



**ESCAPE**  
Family Support

# Annual Report

2018/19



**Investors  
in People**

Health &  
Wellbeing  
Award



**INVESTORS  
IN PEOPLE**

**Gold**  
Until 2022

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## Chair's Report

It is my pleasure once again to write a Foreword for the Charity's Annual Report. I am very pleased to be able to report that 2018/2019 has been a successful year and we are optimistic about our future success.

I wrote last year that 2017/2018 was a year of transition. The board of trustees had come to the conclusion that for a range of reasons, notably funding pressures, we should return to the organisation's original founding purpose and focus on providing support to families, carers, and children who were impacted by the addictive behaviours of their loved ones. I am pleased to report that following much planning for our change in purpose and restructuring of the workforce we completed the transition and 2018/2019 has been the year when ESCAPE Family Support directed all its focus once more on supporting families and carers including young people. This has put ESCAPE Family Support in a much stronger and sustainable position as we go forward.

Feedback from many sources during the year has told us that this was the right thing to do and that our services and support to families, carers and young people are as much in demand as ever. Also, that our work is highly regarded by our funders and recipients of services. You will be able to read more about this in the following pages.

Our small, yet dedicated, team of experienced staff and our loyal and hard-working volunteers have maintained their enthusiasm and commitment to ESCAPE Family Support and delivered a range of services during the year responding to the needs identified by families, carers, and young people. Some of the things we have done have been introduced this year for the first time, some other things are a continuation of valued services we have been providing for some years. We are committed to providing what our families, carers, and young people tell us are their highest priorities. The stories in this Report will speak for themselves.

I wish to publicly thank the Chief Executive, her Deputy and all staff at ESCAPE Family Support for their unflinching dedication and hard work. Also, the trustees of the Charity who give of their time and expertise to steer the organisation and ensure things are kept on track. The organisation could not succeed without its volunteers without whom the Charity could not function and I thank them. And last but not least, I wish to thank our funders who place their trust in us and ensure the continued existence of the Charity.

To everyone involved in and with ESCAPE, I say a big Thank You.

Jackie L M Axelby

Chair

ESCAPE Family Support Ltd

## Our Objectives and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are now:

- i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;
- ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and
- iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

## The Need for Our Services

In common with other areas of the UK, Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population. Moreover, the North East suffers the worst alcohol related health problems in the UK with 3680 alcohol-related deaths per annum. This overall rate is 33% higher than the national average. The cost of alcohol related harm in 2015/16 was £341 per head of population (Balance – North East Alcohol Office).

Furthermore, 2.7 million adults in England used an illegal drug in the past year; there are 294,000 heroin and crack users in England and use of cannabis is estimated at 6.5% of the population. Use of New Psychoactive Substances (NPS) previously known as “legal highs” appears to be concentrated amongst young adults (16-24 years), particularly males. Increasing numbers are coming forward to agencies presenting with cannabis use as the primary problem and there is continued reporting of widespread non-medical use of prescription and over the counter drugs. Parental drug use is a risk factor in 29% of all serious case reviews. Drug misuse is the third most common cause of death for those aged 15-19 years in England (Public Health England and Crime Survey for England 2015/16).

New data released by the Office of National statistics shows that people dying from drug use has risen yet again to the highest level ever in the North East with 903 people dying as a result of drug poisoning in the North East over a three year period from 2016-18. That is up from 690 deaths in the previous three years from 2013-15, an increase of 30%. A survey by addiction treatment firm UKAT found that of North East Councils that responded, £35.7 million was being spent on helping those struggling with addiction back in 2013 while the number has dropped to £27.2 million this financial year. These figures show the impact that these cuts are having on the most vulnerable people living across the North East.

During 2017/18 in Northumberland, 1084 adults were in drug treatment with 27% unmet need acknowledged. With respect to alcohol, 473 people were in alcohol treatment with 82% unmet need acknowledged (Northumberland Drug and Alcohol Commissioning Packs 2019/20).

With at least three family members affected by a loved one's drug or alcohol use (Adfam) this means that there are at least 4113 people affected by a loved one's substance use resident in Northumberland. It is therefore essential that ESCAPE Family Support continues to provide specialist family support services to those affected by addiction in Northumberland.

## ESCAPE Family Support

Since 1995 ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children and wider family members who are affected by and struggling to cope with a loved one's substance use.

The National Treatment Agency (NTA) has reported that 17% of the population have family members significantly affected by a relative's drug use. Many more are affected by a loved one's alcohol use. Northumberland has a population of 316,000 and this means that 53,720 of these are likely to be family members affected by drug use alone, with even more affected by alcohol misuse. Adults who have a relative with drug or alcohol problems have been increasingly recognised as having significant needs due to the stress of living with and/or caring for someone with addiction problems as have the children affected by parental drug or alcohol misuse. In addition, families have been identified by the NTA as a useful source of support during treatment and recovery of the substance user.

ESCAPE's confidential support services are person centred, tailored to the needs of each individual, to help them identify their priorities, achieve their goals and improve their lives. Wherever possible we mediate between that family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use.

We deliver impartial stand-alone services but also work in partnership with statutory and voluntary agencies and groups. ESCAPE is led by a strong board, including people who have personal experience and encountered problems. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold Standard in January 2010. We are proud to have retained the Gold standard ever since. This achievement includes successful assessment in February 2019 against the new more robust Gold standard and the Health and Wellbeing Award demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social.

## Recognition



As outlined previously, ESCAPE was assessed against the new robust Gold Standard along with the Health and Wellbeing Award and was successful in achieving both standards in February 2019. We are very proud of the following feedback from our assessment report.

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*“The previous 3 years, since ESCAPE Family Support's previous Investors in People review, have been very challenging for this small, dedicated charity. Reductions in funding and increased competition for limited resources has placed considerable strain on many charities – to the point that many have ceased operating.*

*Given such an environment, many organisations may have looked to make efficiencies in terms of staff development and management. However, although ESCAPE has had to downsize, it has not neglected the people development and management practices that earned it the Gold Award at the last review. In fact, there were many examples of how practice had actually been enhanced.*

*One of the reasons for this is the charity's clear understanding that expenditure of time and resources on people development and management is an investment, which can support the organisation even in the most challenging of environments.*

*The charity has applied advanced practice that many organisations, with considerably more resources, have not been able to achieve. Performance management processes remained robust and comprehensive. It was clear that managers dedicated time and effort to encourage people to be the best they can.*

*As with its approach to people development, there was no reduction in investment in activities to support staff health and well-being. In fact, the conclusion of the survey was that this practice in these areas had also improved – specifically in the area of psychological wellbeing, where it was seen to be high performing.”*

**Investor in People Insights Assessment and Health and Wellbeing Award Report February 2019.**

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Our work and the contribution we make is also recognised and valued by key Northumberland organisations and agencies, as evidenced in feedback we have received:

*“ESCAPE continues to work with families affected by substance misuse in Northumberland. They are flexible and responsive to the needs of the families they support and are strong advocates for the voice of carers in partnership and multi-agency groups. ESCAPE is valued by agencies in Northumberland such as GP’s and Children’s Services who refer families for support. Families appreciate the contribution ESCAPE make to improving their wellbeing and supporting them through challenging situations.”* **Liz Robinson - Senior Public Health Manager**

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*“ESCAPE Family Support offers an excellent service to the carers it supports, providing a range of very useful and tailored interventions to families and carers who are coping with the loneliness and stigma often attached to caring for someone with an addiction. Kinship carers especially appreciate the support and activities available to themselves and the children they care for”.* **Debra Dodds, Operations Manager, Self-Directed Support, Prevention and Carers Northumbria Healthcare**

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*“My role is a substance misuse worker, working with young people up until the age of 18 across Northumberland.*

*Escape Family Support are an excellent service for the parents and carers of substance users in Northumberland. Not only do they provide support to parents and carers in times of crisis they are sensitive and proactive to the needs of families and stick with them through difficult and dark times.*

*The staff management and team at Escape are invaluable in many ways, they share their knowledge, experience and practical skills in regard to working with families, which is a great support to professionals like myself. They assist and support care planning, work with and through safeguarding issues, helping families to develop effective safety plans and best meet their specific substance use and holistic needs.*

*The staff empower and enable their client group to make better life choices using a problem solving approach to address concerns, issues of conflict, improving the lives of not only the concerned families and friends but also the Y/P who work with Sorted.*

*I recommend Escape Family Support to all the parents / carers of the Y/P's I work with as they are wonderful service and will continue to do so.”* **Tom Lee, Substance Misuse Worker T3, Sorted Young People's Substance Misuse Service (Northumberland).**

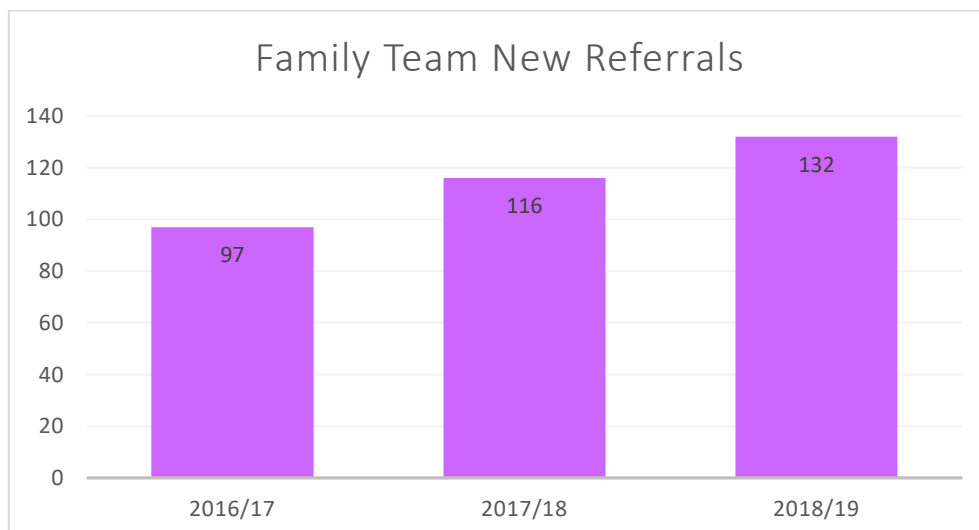
## Family Support Services

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

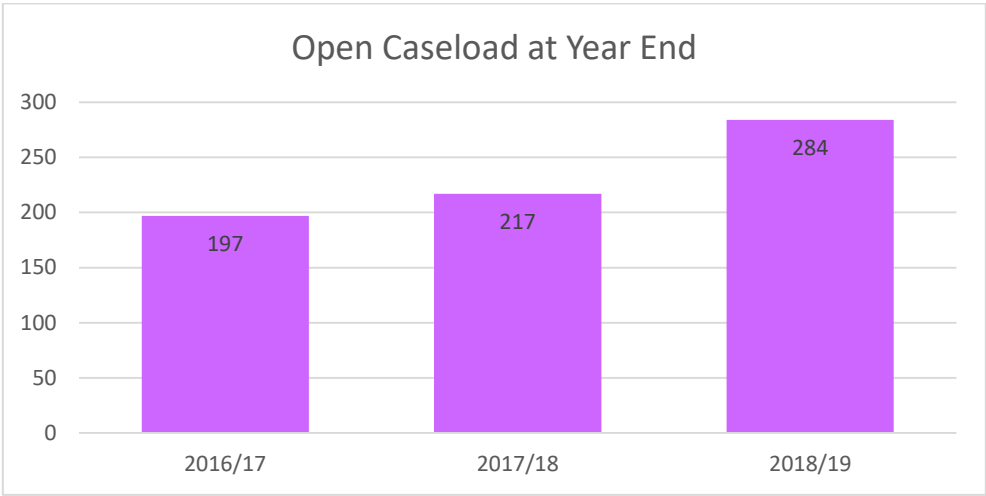
The service is supported through grants from Northumbria Healthcare Trust, Public Health, Awards for All, Greggs Foundation, Garfield Weston Foundation, Blyth Town Council, Sir James Knott Foundation, R. W. Mann Trust, Hadrian Trust, Barbour Foundation, Joicey Trust, Hospital of God at Greatham, Souter Charitable Trust and J.H. Burn Trust.

ESCAPE's Family Team delivers a range of services to the families and carers of substance users who include parents, grandparents, partners, siblings and children including 24/7 helpline crisis support, telephone support, advice, information, advocacy, comprehensive carer assessments, personalised care plans, 1-1 support, counselling, family therapy, support groups, personal learning opportunities, arts and respite opportunities and support to help family members work together. The team also provides specific support for kinship carers; for those with a family member involved in the criminal justice system; and for those bereaved by substance use. We continue to work with family members whether their loved one is in treatment or not. The Family Team continue to offer a range of support where multiple complex issues occur, including children's safeguarding, domestic violence and offending.

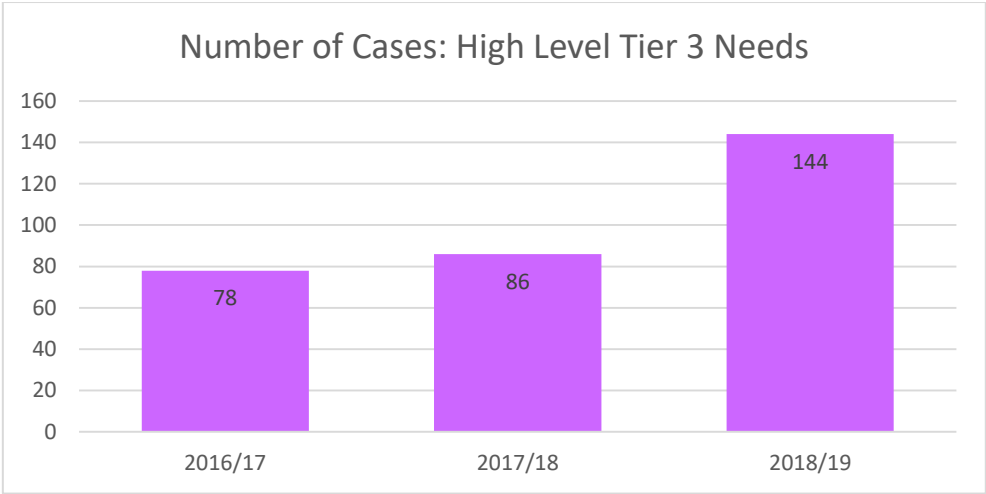
The family team received 132 new referrals during 2018/19 (up 13.75% on 2017/18).



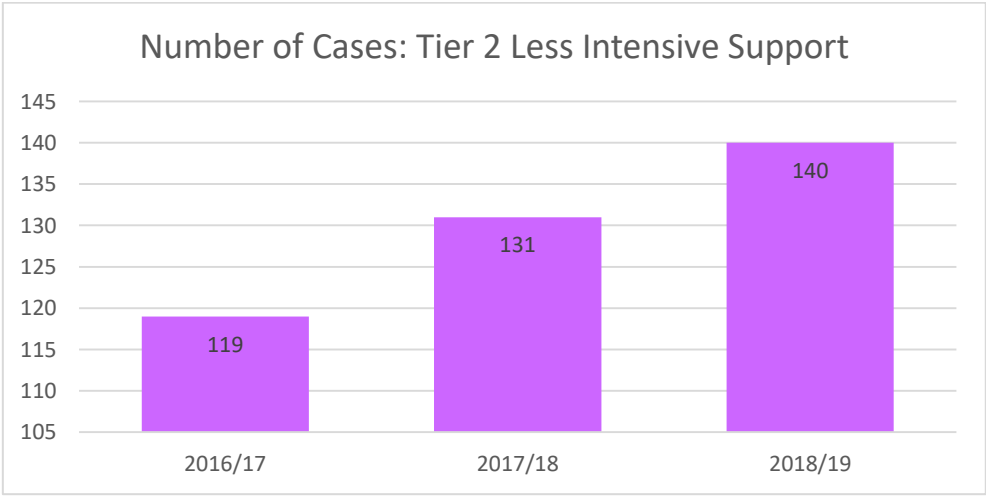
The family team had an open caseload of 284 on 31 March 2019 (up 30.8% on 31/03/18).



Of the 284 open cases, 144 (up 67.4% on 31/03/18) have high level Tier 3 needs.



The remaining 140 cases (up 6.8% on 31/03/18) are sitting within Tier 2 less intensive support.



The Family Team also worked with 90 young carers and children through provision of training, family fun days and Family Therapy.

### Our Family Service Interventions in Numbers

288	Helpline Calls
494	Brief Interventions
95	Counselling sessions
152	Hours of Family Therapy
1,560	CRAFT 1-1 support sessions
23	CRAFT Programme Group Sessions (3 Full Programmes)
16	CRAFT Maintenance Support Group Sessions
133	Complementary Therapy Sessions
23	Coffee Mornings/Mutual Aid groups
27	Art Group Sessions
16	Kinship Group Sessions
93	Family Respite Breaks
4	Pamper/Wellbeing Events
4	Family Fun Days

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

75% of our CRAFT participants rated CRAFT course delivery and content as excellent with the other 25% rating this as very good.

These operate on a scale of 0 = Poor and 10 = Good.

Average stress/anxiety ratings before the course were:	2.50
Average stress/anxiety ratings after the course were:	6.08
Average overall Happiness ratings before the course were:	2.58
Average overall Happiness ratings after the course were:	6.41

CRAFT significantly reduces stress and anxiety and increases overall happiness. See below some comments from participants that show us how people feel after completing CRAFT:

*"CRAFT is such a valuable programme regarding life styles in general"*

*"I feel stronger to cope with situations"*

*"It has taken us 20 years to learn what to do and how to cope; you can learn this in 8 weeks"*

*"Learned how to encourage loved one into recovery and how to talk to them in a way that encourages but doesn't inflame the situation"*

*"I have found the course really helpful for informing me how to deal with certain situations in a much more positive way"*

*"It helps you to cope with your own feelings and to understand your loved one's feelings"*

*"I have enjoyed the weekly meetings with Elaine and Debs helping and supporting us with what we are going through. Also it's good to be around people who are going through similar situations to myself and being able to be open and honest which is hard to do at home"*

*"Feeling much more positive about the future, been given lots of valuable information to change situation/lifestyle"*

*"Thank you to you both for your valuable advice and caring approach. This has been so beneficial to me, carry on what you are doing you are stars x"*

*"I now feel like I am in control of my life"*

*"Do it (CRAFT), it will be the best thing you will ever do"*

*"I feel a lot more confident"*

*"I have learned a lot and it has helped me change myself and how I deal with situations when it comes to dealing with my partner"*

*"It helped me when I thought there was nothing out there that could/would help"*

*"I would like to say thank you, because of this course I can see how much my children are benefitting from seeing me and there dad communicating instead of arguing and I feel so much more confident in dealing with my children's dad and I have also been using the things I have learned with my children to help me communicate with them better"*

## Family Support Case Study

D was referred into ESCAPE for support with the behaviour of her 2 young children through the local HUB. An early help assessment was completed that also identified D's partner and father of her children had a history of addiction and this was continuing to impact on them as a family as he sought support to address this. D was 24 weeks pregnant at time of coming into service.

D was allocated a family worker and completed the CRAFT programme which supported her greatly. D put skills she learnt through this programme into practice with the children's father. D also went onto attend the Teen Triple P programme to help her explore parenting techniques with her older children to address behaviour she was seeing within the home.

With continued support from her key worker, programme interventions and attendance of family events with the children D grew in confidence and decided to become a volunteer at ESCAPE. To date D has completed qualifications in Peer Mentoring and Supporting Families with Addictions (Level 2) and is now currently working through a Level 3 in Family Dynamics.

As well as this, D has actively contributed to drug awareness sessions within the community, co-facilitated CRAFT programme and is now befriending other carers within ESCAPE.

### Quote from D

"If I didn't come here, I don't think I would be here today. ESCAPE saved my life"



## Strengthening Families Programme

We worked with Lisa Blaney of Strengthening Families North East CIC and Blyth Children's Centre to deliver Strengthening Families Programmes this year.

To measure distance travelled for those who attended Strengthening Families we looked at several indicators and scores, both pre and post programme.

Overall 6 families began the programme and 4 completed this. There were a number of referrals to the programme but consideration had to be paid to the age group and needs which limited group size. Late/last minute referrals to the programme were also difficult to process in time prior to start date. One referral also missed the first session by being advised by the referrer of a wrong location and then had two weeks holiday which meant she would not complete adequate sessions for learning, so it was agreed she would be invited to the next programme.

To measure distance travelled for those who attended the programme we used the Family Star which looks at a number of indicators and scores these pre and post programme.

Overall, the cumulative values of each score can be seen below:-

Family Scores									
Scores	Physical	Wellbeing/ Emotional Needs	Child safety	Social Networks	Education	Behaviour & Boundaries	Family Routine	Home & Money	Overall
Pre	27	25	30	28	25	26	22	33	216
	3	2	5	1	7	6	9	1	34
Post	30	27	35	29	32	32	31	34	250

It is clear from the table that the group as a whole progressed with an overall pre - programme score of 216 increasing to 250 (+34) at post programme. Every group member increased their scores on every indicator suggesting their overall benefits of attending the programme stretched to all areas of their lives. As a group we saw the greatest increases around greater confidence in addressing behaviour and putting boundaries in place (+6), education (+7) and family routine (+9).

Out of the 2 families that did not complete:-

The first came to the first session but could not attend anymore due to son's anxiety levels and inability to cope in groups. Mum was also having difficulties at home as son not coping with attending school at that time.

The second was a mum who attended the previous programme with her eldest son and was very keen to attend this programme with her other son. Her son found the sessions he did attend really enjoyable. He showed reluctance in the beginning to attend sessions resulting in one or two being missed and then further sessions missed due to a family holiday. On further feedback of this to Team Around the Family (TAF), Children and Young People Service (Mental Health) felt that considering where her son was at with regards to

addressing past trauma and how he is managing this compared to his older brother, the programme was not right for him at this moment in time.

Below is a breakdown of overall individual case scores:

Family Scores - Individual Cases				
Scores	Case 1	Case 2	Case 3	Case 4
Pre	49	60	50	57
	14	6	8	6
Post	63	66	58	63

All families felt they have made progress in each of the areas. Further explanations to help understand scoring have been given below.

### Case 1

During young people's session, the young person could be quite aggressive at times towards other members in the group, pulling faces and disrespecting others when talking and this was challenged through appropriate activities. During both craft activities Halloween and Christmas the whole family were very supportive of each other and enjoyed the activities so much that they took resources home to complete them.

Mum and daughter took part in all the activities during family sessions listening to each other and supporting each other. The young person is now involved with CYPS.

### Case 2

At the end of the programme, there was a significant improvement in the young person's mannerisms towards her mum. The young person was a lot more positive and mum said that she is dealing with behaviour differently now through strategies learnt and she feels calmer.

There were concerns noted during Halloween and Christmas activities around the family dynamics, and family therapy sessions for the whole family were recommended.

Safeguarding concerns were raised through the programme and addressed with this family by ESCAPE keyworkers.

### Case 3

The young person was a very intelligent young woman, mum was quite naïve about the daughter's behaviour. This young person was sexually active and wanted to fit in with her peer groups. The session with the young person around drugs and alcohol demonstrated that the young person had been experimenting with drugs. Mum discussed in parent sessions how unhappy she was at home with her husband and felt she needed to move on but didn't want to upset her daughter.

Communication between mum and daughter improved and they joined in with all the activities

#### Case 4

Mum was very anxious about her daughter's behaviour and was also concerned about her not eating enough due to medication for ADHD.

During family sessions mum and daughter worked well together and during Halloween and Christmas craft activities enjoyed making crafts.

Families were made aware of what was available through ESCAPE prior to the programme ending and also had a presentation from Cygnus for follow on support. Friendships in both parents and young people's group were built up and the families were quite disappointed when the programme ended. Family unit activities were incorporated into this programme. For example, Halloween and Christmas craft events worked really well, bringing the whole family together. These programmes continue to be supported by peer mentors (a mum and daughter who have previously attended the programme) and this continues to work well.

#### **Strengthening Families Case Study**

The family was originally referred from the Early Help HUB to complete Strengthening Families Programme due to the behaviour the 14 year old young person was displaying within the family home in particular. It was clear through the assessment process for the programme that his behaviour was linked to a number of significant events he had witnessed as a young child around domestic violence. The young person was showing signs of aggression towards mum and younger brother and in his own way taking on the 'role of the man' in the home. Mum was struggling to put in place appropriate boundaries and the behaviour of her son, due to what it represented for her as a victim of domestic violence at the hands of the young person's dad historically. Due to the young person's behaviours, the messages the family as a whole were giving him fed further the negative behaviour he was displaying and added to how he viewed himself as a person and where he fitted within the family unit.

Mum and the young person both came to strengthening families programme and from the first day it was very clear he was willing to participate and settled into the group setting well. The programme gave him the opportunity to meet other young people who were having similar problems, build a friendship group, learn how to communicate effectively with mum and also feel listened to. As well as completing the programme and building on their communications skills with one another, the programme allowed trust to be built and with this, the young person opened up further. Due to this, while the programme ran, additional support was put in place to refer the young person to CYPS for specialist work to be completed around past trauma addressed. An Early Help Assessment was completed and Team Around the Family (TAF) meetings established with school and other professionals participating. The support given through the programme allowed us to facilitate this additional support. The young person was able to see the benefit of all of this support for him and his family, he felt listened to and was given praise and recognition for his achievements and grew in confidence. Each week the family took away what they had learned and returned giving feedback on how this had gone in practice. At programme completion, mum continued to receive support from our family service as did the young

person through TAF/Early Help and continuing to engage well with his CYPS worker. The young person is keen to come to future programmes to support the young people sessions as a peer mentor. Behaviour within the home and school has settled and he is looking forward to beginning sixth form.

Families that participated in the Strengthening Families programme responded with feedback as follows:

What have you gained from attending the Strengthening Families Programme?

"Understanding anger and emotions"

"To talk to others, to have a laugh and my daughter mixed in well"

"Seeing my granddaughter grow in confidence, being happy and involved with the group and I'm more confident in coping with behaviours now"

How has it made a difference within your family?

"Learned good things on how to discipline my daughter"

"Me and my granddaughter have always been close but this has given us a better insight into her and has helped both our relationships"

Would you recommend it to others? And why?

"Yes, helpful in dealing with young people who are struggling"

"Yes, good times and I've been able to talk to other parents"

"I would strongly recommend it to other parents"

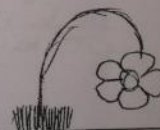
Any other feedback

"I am going to miss the group and People, I've loved every minute of it"

offering support to anyone that needs it. This includes:  
\* support as a good laugh as confidence building  
and as food! As a family, you learn to sort your problems  
and work together. You yourself can offer support to other  
families just like they do to you. Things you can take away  
are things like problem solving and working as a team.

This programme helps you lots, you gain knowledge,  
even if your shy you can just listen to others, you won't be  
judged. It is open to everyone and anyone no matter what  
you've done, who you are or what you look like.

Everyone Is Welcome ♥



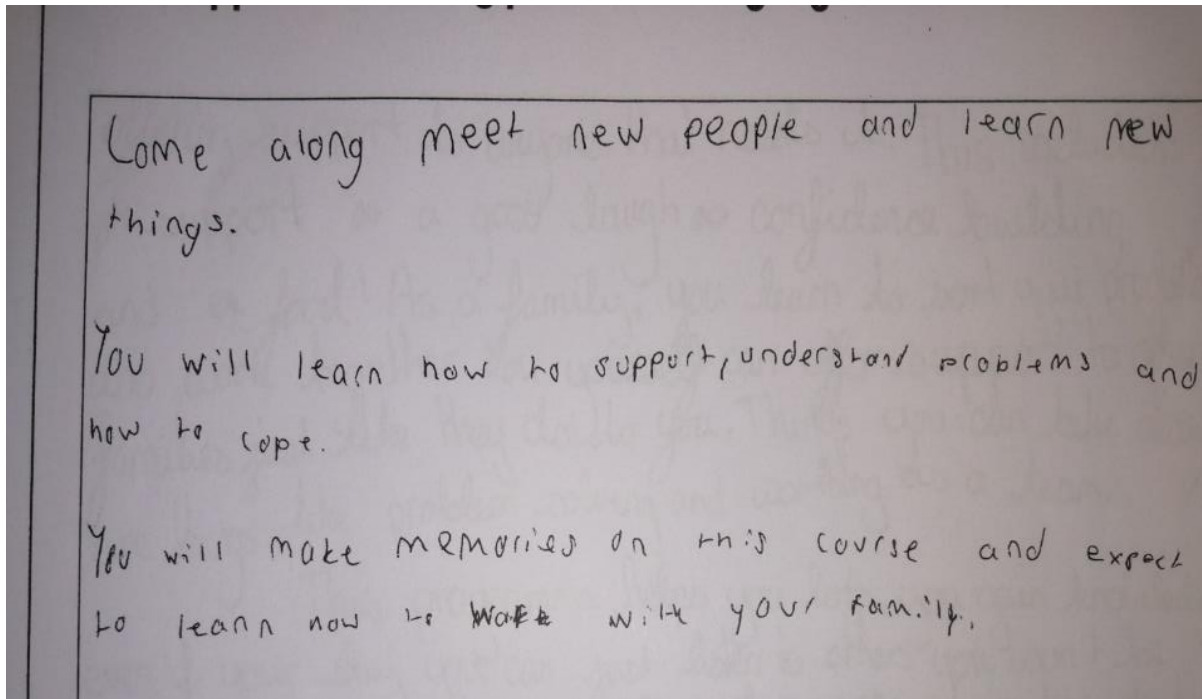
we have enjoyed meeting new people within a relaxed  
and friendly environment.

Learning how to speak to each other assertively and  
working together as a family is one of the many things  
learnt.

To know your not the only family having problems  
and to be able to share problems and hear a different  
perspective on things is really helpful plus the support  
from other families.

we listened to other families problems and shared ours  
and built up trust and friendships. I will take the ability  
to walk away from heated moments is one of the best thing  
I've learned.

I would highly recommend this programme to other families  
because it is insightful and brings you closer. It is all done  
in a relaxed atmosphere and many laughs are had. The  
staff are all amazing and extremely supportive.



A key Stakeholder view on our work supporting families:

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“ESCAPE offer an invaluable service to families living within our community. We know from talking to families how well known they are and the impact they have on children and families lives particularly those affected by substance misuse. They have worked in partnership with the children’s centres for a number of years and more recently have helped to support the Early Help offer for children aged 0-19 through direct delivery of the Strengthening Families Programme within one of our centres and by being key partners within our Network group” **Jean Hedley - Children Centre, Early Help Locality Manager**

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## Teen Triple P

Teen Triple P is a positive parenting programme for parents of teenagers and is an initiative of the Parenting and Family Support Centre at the University of Queensland.

The programme is designed to give parents strategies to help their young person's development and manage behaviour difficulties.

How parent/carers benefit from the programme:

- Learning new strategies to promote positive behaviour
- Get practical information you can use every day with your young person
- Improve communication with your teenager
- Promote your teenager's development
- Take care of yourself
- Share ideas in a safe and friendly group

How your teenager could benefit:

- Express views and needs appropriately
- Cooperate with adults
- Being aware of how one's own actions affects others
- Accept rules and limits
- Develop positive feelings
- Control aggression
- Learning to do things for themselves
- Negotiating and compromising

During 2018/19 we successfully ran two Teen Triple P programmes. This has resulted in 68 referrals for this course. These referrals breakdown into 22 (32%) referrals received directly from childrens services and all other referrals from Early Help workers/Children centres or the HUB (56%) with the exception of 2 (3%)from schools, 2 (3%)from Buffalo Centre and 4 (6%)internal referrals. A number of early help worker/children centre referrals had been allocated to them via the local HUB for parent drop in/Early Help Assessments. This support led to referrals to ESCAPE for parenting programmes and ongoing support from us.

Within the two courses, 15 parents were successfully skilled.

A snapshot of feedback received around the programmes from parents is on the next page.

## **Feedback from the Teen Triple Programmes included:-**

### **What have you gained from attending the Teen Triple P Programme?**

- *Learnt how to handle situations better. Different scenarios to difficult issues, to be more clear and assertive*
- *How to help my relationship with my daughter*
- *Given me more ideas on how to deal with awkward difficult teenagers*
- *Learning strategies to help with my granddaughter and learning safeguarding issues with her and learning from other members*
- *Strategies on how to manage when kids get to teens*
- *Knowing how to talk and handle situations with my children in a more mature manner. Being more considerate to their feelings on subjects*

### **How has it made a difference within your family?**

- *Adult conversations isolated from kids, my daughter diffuses a lot quicker. House is generally a lot happier*
- *Given me more ideas plus a back-up plan for my daughter*
- *Given us more ideas and a back-up plan*
- *I'm starting to put boundaries in place now*
- *Being able to step back and think how best to handle it as unsure before, as jumping in and using things that have previously not worked*

### **Would you recommend it to others? And why?**

- *Definitely, great advice and tips*
- *Yes, gives you ideas on how to cope with your children*
- *Yes, gives you plenty of ideas on how to deal with different issues*
- *Highly recommend it to everyone, it has helped me in so many ways.*
- *Yes, because it helps you to understand why the children are acting the way they are, what you could be doing that could play a part in it and what you could do to make it better*
- *Definitely, there is always techniques and things that can be learnt from attending courses but also from other parents who are experiencing similar issues*

### **Any other feedback**

- *Angie has been an absolutely brilliant teacher*
- *It has been lovely to spend time with other parents who have similar issues and see that I am not alone.*

## Recovery Support Service

This project was funded by Lloyds Bank Foundation to deliver support to a small caseload of 25 drug and alcohol users per annum who either do not meet the thresholds for the commissioned treatment service in Northumberland or who prefer to access support at ESCAPE instead.

The service received 27 new referrals in 2018/19 however the project closed on 30<sup>th</sup> September 2018 when the funding ended following three years of successful reporting against agreed outcomes. We worked with the Senior Public Health Manager and Northumberland Recovery Partnership to review the caseload and transition those clients still in need of support.

We have continued to deliver SMART Recovery Groups in Blyth and Ashington and to support a women's mutual aid recovery support group in West Northumberland. ESCAPE has provided peer mentoring and volunteering placements throughout the year and provided in-house accredited training and vocational training for participants.

### Our Recovery Service Interventions in Numbers:

54	Helpline Calls
61	Brief Interventions
187	1-1 Support Sessions
62	Counselling Sessions
38	SMART Recovery Group Sessions (76 attendances)
49	Acupuncture Group Sessions
13	Art Sessions

In year 3 of this project we achieved the following outcomes with this caseload of 34 people:

	Achieved	%
Number of new people engaged (Target 25)	27	108
Number of people safely managing addictions with reduced substance misuse	25	100
Number of people with improved safety	25	100
Number of people reporting improved living skills	24	96
Number of people feeling better able to manage their mental health issues (13)	24	184
Number of people reporting they are safe, independent, making positive choices	20	80
Number of people reporting reduced isolation/ increased social networks	26	104
Number of people reporting improved self-esteem/confidence	26	104
Number of people reporting reduced stress/anxiety	25	100
Number of people reporting an improvement in mental health	21	84
Number of people reporting an improvement in physical health	21	84
Number of people into education or training (Target 4)	6	150
Number of people with increased basic skills (Target 10)	12	120
Number of people reporting improved budgeting/money management skills (6)	6	100
Number of people into regular volunteering (Target 4)	5	125
Number of people achieving accredited qualifications (Target 4)	6	150

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*“Lloyds Bank Foundation has funded the Recovery project for the last three years and it’s been great to see that a number of people who’ve attended the project have moved onto volunteering, and/or have become peer mentors with the project”.*

***Louise Telford-Lloyds Bank Foundation***

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## Recovery Support Service Case Study

Y came into service at the beginning of Year 1 of the project with problems around alcohol. Y engaged well with her recovery worker and attended the weekly SMART and acupuncture sessions we ran. She was happy to share with others as means of support for her and them.

Y suffered from anxiety, low self-esteem, confidence issues; she also had stresses around single parenting, PIP applications, financial stresses, and was also a carer. This can be very challenging for individuals, who are often requested to attend numerous appointments that further raise anxieties. Y was successfully supported through this by her keyworker.

Y has taken part in several wellbeing workshops and events and gained knowledge around more appropriate coping strategies which has built her confidence and self-esteem. It has been lovely to see Y grow in her own self-worth during the past three years.

Y has moved forward in her recovery journey and has attended accredited training at ESCAPE. Y has now been settled and stable in her recovery for over two years, continues to volunteer on a regular basis at ESCAPE and is an established and well- respected member of the team.



ESCAPE has made a huge difference in my life, it saved me from myself. They gave me the support when I needed it most, taught me how to deal with my own thoughts and feelings and gave me new ways to cope with life. I will be forever grateful as will my family for giving me back me! As a way to somewhat begin to repay my thanks I now work as a volunteer for them which has in itself boosted my confidence - another thing I'd lost along the way. It gives me a reason to get out of the house and do something positive. It also keeps me close to those who helped me and who I now see as my extended family. I can never thank them enough.

## Volunteering, Peer Mentoring and Befriending Service

The Tudor Trust continues to support this project by funding our Volunteer/Peer Mentor Coordinator salary and some running costs for the project.

We have an amazing pool of volunteers who support us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

The focus of ESCAPE's volunteering service this year has been on developing and consolidating the peer mentor and befriender programme. Volunteers continue to be recruited and training has been ongoing with participants attaining Level 2 qualifications in Peer Mentoring and Skills for Supporting those Affected by Substance Misuse, in addition to Fire Safety and First Aid Training. The volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, complementary therapies, befriending, mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

The skills and experiences that people bring are varied and wide-ranging, as are their reasons for volunteering.

At an event in June 2018 volunteers gave the following reasons for volunteering with us:

- To give back something for all the help and support I've received for me to be the person I am today.
- It keeps me busy so I don't fall back into my shell.
- To build my confidence up more and still learn new skills.
- To help others that are going through situations I have been through
- To share experiences with empathy and to give hope.
- The satisfaction of supporting families/service users.
- To learn skills for me to use outside of ESCAPE.
- I want to give to others what I have got out of ESCAPE, like the different tools and the support.

Our 51 volunteers and peer mentors have again made a significant contribution to provision this year providing 10,941 hours of work. This is in effect the equivalent of 5.91 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug & alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.



*First Aid Training October 2018*

### Quotes from Peer Mentor training:

"I have been challenged to look at some issues within myself and developed boundaries to cope with some people more effectively."

"I have enjoyed the course and feel more developed in my journey towards volunteering and paid employment."

"ESCAPE has wonderful people and I made the right choice to do this course."

"It is important to have support and to give support to anyone struggling and these courses really help."

"I am really pleased I chose to do the course. I am happy I have learnt so much! Thank you."

## Training, Education, Health and Wellbeing

Our training officer post was funded by the Esmee Fairbairn Foundation and Coalfields Regeneration Trust from October 2017 until September 2018 and then the costs of the project were covered from reserves until 31/03/2019.

We deliver a robust programme of training for volunteers, peer mentors and befrienders to expand and enhance skills, build confidence and ensure delivery of good quality services. The programme includes ESCAPE's OCN-accredited Support Skills Level 2 and Family Dynamics Level 3, Peer Mentoring Level 2; Referral and First Assessment training, Safeguarding, Group Facilitation Skills, Overdose Awareness, Drug and Alcohol Awareness, Team Work, Communication, Strengthening Families Programme, Teen Triple P Programme, Understanding Teenagers and Wellbeing Workshops.

We were proud to receive this feedback from our external verifier at One Awards:

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*"I just wanted to thank you for the inspirational work from yourselves and your learners. It is so good to see how you are supporting learners and how hard you are all working to make positive changes in their lives. Seeing all the excellent work and understanding the back stories really made my day, so thank you, and keep up the good work!"*

**Jean Sinclair, External Verifier, One Awards**

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We also work with external providers who offer a range of courses to develop and enhance our volunteers' skills including: 12 Step Awareness, Fire Safety, First Aid, Safeguarding, Mental Health Awareness and Acupuncture Training.

Many thanks go to Northumberland Fire Service who delivered Fire Safety Training.



This year volunteers and peers completed a variety of in-house training including: accredited Skills for Supporting those Affected by Addiction, Peer Mentoring and Child and Adult Safeguarding.



Training and education provided to support beneficiaries included: Strengthening Families Programme, Community Reinforcement Approach and Family Training (CRAFT) Confidence & Assertiveness, Understanding Teenagers, Wellbeing Events addressing, mental, emotional and physical health, Sleep Hygiene, Drug and Alcohol Awareness and Overdose Prevention, Harm Reduction and external NHS Health Trainer sessions.

## Partnerships

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings.

This year we have also completed some work in partnership with a Middle School in Wooler. Sarah Tannock our Deputy CEO delivered some drug and alcohol awareness at Glendale Middle School. Feedback from these sessions is as follows:

### Teacher Feedback

*"Thanks again for coming in, it was a really valuable session for both year 7 and year 8, both in terms of supporting work that we do on healthy lifestyles in the science curriculum and from a PSHE aspect. The verbal feedback from pupils was really positive, a number of children told me that they'd never thought about drugs or alcohol as being something that can affect anyone so I think the points that you made to challenge the stereotypes was really effective. I've attached some written feedback from the pupils for you too, it's anonymous so feel free to use it in any reports. It'd be fantastic if you'd be able to come in again next year although I understand that it's difficult for small charities to fund school outreach projects. Thanks again! 😊"* **Catherine Johnston, Science Teacher & PSHE Coordinator, Glendale Community Middle School, Wooler**

### Student's feedback:-

- *It was a really good session and I learnt lots about drugs and to not use them*
- *It was a great and interesting session and I learned a lot. I feel like it was a bit rushed and if we had more time we would have learned more*
- *It was fun, thanks*
- *I think it was fun and good to do*
- *It was fun and interesting to learn about drugs and alcohol*
- *I really enjoyed this session and hope we do it again, but we could have looked at some of the causes and effects 😊*
- *The session was good= amazing but I want to learn more*
- *It was good, the goggles made my head hurt*
- *Helpful - I would like to learn more about what it can do to you and more stories about people in prison*
- *I think that this session was good but I think it would have been better if we learnt more about the appearance of drugs in case someone came across a drug and didn't know what it was*
- *It was really good and it opened my eyes to how dangerous these things could be*
- *Thank you for your amazing session. I would like to know more about what kind of drugs can kill you*

- *I have learned a lot but I will never have much alcohol so I am healthy*
- *It was great and helpful. I would have liked to learn more about individual drugs and their effects*
- *I would like to learn the effects of certain drugs. I learned what it was like to be drunk and the info was great*
- *Good, fun learnt a bit. I liked playing with the cups*
- *Very interesting, I would like more*
- *It was good how she brought things to show us what they look like (drugs). Next time it would be good to do more exercises. I liked the drug use stories you told us as well*
- *I would have liked to have been taught how to spot people who have taken drugs*
- *I think it was good to learn about it so people know it is bad for you*
- *I think the drugs and alcohol session was fun and it was very educational 😊*
- *I liked the beer goggles and I learnt loads*
- *Drugs are bad for you because it makes people do bad stuff*
- *I learned a lot about alcohol and drugs. I really liked wearing the goggles.*

We have also developed a carer support group and counselling service in Berwick with the support of the Day Hospital who kindly allow us to use space in their building free of charge and also the local Library.

A key Stakeholder view on our CRAFT Programme supporting families in Berwick:

*Escape hosted a series of workshops in the Berwick Centre to help those that care for people who have issues with alcohol or substance misuse. We were delighted that we were able to facilitate this as there is a huge need in the north of the county for this type of support. We spoke to some of those that had participated and they said the support they had received was first class. They felt valued, plus the advice and guidance they were given will ensure they have the strategies in place to help them cope with the issues they face on a daily basis. The participants felt they had benefited greatly from the expertise provided by ESCAPE.*

**Lesley Bruce, Education Lead - Employability & Berwick Locality, Learning and Skills Service, Education and Skills, Northumberland County Council**

In 2019/20 we will be working with AIM Northeast on development of satellite drop ins, firstly at Hadston and then at the Briardale Centre, Blyth.

## **The Future**

All plans for the coming year have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1) introducing and embedding a new and stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.

2) piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

Over recent years, ESCAPE has been asked to work more and more with children around the impact of their parents' substance use on the child or young person. As well as the programmes, family therapy, Family Events and respite breaks that children and young people can access through ESCAPE, we have completed a small amount of impact work with young people during 2018/19 due to referrals received. Due to being a small team we have to be careful on how many of these referrals we take at any time.

At present this work takes the form of 1-1 work and can vary depending on the needs of the child. For example, the three most recent young person referrals involved:-

1. A young person struggling with own use, behaviour and caring responsibilities for younger brother.
2. A young person struggling with self-image, confidence and anxieties linked to her experiences of living with a parent's addiction as a young child
3. A young person's frustrations with addicted mother but acting out in school, feeling suffocated by loved one and worries around DV displayed by them to father.

The impact of living in families affected by substance misuse is serious and affects every aspect of a young person's life, with associated ongoing issues throughout adulthood.

The gap between needs and provision has widened over recent years and this is becoming apparent by the number of referrals we receive, along with approaches by a range of professionals and workers for advice and guidance.

The children we currently work with in the family setting have strongly articulated their views on the need for further support from ESCAPE for children and young people. They have told us that they enjoy family activities but would like further activities for them specifically. We have had the opportunity to pilot a number of different interventions with children and young people, for example the Strengthening Families Programme and group sessions tailored to children and young people that were run when their parents were in attendance at a CRAFT programme. In line with our model of support for adults, it has become apparent that children and young people would also benefit from ongoing mutual support and guidance as well as more targeted and structured interventions for their individual needs.

**A focus on our two priority areas, as identified above, will enable us to:**

- reach and support more families
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'



**What Escape means to me**

*The friendliness and support of all the staff and clients . . .  
 Escape—a place and people who understand your problem  
 Help in desperate times . . . A constant support in every  
 aspect of both my recovery and continuing in my volunteering  
 role, I'm forever grateful . . . Total acceptance*

*A constant support in every aspect of both my recovery and continuing in my volunteering role, I'm forever grateful*

*HELP IN Desperate Times*

*Total Acceptance*

*Escape is a place where people who understand your problems*

*The friendliness and support of all the staff and clients*

With thanks to our Funders...

the  
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The Joicey Trust

The Joicey Trust is a registered charity 244679



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Northumbria Healthcare  
NHS Foundation Trust

Northumberland

Northumberland County Council



BLYTH TOWN COUNCIL

THE  
**Barbour**  
FOUNDATION



H A D R I A N  
T R U S T



THE HOSPITAL OF GOD

ESTABLISHED 1271

**GREGGS**  
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VOICES  
NORTHUMBERLAND



J H Burn Charity

## Summary Accounts

### ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

### STATEMENT OF FINANCIAL ACTIVITIES

(including summary income and expenditure account)

For the year ended 31 March 2019

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b>Income from:</b>					
Donations & legacies	6	519	3,741	<b>4,260</b>	33,064
Charitable activities					
Grants & Statutory funding	7	-	163,821	<b>163,821</b>	131,790
Other trading activities	8	3,311	2,729	<b>6,040</b>	7,882
Investments	9	33	-	<b>33</b>	33
<b>Total Income</b>		<b>3,863</b>	<b>170,291</b>	<b>174,154</b>	<b>172,769</b>
<b>Expenditure on:</b>					
Raising funds	10	1,696	170	<b>1,866</b>	2,843
Charitable activities					
Operation of the charity	11	19,030	161,335	<b>180,365</b>	246,807
<b>Total Expenditure</b>		<b>20,726</b>	<b>161,505</b>	<b>182,231</b>	<b>249,650</b>
<b>Net income/(expenditure)</b>		<b>( 16,863 )</b>	<b>8,785</b>	<b>( 8,077 )</b>	<b>( 76,881 )</b>
Transfers between funds		<b>( 1,729 )</b>	<b>1,729</b>	<b>-</b>	<b>-</b>
<b>Net movement of funds</b>		<b>( 18,592 )</b>	<b>10,514</b>	<b>( 8,077 )</b>	<b>( 76,881 )</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		304,619	253,797	<b>558,416</b>	635,297
<b>Total funds carried forward</b>		<b>286,027</b>	<b>264,311</b>	<b>550,339</b>	<b>558,416</b>

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 24 to 33 of Report and Financial Statements document form an integral part of these accounts.

**Contact**

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NE63 0SF

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**ESCAPE FAMILY SUPPORT LIMITED**

**A company limited by guarantee**

**REPORT AND FINANCIAL STATEMENTS**

**For the year ended 31 Mar 2019**

**Charity number 1063500**

**Company number 03256554**

# **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2019

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2019. The trustees have adopted the provisions of 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).

## **OBJECTIVES AND ACTIVITIES**

### **Purposes and Aims**

Our aims and objectives as set out in the objects contained in the company's memorandum of association are now to:

- i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;
- ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and
- iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift.

## **ACHIEVEMENT AND PERFORMANCE**

The information below which provides a summary of achievements and performance over this financial period should be read in conjunction with the attached Financial Statements.

### **How our activities deliver public benefit:**

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, treatment and prevention of substance misuse is undertaken to advance our charitable purposes for the public benefit of Northumberland.

### **Who needs, used and benefited from our services?**

Our funding and resources continue to limit our main service provision to residents of Northumberland. Northumberland has a population of over 316,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county.

In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population. Moreover the North East suffers the worst alcohol related health problems in the UK with 3680 alcohol related deaths per annum (2010-2012). This overall rate is 33% higher than the national average (Balance - North East Alcohol Office). The cost of alcohol related harm in 2015/16 was £341 per head of

## **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2019

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population.

Furthermore, 2.7 million adults in England used an illegal drug in the past year; there are 294,000 heroin and crack users in England; 40% of prisoners have used heroin; and use of cannabis is estimated at 6.5% of the population. Use of New Psychoactive Substances (NPS) previously known as "legal highs" appear to be concentrated amongst young adults (16-24 years), particularly males. Increasing numbers are coming forward to agencies presenting with cannabis as the primary problem; and there is continued reporting of widespread non-medical use of prescription and over the counter drugs. Parental drug use is a risk factor in 29% of all serious case reviews. There were 2,300 drug misuse deaths in England in 2015, an increase of 8.5% on the year before and the highest figures on record. Drug misuse is the third most common cause of death for those aged 15 - 49 years in England. (Public Health England and Crime Survey for England 2015/16)

New data released by the Office of National statistics shows that people dying from drug use has risen yet again to the highest level ever in the North East with 903 people dying as a result of drug poisoning in the North East over a three year period from 2016-18. That is up from 690 deaths in the previous three years from 2013-15, an Increase of 30%. A survey by addiction treatment firm UKAT found that of North East Councils that responded, £35.7 million was being spent helping those struggling with addiction back in 2013 while the number has dropped to £27.2 million this financial year. These figures show the impact that these cuts are having on the most vulnerable people living across the North East.

During 2017/18 in Northumberland, 1084 adults were in drug treatment with 27% unmet need acknowledged. With respect to alcohol, 473 people were in alcohol treatment with 82% unmet need acknowledged (Northumberland Drug and Alcohol Commissioning Packs 2019/20).

With at least three family members affected by a loved one's drug or alcohol use (Adfam) this means that there are at least 4113 people affected by a loved one's substance use resident in Northumberland.

It is therefore essential that ESCAPE Family Support continues to provide specialist family support services to those affected by addiction in Northumberland.

The Government's Alcohol Strategy 2012 aims to achieve:

- \* A change in behaviour so that people think it is not acceptable to drink in ways that could cause harm to themselves or others;

And achieve a reduction in:

- \* The amount of alcohol fuelled violence
- \* The number of adults drinking above the NHS guidelines
- \* The number of people "binge drinking"
- \* The number of alcohol related deaths
- \* The numbers of 11-15 year olds drinking alcohol and the amounts consumed.

The Government's new Drug Strategy 2017 aims to:

- \* Reduce Demand - Building confidence and resilience among children, young people and others with a more targeted approach for vulnerable individuals.
- \* Restricting Supply - Ensuring the legal framework remains effective, while tackling the production and distribution of drugs. Taking a smarter approach to drug-related offending.
- \* Building Recovery - Achieving better outcomes for those in recovery, through increased transparency, better structures, a more integrated system and stronger governance.
- \* Global action - Shaping international policy and practice by providing global leadership and working with our international partners.

In Northumberland, it is estimated that 1200 people are opiate and/or crack users and that 71% of these are in contact with the drug service - this is better than nationally (50%). 43% misuse prescription or over the counter medications (15% nationally). 71% of those in treatment are male and the age profile is: 18-29 years 24%; 30-39 years 39 %; 40-49 years 31%. 18% of people entering treatment in Northumberland are a parent living with children and 42% do not live with their children. 18% of new entrants into treatment also receive care from mental health services (24% nationally).

## **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2019

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33% of opiate users have been in treatment for more than six years (9% nationally). 66% new entrants into treatment are unemployed (44% nationally). (Source: JSNA Support Packs 2017).

In addition, it is very important to ensure that families and carer's, partners and friends are included in a client's treatment journey as this support can make all the difference to a successful outcome. 18% of individuals coming into treatment live with children, and so it is very important that appropriate working practices are in place to safeguard those at risk from hidden harm. An important part of the individual's treatment journey is to ensure that they and their families, friends and children are supported in building and maintaining effective relationships with each other.

Since 1995 ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children and wider family members who are affected and struggling to cope.

Our recovery support project for drug and alcohol users ended on 30<sup>th</sup> September 2018 when our funding from Lloyds Bank Foundation came to an end. The project end was well planned with all remaining service users discharged as successful completions or referred to the commissioned service within Northumberland. We are now only providing drug and alcohol counselling and support to those clients who pay for this service as they do not wish to access the local commissioned service.

ESCAPE's confidential support services are person centred, tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups.

ESCAPE is led by a strong board including people who have personal experience and encountered problems. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard ever since; this achievement includes successful joint assessment against the new more robust Gold standard along with the new Health and Wellbeing Award in February 2019 demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social.

We are very proud of this feedback from our assessment report:

“The previous 3 years, since ESCAPE Family Support's previous Investors in People review, have been very challenging for this small, dedicated charity. Reductions in funding and increased competition for limited resources has placed considerable strain on many charities – to the point that many have ceased operating.

Given such an environment, many organisations may have looked to make efficiencies in terms of staff development and management. However, although ESCAPE has had to downsize, it has not neglected the people development and management practices that earned it the Gold Award at the last review. In fact, there were many examples of how practice had actually been enhanced.

One of the reasons for this is the charity's clear understanding that expenditure of time and resources on people development and management is an investment, which can support the organisation even in the most challenging of environments.

The charity has applied advanced practice that many organisations, with considerably more resources, have not been able to achieve.

## ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

### TRUSTEES ANNUAL REPORT

For the year ended 31 March 2019

Performance management processes remained robust and comprehensive. It was clear that managers dedicated time and effort to encourage people to be the best they can.

As with ESCAPE's approach to people development, there was no reduction in investment in activities to support staff health and well-being. In fact, the conclusion of the survey was that this practice is in these areas had also improved – specifically in the area of psychological wellbeing, where it was seen to be high performing.”

**Investor in People Insights Assessment and Health and Wellbeing Award Report February 2019.**

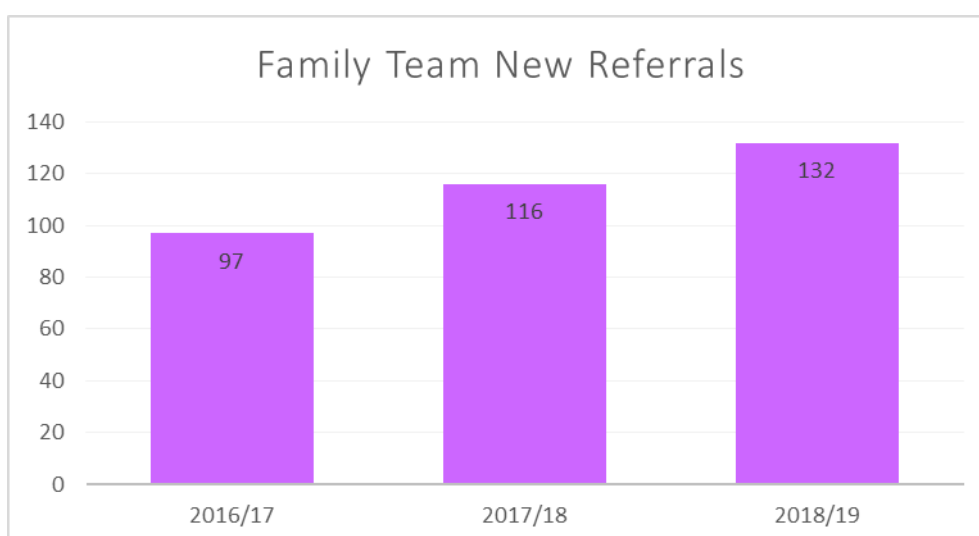
#### ESCAPE Family and Carer Services:

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

The service is supported through grants from Northumbria Healthcare Trust, Public Health, Awards for All, Greggs Foundation, Garfield Weston Foundation, Blyth Town Council, Sir James Knott Foundation, R. W. Mann Trust, Hadrian Trust, Barbour Foundation, Joicey Trust, Hospital of God at Greatham, Souter Charitable Trust and J.H. Burn Trust.

ESCAPE's Family Team delivers a range of services to the families and carers of substance users who include parents, grandparents, partners, siblings and children including 24/7 helpline, crisis support, telephone support, advice, information, advocacy, comprehensive carer assessments, personalised care plans, 1-1 support, counselling, family therapy, support groups, personal learning opportunities, arts and respite opportunities and support to help family members work together. The team also provides specific support for kinship carers; for those with a family member involved in the criminal justice system; and for those bereaved by substance use. We continue to work with family members whether their loved one is in treatment or not. The Family Team continue to offer a range of support where multiple complex issues occur, including children's safeguarding, domestic violence and offending.

The family team received 132 new referrals during 2018/19 (up 13.75% on 2017/18).



## ESCAPE FAMILY SUPPORT LIMITED

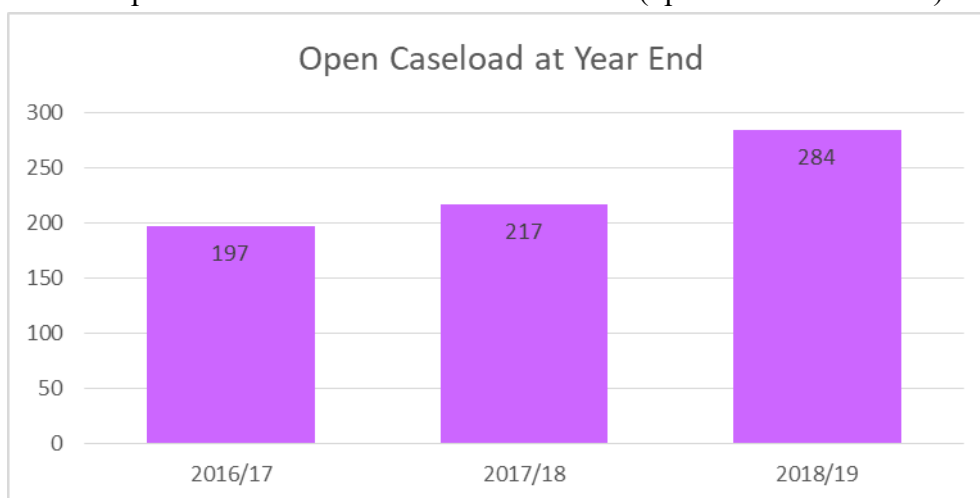
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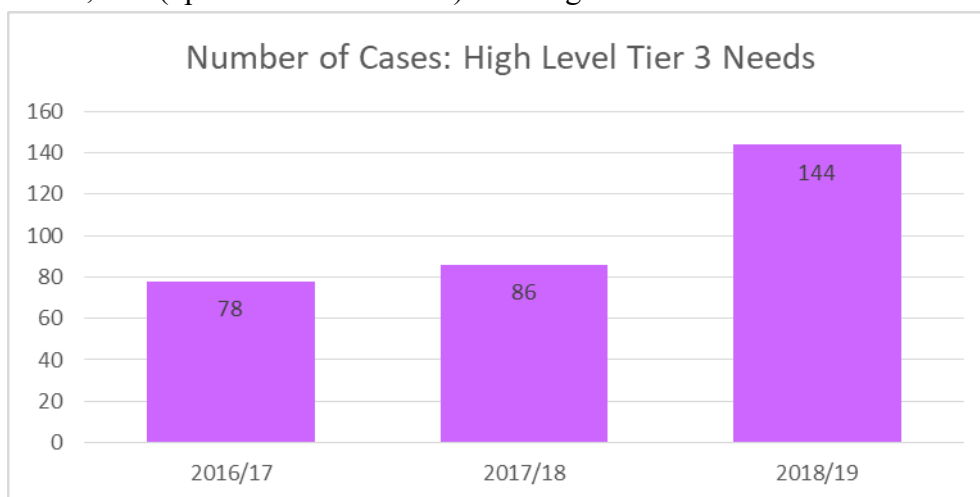
For the year ended 31 March 2019

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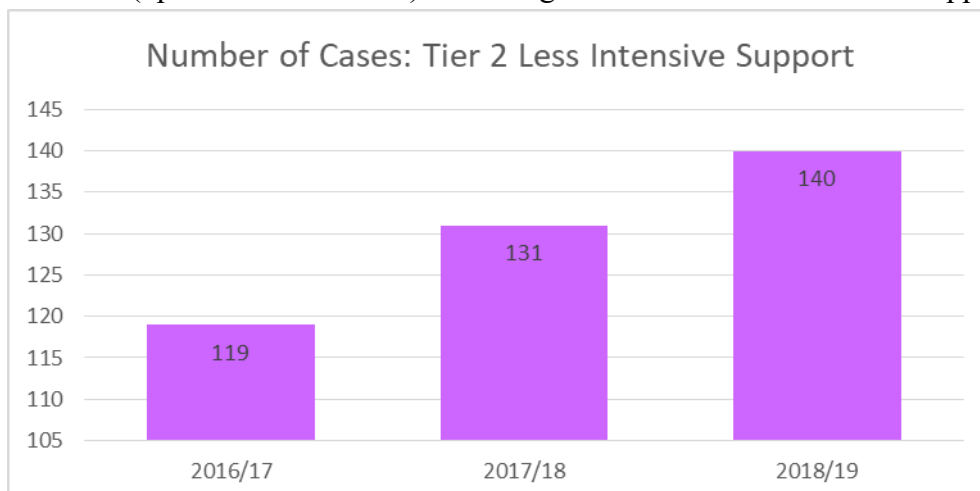
The family team had an open caseload of 284 on 31 March 2019 (up 30.8% on 31/03/18).



Of the 284 open cases, 144 (up 67.4% on 31/03/18) have high level Tier 3 needs.



The remaining 140 cases (up 6.8% on 31/03/18) are sitting within Tier 2 less intensive support.



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The Family Team also worked with 90 young carers and children through provision of training, family fun days and Family Therapy.

#### Our Family Service Interventions in Numbers

288	Helpline Calls
494	Brief Interventions
95	Counselling sessions
152	Hours of Family Therapy
1,560	CRAFT 1-1 support sessions
23	CRAFT Programme Group Sessions (3 Full Programmes)
16	CRAFT Maintenance Support Group Sessions
133	Complementary Therapy Sessions
23	Coffee Mornings/Mutual Aid groups
27	Art Group Sessions
16	Kinship Group Sessions
93	Family Respite Breaks
4	Pamper/Wellbeing Events
4	Family Fun Days

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

75% of our CRAFT participants rated CRAFT course delivery and content as excellent with the other 25% rating this as very good.

These operate on a scale of 0 = Poor and 10 = Good.

Average stress/anxiety ratings before the course were: 2.50

Average stress/anxiety ratings after the course were: 6.08

Average overall Happiness ratings before the course were: 2.58

Average overall Happiness ratings after the course were: 6.41

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CRAFT significantly reduces stress and anxiety and increases overall happiness. See below some comments from participants that show us how people feel after completing CRAFT:

*"CRAFT is such a valuable programme regarding life styles in general"*

*"I feel stronger to cope with situations"*

*"It has taken us 20 years to learn what to do and how to cope; you can learn this in 8 weeks"*

*"Learned how to encourage loved one into recovery and how to talk to them in a way that encourages but doesn't inflame the situation"*

*"I have found the course really helpful for informing me how to deal with certain situations in a much more positive way"*

*"It helps you to cope with your own feelings and to understand your loved one's feelings"*

*"I have enjoyed the weekly meetings with Elaine and Debs helping and supporting us with what we are going through. Also it's good to be around people who are going through similar situations to myself and being able to be open and honest which is hard to do at home"*

*"Feeling much more positive about the future, been given lots of valuable information to change situation/lifestyle"*

*"Thank you to you both for your valuable advice and caring approach. This has been so beneficial to me, carry on what you are doing you are stars x"*

*"I now feel like I am in control of my life"*

*"Do it (CRAFT), it will be the best thing you will ever do"*

*"I feel a lot more confident"*

*"I have learned a lot and it has helped me change myself and how I deal with situations when it comes to dealing with my partner"*

*"It helped me when I thought there was nothing out there that could/would help"*

*"I would like to say thank you, because of this course I can see how much my children are benefitting from seeing me and there dad communicating instead of arguing and I feel so much more confident in dealing with my children's dad and I have also been using the things I have learned with my children to help me communicate with them better"*

The Family Team utilise the Carer Support Outcome Profile (CSOP) developed by The Bridge Project in Bradford and the Family Outcome Star. These tools track carer treatment and outcomes and show that overall our service achieves an improvement across all areas measured for its carers and family members, both in the initial stages of support and across their entire period of support. This includes their relationship with the user, relationship with family, psychological health and quality of life therefore demonstrating the positive impact our family services have on the lives of family members and carer's.

### Strengthening Families Programme

We worked with Lisa Blaney of Strengthening Families North East CIC and Blyth Children's Centre to deliver Strengthening Families Programmes this year.

To measure distance travelled for those who attended Strengthening Families we looked at several indicators and scores, both pre and post programme.

Overall 6 families began the programme and 4 completed this. There were a number of referrals to the programme but consideration had to be paid to the age group and needs which limited group size. Late/last minute referrals to the programme were also difficult to process in time prior to start date. One referral also missed the first session by being advised by the referrer of a wrong location and then had two weeks holiday which meant she would not complete adequate sessions for learning, so it was agreed she would be invited to the next programme.

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To measure distance travelled for those who attended the programme we used the Family Star which looks at a number of indicators and scores these pre and post programme.

Overall, the cumulative values of each score can be seen below:-

Family Scores									
Scores	Physical	Wellbeing/ Emotional Needs	Child safety	Social Networks	Education	Behaviour & Boundaries	Family Routine	Home & Money	Overall
Pre	27	25	30	28	25	26	22	33	216
	3	2	5	1	7	6	9	1	34
Post	30	27	35	29	32	32	31	34	250

It is clear from the table that the group as a whole progressed with an overall pre -programme score of 216 increasing to 250 (+34) at post programme. Every group member increased their scores on every indicator suggesting their overall benefits of attending the programme stretched to all areas of their lives. As a group we saw the greatest increases around greater confidence in addressing behaviour and putting boundaries in place (+6), education (+7) and family routine (+9).

*Below is a breakdown of overall individual case scores:*

Family Scores - Individual Cases				
Scores	Case 1	Case 2	Case 3	Case 4
Pre	49	60	50	57
	14	6	8	6
Post	63	66	58	63

All families felt they have made progress in each of the areas.

*Families that participated in the Strengthening Families programme responded with feedback as follows:*

What have you gained from attending the Strengthening Families Programme?

“Understanding  
anger and  
emotions”

“To talk to others, to  
have a laugh and my  
daughter mixed in well”

“Seeing my granddaughter grow in  
confidence, being happy and involved  
with the group and I’m more confident in  
coping with behaviours now”

How has it made a difference within your family?

“Learned good things on how to discipline my daughter”

“Me and my granddaughter have always been close but this has given us a better insight into her and has helped both our relationships”

Would you recommend it to others? And why?

“Yes, good times and I’ve been able to talk to other parents”

“ I would strongly recommend it to other parents”

“Yes, helpful in dealing with young people who are struggling”

Any other feedback

“I am going to miss the group and People, I’ve loved every minute of it “

During 2018/19 we successfully ran two Teen Triple P programmes. This has resulted in 68 referrals for this course. These referrals breakdown into 22 (32%) referrals received directly from childrens services and all other referrals from Early Help workers/Children centres or the HUB (56%) with the exception of 2 (3%)from schools, 2 (3%)from Buffalo Centre and 4 (6%)internal referrals. A number of early help worker/children centre referrals had been allocated to them via the local HUB for parent drop in/Early Help Assessments. This support led to referrals to ESCAPE for parenting programmes and ongoing support from us. Within the two courses, 15 parents were successfully skilled.

A snapshot of feedback received around the programmes from parents is below.

**Feedback from the Teen Triple Programmes included:-**

**What have you gained from attending the Teen Triple P Programme?**

- *Learnt how to handle situations better. Different scenarios to difficult issues, to be more clear and assertive*
- *How to help my relationship with my daughter*
- *Given me more ideas on how to deal with awkward difficult teenagers*
- *Learning strategies to help with my granddaughter and learning safeguarding issues with her and learning from other members*
- *Strategies on how to manage when kids get to teens*
- *Knowing how to talk and handle situations with my children in a more mature manner. Being more considerate to their feelings on subjects*

**How has it made a difference within your family?**

- *Adult conversations isolated from kids, my daughter diffuses a lot quicker. House is generally a lot happier*
- *Given me more ideas plus a back-up plan for my daughter*
- *Given us more ideas and a back-up plan*
- *I'm starting to put boundaries in place now*
- *Being able to step back and think how best to handle it as unsure before, as jumping in and using things that have previously not worked*

**Would you recommend it to others? And why?**

- *Definitely, great advice and tips*
- *Yes, gives you ideas on how to cope with your children*
- *Yes, gives you plenty of ideas on how to deal with different issues*
- *Highly recommend it to everyone, it has helped me in so many ways.*
- *Yes, because it helps you to understand why the children are acting the way they are, what you could be doing that could play a part in it and what you could do to make it better*
- *Definitely, there is always techniques and things that can be learnt from attending courses but also from other parents who are experiencing similar issues*

**Any other feedback**

- *Angie has been an absolutely brilliant teacher*
- *It has been lovely to spend time with other parents who have similar issues and see that I am not alone.*

## **Recovery Support Service**

This project was funded by Lloyds Bank Foundation to deliver support to a small caseload of 25 drug and alcohol users per annum who either do not meet the thresholds for the commissioned treatment service in Northumberland or who prefer to access support at ESCAPE instead.

The service received 27 new referrals in 2018/19 however the project closed on 30<sup>th</sup> September 2018 when the funding ended following three years of successful reporting against agreed outcomes. We worked with the Senior Public Health Manager and Northumberland Recovery Partnership to review the caseload and transition those clients still in need of support.

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We have continued to deliver SMART Recovery Groups in Blyth and Ashington and to support a women's mutual aid recovery support group in West Northumberland. ESCAPE has provided peer mentoring and volunteering placements throughout the year and provided in-house accredited training and vocational training for participants.

### Our Recovery Service Interventions in Numbers:

54	Helpline Calls
61	Brief Interventions
187	1-1 Support Sessions
62	Counselling Sessions
38	SMART Recovery Group Sessions (76 attendances)
49	Acupuncture Group Sessions
13	Art Sessions

In year 3 of this project we achieved the following outcomes with this caseload of 34 people:

	Achieved	%
Number of new people engaged (Target 25)	27	108
Number of people safely managing addictions with reduced substance misuse	25	100
Number of people with improved safety	25	100
Number of people reporting improved living skills	24	96
Number of people feeling better able to manage their mental health issues (13)	24	184
Number of people reporting they are safe, independent, making positive choices	20	80
Number of people reporting reduced isolation/ increased social networks	26	104
Number of people reporting improved self-esteem/confidence	26	104
Number of people reporting reduced stress/anxiety	25	100
Number of people reporting an improvement in mental health	21	84
Number of people reporting an improvement in physical health	21	84
Number of people into education or training (Target 4)	6	150
Number of people with increased basic skills (Target 10)	12	120
Number of people reporting improved budgeting/money management skills (6)	6	100
Number of people into regular volunteering (Target 4)	5	125
Number of people achieving accredited qualifications (Target 4)	6	150

#### Louise Telford-Lloyds Bank Foundation

“Lloyds Bank Foundation has funded ESCAPE’s Recovery project for the last three years and it’s been great to see that a number of people who’ve attended the project have moved onto volunteering, and/or have become peer mentors with the project”.

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#### **VOLUNTEERING AND PEER MENTORING PROJECT:**

The Tudor Trust continues to support this project by funding our Volunteer/Peer Mentor Coordinator salary and some running costs for the project.

We have an amazing pool of volunteers who support us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

The focus of ESCAPE's volunteering service this year has been on developing and consolidating the peer mentor and befriender programme. Volunteers continue to be recruited and training has been ongoing with participants attaining Level 2 qualifications in Peer Mentoring and Skills for Supporting those Affected by Substance Misuse, in addition to Fire Safety and First Aid Training. The volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, complementary therapies, befriending, mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

The skills and experiences that people bring are varied and wide-ranging, as are their reasons for volunteering.

At an event in June 2018 volunteers gave the following reasons for volunteering with us:

- To give back something for all the help and support I've received for me to be the person I am today.
- It keeps me busy so I don't fall back into my shell.
- To build my confidence up more and still learn new skills.
- To help others that are going through situations I have been through
- To share experiences with empathy and to give hope.
- The satisfaction of supporting families/service users.
- To learn skills for me to use outside of ESCAPE.
- I want to give to others what I have got out of ESCAPE, like the different tools and the support.

Our 51 volunteers and peer mentors have again made a significant contribution to provision this year providing 10,941 hours of work. This is in effect the equivalent of 5.91 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug & alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

### Quotes from Peer Mentor training:

"I have been challenged to look at some issues within myself and developed boundaries to cope with some people more effectively."

"I have enjoyed the course and feel more developed in my journey towards volunteering and paid employment."

"ESCAPE has wonderful people and I made the right choice to do this course."

"It is important to have support and to give support to anyone struggling and these courses really help."

"I am really pleased I chose to do the course. I am happy I have learnt so much! Thank you."

### TRAINING PROJECT

Our training officer post was funded by the Esmee Fairbairn Foundation and Coalfields Regeneration Trust from October 2017 until September 2018 and then the costs of the project were covered from reserves until 31/03/2019.

We deliver a robust programme of training for volunteers, peer mentors and befrienders to expand and enhance skills, build confidence and ensure delivery of good quality services. The programme includes ESCAPE's OCN-accredited Support Skills Level 2 and Family Dynamics Level 3, Peer Mentoring Level 2; Referral and First Assessment training, Safeguarding, Group Facilitation Skills, Overdose Awareness, Drug and Alcohol Awareness, Team Work, Communication, Strengthening Families Programme, Teen Triple P Programme, Understanding Teenagers and Wellbeing Workshops.

We were proud to receive this feedback from our external verifier at One Awards:

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*"I just wanted to thank you for the inspirational work from yourselves and your learners. It is so good to see how you are supporting learners and how hard you are all working to make positive changes in their lives. Seeing all the excellent work and understanding the back stories really made my day, so thank you, and keep up the good work!"*

***Jean Sinclair, External Verifier, One Awards***

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We also work with external providers who offer a range of courses to develop and enhance our volunteers' skills including: 12 Step Awareness, Fire Safety, First Aid, Safeguarding, Mental Health Awareness and Acupuncture Training.

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Many thanks go to Northumberland Fire Service who delivered Fire Safety Training.

This year volunteers and peers completed a variety of in-house training including: accredited Skills for Supporting those Affected by Addiction, Peer Mentoring and Child and Adult Safeguarding.

Training and education provided to support beneficiaries included: Strengthening Families Programme, Community Reinforcement Approach and Family Training (CRAFT) Confidence & Assertiveness, Understanding Teenagers, Wellbeing Events addressing, mental, emotional and physical health, Sleep Hygiene, Drug and Alcohol Awareness and Overdose Prevention, Harm Reduction and external NHS Health Trainer sessions.

#### Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings.

This year we have also completed some work in partnership with a Middle School in Wooler. Sarah Tannock our Deputy CEO delivered some drug and alcohol awareness at Glendale Middle School. Feedback from these sessions is as follows:

#### Teacher Feedback

*“Thanks again for coming in, it was a really valuable session for both year 7 and year 8, both in terms of supporting work that we do on healthy lifestyles in the science curriculum and from a PSHE aspect. The verbal feedback from pupils was really positive, a number of children told me that they'd never thought about drugs or alcohol as being something that can affect anyone so I think the points that you made to challenge the stereotypes was really effective. I've attached some written feedback from the pupils for you too, it's anonymous so feel free to use it in any reports. It'd be fantastic if you'd be able to come in again next year although I understand that it's difficult for small charities to fund school outreach projects. Thanks again! 😊” Catherine Johnston, Science Teacher & PSHE Coordinator, Glendale Community Middle School, Wooler*

#### Student's feedback:-

- *It was a really good session and I learnt lots about drugs and to not use them*
- *It was fun and interesting to learn about drugs and alcohol*
- *I really enjoyed this session and hope we do it again, but we could have looked at some of the causes and effects 😊*
- *The session was good= amazing but I want to learn more*
- *It was good, the goggles made my head hurt*
- *Helpful - I would like to learn more about what it can do to you and more stories about people in prison*
- *I think that this session was good but I think it would have been better if we learnt more about the appearance of drugs in case someone came across a drug and didn't know what it was*
- *It was really good and it opened my eyes to how dangerous these things could be*

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- *Thank you for your amazing session. I would like to know more about what kind of drugs can kill you*
- *I have learned a lot but I will never have much alcohol so I am healthy*
- *It was great and helpful. I would have liked to learn more about individual drugs and their effects*
- *I would like to learn the effects of certain drugs. I learned what it was like to be drunk and the info was great*
- *Very interesting, I would like more*
- *It was good how she brought things to show us what they look like (drugs). Next time it would be good to do more exercises. I liked the drug use stories you told us as well*
- *I think it was good to learn about it so people know it is bad for you*
- *I think the drugs and alcohol session was fun and it was very educational ☺*
- *I liked the beer goggles and I learnt loads*
- *Drugs are bad for you because it makes people do bad stuff*
- *I learned a lot about alcohol and drugs. I really liked wearing the goggles.*

We have also developed a carer support group and counselling service in Berwick with the support of the Day Hospital who kindly allow us to use space in their building free of charge and also the local Library.

*A key Stakeholder view on our CRAFT Programme supporting families in Berwick:*

*ESCAPE hosted a series of workshops in the Berwick Centre to help those that care for people who have issues with alcohol or substance misuse. We were delighted that we were able to facilitate this as there is a huge need in the north of the county for this type of support. We spoke to some of those that had participated and they said the support they had received was first class. They felt valued, plus the advice and guidance they were given will ensure they have the strategies in place to help them cope with the issues they face on a daily basis. The participants felt they had benefited greatly from the expertise provided by ESCAPE. Lesley Bruce, Education Lead - Employability & Berwick Locality, Learning and Skills Service, Education and Skills, Northumberland County Council*

In 2019/20 we will be working with AIM Northeast on development of satellite drop ins, firstly at Hadston and then at the Briardale Centre, Blyth.

## FINANCIAL REVIEW

### Reserves policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold between 6 and 12 months operating costs in unrestricted reserves.

The budget for 2019/20 is £168,522 and therefore the unrestricted cash reserves target is £84,261 to £168,522 to be retained in reserves plus tangible fixed assets. Unrestricted cash reserves funds of £154,886, designated unrestricted cash funds of £10,618 and £60,131 of restricted cash funds apply at 31st March 2019. The charity also has £336,521 fixed assets.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding until 31st March 2020. Steps taken in 2018/2019 to reduce overheads and thereby strengthen sustainability included staff redundancies and further downsizing of the charity.

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#### **Principal Funding Sources**

Principal funding sources for the charity during 2018/2019 were for the Family Team through Northumbria Healthcare Trust, Public Health, Awards for All, Greggs Foundation, Garfield Weston Foundation, Blyth Town Council, Sir James Knott Foundation, R. W. Mann Trust, Hadrian Trust, Barbour Foundation, Joicey Trust, Hospital of God at Greatham, Souter Charitable Trust and J.H. Burn Trust.

The remainder of a grant from Lloyds Bank Foundation funded our Recovery Support Project through to completion.

Tudor Trust funded our Volunteer and Peer Mentoring Project.

A grant from Coalfields Regeneration Trust sustained the health and wellbeing training project.

Strengthening Families North East Ltd funded a Strengthening Families Programme we co-delivered.

Our thanks go to all of the funders who supported us this year and ensured sustainability of the charity.

#### **FUTURE PLANS**

The charity will continue to work to consolidate and maintain existing service provision. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. Our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Providing a range of services which comply with appropriate quality standards and address problems associated with substance misuse.
- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.
- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans for the coming year have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

- 1) introducing and embedding a new and stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.
- 2) piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

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Over recent years, ESCAPE has been asked to work more and more with children around the impact of their parents' substance use on the child or young person. As well as the programmes, family therapy, Family Events and respite breaks that children and young people can access through ESCAPE, we have completed a small amount of impact work with young people during 2018/19 due to referrals received.

Due to being a small team we have to be careful on how many of these referrals we take at any time.

At present this work takes the form of 1-1 work and can vary depending on the needs of the child. For example, the three most recent young person referrals involved:-

1. A young person struggling with own use, behaviour and caring responsibilities for younger brother.
2. A young person struggling with self-image, confidence and anxieties linked to her experiences of living with a parent's addiction as a young child
3. A young person's frustrations with addicted mother but acting out in school, feeling suffocated by loved one and worries around DV displayed by them to father.

The impact of living in families affected by substance misuse is serious and affects every aspect of a young person's life, with associated ongoing issues throughout adulthood.

The gap between needs and provision has widened over recent years and this is becoming apparent by the number of referrals we receive, along with approaches by a range of professionals and workers for advice and guidance.

The children we currently work with in the family setting have strongly articulated their views on the need for further support from ESCAPE for children and young people. They have told us that they enjoy family activities but would like further activities for them specifically. We have had the opportunity to pilot a number of different interventions with children and young people, for example the Strengthening Families Programme and group sessions tailored to children and young people that were run when their parents were in attendance at a CRAFT programme. In line with our model of support for adults, it has become apparent that children and young people would also benefit from ongoing mutual support and guidance as well as more targeted and structured interventions for their individual needs.

#### **A focus on our two priority areas, as identified above, will enable us to:**

- reach and support more families
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'

We regularly attend meetings and participate in partnership work within the Northumberland Children's Services Early Help Hubs; South East Early Help Network Meetings; Northumberland Carers Strategic Partnership; Northumberland Drug and Alcohol Steering Group; Wansbeck and Cramlington Hospitals Alcohol Development Group. We are a valued partner within these settings.

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## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996 and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as members of the Management Committee, usually referred to as the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the longest serving members of the Management Committee (the Board) retire on rotation at each Annual General Meeting and, being eligible, can stand for re-election.

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors. In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The Management Committee (the board) has six members who meet every other month and are responsible for the strategic direction and policy of the charity. At present the Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rest with the Chief Executive. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group and the Carers Strategy Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health & crime-related programmes and strategies are discussed, analysed, & learning disseminated. We share knowledge, experience, best practice, assisting communities & organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

### **Organisational structure**

Other close working partnerships have been developed with Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Relate, Cygnus, BRIC, Northumberland CVA, Northumberland CAB,

## **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2019

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Northumberland Domestic Abuse Service and other Community Groups. The charity initially achieved the Investors in People Gold Standard in 2010 and was successful in retaining Gold standard in January 2013, February 2017 and again in February 2019. Investors in People Health and Wellbeing Standard was achieved in 2011 and retained in 2014 , 2017 and again in February 2019.

### **REFERENCE AND ADMINISTRATIVE DETAILS**

#### **Registered Company number**

03256554 (England and Wales)

#### **Registered Charity number**

1063500

#### **Registered office**

Susan Kennedy Centre  
63 Southview  
Ashington  
Northumberland  
NE63 0SF

#### **Trustees**

T Devine  
D Brown  
J L M Axelby  
A Steward  
J Murphy  
S J Murphy

#### **Company Secretary**

T Devine

#### **Independent examiner**

Jim Dodds  
Ellison Services Ltd  
Higham House  
Higham Place  
Newcastle Upon Tyne  
NE1 8AF

#### **Solicitors**

Helen Kay  
HMK Legal Ltd  
Clavering House  
Clavering Place  
Newcastle upon Tyne  
NE1 3NG

Cuthbertsons  
3 Stanley Street  
Blyth  
Northumberland  
NE24 2BS

## **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2019

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#### **TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT**

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by order of the board of trustees on 16/12/2019 and signed on its behalf by:

.....  
A Steward - Treasurer and Trustee

## **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

### **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES**

For the year ended 31 March 2019

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I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2019, which are set out on pages 22 to 33.

#### **Respective responsibilities of trustees and examiner**

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

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

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

#### **Basis of independent examiner's statement**

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

#### **Independent examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Jim Dodds  
Ellison Services Limited  
Higham House  
Higham Place  
Newcastle upon Tyne  
NE1 8AF  
Date: 17/12/2019

**ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES**

(INCLUDING SUMMARY INCOME &amp; EXPENDITURE ACCOUNT)

For the year ended 31 March 2019

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b><u>Income from:</u></b>					
Donations and legacies	6	519	3,741	<b>4,260</b>	33,064
Charitable activities					
Grants and statutory funding	7	-	163,821	<b>163,821</b>	131,790
Other trading activities	8	3,311	2,729	<b>6,040</b>	7,882
Investments	9	33	-	<b>33</b>	33
<b>Total income</b>		<b>3,863</b>	<b>170,291</b>	<b>174,154</b>	<b>172,769</b>
<b><u>Expenditure on:</u></b>					
Raising funds	10	1,696	170	<b>1,866</b>	2,843
Charitable activities					
Operation of the charity	11	19,030	161,335	<b>180,365</b>	246,807
<b>Total expenditure</b>		<b>20,726</b>	<b>161,505</b>	<b>182,231</b>	<b>249,650</b>
<b>Net income/(expenditure)</b>		<b>( 16,863 )</b>	<b>8,785</b>	<b>( 8,077 )</b>	<b>( 76,881 )</b>
Transfers between funds		<b>( 1,729 )</b>	<b>1,729</b>	<b>-</b>	<b>-</b>
<b>Net movement of funds</b>		<b>( 18,592 )</b>	<b>10,514</b>	<b>( 8,077 )</b>	<b>( 76,881 )</b>
<b><u>Reconciliation of funds</u></b>					
Total funds brought forward		304,619	253,797	<b>558,416</b>	635,297
<b>Total funds carried forward</b>		<b>286,027</b>	<b>264,311</b>	<b>550,339</b>	<b>558,416</b>

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 24 to 33 form an integral part of these accounts.

**ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

Charity Number 1063500  
Company Number 03256554**BALANCE SHEET**

As at 31 March 2019

	Notes	£	Total 2019 £	£	Total 2018 £
<b><u>Fixed assets</u></b>					
Tangible assets	18		336,521		361,547
<b><i>Total fixed assets</i></b>			<b>336,521</b>		<b>361,547</b>
<b><u>Current assets</u></b>					
Debtors	19	-		1,388	
Cash at bank and in hand	20	215,018		197,523	
<b><i>Total current assets</i></b>		<b>215,018</b>		<b>198,911</b>	
<b>Creditors:</b> amounts falling due within one year	21	( 1,200 )		( 2,042 )	
<b><i>Net current assets</i></b>			<b>213,818</b>		<b>196,869</b>
<b><i>Total assets less current liabilities</i></b>			<b>550,339</b>		<b>558,416</b>
<b><i>Total net assets or liabilities</i></b>			<b>550,339</b>		<b>558,416</b>
<b><u>Funds of the charity</u></b>					
Unrestricted income funds			286,027		304,619
Restricted income funds			264,311		253,797
<b><i>Total funds</i></b>			<b>550,339</b>		<b>558,416</b>

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

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

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

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

The notes on pages 24 to 33 form an integral part of these accounts.

These financial statements were approved by the Board on: 16/12/2019

and are signed on its behalf by: Angela Steward  
Treasurer

# **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

---

### **1 Accounting Policies**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### **2 Basis of accounting**

#### **2.1 Basis of preparation**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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 Charities Act 2011.

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

#### **2.2 Preparation of the accounts on a going concern basis**

The charity reported total unrestricted funds at the year end of £286,027 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

### **3 Income**

#### **3.1 Recognition of income**

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

#### **3.2 Offsetting**

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

#### **3.3 Grants and donations**

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 of income recognition are met.

## **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

### **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

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#### **3.4 Donated goods and services**

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

#### **3.5 Volunteer help**

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

#### **3.6 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.

#### **3.7 Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

#### **3.8 Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

#### **3.9 Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

### **4 Expenditure and liabilities**

#### **4.1 Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

#### **4.2 Charitable activities**

Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

## **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

### **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

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#### **4.3 Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

#### **4.4 Irrecoverable VAT**

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

#### **4.5 Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

#### **4.6 Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

### **5 Assets**

#### **5.1 Tangible fixed assets for use by the charity**

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and Computer Equipment	25 % Straight Line
Caravan	10 % Straight Line
Motor vehicles	25 % Straight Line

## ESCAPE Family Support Limited

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### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

#### Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b>6 Donations and legacies</b>				
Donations and grants	519	3,741	<b>4,260</b>	32,668
Gain on sale of tangible fixed assets	-	-	-	456
Other	-	-	-	( 60 )
	<u>519</u>	<u>3,741</u>	<u><b>4,260</b></u>	<u>33,064</u>
<b>7 Charitable activities</b>				
<u>Grant income</u>				
Hadrian Trust	-	1,000	<b>1,000</b>	-
Strengthening Families	-	2,350	<b>2,350</b>	-
Garfield Weston Foundation	-	20,000	<b>20,000</b>	-
Greggs Foundation	-	16,000	<b>16,000</b>	-
Sir James Knott Foundation	-	7,500	<b>7,500</b>	7,500
Building Better Opportunities ESF & BIG Grant	-	12,488	<b>12,488</b>	9,481
RW Mann Trust	-	1,000	<b>1,000</b>	-
JH Burn Trust	-	150	<b>150</b>	-
Arts Council England	-	533	<b>533</b>	-
Hospital of God at Greatham	-	1,800	<b>1,800</b>	-
Tudor Trust	-	22,000	<b>22,000</b>	22,000
The Barbour Foundation	-	5,000	<b>5,000</b>	2,000
Joicy Trust	-	3,000	<b>3,000</b>	-
Souter Charitable Trust	-	3,000	<b>3,000</b>	2,500
Lloyds TSB	-	-	-	24,999
Awards for All	-	-	-	9,999
Groundworks	-	-	-	2,500
BBC Children in Need	-	-	-	5,336
The Willan Trust	-	-	-	5,000
The Police Commissioners Fund	-	-	-	1,475
Percy Hedley Trust	-	-	-	1,000
Coalfields Regeneration Trust	-	-	-	10,000
<u>Statutory income</u>				
Blyth Town Council	-	3,000	<b>3,000</b>	3,000
Northumbria Healthcare Trust	-	25,000	<b>25,000</b>	25,000
Northumberland County Council	-	40,000	<b>40,000</b>	-
	<u>-</u>	<u>163,821</u>	<u><b>163,821</b></u>	<u>131,790</u>
<b>8 Other trading activities</b>				
Fundraising events	2,937	-	<b>2,937</b>	7,869
Shop income	363	-	<b>363</b>	13
Room Hire	-	2,440	<b>2,440</b>	-
Other sales	11	289	<b>300</b>	-
	<u>3,311</u>	<u>2,729</u>	<u><b>6,040</b></u>	<u>7,882</u>

**ESCAPE Family Support Limited**

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

**Analysis of income** continued

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b>9 Income from investments</b>				
Bank interest	33	-	33	33
	<u>33</u>	<u>-</u>	<u>33</u>	<u>33</u>

Income was £174,154 (2018: £172,769) of which £3,863 was unrestricted or designated (2018: £59,217) and £170,291 was restricted (2018: £113,552)

**Analysis of expenditure on charitable activities**

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b>10 Raising funds</b>				
Fundraising costs	1,696	170	1,866	2,843
	<u>1,696</u>	<u>170</u>	<u>1,866</u>	<u>2,843</u>

**11 Charitable activities**Direct costs

Staff costs	3,128	90,085	93,213	164,327
Training costs	45	138	183	3,707
Respite costs (caravan)	-	4,357	4,357	7,121
Volunteer costs including travel	178	8,303	8,481	10,871
Client costs	258	942	1,200	1,078
Helpline and outreach	-	1,747	1,747	2,174

Support costs

Rent	-	-	-	5,019
Utilities	-	13,145	13,145	17,666
General running costs	-	17	17	530
Insurance	-	5,056	5,056	6,619
Repairs and renewals	-	1,795	1,795	10,090
Cleaning	-	894	894	-
Telephone	-	1,576	1,576	-
Internet and ICT costs	-	7,607	7,607	-
Stationery and copying	6	4,971	4,977	5,300
Sundry	50	( 2 )	48	( 312 )
Refreshments	15	493	509	866
Professional fees	7,196	2,538	9,734	4,767
Bank charges	60	-	60	60
Depreciation and loss on disposal	8,093	16,473	24,566	3,924

Governance costs

Independent examiner's fees for reporting on the accounts	-	1,200	1,200	3,000
	<u>19,030</u>	<u>161,335</u>	<u>180,365</u>	<u>246,807</u>

## ESCAPE Family Support Limited

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

#### Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £182,231 (2018: £249,650) of which £20,726 was unrestricted or designated (2018: £95,847) and £161,505 was restricted (2018: £153,803)

#### 12 Fees for examination of the accounts

	2019 £	2018 £
Independent examiner's fees for reporting on the accounts	1,200	3,000
	<u>1,200</u>	<u>3,000</u>

There were no other fees paid to the examiner (2018: £nil)

#### 13 Analysis of staff costs and the cost of key management personnel

	2019 £
Salaries and wages	81,645
Social security costs	6,029
Pension costs (defined contribution pension plan)	2,984
Other employee benefits	362
	<u>91,020</u>

No employee received remuneration above £60,000 (2018: £nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £3,000.

#### 14 Staff numbers

The average monthly head count was 5 staff (2018: 10 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2019 Number	2018 Number
The parts of the charity in which the employee's work		
Charitable activities	3.5	10.0
	<u>3.5</u>	<u>10.0</u>

#### 15 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £2,984). There was £0 outstanding as at 31 March 2019.

## ESCAPE Family Support Limited

(A company limited by guarantee)

### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

#### 16 Transactions with trustees

One trustee received a payment in connection with her role as Chief Executive. No remuneration or benefits were paid for her role as trustee (2018: £nil). No other trustees were paid or received any other benefits. (2018: £nil)

	Remuneration	Pension	Other	Total 2019
Name	£	£	£	£
Janet Murphy	-	-	3,000	3,000

#### Trustees' expenses

The following detail the expenses incurred by the trustees.

	2019 £
Travel	1,585
	1,585

#### Transaction(s) with related parties

There have been no related party transactions in the reporting period.

#### 17 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

18 Tangible fixed assets	Freehold property	Office and computer equipment	Caravan	Motor vehicles	Total
	£	£	£	£	£
<b>Cost</b>					
At 1 April 2018	341,147	50,165	25,033	1,000	417,345
Additions	-	-	-	-	-
Disposals	-	( 21,196 )	-	-	( 21,196 )
<b>At 31 March 2019</b>	<b>341,147</b>	<b>28,969</b>	<b>25,033</b>	<b>1,000</b>	<b>396,149</b>
<b>Depreciation</b>					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2018	-	31,781	23,767	250	55,798
Depreciation charge for year	12,714	7,038	1,266	250	21,268
Disposals	-	( 17,438 )	-	-	( 17,438 )
<b>At 31 March 2019</b>	<b>12,714</b>	<b>21,381</b>	<b>25,033</b>	<b>500</b>	<b>59,628</b>
<b>Net book value</b>					
<b>At 31 March 2018</b>	<b>341,147</b>	<b>18,384</b>	<b>1,266</b>	<b>750</b>	<b>361,547</b>
<b>At 31 March 2019</b>	<b>328,433</b>	<b>7,588</b>	<b>-</b>	<b>500</b>	<b>336,521</b>

**ESCAPE Family Support Limited**

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

**19 Debtors and prepayments (receivable within 1 year)**

	<b>2019</b>	2018
	<b>£</b>	<b>£</b>
Prepayments and accrued income	-	1,388
	<b>-</b>	<b>1,388</b>

**20 Cash at bank and in hand**

	<b>2019</b>	2018
	<b>£</b>	<b>£</b>
Short term deposits	<b>65,749</b>	-
Cash at bank	<b>148,432</b>	197,523
Cash in hand	<b>836</b>	-
	<b>215,018</b>	<b>197,523</b>

**21 Creditors and accruals (payable within 1 year)**

	<b>2019</b>	2018
	<b>£</b>	<b>£</b>
Accruals		
Independent examination of accounts	<b>1,200</b>	2,042
	<b>1,200</b>	<b>2,042</b>

**22 Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

**23 Analysis of charitable funds****Analysis of movements in unrestricted funds**

	<b>Fund balances brought forward</b>	<b>Incoming resources</b>	<b>Resources expended</b>	<b>Transfers</b>	<b>Fund balances carried forward</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>					
General unrestricted fund	317,513	3,863	( 11,037 )	( 168,191 )	<b>142,148</b>
Designated funds					
Unrestricted fixed assets	-	-	( 8,093 )	141,354	<b>133,261</b>
Contingency	( 12,894 )	-	( 1,596 )	25,108	<b>10,618</b>
<b>Totals</b>	<b>304,619</b>	<b>3,863</b>	<b>( 20,726 )</b>	<b>( 1,729 )</b>	<b>286,027</b>

**Purpose of unrestricted funds**

General unrestricted fund	The 'free reserves' after allowing for designated funds
Unrestricted fixed assets	The current value of unrestricted fixed assets
Contingency	Contingency to cover one off costs and potential redundancies

# ESCAPE Family Support Limited

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## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

### 23 Analysis of charitable funds continued

#### Analysis of movement in restricted funds

Restricted funds	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Susan Kennedy Centre refurbishment	214,856	-	( 12,714 )	-	202,142
Restricted office and computer equipment	5,798	-	( 3,760 )	-	2,038
Caravan upgrade	1,199	-	( 1,199 )	-	-
Respite Project	134	5,196	( 5,380 )	50	-
Client Activities	672	10	( 623 )	31	90
Susan Kennedy Centre	8,411	8,124	( 14,567 )	500	2,468
Peer Mentor Coordinator	9,477	16,353	( 15,960 )	-	9,870
Rothley Trust Play Equipment NUM Hall	710	-	-	( 710 )	-
Kinship Children Activities - Austin Pilkington	42	-	( 40 )	( 2 )	-
Lloyds TSB Recovery Project	12,521	-	( 12,554 )	33	-
Family Support Project	5,042	46,367	( 28,230 )	( 52 )	23,127
	1,516	-	( 1,516 )	-	-
Building Better Opportunities ESF & BIG Grant	( 11,785 )	11,785	-	-	-
Strengthening Families	( 95 )	2,350	( 1,573 )	( 682 )	-
Coalfields Regeneration Trust	5,299	4,568	( 9,352 )	-	515
Helpline /Outreach	-	1,800	( 1,448 )	-	352
Volunteer costs	-	1,800	( 2,266 )	466	-
Centre running costs	-	23,102	( 12,231 )	313	11,184
Centre management costs	-	48,836	( 38,092 )	1,782	12,525
<b>Totals</b>	<b>253,797</b>	<b>170,291</b>	<b>( 161,505 )</b>	<b>1,729</b>	<b>264,311</b>

#### Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for Restricted office and computer equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Respite Project	Restricted to Respite Project service.
Client Activities	Restricted for client activities delivery.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Peer Mentor Coordinator	Restricted to salary of Peer Mentor coordinators post.

## ESCAPE Family Support Limited

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### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

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#### 23 Analysis of charitable funds continued

##### Purpose of restricted funds

Lloyds TSB Recovery Project	Restricted to Recovery Project, project staff salary and project costs
Family Support	Restricted to Family Support, project staff salary and project costs
Building Better Opportunities ESF & BIG Grant	Restricted to Bridge Project
Strengthening Families	Restricted to Strengthening Families project delivery
Coalfields Regeneration Trust	Restricted to training, project cost and office salary
Helpline /Outreach	Restricted to helpline delivery costs
Volunteer costs	Restricted to volunteer expenses
Centre running costs	Restricted to centre running costs
Centre management costs	Restricted to management costs

#### 24 Capital commitments

As at 31 March 2019, the charity had no capital commitments (2018 -£nil)

#### 25 Analysis of net assets between funds

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2019 £
Tangible fixed assets	( 920 )	133,261	204,180	<b>336,521</b>
Cash at bank and in hand	144,268	10,618	60,131	<b>215,018</b>
Other net current assets/(liabilities)	( 1,200 )	-	-	<b>( 1,200 )</b>
	<b>142,148</b>	<b>143,879</b>	<b>264,311</b>	<b>550,339</b>

**ESCAPE FAMILY SUPPORT LIMITED**

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**REPORT AND FINANCIAL STATEMENTS**

**For the year ended 31 Mar 2019**

**Charity number 1063500**

**Company number 03256554**

# **ESCAPE FAMILY SUPPORT LIMITED**

(A company limited by guarantee)

## **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2019

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2019. The trustees have adopted the provisions of 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).

## **OBJECTIVES AND ACTIVITIES**

### **Purposes and Aims**

Our aims and objectives as set out in the objects contained in the company's memorandum of association are now to:

- i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;
- ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and
- iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift.

## **ACHIEVEMENT AND PERFORMANCE**

The information below which provides a summary of achievements and performance over this financial period should be read in conjunction with the attached Financial Statements.

### **How our activities deliver public benefit:**

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, treatment and prevention of substance misuse is undertaken to advance our charitable purposes for the public benefit of Northumberland.

### **Who needs, used and benefited from our services?**

Our funding and resources continue to limit our main service provision to residents of Northumberland. Northumberland has a population of over 316,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county.

In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population. Moreover the North East suffers the worst alcohol related health problems in the UK with 3680 alcohol related deaths per annum (2010-2012). This overall rate is 33% higher than the national average (Balance - North East Alcohol Office). The cost of alcohol related harm in 2015/16 was £341 per head of

## **ESCAPE FAMILY SUPPORT LIMITED**

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### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2019

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population.

Furthermore, 2.7 million adults in England used an illegal drug in the past year; there are 294,000 heroin and crack users in England; 40% of prisoners have used heroin; and use of cannabis is estimated at 6.5% of the population. Use of New Psychoactive Substances (NPS) previously known as "legal highs" appear to be concentrated amongst young adults (16-24 years), particularly males. Increasing numbers are coming forward to agencies presenting with cannabis as the primary problem; and there is continued reporting of widespread non-medical use of prescription and over the counter drugs. Parental drug use is a risk factor in 29% of all serious case reviews. There were 2,300 drug misuse deaths in England in 2015, an increase of 8.5% on the year before and the highest figures on record. Drug misuse is the third most common cause of death for those aged 15 - 49 years in England. (Public Health England and Crime Survey for England 2015/16)

New data released by the Office of National statistics shows that people dying from drug use has risen yet again to the highest level ever in the North East with 903 people dying as a result of drug poisoning in the North East over a three year period from 2016-18. That is up from 690 deaths in the previous three years from 2013-15, an Increase of 30%. A survey by addiction treatment firm UKAT found that of North East Councils that responded, £35.7 million was being spent helping those struggling with addiction back in 2013 while the number has dropped to £27.2 million this financial year. These figures show the impact that these cuts are having on the most vulnerable people living across the North East.

During 2017/18 in Northumberland, 1084 adults were in drug treatment with 27% unmet need acknowledged. With respect to alcohol, 473 people were in alcohol treatment with 82% unmet need acknowledged (Northumberland Drug and Alcohol Commissioning Packs 2019/20).

With at least three family members affected by a loved one's drug or alcohol use (Adfam) this means that there are at least 4113 people affected by a loved one's substance use resident in Northumberland.

It is therefore essential that ESCAPE Family Support continues to provide specialist family support services to those affected by addiction in Northumberland.

The Government's Alcohol Strategy 2012 aims to achieve:

- \* A change in behaviour so that people think it is not acceptable to drink in ways that could cause harm to themselves or others;

And achieve a reduction in:

- \* The amount of alcohol fuelled violence
- \* The number of adults drinking above the NHS guidelines
- \* The number of people "binge drinking"
- \* The number of alcohol related deaths
- \* The numbers of 11-15 year olds drinking alcohol and the amounts consumed.

The Government's new Drug Strategy 2017 aims to:

- \* Reduce Demand - Building confidence and resilience among children, young people and others with a more targeted approach for vulnerable individuals.
- \* Restricting Supply - Ensuring the legal framework remains effective, while tackling the production and distribution of drugs. Taking a smarter approach to drug-related offending.
- \* Building Recovery - Achieving better outcomes for those in recovery, through increased transparency, better structures, a more integrated system and stronger governance.
- \* Global action - Shaping international policy and practice by providing global leadership and working with our international partners.

In Northumberland, it is estimated that 1200 people are opiate and/or crack users and that 71% of these are in contact with the drug service - this is better than nationally (50%). 43% misuse prescription or over the counter medications (15% nationally). 71% of those in treatment are male and the age profile is: 18-29 years 24%; 30-39 years 39 %; 40-49 years 31%. 18% of people entering treatment in Northumberland are a parent living with children and 42% do not live with their children. 18% of new entrants into treatment also receive care from mental health services (24% nationally).

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For the year ended 31 March 2019

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33% of opiate users have been in treatment for more than six years (9% nationally). 66% new entrants into treatment are unemployed (44% nationally). (Source: JSNA Support Packs 2017).

In addition, it is very important to ensure that families and carer's, partners and friends are included in a client's treatment journey as this support can make all the difference to a successful outcome. 18% of individuals coming into treatment live with children, and so it is very important that appropriate working practices are in place to safeguard those at risk from hidden harm. An important part of the individual's treatment journey is to ensure that they and their families, friends and children are supported in building and maintaining effective relationships with each other.

Since 1995 ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children and wider family members who are affected and struggling to cope.

Our recovery support project for drug and alcohol users ended on 30<sup>th</sup> September 2018 when our funding from Lloyds Bank Foundation came to an end. The project end was well planned with all remaining service users discharged as successful completions or referred to the commissioned service within Northumberland. We are now only providing drug and alcohol counselling and support to those clients who pay for this service as they do not wish to access the local commissioned service.

ESCAPE's confidential support services are person centred, tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups.

ESCAPE is led by a strong board including people who have personal experience and encountered problems. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard ever since; this achievement includes successful joint assessment against the new more robust Gold standard along with the new Health and Wellbeing Award in February 2019 demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social.

We are very proud of this feedback from our assessment report:

"The previous 3 years, since ESCAPE Family Support's previous Investors in People review, have been very challenging for this small, dedicated charity. Reductions in funding and increased competition for limited resources has placed considerable strain on many charities – to the point that many have ceased operating.

Given such an environment, many organisations may have looked to make efficiencies in terms of staff development and management. However, although ESCAPE has had to downsize, it has not neglected the people development and management practices that earned it the Gold Award at the last review. In fact, there were many examples of how practice had actually been enhanced.

One of the reasons for this is the charity's clear understanding that expenditure of time and resources on people development and management is an investment, which can support the organisation even in the most challenging of environments.

The charity has applied advanced practice that many organisations, with considerably more resources, have not been able to achieve.

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Performance management processes remained robust and comprehensive. It was clear that managers dedicated time and effort to encourage people to be the best they can.

As with ESCAPE's approach to people development, there was no reduction in investment in activities to support staff health and well-being. In fact, the conclusion of the survey was that this practice is in these areas had also improved – specifically in the area of psychological wellbeing, where it was seen to be high performing.”

**Investor in People Insights Assessment and Health and Wellbeing Award Report February 2019.**

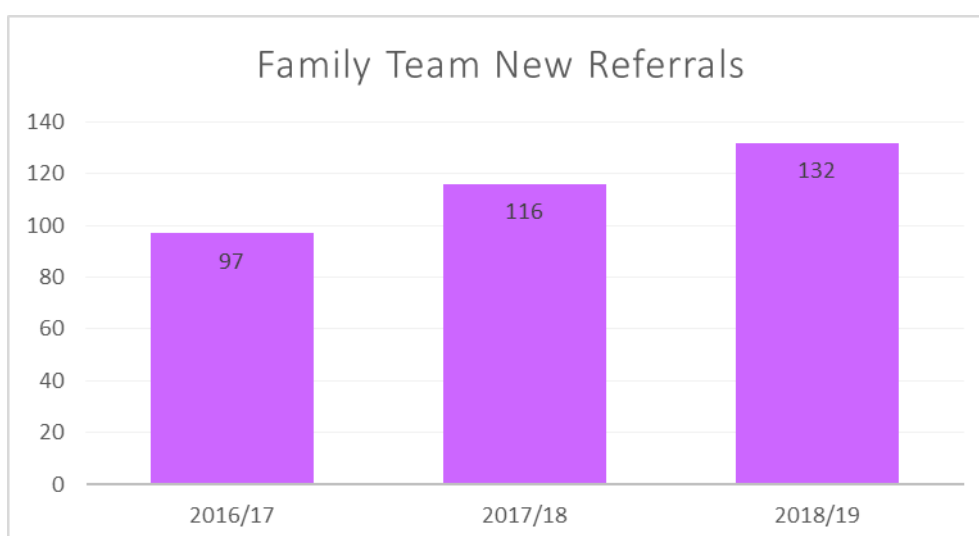
#### ESCAPE Family and Carer Services:

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

The service is supported through grants from Northumbria Healthcare Trust, Public Health, Awards for All, Greggs Foundation, Garfield Weston Foundation, Blyth Town Council, Sir James Knott Foundation, R. W. Mann Trust, Hadrian Trust, Barbour Foundation, Joicey Trust, Hospital of God at Greatham, Souter Charitable Trust and J.H. Burn Trust.

ESCAPE's Family Team delivers a range of services to the families and carers of substance users who include parents, grandparents, partners, siblings and children including 24/7 helpline, crisis support, telephone support, advice, information, advocacy, comprehensive carer assessments, personalised care plans, 1-1 support, counselling, family therapy, support groups, personal learning opportunities, arts and respite opportunities and support to help family members work together. The team also provides specific support for kinship carers; for those with a family member involved in the criminal justice system; and for those bereaved by substance use. We continue to work with family members whether their loved one is in treatment or not. The Family Team continue to offer a range of support where multiple complex issues occur, including children's safeguarding, domestic violence and offending.

The family team received 132 new referrals during 2018/19 (up 13.75% on 2017/18).



## ESCAPE FAMILY SUPPORT LIMITED

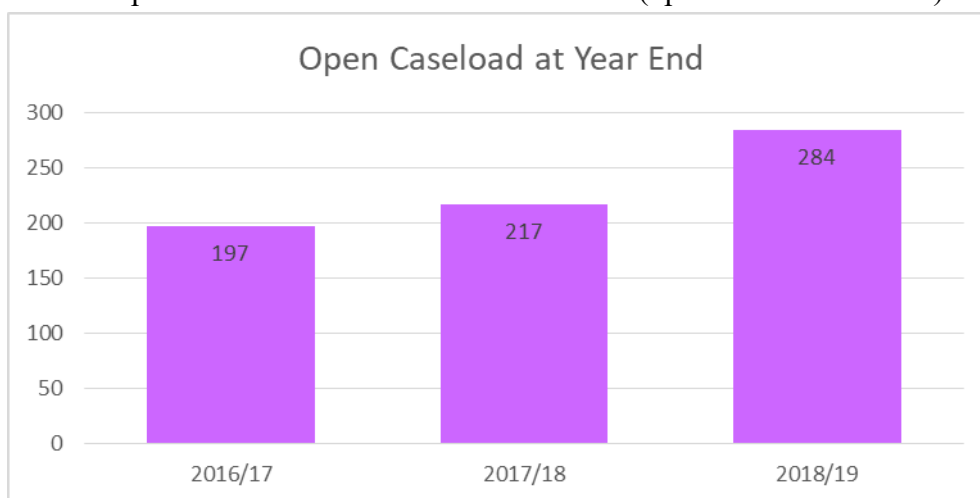
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### TRUSTEES ANNUAL REPORT

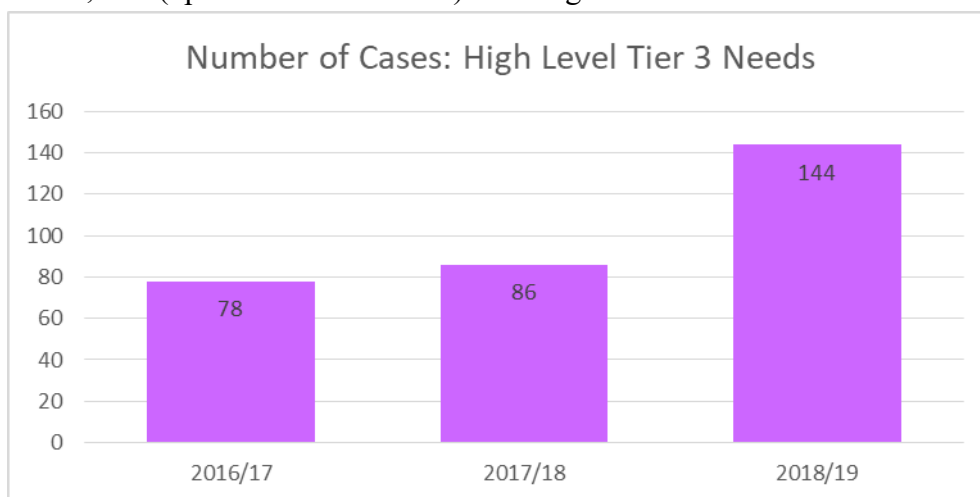
For the year ended 31 March 2019

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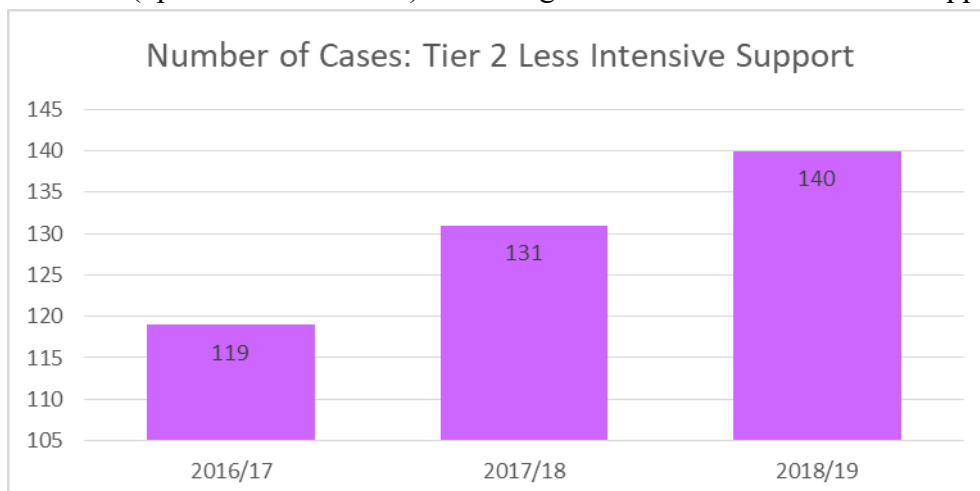
The family team had an open caseload of 284 on 31 March 2019 (up 30.8% on 31/03/18).



Of the 284 open cases, 144 (up 67.4% on 31/03/18) have high level Tier 3 needs.



The remaining 140 cases (up 6.8% on 31/03/18) are sitting within Tier 2 less intensive support.



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The Family Team also worked with 90 young carers and children through provision of training, family fun days and Family Therapy.

#### Our Family Service Interventions in Numbers

288	Helpline Calls
494	Brief Interventions
95	Counselling sessions
152	Hours of Family Therapy
1,560	CRAFT 1-1 support sessions
23	CRAFT Programme Group Sessions (3 Full Programmes)
16	CRAFT Maintenance Support Group Sessions
133	Complementary Therapy Sessions
23	Coffee Mornings/Mutual Aid groups
27	Art Group Sessions
16	Kinship Group Sessions
93	Family Respite Breaks
4	Pamper/Wellbeing Events
4	Family Fun Days

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

75% of our CRAFT participants rated CRAFT course delivery and content as excellent with the other 25% rating this as very good.

These operate on a scale of 0 = Poor and 10 = Good.

Average stress/anxiety ratings before the course were: 2.50

Average stress/anxiety ratings after the course were: 6.08

Average overall Happiness ratings before the course were: 2.58

Average overall Happiness ratings after the course were: 6.41

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CRAFT significantly reduces stress and anxiety and increases overall happiness. See below some comments from participants that show us how people feel after completing CRAFT:

*"CRAFT is such a valuable programme regarding life styles in general"*

*"I feel stronger to cope with situations"*

*"It has taken us 20 years to learn what to do and how to cope; you can learn this in 8 weeks"*

*"Learned how to encourage loved one into recovery and how to talk to them in a way that encourages but doesn't inflame the situation"*

*"I have found the course really helpful for informing me how to deal with certain situations in a much more positive way"*

*"It helps you to cope with your own feelings and to understand your loved one's feelings"*

*"I have enjoyed the weekly meetings with Elaine and Debs helping and supporting us with what we are going through. Also it's good to be around people who are going through similar situations to myself and being able to be open and honest which is hard to do at home"*

*"Feeling much more positive about the future, been given lots of valuable information to change situation/lifestyle"*

*"Thank you to you both for your valuable advice and caring approach. This has been so beneficial to me, carry on what you are doing you are stars x"*

*"I now feel like I am in control of my life"*

*"Do it (CRAFT), it will be the best thing you will ever do"*

*"I feel a lot more confident"*

*"I have learned a lot and it has helped me change myself and how I deal with situations when it comes to dealing with my partner"*

*"It helped me when I thought there was nothing out there that could/would help"*

*"I would like to say thank you, because of this course I can see how much my children are benefitting from seeing me and there dad communicating instead of arguing and I feel so much more confident in dealing with my children's dad and I have also been using the things I have learned with my children to help me communicate with them better"*

The Family Team utilise the Carer Support Outcome Profile (CSOP) developed by The Bridge Project in Bradford and the Family Outcome Star. These tools track carer treatment and outcomes and show that overall our service achieves an improvement across all areas measured for its carers and family members, both in the initial stages of support and across their entire period of support. This includes their relationship with the user, relationship with family, psychological health and quality of life therefore demonstrating the positive impact our family services have on the lives of family members and carer's.

### Strengthening Families Programme

We worked with Lisa Blaney of Strengthening Families North East CIC and Blyth Children's Centre to deliver Strengthening Families Programmes this year.

To measure distance travelled for those who attended Strengthening Families we looked at several indicators and scores, both pre and post programme.

Overall 6 families began the programme and 4 completed this. There were a number of referrals to the programme but consideration had to be paid to the age group and needs which limited group size. Late/last minute referrals to the programme were also difficult to process in time prior to start date. One referral also missed the first session by being advised by the referrer of a wrong location and then had two weeks holiday which meant she would not complete adequate sessions for learning, so it was agreed she would be invited to the next programme.

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To measure distance travelled for those who attended the programme we used the Family Star which looks at a number of indicators and scores these pre and post programme.

Overall, the cumulative values of each score can be seen below:-

Family Scores									
Scores	Physical	Wellbeing/ Emotional Needs	Child safety	Social Networks	Education	Behaviour & Boundaries	Family Routine	Home & Money	Overall
Pre	27	25	30	28	25	26	22	33	216
	3	2	5	1	7	6	9	1	34
Post	30	27	35	29	32	32	31	34	250

It is clear from the table that the group as a whole progressed with an overall pre -programme score of 216 increasing to 250 (+34) at post programme. Every group member increased their scores on every indicator suggesting their overall benefits of attending the programme stretched to all areas of their lives. As a group we saw the greatest increases around greater confidence in addressing behaviour and putting boundaries in place (+6), education (+7) and family routine (+9).

*Below is a breakdown of overall individual case scores:*

Family Scores - Individual Cases				
Scores	Case 1	Case 2	Case 3	Case 4
Pre	49	60	50	57
	14	6	8	6
Post	63	66	58	63

All families felt they have made progress in each of the areas.

*Families that participated in the Strengthening Families programme responded with feedback as follows:*

What have you gained from attending the Strengthening Families Programme?

“Understanding  
anger and  
emotions”

“To talk to others, to  
have a laugh and my  
daughter mixed in well”

“Seeing my granddaughter grow in  
confidence, being happy and involved  
with the group and I’m more confident in  
coping with behaviours now”

How has it made a difference within your family?

“Learned good things on how to discipline my daughter”

“Me and my granddaughter have always been close but this has given us a better insight into her and has helped both our relationships”

Would you recommend it to others? And why?

“Yes, good times and I’ve been able to talk to other parents”

“ I would strongly recommend it to other parents”

“Yes, helpful in dealing with young people who are struggling”

Any other feedback

“I am going to miss the group and People, I’ve loved every minute of it “

During 2018/19 we successfully ran two Teen Triple P programmes. This has resulted in 68 referrals for this course. These referrals breakdown into 22 (32%) referrals received directly from childrens services and all other referrals from Early Help workers/Children centres or the HUB (56%) with the exception of 2 (3%)from schools, 2 (3%)from Buffalo Centre and 4 (6%)internal referrals. A number of early help worker/children centre referrals had been allocated to them via the local HUB for parent drop in/Early Help Assessments. This support led to referrals to ESCAPE for parenting programmes and ongoing support from us. Within the two courses, 15 parents were successfully skilled.

A snapshot of feedback received around the programmes from parents is below.

**Feedback from the Teen Triple Programmes included:-**

**What have you gained from attending the Teen Triple P Programme?**

- *Learnt how to handle situations better. Different scenarios to difficult issues, to be more clear and assertive*
- *How to help my relationship with my daughter*
- *Given me more ideas on how to deal with awkward difficult teenagers*
- *Learning strategies to help with my granddaughter and learning safeguarding issues with her and learning from other members*
- *Strategies on how to manage when kids get to teens*
- *Knowing how to talk and handle situations with my children in a more mature manner. Being more considerate to their feelings on subjects*

**How has it made a difference within your family?**

- *Adult conversations isolated from kids, my daughter diffuses a lot quicker. House is generally a lot happier*
- *Given me more ideas plus a back-up plan for my daughter*
- *Given us more ideas and a back-up plan*
- *I'm starting to put boundaries in place now*
- *Being able to step back and think how best to handle it as unsure before, as jumping in and using things that have previously not worked*

**Would you recommend it to others? And why?**

- *Definitely, great advice and tips*
- *Yes, gives you ideas on how to cope with your children*
- *Yes, gives you plenty of ideas on how to deal with different issues*
- *Highly recommend it to everyone, it has helped me in so many ways.*
- *Yes, because it helps you to understand why the children are acting the way they are, what you could be doing that could play a part in it and what you could do to make it better*
- *Definitely, there is always techniques and things that can be learnt from attending courses but also from other parents who are experiencing similar issues*

**Any other feedback**

- *Angie has been an absolutely brilliant teacher*
- *It has been lovely to spend time with other parents who have similar issues and see that I am not alone.*

## **Recovery Support Service**

This project was funded by Lloyds Bank Foundation to deliver support to a small caseload of 25 drug and alcohol users per annum who either do not meet the thresholds for the commissioned treatment service in Northumberland or who prefer to access support at ESCAPE instead.

The service received 27 new referrals in 2018/19 however the project closed on 30<sup>th</sup> September 2018 when the funding ended following three years of successful reporting against agreed outcomes. We worked with the Senior Public Health Manager and Northumberland Recovery Partnership to review the caseload and transition those clients still in need of support.

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We have continued to deliver SMART Recovery Groups in Blyth and Ashington and to support a women's mutual aid recovery support group in West Northumberland. ESCAPE has provided peer mentoring and volunteering placements throughout the year and provided in-house accredited training and vocational training for participants.

### Our Recovery Service Interventions in Numbers:

54	Helpline Calls
61	Brief Interventions
187	1-1 Support Sessions
62	Counselling Sessions
38	SMART Recovery Group Sessions (76 attendances)
49	Acupuncture Group Sessions
13	Art Sessions

In year 3 of this project we achieved the following outcomes with this caseload of 34 people:

	Achieved	%
Number of new people engaged (Target 25)	27	108
Number of people safely managing addictions with reduced substance misuse	25	100
Number of people with improved safety	25	100
Number of people reporting improved living skills	24	96
Number of people feeling better able to manage their mental health issues (13)	24	184
Number of people reporting they are safe, independent, making positive choices	20	80
Number of people reporting reduced isolation/ increased social networks	26	104
Number of people reporting improved self-esteem/confidence	26	104
Number of people reporting reduced stress/anxiety	25	100
Number of people reporting an improvement in mental health	21	84
Number of people reporting an improvement in physical health	21	84
Number of people into education or training (Target 4)	6	150
Number of people with increased basic skills (Target 10)	12	120
Number of people reporting improved budgeting/money management skills (6)	6	100
Number of people into regular volunteering (Target 4)	5	125
Number of people achieving accredited qualifications (Target 4)	6	150

#### Louise Telford-Lloyds Bank Foundation

“Lloyds Bank Foundation has funded ESCAPE’s Recovery project for the last three years and it’s been great to see that a number of people who’ve attended the project have moved onto volunteering, and/or have become peer mentors with the project”.

**VOLUNTEERING AND PEER MENTORING PROJECT:**

The Tudor Trust continues to support this project by funding our Volunteer/Peer Mentor Coordinator salary and some running costs for the project.

We have an amazing pool of volunteers who support us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

The focus of ESCAPE's volunteering service this year has been on developing and consolidating the peer mentor and befriender programme. Volunteers continue to be recruited and training has been ongoing with participants attaining Level 2 qualifications in Peer Mentoring and Skills for Supporting those Affected by Substance Misuse, in addition to Fire Safety and First Aid Training. The volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, complementary therapies, befriending, mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

The skills and experiences that people bring are varied and wide-ranging, as are their reasons for volunteering.

At an event in June 2018 volunteers gave the following reasons for volunteering with us:

- To give back something for all the help and support I've received for me to be the person I am today.
- It keeps me busy so I don't fall back into my shell.
- To build my confidence up more and still learn new skills.
- To help others that are going through situations I have been through
- To share experiences with empathy and to give hope.
- The satisfaction of supporting families/service users.
- To learn skills for me to use outside of ESCAPE.
- I want to give to others what I have got out of ESCAPE, like the different tools and the support.

Our 51 volunteers and peer mentors have again made a significant contribution to provision this year providing 10,941 hours of work. This is in effect the equivalent of 5.91 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug & alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

**Quotes from Peer Mentor training:**

"I have been challenged to look at some issues within myself and developed boundaries to cope with some people more effectively."

"I have enjoyed the course and feel more developed in my journey towards volunteering and paid employment."

"ESCAPE has wonderful people and I made the right choice to do this course."

"It is important to have support and to give support to anyone struggling and these courses really help."

"I am really pleased I chose to do the course. I am happy I have learnt so much! Thank you."

**TRAINING PROJECT**

Our training officer post was funded by the Esmee Fairbairn Foundation and Coalfields Regeneration Trust from October 2017 until September 2018 and then the costs of the project were covered from reserves until 31/03/2019.

We deliver a robust programme of training for volunteers, peer mentors and befrienders to expand and enhance skills, build confidence and ensure delivery of good quality services. The programme includes ESCAPE's OCN-accredited Support Skills Level 2 and Family Dynamics Level 3, Peer Mentoring Level 2; Referral and First Assessment training, Safeguarding, Group Facilitation Skills, Overdose Awareness, Drug and Alcohol Awareness, Team Work, Communication, Strengthening Families Programme, Teen Triple P Programme, Understanding Teenagers and Wellbeing Workshops.

We were proud to receive this feedback from our external verifier at One Awards:

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*"I just wanted to thank you for the inspirational work from yourselves and your learners. It is so good to see how you are supporting learners and how hard you are all working to make positive changes in their lives. Seeing all the excellent work and understanding the back stories really made my day, so thank you, and keep up the good work!"*

***Jean Sinclair, External Verifier, One Awards***

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We also work with external providers who offer a range of courses to develop and enhance our volunteers' skills including: 12 Step Awareness, Fire Safety, First Aid, Safeguarding, Mental Health Awareness and Acupuncture Training.

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Many thanks go to Northumberland Fire Service who delivered Fire Safety Training.

This year volunteers and peers completed a variety of in-house training including: accredited Skills for Supporting those Affected by Addiction, Peer Mentoring and Child and Adult Safeguarding.

Training and education provided to support beneficiaries included: Strengthening Families Programme, Community Reinforcement Approach and Family Training (CRAFT) Confidence & Assertiveness, Understanding Teenagers, Wellbeing Events addressing, mental, emotional and physical health, Sleep Hygiene, Drug and Alcohol Awareness and Overdose Prevention, Harm Reduction and external NHS Health Trainer sessions.

#### Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings.

This year we have also completed some work in partnership with a Middle School in Wooler. Sarah Tannock our Deputy CEO delivered some drug and alcohol awareness at Glendale Middle School. Feedback from these sessions is as follows:

#### Teacher Feedback

*"Thanks again for coming in, it was a really valuable session for both year 7 and year 8, both in terms of supporting work that we do on healthy lifestyles in the science curriculum and from a PSHE aspect. The verbal feedback from pupils was really positive, a number of children told me that they'd never thought about drugs or alcohol as being something that can affect anyone so I think the points that you made to challenge the stereotypes was really effective. I've attached some written feedback from the pupils for you too, it's anonymous so feel free to use it in any reports. It'd be fantastic if you'd be able to come in again next year although I understand that it's difficult for small charities to fund school outreach projects. Thanks again! ☺"* **Catherine Johnston, Science Teacher & PSHE Coordinator, Glendale Community Middle School, Wooler**

#### Student's feedback:-

- *It was a really good session and I learnt lots about drugs and to not use them*
- *It was fun and interesting to learn about drugs and alcohol*
- *I really enjoyed this session and hope we do it again, but we could have looked at some of the causes and effects ☺*
- *The session was good= amazing but I want to learn more*
- *It was good, the goggles made my head hurt*
- *Helpful - I would like to learn more about what it can do to you and more stories about people in prison*
- *I think that this session was good but I think it would have been better if we learnt more about the appearance of drugs in case someone came across a drug and didn't know what it was*
- *It was really good and it opened my eyes to how dangerous these things could be*

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- *Thank you for your amazing session. I would like to know more about what kind of drugs can kill you*
- *I have learned a lot but I will never have much alcohol so I am healthy*
- *It was great and helpful. I would have liked to learn more about individual drugs and their effects*
- *I would like to learn the effects of certain drugs. I learned what it was like to be drunk and the info was great*
- *Very interesting, I would like more*
- *It was good how she brought things to show us what they look like (drugs). Next time it would be good to do more exercises. I liked the drug use stories you told us as well*
- *I think it was good to learn about it so people know it is bad for you*
- *I think the drugs and alcohol session was fun and it was very educational ☺*
- *I liked the beer goggles and I learnt loads*
- *Drugs are bad for you because it makes people do bad stuff*
- *I learned a lot about alcohol and drugs. I really liked wearing the goggles.*

We have also developed a carer support group and counselling service in Berwick with the support of the Day Hospital who kindly allow us to use space in their building free of charge and also the local Library.

*A key Stakeholder view on our CRAFT Programme supporting families in Berwick:*

*ESCAPE hosted a series of workshops in the Berwick Centre to help those that care for people who have issues with alcohol or substance misuse. We were delighted that we were able to facilitate this as there is a huge need in the north of the county for this type of support. We spoke to some of those that had participated and they said the support they had received was first class. They felt valued, plus the advice and guidance they were given will ensure they have the strategies in place to help them cope with the issues they face on a daily basis. The participants felt they had benefited greatly from the expertise provided by ESCAPE. Lesley Bruce, Education Lead - Employability & Berwick Locality, Learning and Skills Service, Education and Skills, Northumberland County Council*

In 2019/20 we will be working with AIM Northeast on development of satellite drop ins, firstly at Hadston and then at the Briardale Centre, Blyth.

## FINANCIAL REVIEW

### Reserves policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold between 6 and 12 months operating costs in unrestricted reserves.

The budget for 2019/20 is £168,522 and therefore the unrestricted cash reserves target is £84,261 to £168,522 to be retained in reserves plus tangible fixed assets. Unrestricted cash reserves funds of £154,886, designated unrestricted cash funds of £10,618 and £60,131 of restricted cash funds apply at 31st March 2019. The charity also has £336,521 fixed assets.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding until 31st March 2020. Steps taken in 2018/2019 to reduce overheads and thereby strengthen sustainability included staff redundancies and further downsizing of the charity.

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### **TRUSTEES ANNUAL REPORT**

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#### **Principal Funding Sources**

Principal funding sources for the charity during 2018/2019 were for the Family Team through Northumbria Healthcare Trust, Public Health, Awards for All, Greggs Foundation, Garfield Weston Foundation, Blyth Town Council, Sir James Knott Foundation, R. W. Mann Trust, Hadrian Trust, Barbour Foundation, Joicey Trust, Hospital of God at Greatham, Souter Charitable Trust and J.H. Burn Trust.

The remainder of a grant from Lloyds Bank Foundation funded our Recovery Support Project through to completion.

Tudor Trust funded our Volunteer and Peer Mentoring Project.

A grant from Coalfields Regeneration Trust sustained the health and wellbeing training project.

Strengthening Families North East Ltd funded a Strengthening Families Programme we co-delivered.

Our thanks go to all of the funders who supported us this year and ensured sustainability of the charity.

#### **FUTURE PLANS**

The charity will continue to work to consolidate and maintain existing service provision. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. Our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Providing a range of services which comply with appropriate quality standards and address problems associated with substance misuse.
- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.
- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans for the coming year have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

- 1) introducing and embedding a new and stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.
- 2) piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

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Over recent years, ESCAPE has been asked to work more and more with children around the impact of their parents' substance use on the child or young person. As well as the programmes, family therapy, Family Events and respite breaks that children and young people can access through ESCAPE, we have completed a small amount of impact work with young people during 2018/19 due to referrals received.

Due to being a small team we have to be careful on how many of these referrals we take at any time.

At present this work takes the form of 1-1 work and can vary depending on the needs of the child. For example, the three most recent young person referrals involved:-

1. A young person struggling with own use, behaviour and caring responsibilities for younger brother.
2. A young person struggling with self-image, confidence and anxieties linked to her experiences of living with a parent's addiction as a young child
3. A young person's frustrations with addicted mother but acting out in school, feeling suffocated by loved one and worries around DV displayed by them to father.

The impact of living in families affected by substance misuse is serious and affects every aspect of a young person's life, with associated ongoing issues throughout adulthood.

The gap between needs and provision has widened over recent years and this is becoming apparent by the number of referrals we receive, along with approaches by a range of professionals and workers for advice and guidance.

The children we currently work with in the family setting have strongly articulated their views on the need for further support from ESCAPE for children and young people. They have told us that they enjoy family activities but would like further activities for them specifically. We have had the opportunity to pilot a number of different interventions with children and young people, for example the Strengthening Families Programme and group sessions tailored to children and young people that were run when their parents were in attendance at a CRAFT programme. In line with our model of support for adults, it has become apparent that children and young people would also benefit from ongoing mutual support and guidance as well as more targeted and structured interventions for their individual needs.

#### **A focus on our two priority areas, as identified above, will enable us to:**

- reach and support more families
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'

We regularly attend meetings and participate in partnership work within the Northumberland Children's Services Early Help Hubs; South East Early Help Network Meetings; Northumberland Carers Strategic Partnership; Northumberland Drug and Alcohol Steering Group; Wansbeck and Cramlington Hospitals Alcohol Development Group. We are a valued partner within these settings.

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## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996 and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as members of the Management Committee, usually referred to as the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the longest serving members of the Management Committee (the Board) retire on rotation at each Annual General Meeting and, being eligible, can stand for re-election.

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors. In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The Management Committee (the board) has six members who meet every other month and are responsible for the strategic direction and policy of the charity. At present the Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rest with the Chief Executive. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group and the Carers Strategy Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health & crime-related programmes and strategies are discussed, analysed, & learning disseminated. We share knowledge, experience, best practice, assisting communities & organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

### **Organisational structure**

Other close working partnerships have been developed with Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Relate, Cygnus, BRIC, Northumberland CVA, Northumberland CAB,

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Northumberland Domestic Abuse Service and other Community Groups. The charity initially achieved the Investors in People Gold Standard in 2010 and was successful in retaining Gold standard in January 2013, February 2017 and again in February 2019. Investors in People Health and Wellbeing Standard was achieved in 2011 and retained in 2014 , 2017 and again in February 2019.

### **REFERENCE AND ADMINISTRATIVE DETAILS**

#### **Registered Company number**

03256554 (England and Wales)

#### **Registered Charity number**

1063500

#### **Registered office**

Susan Kennedy Centre  
63 Southview  
Ashington  
Northumberland  
NE63 0SF

#### **Trustees**

T Devine  
D Brown  
J L M Axelby  
A Steward  
J Murphy  
S J Murphy

#### **Company Secretary**

T Devine

#### **Independent examiner**

Jim Dodds  
Ellison Services Ltd  
Higham House  
Higham Place  
Newcastle Upon Tyne  
NE1 8AF

#### **Solicitors**

Helen Kay  
HMK Legal Ltd  
Clavering House  
Clavering Place  
Newcastle upon Tyne  
NE1 3NG

Cuthbertsons  
3 Stanley Street  
Blyth  
Northumberland  
NE24 2BS

## **ESCAPE FAMILY SUPPORT LIMITED**

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### **TRUSTEES ANNUAL REPORT**

For the year ended 31 March 2019

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#### **TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT**

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by order of the board of trustees on 16/12/2019 and signed on its behalf by:

.....  
A Steward - Treasurer and Trustee

## **ESCAPE FAMILY SUPPORT LIMITED**

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### **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES**

For the year ended 31 March 2019

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I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2019, which are set out on pages 22 to 33.

#### **Respective responsibilities of trustees and examiner**

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

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

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

#### **Basis of independent examiner's statement**

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

#### **Independent examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Jim Dodds  
Ellison Services Limited  
Higham House  
Higham Place  
Newcastle upon Tyne  
NE1 8AF  
Date: 17/12/2019

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**STATEMENT OF FINANCIAL ACTIVITIES**

(INCLUDING SUMMARY INCOME &amp; EXPENDITURE ACCOUNT)

For the year ended 31 March 2019

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b><u>Income from:</u></b>					
Donations and legacies	6	519	3,741	<b>4,260</b>	33,064
Charitable activities					
Grants and statutory funding	7	-	163,821	<b>163,821</b>	131,790
Other trading activities	8	3,311	2,729	<b>6,040</b>	7,882
Investments	9	33	-	<b>33</b>	33
<b>Total income</b>		<b>3,863</b>	<b>170,291</b>	<b>174,154</b>	<b>172,769</b>
<b><u>Expenditure on:</u></b>					
Raising funds	10	1,696	170	<b>1,866</b>	2,843
Charitable activities					
Operation of the charity	11	19,030	161,335	<b>180,365</b>	246,807
<b>Total expenditure</b>		<b>20,726</b>	<b>161,505</b>	<b>182,231</b>	<b>249,650</b>
<b>Net income/(expenditure)</b>		<b>( 16,863 )</b>	<b>8,785</b>	<b>( 8,077 )</b>	<b>( 76,881 )</b>
Transfers between funds		<b>( 1,729 )</b>	<b>1,729</b>	<b>-</b>	<b>-</b>
<b>Net movement of funds</b>		<b>( 18,592 )</b>	<b>10,514</b>	<b>( 8,077 )</b>	<b>( 76,881 )</b>
<b><u>Reconciliation of funds</u></b>					
Total funds brought forward		304,619	253,797	<b>558,416</b>	635,297
<b>Total funds carried forward</b>		<b>286,027</b>	<b>264,311</b>	<b>550,339</b>	<b>558,416</b>

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 24 to 33 form an integral part of these accounts.

**ESCAPE FAMILY SUPPORT LIMITED**

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Charity Number 1063500  
Company Number 03256554**BALANCE SHEET**

As at 31 March 2019

	Notes	£	Total 2019 £	£	Total 2018 £
<b><u>Fixed assets</u></b>					
Tangible assets	18		336,521		361,547
<b><i>Total fixed assets</i></b>			<b>336,521</b>		<b>361,547</b>
<b><u>Current assets</u></b>					
Debtors	19	-		1,388	
Cash at bank and in hand	20	215,018		197,523	
<b><i>Total current assets</i></b>		<b>215,018</b>		<b>198,911</b>	
<b>Creditors:</b> amounts falling due within one year	21	( 1,200 )		( 2,042 )	
<b><i>Net current assets</i></b>			<b>213,818</b>		<b>196,869</b>
<b><i>Total assets less current liabilities</i></b>			<b>550,339</b>		<b>558,416</b>
<b><i>Total net assets or liabilities</i></b>			<b>550,339</b>		<b>558,416</b>
<b><u>Funds of the charity</u></b>					
Unrestricted income funds			286,027		304,619
Restricted income funds			264,311		253,797
<b><i>Total funds</i></b>			<b>550,339</b>		<b>558,416</b>

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

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

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

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

The notes on pages 24 to 33 form an integral part of these accounts.

These financial statements were approved by the Board on: 16/12/2019

and are signed on its behalf by: Angela Steward  
Treasurer

# **ESCAPE FAMILY SUPPORT LIMITED**

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## **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

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### **1 Accounting Policies**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### **2 Basis of accounting**

#### **2.1 Basis of preparation**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts 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 Charities Act 2011.

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

#### **2.2 Preparation of the accounts on a going concern basis**

The charity reported total unrestricted funds at the year end of £286,027 and has already secured a significant amount of funding for the current year. The trustees are of the view that the immediate future of the charity for the next 12 to 18 months is secure and that on this basis the charity is a going concern.

### **3 Income**

#### **3.1 Recognition of income**

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

#### **3.2 Offsetting**

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

#### **3.3 Grants and donations**

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 of income recognition are met.

## **ESCAPE FAMILY SUPPORT LIMITED**

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### **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

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#### **3.4 Donated goods and services**

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

#### **3.5 Volunteer help**

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

#### **3.6 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.

#### **3.7 Income from membership subscriptions**

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

#### **3.8 Investment gains and losses**

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

#### **3.9 Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

### **4 Expenditure and liabilities**

#### **4.1 Liability recognition**

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

#### **4.2 Charitable activities**

Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

## **ESCAPE FAMILY SUPPORT LIMITED**

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### **NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

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#### **4.3 Governance and support costs**

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

#### **4.4 Irrecoverable VAT**

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

#### **4.5 Creditors**

The charity has creditors which are measured at settlement amounts less any trade discounts.

#### **4.6 Provisions for liabilities**

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

### **5 Assets**

#### **5.1 Tangible fixed assets for use by the charity**

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and Computer Equipment	25 % Straight Line
Caravan	10 % Straight Line
Motor vehicles	25 % Straight Line

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### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

#### Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b>6 Donations and legacies</b>				
Donations and grants	519	3,741	<b>4,260</b>	32,668
Gain on sale of tangible fixed assets	-	-	-	456
Other	-	-	-	( 60 )
	<u>519</u>	<u>3,741</u>	<u><b>4,260</b></u>	<u>33,064</u>
<b>7 Charitable activities</b>				
<u>Grant income</u>				
Hadrian Trust	-	1,000	<b>1,000</b>	-
Strengthening Families	-	2,350	<b>2,350</b>	-
Garfield Weston Foundation	-	20,000	<b>20,000</b>	-
Greggs Foundation	-	16,000	<b>16,000</b>	-
Sir James Knott Foundation	-	7,500	<b>7,500</b>	7,500
Building Better Opportunities ESF & BIG Grant	-	12,488	<b>12,488</b>	9,481
RW Mann Trust	-	1,000	<b>1,000</b>	-
JH Burn Trust	-	150	<b>150</b>	-
Arts Council England	-	533	<b>533</b>	-
Hospital of God at Greatham	-	1,800	<b>1,800</b>	-
Tudor Trust	-	22,000	<b>22,000</b>	22,000
The Barbour Foundation	-	5,000	<b>5,000</b>	2,000
Joicy Trust	-	3,000	<b>3,000</b>	-
Souter Charitable Trust	-	3,000	<b>3,000</b>	2,500
Lloyds TSB	-	-	-	24,999
Awards for All	-	-	-	9,999
Groundworks	-	-	-	2,500
BBC Children in Need	-	-	-	5,336
The Willan Trust	-	-	-	5,000
The Police Commissioners Fund	-	-	-	1,475
Percy Hedley Trust	-	-	-	1,000
Coalfields Regeneration Trust	-	-	-	10,000
<u>Statutory income</u>				
Blyth Town Council	-	3,000	<b>3,000</b>	3,000
Northumbria Healthcare Trust	-	25,000	<b>25,000</b>	25,000
Northumberland County Council	-	40,000	<b>40,000</b>	-
	<u>-</u>	<u>163,821</u>	<u><b>163,821</b></u>	<u>131,790</u>
<b>8 Other trading activities</b>				
Fundraising events	2,937	-	<b>2,937</b>	7,869
Shop income	363	-	<b>363</b>	13
Room Hire	-	2,440	<b>2,440</b>	-
Other sales	11	289	<b>300</b>	-
	<u>3,311</u>	<u>2,729</u>	<u><b>6,040</b></u>	<u>7,882</u>

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For the year ended 31 March 2019

**Analysis of income** continued

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b>9 Income from investments</b>				
Bank interest	33	-	33	33
	<u>33</u>	<u>-</u>	<u>33</u>	<u>33</u>

Income was £174,154 (2018: £172,769) of which £3,863 was unrestricted or designated (2018: £59,217) and £170,291 was restricted (2018: £113,552)

**Analysis of expenditure on charitable activities**

	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
<b>10 Raising funds</b>				
Fundraising costs	1,696	170	1,866	2,843
	<u>1,696</u>	<u>170</u>	<u>1,866</u>	<u>2,843</u>

**11 Charitable activities**Direct costs

Staff costs	3,128	90,085	93,213	164,327
Training costs	45	138	183	3,707
Respite costs (caravan)	-	4,357	4,357	7,121
Volunteer costs including travel	178	8,303	8,481	10,871
Client costs	258	942	1,200	1,078
Helpline and outreach	-	1,747	1,747	2,174

Support costs

Rent	-	-	-	5,019
Utilities	-	13,145	13,145	17,666
General running costs	-	17	17	530
Insurance	-	5,056	5,056	6,619
Repairs and renewals	-	1,795	1,795	10,090
Cleaning	-	894	894	-
Telephone	-	1,576	1,576	-
Internet and ICT costs	-	7,607	7,607	-
Stationery and copying	6	4,971	4,977	5,300
Sundry	50	( 2 )	48	( 312 )
Refreshments	15	493	509	866
Professional fees	7,196	2,538	9,734	4,767
Bank charges	60	-	60	60
Depreciation and loss on disposal	8,093	16,473	24,566	3,924

Governance costs

Independent examiner's fees for reporting on the accounts	-	1,200	1,200	3,000
	<u>19,030</u>	<u>161,335</u>	<u>180,365</u>	<u>246,807</u>

## ESCAPE Family Support Limited

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### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

#### Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £182,231 (2018: £249,650) of which £20,726 was unrestricted or designated (2018: £95,847) and £161,505 was restricted (2018: £153,803)

#### 12 Fees for examination of the accounts

	2019 £	2018 £
Independent examiner's fees for reporting on the accounts	1,200	3,000
	<u>1,200</u>	<u>3,000</u>

There were no other fees paid to the examiner (2018: £nil)

#### 13 Analysis of staff costs and the cost of key management personnel

	2019 £
Salaries and wages	81,645
Social security costs	6,029
Pension costs (defined contribution pension plan)	2,984
Other employee benefits	362
	<u>91,020</u>

No employee received remuneration above £60,000 (2018: £nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £3,000.

#### 14 Staff numbers

The average monthly head count was 5 staff (2018: 10 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2019 Number	2018 Number
The parts of the charity in which the employee's work		
Charitable activities	3.5	10.0
	<u>3.5</u>	<u>10.0</u>

#### 15 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £2,984). There was £0 outstanding as at 31 March 2019.

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### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

#### 16 Transactions with trustees

One trustee received a payment in connection with her role as Chief Executive. No remuneration or benefits were paid for her role as trustee (2018: £nil). No other trustees were paid or received any other benefits. (2018: £nil)

	Remuneration	Pension	Other	Total 2019
Name	£	£	£	£
Janet Murphy	-	-	3,000	3,000

#### Trustees' expenses

The following detail the expenses incurred by the trustees.

	2019 £
Travel	1,585
	1,585

#### Transaction(s) with related parties

There have been no related party transactions in the reporting period.

#### 17 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

18 Tangible fixed assets	Freehold property	Office and computer equipment	Caravan	Motor vehicles	Total
	£	£	£	£	£
<b>Cost</b>					
At 1 April 2018	341,147	50,165	25,033	1,000	417,345
Additions	-	-	-	-	-
Disposals	-	( 21,196 )	-	-	( 21,196 )
<b>At 31 March 2019</b>	<b>341,147</b>	<b>28,969</b>	<b>25,033</b>	<b>1,000</b>	<b>396,149</b>
<b>Depreciation</b>					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2018	-	31,781	23,767	250	55,798
Depreciation charge for year	12,714	7,038	1,266	250	21,268
Disposals	-	( 17,438 )	-	-	( 17,438 )
<b>At 31 March 2019</b>	<b>12,714</b>	<b>21,381</b>	<b>25,033</b>	<b>500</b>	<b>59,628</b>
<b>Net book value</b>					
<b>At 31 March 2018</b>	<b>341,147</b>	<b>18,384</b>	<b>1,266</b>	<b>750</b>	<b>361,547</b>
<b>At 31 March 2019</b>	<b>328,433</b>	<b>7,588</b>	<b>-</b>	<b>500</b>	<b>336,521</b>

**ESCAPE Family Support Limited**

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**NOTES TO THE FINANCIAL STATEMENTS**

For the year ended 31 March 2019

**19 Debtors and prepayments (receivable within 1 year)**

	<b>2019</b>	2018
	<b>£</b>	<b>£</b>
Prepayments and accrued income	-	1,388
	<b>-</b>	<b>1,388</b>

**20 Cash at bank and in hand**

	<b>2019</b>	2018
	<b>£</b>	<b>£</b>
Short term deposits	<b>65,749</b>	-
Cash at bank	<b>148,432</b>	197,523
Cash in hand	<b>836</b>	-
	<b>215,018</b>	<b>197,523</b>

**21 Creditors and accruals (payable within 1 year)**

	<b>2019</b>	2018
	<b>£</b>	<b>£</b>
Accruals		
Independent examination of accounts	<b>1,200</b>	2,042
	<b>1,200</b>	<b>2,042</b>

**22 Events after the end of the reporting period**

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

**23 Analysis of charitable funds****Analysis of movements in unrestricted funds**

<b>Unrestricted funds</b>	<b>Fund balances brought forward £</b>	<b>Incoming resources £</b>	<b>Resources expended £</b>	<b>Transfers £</b>	<b>Fund balances carried forward £</b>
General unrestricted fund	317,513	3,863	( 11,037 )	( 168,191 )	<b>142,148</b>
Designated funds					
Unrestricted fixed assets	-	-	( 8,093 )	141,354	<b>133,261</b>
Contingency	( 12,894 )	-	( 1,596 )	25,108	<b>10,618</b>
<b>Totals</b>	<b>304,619</b>	<b>3,863</b>	<b>( 20,726 )</b>	<b>( 1,729 )</b>	<b>286,027</b>

**Purpose of unrestricted funds**

General unrestricted fund	The 'free reserves' after allowing for designated funds
Unrestricted fixed assets	The current value of unrestricted fixed assets
Contingency	Contingency to cover one off costs and potential redundancies

# ESCAPE Family Support Limited

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## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

### 23 Analysis of charitable funds continued

#### Analysis of movement in restricted funds

Restricted funds	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Susan Kennedy Centre refurbishment	214,856	-	( 12,714 )	-	202,142
Restricted office and computer equipment	5,798	-	( 3,760 )	-	2,038
Caravan upgrade	1,199	-	( 1,199 )	-	-
Respite Project	134	5,196	( 5,380 )	50	-
Client Activities	672	10	( 623 )	31	90
Susan Kennedy Centre	8,411	8,124	( 14,567 )	500	2,468
Peer Mentor Coordinator	9,477	16,353	( 15,960 )	-	9,870
Rothley Trust Play Equipment NUM Hall	710	-	-	( 710 )	-
Kinship Children Activities - Austin Pilkington	42	-	( 40 )	( 2 )	-
Lloyds TSB Recovery Project	12,521	-	( 12,554 )	33	-
Family Support Project	5,042	46,367	( 28,230 )	( 52 )	23,127
	1,516	-	( 1,516 )	-	-
Building Better Opportunities ESF & BIG Grant	( 11,785 )	11,785	-	-	-
Strengthening Families	( 95 )	2,350	( 1,573 )	( 682 )	-
Coalfields Regeneration Trust	5,299	4,568	( 9,352 )	-	515
Helpline /Outreach	-	1,800	( 1,448 )	-	352
Volunteer costs	-	1,800	( 2,266 )	466	-
Centre running costs	-	23,102	( 12,231 )	313	11,184
Centre management costs	-	48,836	( 38,092 )	1,782	12,525
<b>Totals</b>	<b>253,797</b>	<b>170,291</b>	<b>( 161,505 )</b>	<b>1,729</b>	<b>264,311</b>

#### Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for Restricted office and computer equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Respite Project	Restricted to Respite Project service.
Client Activities	Restricted for client activities delivery.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Peer Mentor Coordinator	Restricted to salary of Peer Mentor coordinators post.

## ESCAPE Family Support Limited

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### NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2019

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#### 23 Analysis of charitable funds continued

##### Purpose of restricted funds

Lloyds TSB Recovery Project	Restricted to Recovery Project, project staff salary and project costs
Family Support	Restricted to Family Support, project staff salary and project costs
Building Better Opportunities ESF & BIG Grant	Restricted to Bridge Project
Strengthening Families	Restricted to Strengthening Families project delivery
Coalfields Regeneration Trust	Restricted to training, project cost and office salary
Helpline /Outreach	Restricted to helpline delivery costs
Volunteer costs	Restricted to volunteer expenses
Centre running costs	Restricted to centre running costs
Centre management costs	Restricted to management costs

#### 24 Capital commitments

As at 31 March 2019, the charity had no capital commitments (2018 -£nil)

#### 25 Analysis of net assets between funds

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2019 £
Tangible fixed assets	( 920 )	133,261	204,180	<b>336,521</b>
Cash at bank and in hand	144,268	10,618	60,131	<b>215,018</b>
Other net current assets/(liabilities)	( 1,200 )	-	-	<b>( 1,200 )</b>
	<b>142,148</b>	<b>143,879</b>	<b>264,311</b>	<b>550,339</b>