

**REGISTERED COMPANY NUMBER: 03256554 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1063500**

**Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2018  
for**

**ESCAPE Family Support Limited**

Peter Weldon & Co. Ltd  
87 Station Road  
Ashington  
Northumberland  
NE63 8RS

WEDNESDAY



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19/12/2018  
COMPANIES HOUSE

**ESCAPE Family Support Limited**

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for the Year Ended 31 March 2018**

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## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

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 2018. 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 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?**

A National Picture: 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)

## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Northumberland demographics and the regional picture**

Our funding and resources continue to limit our main service provision to residents of Northumberland. Northumberland has a population of over 300,000 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 now 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.

Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population, both significantly contributing to the stark and worrying regional/local picture evidenced through Office of National Statistics and Public Health England publications and statistics, these include:

- \* The North East has the highest rates of alcohol related admissions in England.
- \* The rate of male alcohol specific deaths in the North East is higher than any other region
- \* Increases in the rates of both male and female alcohol specific deaths are greater in the North East than all other regions.
- \* The number of deaths relating to drug misuse in the North East are significantly higher than all other regions.
- \* The North East has the greatest proportion of binge drinkers (at 40%) than all other regions & significantly higher than the England figure of 26%
- \* Drug related deaths in Northumberland increased by 15% (from 67 to 77 deaths) over the period 2012/14 to 2015/17.
- \* The Northumberland 2016 alcohol/drugs demographic needs assessment has identified the increased prevalence estimate for higher risk drinkers in the county to be 14,600 and for increasing risk drinkers 45,200 with 1,324 opiate and/or crack cocaine users.

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 population.

The Government released their Alcohol Strategy in 2012, and have confirmed a commitment to produce a new alcohol strategy as a matter of priority. The 2012 Alcohol Strategy 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.

## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **ACHIEVEMENT AND PERFORMANCE**

ESCAPE continues to provide the only specialist support services for families and carers of substance users in Northumberland. We strive to remain true to our ethos and founding principles while responding to the changing needs of those we serve and to the changing external environment in which we operate.

The extent and impact of our work to improve the lives of carers and family members whose lives are affected by someone else's drug use are outlined in the following sections of this report.

The financial year 2017/2018 posed significant financial challenges and, like many other small charities, we found that some of our previous funding streams were no longer available to us. However, the board of trustees faced up to this and working with our clients, carers, volunteers and staff we took action. We decided it was time to refocus our priorities and prepare the charity to return to its roots - providing support to families and carers who are affected by addiction to alcohol and drugs. No other charity in Northumberland does quite the same as we do, and we remain committed to ensuring this service continues. This section of the report describes our key service areas and what we have achieved in the last year. There have been many successes of which we can all be proud.

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

"I really value the work of Escape. They work tirelessly to support carers of people with substance misuse disorders and to raise awareness and understanding with agencies of the issues and challenges these carers face. Due to the stigma they feel, these carers often do not feel able to access the support available to other carers. Escape have been keen to work in partnership and have been strengthening the links with substance misuse services over the last year, I hope that this will develop further in the future." Liz Robinson-Senior Public Health Manager

"Escape offers an excellent service to the carers it supports, who often feel marginalised due to the nature of their caring role. 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

"As Alcohol Specialist Nurses employed by the Northumbria Healthcare NHS Foundation Trust, we witness the devastating impact alcohol addiction has not only on the individual but their nearest and dearest. For those who are still lucky enough to have support, families members will often voice feelings of total desperation, utter despair and complete isolation. Escape Family Support are an invaluable service, offering the bespoke care and support families of Northumberland really need. The referral process is seamless and we are always confident that families will be contacted in good time, listened too and given appropriate support" Linda Sample-Alcohol Specialist Nurse, Northumbria Healthcare NHS Foundation

\* 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). 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).

## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **ACHIEVEMENT AND PERFORMANCE**

In addition, it is very important to ensure that families and carers, 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. We also deliver recovery support to drug and alcohol users.

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 assessment against the new more robust Gold standard in February 2017. Also ESCAPE has held the Investor in Health and Wellbeing standard since 2011 and was successfully assessed and achieved the new Investor in Health & Wellbeing Award in May 2017, demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social.

#### **ESCAPE Family and Carer Services:**

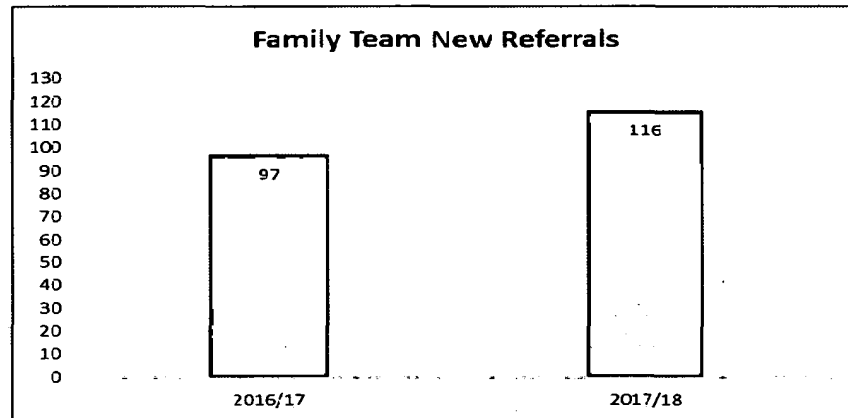
This service is supported through grants from Northumbria Healthcare Trust and Awards for All. ESCAPE's Family Team deliver a range of services to the families and carers of substance users who include parents, grandparents, partners, siblings and children including 24/7 helpline crisis support, telephone 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.

## ESCAPE Family Support Limited

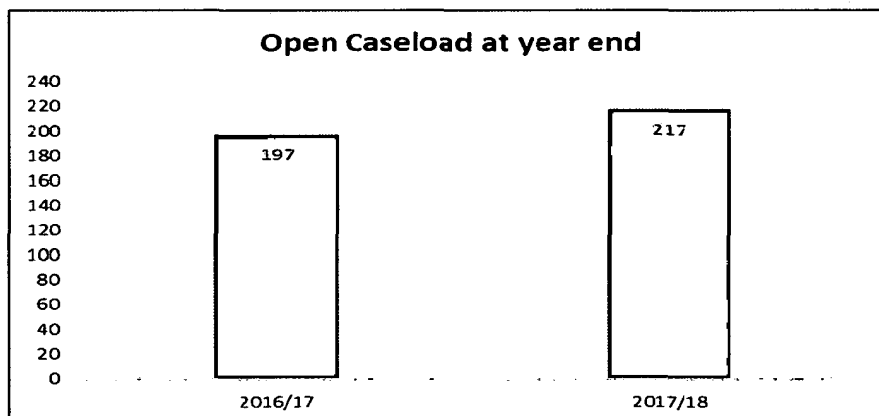
### Report of the Trustees for the Year Ended 31 March 2018

#### ACHIEVEMENT AND PERFORMANCE

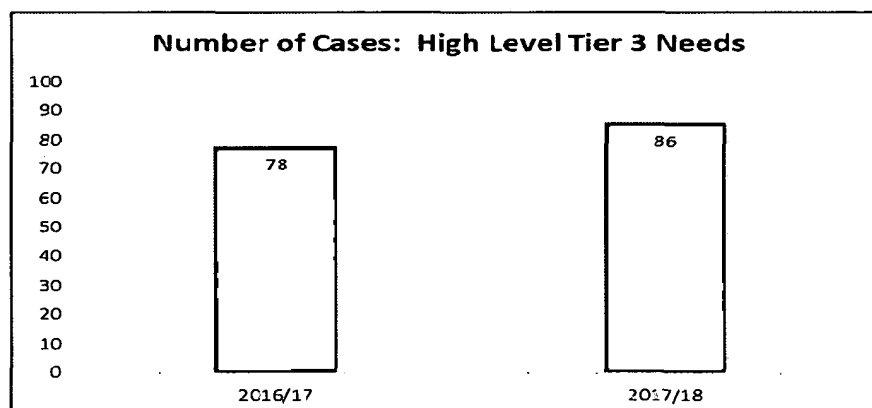
The family team received 116 new referrals during 2017/18 (up 22% on 2016/17):



The family team had an open caseload of 217 (up 10% on 31/03/17) on 31st March 2018.



Of the 217 open cases, 86 (up 10% on 31/03/17) have high level Tier 3 needs.

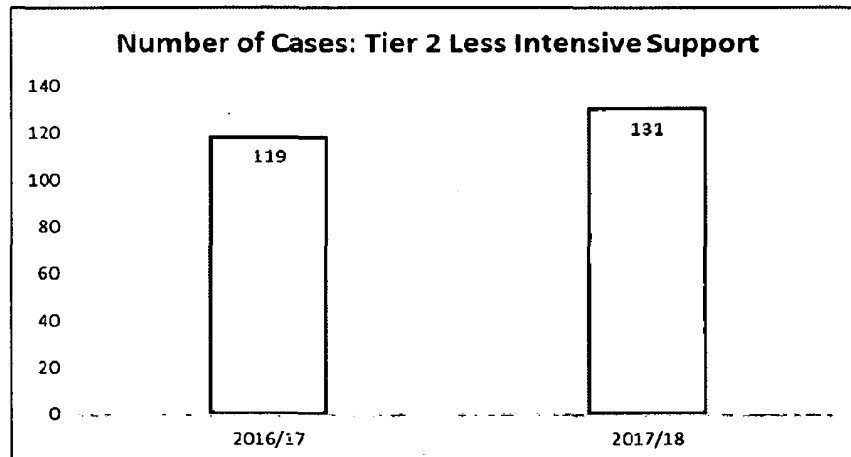


## ESCAPE Family Support Limited

### Report of the Trustees for the Year Ended 31 March 2018

#### ACHIEVEMENT AND PERFORMANCE

The remaining 131 cases (up 10% on 31/03/17) are sitting within Tier 2 less intensive support.



#### Our Family Service Interventions in Numbers

273	Helpline Calls
431	Brief Interventions
84	Counselling sessions
128	Family Therapy sessions
1,556	CRAFT 1-1 support sessions
20	CRAFT Programme Group Sessions (2 Full Programmes)
24	CRAFT Maintenance Support Group Sessions
110	Complementary Therapy Sessions
26	Coffee Mornings/Mutual Aid groups
26	Art Group Sessions
13	Kinship Group Sessions
32	Children's Art Sessions (CRAFT)
82	Family Respite Breaks
4	Pamper/Wellbeing Events
6	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 users' 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.



## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **ACHIEVEMENT AND PERFORMANCE**

83% of our CRAFT participants rated CRAFT course delivery and content as excellent with the other 17% rating this as very good

Average stress/anxiety ratings before the course with 0 = Poor and 10 = Good were:	1.66
Average stress/anxiety ratings after the course with 0 = Poor and 10 = Good were:	7
Average overall Happiness ratings before the course with 0 = Poor and 10 = Good were:	2.5
Average overall Happiness ratings after the course with 0 = Poor and 10 = Good were:	6.16

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:

"I feel more confident and empowered to handle my situation in a more constructive way".

"There is a new way to approach what seemed like an impossible situation".

"I learnt how to deal with challenges, improve my own wellbeing and improve and rebuild relationships".

"CRAFT helped me to stop letting his problems bring me down and affect my life and happiness".

"CRAFT equips you with resources and skills to continue being a support but not at the cost of your own happiness".

"I am really glad I did it. I have a way forward and have learned so much".

"Awesome!".

Our 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 carers.

#### **Northumberland Supporting Families Project**

Following a review of performance ESCAPE Family Support was one of only four organisations retained from a total of nine to remain commissioned by Northumberland County Council during 2017/18 to help deliver the Northumberland Supporting Families Project. We received 16 referrals, commenced work with 9 new families and worked with 18 families in total throughout 2017/18. This project ended on 31/03/2018 when the contract and funding ceased. Funding for this project was payment by results, all claim targets with the families were achieved and full payment received. These cases should have been closed or transferred to another organisation by 31st March 2018 but we have been unable to do this due to a lack of other suitable support to meet needs; relationships already built up with families and ensuring that all client needs were met prior to closure. This has resulted in some families remaining on our caseload into 2018/19 without payment for services delivered.

#### **Strengthening Families Programme**

Children in Need have supported delivery of our Strengthening Families Programmes this year.

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

## ESCAPE Family Support Limited

### Report of the Trustees for the Year Ended 31 March 2018

#### ACHIEVEMENT AND PERFORMANCE

Overall the accumulative values of each score for one of our programmes can be seen below:-

Family Star Scores										
Physical	Well Being	Emotional Needs	Child safety	Social Networks	Education	Behaviour & Boundaries	Family Routine	Home & Money	Progress to Work	Overall
18	15	15	34	19	23	15	28	20	11	197
+5	+10	+10	0	+3	+6	+16	+4	+5	+14	+74
23	25	25	34	22	29	31	32	25	25	271

It is clear from the table that the group as a whole progressed with an overall Pre- programme score of 197 increasing to 271 (+74) at Post programme. As a group we seen the greatest increases around greater confidence in addressing behaviour and putting boundaries in place (+16) and Progress to Work (+14). With regards to Progress to Work this is linked to a focus on 'What's next' for parents and in particular those who it was relevant too being referred to our Bridge Project. Well Being (+10) and Emotional Needs (+10) also showed a good increase across the group which links closely to group members benefitting from sharing experiences with group members, the recognition that others go through this and building on their relationships with their children throughout the programme. The only score that did not create a change in scores across the group was linked to Child Safety. This was linked to all group members feeling strongly that although they recognised they required additional support in relation to their children, appropriate support was already in place whether this was ESCAPE, social work, Early Help Assessment and therefore risks were being managed well.

Below is a breakdown of overall individual case scores:-

Family Score Scores-Individual Cases				
Scores	Case 1	Case 2	Case 3	Case 4
Pre	43	38	51	65
	+1	+20	+19	+34
Post	44	58	70	99

Families that participated in the Strengthening Families programme told us:

"Realising we were not the only family with problems was a relief".

"As a family you learn to sort your problems and work together".

"We found it insightful on how to deal with problems and taking a lot of positivity away from the group".

## ESCAPE Family Support Limited

### Report of the Trustees for the Year Ended 31 March 2018

#### ACHIEVEMENT AND PERFORMANCE

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

"You yourself can offer support to other families just like they do to you. Things you take away are things like problem solving and working as a team".

"This programme helps you lots, you gain knowledge, even if you're 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".

"We listened to other families' problems and shared ours and built trust and friendships".

"I would highly recommend this programme to other families because it is insightful and brings you closer".

Some key stakeholder views on our work supporting families:

Jean Hedley-Children Centre, Early Help Locality Manager

*"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"*

Anne Lambert-NSCB

*"ESCAPE's contribution to the development and delivery of the NSCB's Impact of Substance Use in Families course has been greatly appreciated. They have brought examples of the issues experienced by local families and given delegates clear messages about how to support users and family members to access help and support. Meeting ESCAPE staff makes the wider workforce feel more confident to liaise with the service for specialist advice or to support clients with self-referral and ongoing support from ESCAPE."*

Kim Hall-Kinship Researcher, Northumbria University

*"It has been a pleasure to have worked with ESCAPE Family Support over this past year. As part of my PhD research, Sarah and Elaine have offered support in helping me connect with Kinship Carers to become participants for the study. In addition, Sarah and Elaine have been very welcoming and accommodating in offering the study participants and myself a familiar space to work from. Having Elaine join some of the fieldwork sessions also helped to widen the perspective of the study, creating alternative pathways for the participants to explore. It has also been very interesting for me, to learn more about the valuable work that ESCAPE Family Support do on a regular basis"*

Tony Brown-Head Year 11, Cramlington Learning Village

*"I have had the pleasure of working with ESCAPE [Sarah Tannock] for many years and have seen at first hand the amazing work they do to support families. They are a shoulder of support for families who need guidance, reassurance and education as well as a gatekeeper to other services. Many parents have found memories and positive experiences working with the ESCAPE Team who believe they would not be the people they are today without their intervention"*

## ESCAPE Family Support Limited

### Report of the Trustees for the Year Ended 31 March 2018

#### ACHIEVEMENT AND PERFORMANCE

##### Drug and Alcohol Recovery Support.

This project is funded by Lloyds Bank Foundation and thanks to their support ESCAPE continues 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 62 new referrals in 2017/18 and on 31 March 2018 had an active open caseload of 34. 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:

107	Helpline Calls
117	Brief Interventions
365	1-1 Support Sessions
132	Counselling Sessions
52	SMART Recovery Group Sessions (312 attendances)
104	Acupuncture Group Sessions
26	Art Sessions
26	Gardening Project Sessions

In year 2 of this project we achieved the following outcomes with this caseload of 34 people:

	Achieved	%
Number of new people engaged (Target 25)	26	104
Number of people safely managing addictions with reduced substance misuse	30	88.2
Number of people with improved safety	23	67.6
Number of people reporting improved living skills	23	67.6
Number of people feeling better able to manage their mental health issues	22	64.7
Number of people reporting they are safe, independent and able to make positive choices	21	61.7
Number of people reporting reduced isolation/ increased social networks	21	61.7
Number of people reporting improved self-esteem/confidence	20	58.9
Number of people reporting reduced stress/anxiety	20	58.9
Number of people reporting an improvement in mental health	19	55.9
Number of people reporting an improvement in physical health	16	47
Number of people into education or training	10	29.4
Number of people with increased basic skills	10	29.4
Number of people reporting improved budgeting/money management skills	7	20.6
Number of people who moved into independent living	4	11.7
Number of people reporting improved management of tenancy and accommodation	4	11.7
Number of people gaining safe and suitable accommodation	3	8.8
Number of people into regular volunteering	2	5.9
Number of people achieving accredited qualifications	1	3

##### 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 have attended the project have moved onto volunteering, and/or have become peer mentors with the project".

## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **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. Volunteers and peer mentors continue to be critical in supporting paid staff in the delivery of services and without their support ESCAPE would not have capacity to support many of the groups and activities it offers clients.

Our 43 volunteers and peer mentors have made a significant contribution to provision this year providing 10,379 hours of work. This is in effect the equivalent of 5.8 full time workers. The massive added value that the combined mix of skills and experience of volunteers/peers is much broader than a single person in a paid post.

Volunteers and peer mentors have undertaken and supported the following roles and functions this year: cleaning; gardening; administration; caretaking; counselling; complementary therapies; befriending; mentoring; family therapy; group facilitation including SMART, CRAFT, Strengthening Families, Understanding Teenagers; workshops and wellbeing events; community fundraising; bid writing; CEO post; Helpline Cover and Art sessions.

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.

##### **TRAINING PROJECT**

Our training officer post was funded by the Esmee Fairbairn Foundation from April to September 2017 and then Coalfields Regeneration Trust from October 2017 until March 2018.

We deliver a robust programme of training appropriate to 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,

External providers also 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.

This year 22 volunteers/peers attended a variety of training including our own accredited Skills for Supporting those Affected by Addiction, Child and Adult Safeguarding and Food Hygiene Courses.

Training and education provided to support beneficiaries includes: 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.

## ESCAPE Family Support Limited

### Report of the Trustees for the Year Ended 31 March 2018

#### ACHIEVEMENT AND PERFORMANCE PARTNERSHIP WORK

Funding through Tesco Bags for Help enabled ESCAPE to work in partnership with Groundwork. This project empowered our beneficiaries to redesign, renovate and landscape our gardens at Susan Kennedy Centre. See below the feedback from Jane Austin of Groundwork North East:

Jane Austin-Walker- Senior Project Officer- Groundwork North East & Cumbria

*"Working with the staff and volunteers at Escape was amazing. Everyone was so committed and worked really hard together to create a relaxing garden for everyone to enjoy. Volunteers learnt new skills such as path building/identifying native wild flowers and building a stone feature. Everyone was so welcoming to me, I really miss working at ESCAPE. It is such a lovely place to be as all the staff and volunteers are so sincere and open/friendly"*

We worked in partnership with the BAIT Project which provided opportunities for beneficiaries to participate in the Arts, attend Edinburgh Fringe Festival and exhibitions at Woodhorn Colliery. Our beneficiaries participated in a photography project and exhibited their work in a local shop. See below feedback from Lisa Blaney at BAIT:

Lisa Blaney-Arts for Wellbeing Manager, Woodhorn/BAIT

*"Museums Northumberland; bait project, has worked closely with ESCAPE Family Support's carers, service users and staff to ensure that art is embedded within their everyday activities to support both individual, and family wellbeing"*

We regularly attend meetings and participate in partnership work within the Northumberland Children's Services Early Help Hubs; Northumberland Supporting Families Operations Group; South East Early Help Network Meetings; Northumberland Carers Strategic Partnership; Northumberland Drug and Alcohol Steering Group; Wansbeck and Cramlington Hospitals Alcohol Development Group and Bridge Project and Northumbria University. We are a valued partner within these settings as the feedback below from some of our partners demonstrates:

Auriol Irwin-Cottan-AGAINST Child Exploitation UK

*"My contact with ESCAPE this year has been friendly, supportive and helpful. I have been designing a poster to encourage members of the public to report any incidences of children being groomed for drug trafficking purposes to Crime Stoppers alongside setting up a project called AGAINST CHILD EXPLOITATION UK. I was a client of ESCAPE nearly 20 years ago and I have found that the same kind and therapeutic atmosphere is still there today"*

Sarah Robinson-Service Manager, Full Circle Food

*"Full Circle were very happy to be able to deliver a cooking tuition session at ESCAPE. You have great facilities and we hope to be able to use them again for our mutual benefit in the future"*

Justine Bowey-Health Trainer

*"We have come along to support clients that attend the Susanne Kennedy Centre with health lifestyle information. We talked to clients around living a healthier lifestyle and how this could benefit them. We completed mini health MOTs and took blood pressure readings, weights and BMIs, we signposted to other services such as the stop smoking team or to see a health trainer on a 1-1 basis to set small achievable goals around their own health needs".*

## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Reshaping and refreshing to meet the challenges ahead**

2017/2018 has been another eventful year for ESCAPE. Each year in the twenty-four years since ESCAPE was established has brought its challenges, opportunities, successes and surprises and this past year has been no exception. During the year, we have worked hard to listen carefully and closely to everyone involved in ESCAPE and planned to ensure we deliver services that were wanted and needed.

As previously highlighted, 2017/2018 posed significant financial challenges and, like many other small charities, we found that some of our previous funding streams were no longer available to us. So by necessity 2017/2018 has been a year of transition. The transition necessitated some staff redundancies and trimming of budgets to ensure that as we moved into 2018/2019 our organisation would be financially secure and fit for its refreshed purpose. All plans for the coming year have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees at our annual away day. Our plans are based around the two key priorities that were 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) that ESCAPE should strive to pilot and introduce 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.

#### **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 budget for 2018/19 is £161,820 and therefore the target is £80,910 to £161,820 to be retained in reserves plus tangible fixed assets. Unrestricted funds of £304,619 and £253,797 of restricted funds apply at 31st March 2018.

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 2019. Steps taken in 2017/2018 to reduce overheads and thereby strengthen sustainability included staff redundancies and downsizing of the charity.

##### **Principal Funding Sources**

Principal funding sources for the charity during 2017/2018 were for the Family Team through Northumbria Healthcare Trust and Awards for All and from Northumberland County Council Children's Services for our Supporting Families Project. A grant from Lloyds Bank Foundation funded our Recovery Support Project. Tudor Trust funded our Volunteer and Peer Mentoring Project. A grant from Esmee Fairbairn Foundation funded our Training Project for our service users, carers, volunteers and peer mentors until September 2017 and then a grant from Coalfields Regeneration Trust sustained the health and wellbeing training project from then onwards. Children in Need funded our Strengthening Families Programmes and a grant from the Police Crime Commissioner funded delivery of our CRAFT Programmes. Big Lottery and ESF funded our work on the Bridge Project. Tesco Bags for Help funded our partnership work with Groundwork North East on our gardening project. Grants were also received from Sir James Knott Trust; Barbour Foundation; Willan Trust; Souter Charitable Trust; Percy Hedley Trust; J.H. Burn Charity and Graham Dowling.

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

## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **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 substance users, carers and families 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 individuals, their families, carers and friends 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



## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **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 eight 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.

## **ESCAPE Family Support Limited**

### **Report of the Trustees for the Year Ended 31 March 2018**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Organisational structure**

Other close working partnerships have been developed with the National Probation Service, Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Relate, Cygnus, BRIC, Northumberland CVA, Northumberland CAB, 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 and again in February 2017. Investors in People Health and Wellbeing Standard was achieved in 2011 and retained in 2014 and 2017.

##### **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

<b>Trustees</b>	
T Devine	
D Brown	
J L M Axelby	
A Steward	
S Baines	- resigned 23/5/2017
J O'Hare	- resigned 23/5/2017
G Stokoe	- resigned 16/1/2018
J Murphy	
S J Murphy	- appointed 1/11/2017

**Company Secretary**  
T Devine

**Independent examiner**  
Peter Weldon & Co. Ltd  
87 Station Road  
Ashington  
Northumberland  
NE63 8RS

**ESCAPE Family Support Limited**

**Report of the Trustees  
for the Year Ended 31 March 2018**

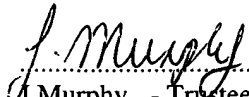
**REFERENCE AND ADMINISTRATIVE DETAILS**

**Solicitors**

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

Cuthbertsons  
3 Stanley Street  
Blyth  
Northumberland  
NE24 2BS

Approved by order of the board of trustees on 17th December 2018 and signed on its behalf by:

  
J Murphy - Trustee

**Independent Examiner's Report to the Trustees of  
ESCAPE Family Support Limited**

**Independent examiner's report to the trustees of ESCAPE Family Support Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2018.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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

*Peter Weldon + Co*

Peter Weldon  
ACA (BA Hons)  
Peter Weldon & Co. Ltd  
87 Station Road  
Ashington  
Northumberland  
NE63 8RS

Date: 18/12/18

**ESCAPE Family Support Limited**

**Statement of Financial Activities  
for the Year Ended 31 March 2018**

		<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Endowment fund £</b>	<b>2018 Total funds £</b>	<b>2017 Total funds £</b>
	Not es					
<b>INCOME AND ENDOWMENTS FROM</b>						
Donations and legacies		53,328	111,130	-	164,458	249,330
Other trading activities	2	5,460	2,422	-	7,882	20,360
Investment income	3	33	-	-	33	33
Other income		<u>396</u>	<u>-</u>	<u>-</u>	<u>396</u>	<u>19,740</u>
<b>Total</b>		<b>59,217</b>	<b>113,552</b>	<b>-</b>	<b>172,769</b>	<b>289,463</b>
 <b>EXPENDITURE ON</b>						
<b>Charitable activities</b>	4					
Charity		<u>95,847</u>	<u>153,803</u>	<u>-</u>	<u>249,650</u>	<u>366,619</u>
 <b>NET INCOME/(EXPENDITUR E)</b>						
		(36,630)	(40,251)	-	(76,881)	(77,156)
<b>Transfers between funds</b>	12	<u>1,899</u>	<u>929</u>	<u>(2,828)</u>	<u>-</u>	<u>-</u>
 <b>Net movement in funds</b>		<b>(34,731)</b>	<b>(39,322)</b>	<b>(2,828)</b>	<b>(76,881)</b>	<b>(77,156)</b>
 <b>RECONCILIATION OF FUNDS</b>						
<b>Total funds brought forward</b>		<u>339,350</u>	<u>293,119</u>	<u>2,828</u>	<u>635,297</u>	<u>712,453</u>
 <b>TOTAL FUNDS CARRIED FORWARD</b>		<u><b>304,619</b></u>	<u><b>253,797</b></u>	<u><b>-</b></u>	<u><b>558,416</b></u>	<u><b>635,297</b></u>

The notes form part of these financial statements

# ESCAPE Family Support Limited

## Balance Sheet At 31 March 2018

	Not es	Unrestricted funds £	Restricted funds £	Endowment fund £	2018 Total funds £	2017 Total funds £
<b>FIXED ASSETS</b>						
Tangible assets	9	189,396	172,151	-	361,547	361,608
<b>CURRENT ASSETS</b>						
Debtors	10	1,388	-	-	1,388	2,439
Cash at bank		<u>115,875</u>	<u>81,648</u>	<u>-</u>	<u>197,523</u>	<u>273,292</u>
		117,263	81,648	-	198,911	275,731
<b>CREDITORS</b>						
Amounts falling due within one year	11	(2,042)	-	-	(2,042)	(2,042)
<b>NET CURRENT ASSETS</b>		<u>115,221</u>	<u>81,648</u>	<u>-</u>	<u>196,869</u>	<u>273,689</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		304,617	253,799	-	558,416	635,297
<b>NET ASSETS</b>		<u>304,617</u>	<u>253,799</u>	<u>-</u>	<u>558,416</u>	<u>635,297</u>
<b>FUNDS</b>	12					
Unrestricted funds					304,617	339,350
Restricted funds					253,799	293,119
Endowment funds					-	2,828
<b>TOTAL FUNDS</b>					<u>558,416</u>	<u>635,297</u>

The notes form part of these financial statements

**ESCAPE Family Support Limited**

**Balance Sheet - continued  
At 31 March 2018**

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2018 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 17th December 2018 and were signed on its behalf by:

  
J Murphy -Trustee

The notes form part of these financial statements

## **ESCAPE Family Support Limited**

### **Notes to the Financial Statements for the Year Ended 31 March 2018**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 15% on reducing balance per annum
Fixtures and fittings	- 25% on reducing balance per annum
Motor vehicles	- 25% on reducing balance per annum

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.



# ESCAPE Family Support Limited

## Notes to the Financial Statements - continued for the Year Ended 31 March 2018

### 2. OTHER TRADING ACTIVITIES

	2018	2017
	£	£
Fundraising events	7,869	6,902
Shop income	<u>13</u>	<u>13,458</u>
	<u>7,882</u>	<u>20,360</u>

### 3. INVESTMENT INCOME

	2018	2017
	£	£
Deposit account interest	<u>33</u>	<u>33</u>

### 4. CHARITABLE ACTIVITIES COSTS

	Direct costs	Support costs	Totals
	£	£	£
Charity	<u>239,371</u>	<u>10,279</u>	<u>249,650</u>

	Total	Spectrum Centre	Susan Kennedy Centre
	£	£	£
Centre running costs included in the above Charitable Activities Cost (Direct Costs):			
Rent	4,203	3,750	453
Rates and water rates	976	116	860
Light and heat	3,713	816	2,897
General running costs	290	2	288
Other utilities	596	477	119
Cleaning	340	36	304
Telephone	1,808	1,203	605
Internet	977	413	564
Stationery	648	24	624
Travelling	35	0	35
Sundry	169	150	19
Refreshments	52	13	39
Professional fees	167	0	167
Total	<u>13,974</u>	<u>7,000</u>	<u>6,974</u>

# ESCAPE Family Support Limited

## Notes to the Financial Statements - continued for the Year Ended 31 March 2018

### 5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2018	2017
	£	£
Auditors' remuneration for non audit work	3,000	1,819
Depreciation - owned assets	3,924	3,876
(Surplus)/deficit on disposal of fixed asset	<u>(456)</u>	<u>7,049</u>

### 6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2018 nor for the year ended 31 March 2017.

#### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2018 nor for the year ended 31 March 2017.

### 7. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2018	2017
	10	10
Staff	<u>10</u>	<u>10</u>

No employees received emoluments in excess of £60,000.

### 8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Endowment fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and legacies	149,034	100,296	-	249,330
Other trading activities	20,360	-	-	20,360
Investment income	33	-	-	33
Other income	<u>9,265</u>	<u>10,475</u>	<u>-</u>	<u>19,740</u>
<b>Total</b>	<b>178,692</b>	<b>110,771</b>	<b>-</b>	<b>289,463</b>
<b>EXPENDITURE ON Charitable activities</b>				
Charity	<u>227,207</u>	<u>139,412</u>	<u>-</u>	<u>366,619</u>
<b>Total</b>	<b>227,207</b>	<b>139,412</b>	<b>-</b>	<b>366,619</b>

**ESCAPE Family Support Limited**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2018**

**8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Endowment fund £</b>	<b>Total funds £</b>
<b>NET INCOME/(EXPENDITURE)</b>	(48,515)	(28,641)	-	(77,156)
<b>Transfers between funds</b>	<u>(21,320)</u>	<u>21,320</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>	(69,835)	(7,321)	-	(77,156)
<b>RECONCILIATION OF FUNDS</b>				
<b>Total funds brought forward</b>	<u>409,182</u>	<u>300,443</u>	<u>2,828</u>	<u>712,453</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>339,347</u></u>	<u><u>293,122</u></u>	<u><u>2,828</u></u>	<u><u>635,297</u></u>

**9. TANGIBLE FIXED ASSETS**

	<b>Freehold property £</b>	<b>Plant and machinery £</b>	<b>Fixtures and fittings £</b>	<b>Motor vehicles £</b>	<b>Totals £</b>
<b>COST</b>					
At 1 April 2017	341,147	49,265	25,033	-	415,445
Additions	-	2,900	-	1,000	3,900
Disposals	<u>-</u>	<u>(2,000)</u>	<u>-</u>	<u>-</u>	<u>(2,000)</u>
At 31 March 2018	<u>341,147</u>	<u>50,165</u>	<u>25,033</u>	<u>1,000</u>	<u>417,345</u>
<b>DEPRECIATION</b>					
At 1 April 2017	-	30,492	23,345	-	53,837
Charge for year	-	3,252	422	250	3,924
Eliminated on disposal	<u>-</u>	<u>(1,963)</u>	<u>-</u>	<u>-</u>	<u>(1,963)</u>
At 31 March 2018	<u>-</u>	<u>31,781</u>	<u>23,767</u>	<u>250</u>	<u>55,798</u>
<b>NET BOOK VALUE</b>					
At 31 March 2018	<u>341,147</u>	<u>18,384</u>	<u>1,266</u>	<u>750</u>	<u>361,547</u>
At 31 March 2017	<u>341,147</u>	<u>18,773</u>	<u>1,688</u>	<u>-</u>	<u>361,608</u>

**ESCAPE Family Support Limited**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2018**

**10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2018	2017
	£	£
Prepayments and accrued income	<u>1,388</u>	<u>2,439</u>

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2018	2017
	£	£
Accrued expenses	<u>2,042</u>	<u>2,042</u>

**ESCAPE Family Support Limited**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2018**

**12. MOVEMENT IN FUNDS**

	At 1/4/17 £	Net movement in funds £	Transfers between funds £	At 31/3/18 £
<b>Unrestricted funds</b>				
General fund	318,666	(2,848)	1,693	317,511
Designated	<u>20,684</u>	<u>(33,784)</u>	<u>206</u>	<u>(12,894)</u>
	339,350	(36,632)	1,899	304,617
<b>Restricted funds</b>				
Restricted	224,160	(2,395)	90	221,855
Respite Project	351	(217)	-	134
Client Activities	4,173	(3,501)	-	672
Susan Kennedy Centre	10,663	(3,181)	929	8,411
Peer Mentor Coordinator	12,725	(3,248)	-	9,477
Rothley Trust Play Equipment NUM Hall	710	-	-	710
Kinship Children Activities - Austin				
Pilkington	42	-	-	42
Training Project Esmee Fairbairn				
Foundation	14,525	(14,525)	-	-
Lloyds TSB Recovery Project	11,989	622	(90)	12,521
Awards For All	-	5,042	-	5,042
Arts Council - Arts Respite Project	3,763	(2,247)	-	1,516
Building Better Opportunities ESF &				
BIG Grant	2,518	(14,303)	-	(11,785)
Groundworks Garden Project	7,500	(7,500)	-	-
Children In Need SFP	-	(95)	-	(95)
Coalfields Regeneration Trust	<u>-</u>	<u>5,299</u>	<u>-</u>	<u>5,299</u>
	293,119	(40,249)	929	253,799
<b>Endowment funds</b>				
Designated	2,828	-	(2,828)	-
<b>TOTAL FUNDS</b>	<u>635,297</u>	<u>(76,881)</u>	<u>-</u>	<u>558,416</u>

# ESCAPE Family Support Limited

## Notes to the Financial Statements - continued for the Year Ended 31 March 2018

### 12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	23,050	(25,898)	(2,848)
Designated	<u>36,167</u>	<u>(69,951)</u>	<u>(33,784)</u>
	59,217	(95,849)	(36,632)
<b>Restricted funds</b>			
Restricted	(2,500)	105	(2,395)
Respite Project	4,909	(5,126)	(217)
Client Activities	560	(4,061)	(3,501)
Susan Kennedy Centre	3,793	(6,974)	(3,181)
Peer Mentor Coordinator	22,000	(25,248)	(3,248)
Training Project Esmee Fairbairn Foundation	-	(14,525)	(14,525)
Lloyds TSB Recovery Project	24,999	(24,377)	622
Awards For All	9,999	(4,957)	5,042
Arts Council - Arts Respite Project	-	(2,247)	(2,247)
Building Better Opportunities ESF & BIG Grant	9,481	(23,784)	(14,303)
Groundworks Garden Project	2,500	(10,000)	(7,500)
Children In Need SFP	5,336	(5,431)	(95)
Souter Charitable Trust	2,500	(2,500)	-
Sir James Knott Foundation	7,500	(7,500)	-
The Barbour Foundation	2,000	(2,000)	-
The Police Commissioners Fund	1,475	(1,475)	-
The Willan Trust	5,000	(5,000)	-
Blyth Town Council	3,000	(3,000)	-
Percy Hedley Trust	1,000	(1,000)	-
Coalfields Regeneration Trust	<u>10,000</u>	<u>(4,701)</u>	<u>5,299</u>
	113,552	(153,801)	(40,249)
<b>TOTAL FUNDS</b>	<u>172,769</u>	<u>(249,650)</u>	<u>(76,881)</u>

**ESCAPE Family Support Limited**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2018**

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	<b>At 1/4/16 £</b>	<b>Net movement in funds £</b>	<b>Transfers between funds £</b>	<b>At 31/3/17 £</b>
<b>Unrestricted Funds</b>				
General fund	375,712	(35,726)	(21,320)	318,666
Designated	19,818	866	-	20,684
Northern Rock Foundation (Safeguarding Children Office/Family Team Manager)	7,047	(7,047)	-	-
See restricted	3,174	(3,174)	-	-
Coalfields Regeneration Trust - Charity Shop	<u>3,431</u>	<u>(3,431)</u>	<u>-</u>	<u>-</u>
	409,182	(48,512)	(21,320)	339,350
<b>Restricted Funds</b>				
Restricted	226,352	(2,192)	-	224,160
Respite Project	2,002	(1,651)	-	351
Client Activities	915	3,258	-	4,173
Big Lottery	20,578	(20,578)	-	-
Susan Kennedy Centre	7,782	2,881	-	10,663
Peer Mentor Coordinator	9,743	2,982	-	12,725
Rothley Trust Play Equipment NUM Hall	710	-	-	710
Kinship Children Activities - Austin Pilkington	42	-	-	42
Training Project Esmee Fairbairn Foundation	16,534	(2,009)	-	14,525
Jennie's Place Project Costs	(18,613)	3,629	14,984	-
Lloyds TSB Recovery Project	14,224	(2,235)	-	11,989
Awards For All	10,000	(10,000)	-	-
Arts Council - Arts Respite Project	10,174	(6,411)	-	3,763
Building Better Opportunities ESF & BIG Grant	-	2,518	-	2,518
Groundworks Garden Project	-	7,500	-	7,500
Transformation Website Development Project	<u>-</u>	<u>(6,336)</u>	<u>6,336</u>	<u>-</u>
	300,443	(28,644)	21,320	293,119
<b>Endowment funds</b>				
Designated	2,828	-	-	2,828
<b>TOTAL FUNDS</b>	<u><u>712,453</u></u>	<u><u>(77,156)</u></u>	<u><u>-</u></u>	<u><u>635,297</u></u>

# ESCAPE Family Support Limited

## Notes to the Financial Statements - continued for the Year Ended 31 March 2018

### 12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	1,232	(36,958)	(35,726)
Designated	60,742	(59,876)	866
NCC Rent Deposit Guarantee Scheme	39,216	(39,216)	-
Public Health NCC Carer Support Grant	49,502	(49,502)	-
NCC Carer Strategy Group - Carer Involvement & Support	25,000	(25,000)	-
RW Mann Trust	1,000	(1,000)	-
Joicey Trust	2,000	(2,000)	-
Northern Rock Foundation (Safeguarding Children Office/Family Team Manager)	-	(7,047)	(7,047)
See restricted	-	(3,174)	(3,174)
Coalfields Regeneration Trust - Charity Shop	-	(3,431)	(3,431)
	178,692	(227,204)	(48,512)
<b>Restricted funds</b>			
Restricted	(13,426)	11,234	(2,192)
Respite Project	4,057	(5,708)	(1,651)
Client Activities	5,536	(2,278)	3,258
Susan Kennedy Centre	13,305	(10,424)	2,881
Peer Mentor Coordinator	35,000	(32,018)	2,982
Kinship Children Activities - Austin Pilkington	1	(1)	-
Training Project Esmee Fairbairn Foundation	23,905	(25,914)	(2,009)
Jennie's Place Project Costs	3,221	408	3,629
Lloyds TSB Recovery Project	25,000	(27,235)	(2,235)
Awards For All	(10,000)	-	(10,000)
Arts Council - Arts Respite Project	3,508	(9,919)	(6,411)
Building Better Opportunities NCC Grant	5,500	(5,500)	-
Building Better Opportunities ESF & BIG Grant	7,664	(5,146)	2,518
Groundworks Garden Project	7,500	-	7,500
Big Lottery	-	(20,578)	(20,578)
Transformation Website Development Project	-	(6,336)	(6,336)
	110,771	(139,415)	(28,644)
<b>TOTAL FUNDS</b>	<u>289,463</u>	<u>(366,619)</u>	<u>(77,156)</u>

### 13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2018.



# ESCAPE Family Support Limited

## Detailed Statement of Financial Activities for the Year Ended 31 March 2018

	2018 £	2017 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations and grants	164,458	249,330
<b>Other trading activities</b>		
Fundraising events	7,869	6,902
Shop income	<u>13</u>	<u>13,458</u>
	7,882	20,360
<b>Investment income</b>		
Deposit account interest	33	33
<b>Other income</b>		
Gain on sale of tangible fixed assets	456	-
Other income	(60)	8,870
Rental income	<u>-</u>	<u>10,870</u>
	<u>396</u>	<u>19,740</u>
<b>Total incoming resources</b>	172,769	289,463
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	164,327	224,990
Rents	5,019	9,373
Utilities	17,666	31,389
Stationery	5,300	5,217
Other costs	(587)	2,216
Travelling	10,871	11,049
Community fundraising	2,843	4,220
Caravan Upgrade	71	-
Client Activities	1,043	5,699
Repairs and maintenance	10,090	7,829
Refreshments and meeting costs	866	5,798
Respite	7,050	5,363
Helpline and outreach	2,174	209
Rent Deposit Scheme	275	4,731
Client Travel	35	836
Susan Kennedy Centre	530	-
Training Costs	3,707	3,212
Carried forward	231,280	322,131

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**ESCAPE Family Support Limited**

**Detailed Statement of Financial Activities  
for the Year Ended 31 March 2018**

	2018 £	2017 £
<b>Charitable activities</b>		
Brought forward	231,280	322,131
Legal and professional	4,167	10,296
Charity shop	-	381
Depn of plant and machinery	3,252	3,313
Depn of fixtures and fittings	422	563
Depn of motor vehicles	250	-
Loss on sale of tangible fixed assets	<u>-</u>	<u>7,049</u>
	239,371	343,733
<b>Support costs</b>		
<b>Management</b>		
Loan	-	4,993
<b>Finance</b>		
Bank charges	60	120
<b>Governance costs</b>		
Auditors' remuneration for non audit work	3,000	1,819
Insurance	6,619	14,087
Consultancy	<u>600</u>	<u>1,867</u>
	<u>10,219</u>	<u>17,773</u>
<b>Total resources expended</b>	249,650	366,619
	<u>                    </u>	<u>                    </u>
<b>Net expenditure</b>	<u><u>(76,881)</u></u>	<u><u>(77,156)</u></u>

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