>	
<b>Total unrestricted funds</b>			<u>86,685</u>		<u>67,915</u>
<b>Total charity funds</b>			<u>86,685</u>		<u>67,915</u>

For the year ending 31 December 2018, 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

  
 Trustee  
 Name: REBECCA STUART  
 Date: 29/07/2019

# Room To Heal

## Statement of cash flows

For the year ended 31 December 2018

	Note	2018 £	£	2017 £	£
<b>Cash flows from operating activities</b>	17				
<b>Net cash provided by / (used in) operating activities</b>			30,064		13,288
<b>Cash flows from Investing activities:</b>					
Dividends, interest and rents from investments		275		42	
Purchase of fixed assets		(6,800)		-	
<b>Net cash provided by / (used in) Investing activities</b>			(6,525)		42
<b>Change in cash and cash equivalents in the year</b>			23,539		13,330
Cash and cash equivalents at the beginning of the year			93,942		80,612
<b>Cash and cash equivalents at the end of the year</b>	18		117,481		93,942

# Room To Heal

## Notes to the financial statements

For the year ended 31 December 2018

---

### 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) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation 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), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, 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.

#### f) 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.

#### g) 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 2018

---

### 1 Accounting policies (continued)

#### h) 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 undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

#### i) 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% |
|-------------------------|------|

#### j) Operating leases

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

#### k) Tangible fixed assets

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

Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- |                          |         |                     |
|--------------------------|---------|---------------------|
| • Leasehold Improvements | 3 years | Straight line basis |
|--------------------------|---------|---------------------|

#### l) 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.

#### m) 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.

#### n) 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 2018

### 2 Income from donations and legacies

	Unrestricted	Restricted	2018 total Total	2017 Total
	£	£	£	£
AB Charitable Trust	10,000	-	10,000	10,000
Big Lottery Fund	-	7,143	7,143	-
Comic Relief	-	40,000	40,000	40,000
Donations and small grants	37,024	-	37,024	17,702
Garfield Weston	-	-	-	15,000
Lloyds Bank Foundation	-	24,930	24,930	-
London Catalyst	-	3,000	3,000	-
Mrs. Smith & Mount Trust	-	5,000	5,000	-
Postcode Local Trust	-	8,673	8,673	6,545
Salter's Charitable Foundation	-	4,850	4,850	10,000
Sutasoma	-	4,500	4,500	4,500
Swan Mountain Trust	-	4,000	4,000	-
The Alan & Babette Sainsbury Charitable Trust	15,000	-	15,000	15,000
The Arsenal Foundation Gunners Fund	-	2,500	2,500	-
The City Bridge Trust	-	-	-	10,000
The Evan Cornish Foundation	-	500	500	9,500
The Henry Smith Charity	-	35,273	35,273	22,202
The Roddick Foundation	-	14,976	14,976	-
The Woodward Trust	-	500	500	-
Tudor Trust	-	-	-	7,500
United Nations	-	35,400	35,400	39,895
Donated services	9,870	-	9,870	3,315
	71,894	191,245	263,139	211,159

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 HR consultancy services, Marketing services and goods valued at £6,400, £2,320 and £1,150 respectively

### 3 Income from charitable activities

	Unrestricted	Restricted	2018 Total	2017 Total
	£	£	£	£
Invoiced services				
Outreach and model sharing	-	-	-	7,380
Therapeutic reports	-	-	-	5,248
Total income from charitable activities	-	-	-	12,628

### 4 Income from other trading activities

	Unrestricted	Restricted	2018 Total	2017 Total
	£	£	£	£
Fundraising events	2,161	-	2,161	2,349
	2,161	-	2,161	2,349

## Notes to the financial statements

For the year ended 31 December 2018

5 Analysis of expenditure	1.00					
	Charitable activities					
	Casework, Therapeutic, clinical activities		Governance costs		Support costs	
	Cost of raising funds	£	£	£	£	£
Staff costs (Note 7)	-	126,137	-	16,421	142,558	189,824
Art materials and other programme costs	-	1,448	-	-	1,448	804
Bookkeeping and accounting	-	-	-	7,562	7,562	9,139
Bad Debt	-	-	-	140	140	-
Client travel	-	7,659	-	-	7,659	8,685
Community meal expenses	-	4,471	-	-	4,471	4,362
Consultancy	-	-	-	14,050	14,050	1,610
Database	-	5,955	-	-	5,955	8,120
Events and Project Costs	2,084	6,282	-	-	8,366	1,915
Fundraising charges	15,314	-	-	-	15,314	3,885
Outreach expenses	50	-	-	-	50	2,614
Independent examination	-	-	2,205	-	2,205	1,169
Trustee meetings	-	-	218	-	218	297
Insurance	-	-	-	1,763	1,763	1,649
IT costs and support	-	-	-	1,241	1,241	1,812
Office consumables	-	-	-	25	25	23
Publicity	2,941	-	-	-	2,941	115
Rent	-	17,623	-	-	19,581	11,826
Retreats	-	3,199	-	1,958	3,199	3,812
Sessional staff	-	1,113	-	-	1,113	2,420
Staff recruitment and training	-	1,584	-	-	1,584	175
Staff supervision	-	1,965	-	-	1,965	2,280
Staff travel	-	259	-	-	259	65
Sundry expenses	-	-	-	2,704	2,704	1,746
Telephone and internet	-	-	-	275	275	356
Volunteer expenses	-	-	-	159	159	247
Legal services	-	-	-	-	-	1,835
	20,389	177,695	2,423	46,298	246,805	260,785
Support costs	-	46,298	-	(46,298)	-	-
Governance costs	-	2,423	(2,423)	-	-	-
<b>Total expenditure 2018</b>	<b>20,389</b>	<b>226,416</b>	<b>-</b>	<b>-</b>	<b>246,805</b>	<b>260,785</b>
<b>Total expenditure 2017</b>	<b>8,529</b>	<b>252,256</b>	<b>-</b>	<b>-</b>	<b>260,785</b>	

Of the total expenditure, £55,560 was unrestricted (2017: £57,131) and £191,245 was restricted (2017: £203,654). The trustees are of the opinion that it is financially impracticable to analyse grants and expenditure by charitable activities. Income and expenditure relating to charitable activities are interlinked and difficult to clearly separate. In addition, certain grant income relate to more than one charitable activity which cannot be easily separated for accounting purposes. A detailed description of all charitable activities can be found in the trustees annual report.

# Room To Heal

## Notes to the financial statements

### Net assets as at 31 December 2018

#### 6 Net Incoming resources for the year

This is stated after charging / crediting:

	2018 £	2017 £
Operating lease rentals: Property	19,581	11,826

#### 7 Staff cost

Staff costs were as follows:

	2018 £	2017 £
Salaries and wages	136,048	178,858
Social security costs	5,541	10,049
Employer's contribution to defined contribution pension schemes	969	917
	142,558	189,824

No employee earned more than £60,000 during the year (2017: nil).

The charity considers its key management personnel to be the directors/trustees, the Director and Deputy Director and Managing Director. The total employee benefits including pension contributions of the key management personnel were £25,259 (2017: £69,808).

#### 8 Staff numbers

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

	2018 No.	2017 No.
Charitable activities	4.3	4.9
Support	0.2	0.9
	4.4	5.8

#### 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 2018

#### 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 £14,498 from the charity in the year (2017 – £28,583). 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 2018 (31 December 2017 – £Nil). No other trustees were paid or received any other benefits from employment with the charity in the year (2017: £nil).

Consultancy fees paid to Penny Farrar for the Management Transition period with the total amount of £3,357 (2017: £nil). No other charity trustee received payment for professional or other services supplied to the charity (2017: £nil).

Aggregate donations from a trustee were £250 (2017: £300). There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties. No other trustees were reimbursed any expenses incurred in relation to their duties as trustees (2017: nil).

#### 11 Tangible fixed assets

	Leasehold Improvements	Total £
<b>Cost or valuation</b>		
At the start of the year	–	–
Additions in year	6,800	6,800
	<hr/>	<hr/>
At the end of the year	6,800	6,800
	<hr/>	<hr/>
<b>Depreciation</b>		
Charge for the year	–	–
	<hr/>	<hr/>
At the end of the year	–	–
	<hr/>	<hr/>
<b>Net book value</b>		
At the end of the year	6,800	6,800
	<hr/>	<hr/>
At the start of the year	–	–
	<hr/>	<hr/>

All of the above assets are used for charitable purposes.

#### 12 Debtors

	2018 £	2017 £
Trade debtors	–	2,808
Prepayments	160	138
Accrued income	4,000	–
	<hr/>	<hr/>
	4,160	2,946
	<hr/>	<hr/>

# Room To Heal

## Notes to the financial statements

### Net assets as at 31 December 2018

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

	2018 £	2017 £
Pension Control Account	398	–
Taxation and social security	1,979	2,890
Other creditors	285	142
Accruals and deferred income	39,094	25,941
	<b>41,756</b>	<b>28,973</b>

#### 14 Deferred Income

Deferred income comprises grant and contract income received in advance.

	2018 £	2017 £
Balance at the beginning of the year	19,671	5,100
Amount released to income in the year	(19,671)	(5,100)
Amount deferred in the year	30,811	19,671
Balance at the end of the year	<b>30,811</b>	<b>19,671</b>

#### 15 Analysis of net assets between funds

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible fixed assets	6,800	–	–	6,800
Net current assets	79,885	–	–	79,885
<b>Net assets as at 31 December 2018</b>	<b>86,685</b>	<b>–</b>	<b>–</b>	<b>86,685</b>

#### Analysis of net assets between funds

	General £	Designated £	Restricted £	Total funds £
Net current assets	67,915	–	–	67,915
<b>Net assets as at 1 January 2018</b>	<b>67,915</b>	<b>–</b>	<b>–</b>	<b>67,915</b>

# Room To Heal

## Notes to the financial statements

### Net assets as at 31 December 2018

#### 16 Movements In funds

	At 1 January 2018 £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At 31 December 2018 £
<b>Restricted funds:</b>					
<b>Casework, Therapeutic, clinical activities</b>					
Big Lottery Fund	-	7,143	(7,143)	-	-
Comic Relief	-	40,000	(40,000)	-	-
Lloyds Bank Foundation	-	24,930	(24,930)	-	-
London Catalyst	-	3,000	(3,000)	-	-
Mrs. Smith & Mount Trust	-	5,000	(5,000)	-	-
Postcode Local Trust	-	8,673	(8,673)	-	-
Salters' Charitable Foundation	-	4,850	(4,850)	-	-
Sutasoma	-	4,500	(4,500)	-	-
Swan Mountain Trust	-	4,000	(4,000)	-	-
The Arsenal Foundation Gunners	-	2,500	(2,500)	-	-
The Evan Cornish Foundation	-	500	(500)	-	-
The Henry Smith Charity	-	35,273	(35,273)	-	-
The Roddick Foundation	-	14,976	(14,976)	-	-
The Woodward Charity	-	500	(500)	-	-
United Nations	-	35,400	(35,400)	-	-
<b>Total restricted funds</b>	-	191,245	(191,245)	-	-
<b>Unrestricted funds:</b>					
<b>General funds</b>	67,915	74,330	(55,560)	-	86,685
<b>Total unrestricted funds</b>	67,915	74,330	(55,560)	-	86,685
<b>Total funds</b>	67,915	265,575	(246,805)	-	86,685

# Room To Heal

## Notes to the financial statements

### Net assets as at 31 December 2018

#### 16 Movements in funds (continued)

	At 1 January 2017 £	Incoming resources & gains £	Outgoing resources & losses £	Transfers £	At 31 December 2017 £
<b>Restricted funds:</b>					
<b>Casework, Therapeutic, clinical activities</b>					
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)	-	-
Salter's 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)	-	-
<b>Total restricted funds</b>	<b>48,512</b>	<b>155,142</b>	<b>(185,526)</b>	<b>(18,128)</b>	<b>-</b>
<b>Unrestricted funds:</b>					
<b>General funds</b>	<b>49,010</b>	<b>76,036</b>	<b>(75,259)</b>	<b>18,128</b>	<b>67,915</b>
<b>Total unrestricted funds</b>	<b>49,010</b>	<b>76,036</b>	<b>(75,259)</b>	<b>18,128</b>	<b>67,915</b>
<b>Total funds</b>	<b>97,522</b>	<b>231,178</b>	<b>(260,785)</b>	<b>-</b>	<b>67,915</b>

#### Transfers

Transfers represent project contribution to core costs.

#### Purposes of restricted funds

**Big Lottery Fund:** This grant is for a creative arts healing project including storytelling and theatre workshops as well as a photography exhibition and community events.

**Comic Relief:** the 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 contributes to salary of part-time caseworker, clinical administration and finance work as well as database and IT expenses and rent costs.

**London Catalyst:** Contributed to therapist salaries to help continue our group therapy sessions.

**Mrs. Smith & Mount Trust:** This grant contributed to our Casework programme, covering salary costs of a caseworker and clinical administrator.

**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.

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

**Swan Mountain Trust:** Contributed to therapist salaries as well as member travel costs to help continue our group therapy sessions.

# Room To Heal

## Notes to the financial statements

### Net assets as at 31 December 2018

#### 16 Movements in funds (continued)

The Arsenal Foundation Gunners Fund: The grant contributed to caseworker salary costs.

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.

The Henry Smith Charity: The grant contributed to the cost of the Managing Director as well other overheads including rent, fundraising, IT and stationery.

The Roddick Foundation: contributed to the Garden Project. This encompassed salary costs of a garden coordinator, a caseworker, equipment, core overheads, community meal expenses and member travel fares.

The Woodward Charity: This grant contributed to our Casework programme, covering salary costs of a caseworker.

The UN grant (Project P-829-DA-18): This grants has been spent in the period examined in these accounts (1st January 2018 – 31st December 2018) and in accordance with the terms of the offer letter. The grant was spent as follows: Therapeutic staff salaries £32,726, Member travel fares for attending group therapy £1,174 and examination fees £1,500.

#### 17 Reconciliation of net Income / (expenditure) to net cash flow from operating activities

	2018 £	2017 £
<b>Net Income / (expenditure) for the reporting period (as per the statement of financial activities)</b>	<b>18,770</b>	<b>(29,607)</b>
Dividends, interest and rent from investments	(275)	(42)
(Increase)/decrease in debtors	(1,214)	27,185
Increase/(decrease) in creditors	12,783	15,752
<b>Net cash provided by operating activities</b>	<b>30,064</b>	<b>13,288</b>

#### 18 Analysis of cash and cash equivalents

	At 1 January 2018 £	Cash flows £	Other changes £	At 31 December 2018 £
Cash in hand	93,942	23,539	–	117,481
<b>Total cash and cash equivalents</b>	<b>93,942</b>	<b>23,539</b>	<b>–</b>	<b>117,481</b>

#### 19 Operating lease commitments

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

	Property 2018 £	2017 £	Equipment 2018 £	2017 £
Less than one year	4,936	–	–	–
	<b>4,936</b>	<b>–</b>	<b>–</b>	<b>–</b>



# **Room To Heal**

## **Notes to the financial statements**

### **Net assets as at 31 December 2018**

---

#### **20 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 Mildmay Community Centre, Woodville Road, London N16 8NA.