

COMPANY REGISTRATION NUMBER: 06498953  
CHARITY REGISTRATION NUMBER: 1123337

**Allens Croft Project**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2018**

TUESDAY



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25/09/2018  
COMPANIES HOUSE

**Allens Croft Project**  
**Company Limited by Guarantee**  
**Financial Statements**  
**Year ended 31 March 2018**

|  | <b>Page</b> |
|--|-------------|
| Trustees' annual report (incorporating the director's report)                | <b>1</b>    |
| Independent examiner's report to the trustees                                | <b>5</b>    |
| Statement of financial activities (including income and expenditure account) | <b>6</b>    |
| Statement of financial position  | <b>7</b>    |
| Notes to the financial statements  | <b>8</b>    |
| <b>The following pages do not form part of the financial statements</b>      |             |
| Detailed statement of financial activities                                   | <b>16</b>   |
| Notes to the detailed statement of financial activities                      | <b>17</b>   |

# **Allens Croft Project**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report)**

**Year ended 31 March 2018**

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2018.

#### **Chair's report**

It gives me great pleasure to welcome you to the Annual Report 2017-2018 of The Birmingham Freedom Project. A report detailing the activities of the Project during the year is attached to these financial statements and should be read as an integral part of the statutory report and accounts for the charity.

Andrew Coward  
Chair

#### **Objectives and activities**

##### **Foreword**

The organisation has continued to concentrate on its domestic abuse project and as detailed in the attached report has developed a number of programmes. In particular for women these are the Recovery Toolkit and You & Me, Mum. For children there is the Healing Together programme and a Children's Recovery Toolkit.

At all times in planning our activities the charity has referred to the guidance contained in the Charity Commission's general guidance on public benefit and how the activities will contribute to the overall aims and objectives we have set.

#### **Safeguarding**

Safeguarding means protecting individuals from the risk of abuse or neglect. The Safeguarding policies for children's and adults have now been amalgamated and updated. Our Designated Trustee for Safeguarding is in place. We work very closely with the safeguarding team at Birmingham South Central Clinical Commissioning Group and maintain all safeguarding principles. We also work very closely with the Birmingham Safeguarding Adults Board (BSAB), which has responsibilities for seeking assurance regarding domestic abuse under the Care Act 2014. We have signed the Memorandum of Understanding and are a member of the BSAB Partnership Board.

#### **Achievements and performance**

Details of our performance and achievements are reported in the attached statement.

**Allens Croft Project**  
**Company Limited by Guarantee**  
**Trustees' Annual Report (Incorporating the Director's Report) *(continued)***  
**Year ended 31 March 2018**

**Financial review**

**General**

The total income for the charity, grants and donations, during the year was £124,342 (2017: £105,298). Although specific grants are received they are all directed towards the core work of the charity and are therefore considered unrestricted in their use.

Total expenditure was £98,261 (2017: £78,710). The net result was a surplus for the year of £26,081 (2017: £27,188). This amount has been added to reserves leaving a balance carried forward for future use of £52,676.

**Acknowledgements**

We are ever grateful for Big Lottery Reaching Communities Grant for funding during the last three years. We have witnessed so many life changing moments for women and children in that time which would not have been possible without this grant. We are also grateful to the Grimmitt Trust, Birmingham City Council, Heart of England NHS Foundation Trust and West Midlands Police Commissioner who provided funding for programmes and creative activities.

**Reserves Policy**

The charity's current policy is to maintain sufficient reserves to enable it to pay salaries and other operating costs for a period of three months. At present levels of costs this is estimated to be £20,000. Excess monies will be used to develop and expand programmes and projects and, hopefully increase staffing levels.

**Plans for future periods**

Our plans for the future are to develop on our success during the past year and to grow the projects and the programmes that we are able to offer. More information on this is incorporated in the attached detailed report.

**Structure, governance and management**

Allens Croft Project is a company limited by guarantee governed by its Memorandum and Articles of Association dated 11 February 2008 and is registered as a charity with the Charities Commission.

**Organisation**

The Board of Trustees meets bi-monthly. (The Project Manager has delegated authority for day to day operational and business matters). Significant decisions are dealt with by the Board.

# **Allens Croft Project**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2018**

#### **Structure, governance and management *(continued)***

##### **Related Parties**

In previous years Allens Croft Project maintained a close relationship with The Hub, Hazelwell, sharing common trustees, and carried out work on behalf of The Hub. The Hub made financial contributions to the charity to assist with salary payments.

The current board of trustees are all professionals who are either currently involved with or who have recently retired from the NHS. It is possible that at some times there will be work carried out for organisations in which the directors have significant influence and as such will need to be reported.

##### **Funding**

The Company receives grants from various grant making bodies in order to assist with salaries and pay for various activities. It also receives donations. It does not actively seek money from the general public but does not reject any donations that may be offered.

##### **Risk Management**

The Trustees have a Risk Management strategy which involves

- Governance - a review of how the risk affects our aims.
- Operational - Service quality, safeguarding, child protection and health and safety.
- Financial - reviewing adequacy of reserves and cash flow.

##### **Safeguarding**

Safeguarding means protecting individuals, children & adults from the risk of abuse or neglect. The trustees & employees have a clear commitment to safeguarding, ensuring it is everyone's business. The Safeguarding policies for children and adults have now been reviewed to reflect the most up to date legislation and practice and our Designated Trustee for Safeguarding is in place. We work very closely with the safeguarding team at Birmingham South Central Clinical Commissioning Group and have a clear understanding of the effects of domestic violence and abuse on a child's development and well-being. This is why we are committed to a service which empowers women and reinforces their abilities to parent and protect their children. We also work very closely with the Birmingham Safeguarding Adults Board (BSAB), which has responsibilities for seeking assurance regarding domestic abuse under the Care Act 2014. We have signed the Memorandum of Understanding and are a member of the BSAB Partnership Board.

# **Allens Croft Project**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2018**

#### **Reference and administrative details**

|   |  |
|---|--|
| <b>Registered charity name</b>                | Allens Croft Project   |
| <b>Charity registration number</b>            | 1123337  |
| <b>Company registration number</b>            | 06498953   |
| <b>Principal office and registered office</b> | St Bede's Church<br>Bryndale Avenue<br>Birmingham<br>B14 6NG |

#### **The trustees**

|              |                          |
|--------------|--------------------------|
| C Collins    |                          |
| Dr A Coward  |                          |
| C Dale       |                          |
| D Edwards    |                          |
| J Guggenheim | (Appointed 1 March 2018) |
| T Odey       | (Resigned 27 March 2018) |

#### **Accountants**

David Seeley FCA  
Chartered accountant  
Accuo Accounting Limited  
Chartered Accountants  
Alvechurch  
Birmingham  
B48 7JX

#### **Small company provisions**

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption

The trustees' annual report was approved on 21 September 2018 and signed on behalf of the board of trustees by:



Dr A Coward  
Trustee

# **Allens Croft Project**

## **Company Limited by Guarantee**

### **Independent Examiner's Report to the Trustees of Allens Croft Project**

**Year ended 31 March 2018**

I report to the trustees on my examination of the financial statements of Allens Croft Project ('the charity') for the year ended 31 March 2018.

#### **Responsibilities and basis of report**

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

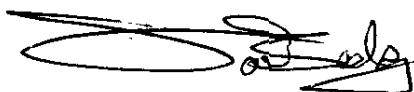
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). 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 charity as required by section 386 of the 2006 Act, or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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.



DAVID SEELEY FCA  
Chartered accountant

Accuo Accounting Limited  
Chartered Accountants  
Alvechurch  
Birmingham  
B48 7JX

21 SEP 2018

**Allens Croft Project**  
**Company Limited by Guarantee**  
**Statement of Financial Activities**  
**(including income and expenditure account)**

**31 March 2018**

|   |            | 2018                       |                          | 2017              |
|---|------------|----------------------------|--------------------------|-------------------|
|   | Note       | Unrestricted<br>funds<br>£ | Total funds<br>£         | Total funds<br>£  |
| <b>Income and endowments</b>                    |            |                            |                          |                   |
| Donations and legacies                          | <b>5</b>   | 124,342                    | <b>124,342</b>           | 105,298           |
| <b>Total income</b>                             |            | <u>124,342</u>             | <u><b>124,342</b></u>    | <u>105,298</u>    |
| <b>Expenditure</b>                              |            |                            |                          |                   |
| Expenditure on charitable activities            | <b>6,7</b> | 98,261                     | <b>98,261</b>            | 78,110            |
| <b>Total expenditure</b>                        |            | <u>98,261</u>              | <u><b>98,261</b></u>     | <u>78,110</u>     |
| <br><b>Net income and net movement in funds</b> |            | <br><u>26,081</u>          | <br><u><b>26,081</b></u> | <br><u>27,188</u> |
| <br><b>Reconciliation of funds</b>              |            |                            |                          |                   |
| Total funds brought forward                     |            | 26,595                     | <b>26,595</b>            | (593)             |
| <b>Total funds carried forward</b>              |            | <u>52,676</u>              | <u><b>52,676</b></u>     | <u>26,595</u>     |

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 8 to 14 form part of these financial statements.



**Allens Croft Project**  
**Company Limited by Guarantee**  
**Statement of Financial Position**  
**31 March 2018**

|   |    | 2018          |               | 2017          |
|---|----|---------------|---------------|---------------|
|   |    | £             | £             | £             |
| <b>Fixed assets</b>                                   |    |               |               |               |
| Tangible fixed assets                                 | 14 |               | –             | 464           |
| <b>Current assets</b>                                 |    |               |               |               |
| Debtors   | 15 | 400           |               | 600           |
| Cash at bank and in hand                              |    | 65,042        |               | 33,472        |
|   |    | <u>65,442</u> |               | <u>34,072</u> |
| <b>Creditors: amounts falling due within one year</b> | 16 | <u>12,766</u> |               | <u>7,941</u>  |
| <b>Net current assets</b>                             |    |               | <u>52,676</u> | <u>26,131</u> |
| <b>Total assets less current liabilities</b>          |    |               | <u>52,676</u> | <u>26,595</u> |
| <b>Net assets</b>                                     |    |               | <u>52,676</u> | <u>26,595</u> |
| <b>Funds of the charity</b>                           |    |               |               |               |
| Unrestricted funds                                    |    |               | <u>52,676</u> | <u>26,595</u> |
| <b>Total charity funds</b>                            | 17 |               | <u>52,676</u> | <u>26,595</u> |


For the year ending 31 March 2018 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

These financial statements were approved by the board of trustees and authorised for issue on 21 September 2018, and are signed on behalf of the board by:



Dr A Coward  
Trustee



J Guggenheim  
Trustee

The notes on pages 8 to 14 form part of these financial statements.

**Allens Croft Project**  
**Company Limited by Guarantee**  
**Notes to the Financial Statements**  
**Year ended 31 March 2018**

**1. General information**

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is St Bede's Church, Bryndale Avenue, Birmingham, B14 6NG.

**2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

**3. Accounting policies**

**Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

**Going concern**

There are no material uncertainties about the charity's ability to continue.

**Disclosure exemptions**

The charity meets the definition of a public benefit entity.

It satisfies the criteria of being a qualifying entity as defined in FRS 102 and as such the trustees have taken advantage of the exemption and have not prepared a cash flow statement for the company.

**Judgements and key sources of estimation uncertainty**

**Significant judgements**

There are no judgements (apart from those involving estimations) that management has made in the process of applying the entity's accounting policies that have any significant effect on the amounts recognised in the financial statements.

**Key sources of estimation uncertainty**

Accounting estimates and assumptions are made concerning the future and, by their nature, will rarely equal the related actual outcome. The trustees do not consider however that there are any key assumptions or other sources of estimation uncertainty that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

# **Allens Croft Project**

## **Company Limited by Guarantee**

### **Notes to the Financial Statements** *(continued)*

**Year ended 31 March 2018**

#### **3. Accounting policies** *(continued)*

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

##### **Incoming resources**

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### **Resources expended**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

# Allens Croft Project

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2018

#### 3. Accounting policies *(continued)*

##### Tangible assets

All fixed assets are initially recorded at cost.

##### Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Computers - 33% straight line

##### Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

#### 4. Limited by guarantee

The company is limited by guarantee and consequently has no share capital.

#### 5. Donations and legacies

|                  | Unrestricted<br>Funds<br>£ | Total Funds<br>2018<br>£ | Unrestricted<br>Funds<br>£ | Total Funds<br>2017<br>£ |
|------------------|----------------------------|--------------------------|----------------------------|--------------------------|
| <b>Donations</b> |                            |                          |                            |                          |
| Donations        | 9,786                      | <b>9,786</b>             | 6,698                      | 6,698                    |
| <b>Grants</b>    |                            |                          |                            |                          |
| Grants           | 114,556                    | <b>114,556</b>           | 98,600                     | 98,600                   |
|                  | <u>124,342</u>             | <u><b>124,342</b></u>    | <u>105,298</u>             | <u>105,298</u>           |

#### 6. Expenditure on charitable activities by fund type

|                             | Unrestricted<br>Funds<br>£ | Total Funds<br>2018<br>£ | Unrestricted<br>Funds<br>£ | Total Funds<br>2017<br>£ |
|-----------------------------|----------------------------|--------------------------|----------------------------|--------------------------|
| Domestic Violence Programme | 93,940                     | <b>93,940</b>            | 76,952                     | 76,952                   |
| Support costs               | 4,321                      | <b>4,321</b>             | 1,158                      | 1,158                    |
|                             | <u>98,261</u>              | <u><b>98,261</b></u>     | <u>78,110</u>              | <u>78,110</u>            |

# Allens Croft Project

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

**Year ended 31 March 2018**

**7. Expenditure on charitable activities by activity type**

|                             | Activities<br>undertaken<br>directly<br>£ | Support<br>costs<br>£ | <b>Total funds<br/>2018<br/>£</b> | Total fund<br>2017<br>£ |
|-----------------------------|---|-----------------------|-----------------------------------|-------------------------|
| Domestic Violence Programme | 93,940                                    | 3,221                 | <b>97,161</b>                     | 76,952                  |
| Governance costs            | —   | 1,100                 | <b>1,100</b>                      | 1,158                   |
|                             | <u>93,940</u>                             | <u>4,321</u>          | <b><u>98,261</u></b>              | <u>78,110</u>           |

**8. Analysis of support costs**

|                  | Analysis of<br>support costs<br>Domestic<br>Violence<br>Programme<br>£ | <b>Total 2018<br/>£</b> | Total 2017<br>£ |
|------------------|--|-------------------------|-----------------|
| Staff costs      | 3,221  | <b>3,221</b>            | —               |
| Governance costs | 1,100  | <b>1,100</b>            | 1,158           |
|                  | <u>4,321</u>   | <b><u>4,321</u></b>     | <u>1,158</u>    |

**9. Net income**

Net income is stated after charging/(crediting):

|                                       | <b>2018<br/>£</b> | 2017<br>£ |
|---------------------------------------|-------------------|-----------|
| Depreciation of tangible fixed assets | <b>464</b>        | 464       |
| Operating lease rentals               | <b>706</b>        | 1,413     |

**10. Independent examination fees**

|   | <b>2018<br/>£</b>   | 2017<br>£    |
|---|---------------------|--------------|
| Fees payable to the independent examiner for:       |                     |              |
| Independent examination of the financial statements | <b>402</b>          | 402          |
| Other financial services                            | <b>600</b>          | 600          |
|   | <b><u>1,002</u></b> | <u>1,002</u> |

**Allens Croft Project**  
**Company Limited by Guarantee**

**Notes to the Financial Statements** *(continued)*

**Year ended 31 March 2018**

**11. Staff costs**

The total staff costs and employee benefits for the reporting period are analysed as follows.

|   | <b>2018</b>          | 2017          |
|---|----------------------|---------------|
|   | <b>£</b>             | £             |
| Wages and salaries                      | <b>56,401</b>        | 54,665        |
| Social security costs                   | <b>4,396</b>         | 4,724         |
| Employer contributions to pension plans | <b>360</b>           | 194           |
|   | <b><u>61,157</u></b> | <u>59,583</u> |

The average head count of employees during the year was 2 (2017: 2). The average number of full-time equivalent employees during the year is analysed as follows.

|   | <b>2018</b>     | 2017     |
|---|-----------------|----------|
|   | <b>No.</b>      | No.      |
| Number of staff involved in charitable activities | <b><u>2</u></b> | <u>2</u> |

No employee received employee benefits of more than £60,000 during the year (2017: Nil).

**Key Management Personnel**

The trustees consider that they comprise the key management personnel. No remuneration is paid to them by the charity or any third party in connection with their role at the charity.

**12. Trustee remuneration and expenses**

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees in either the current or previous year. No expenses were reimbursed in either year. See note 20 for details of payments for consultancy work made to one of the trustees.

**13. Transfers between funds**

There were no transfers between funds during the year.

**Allens Croft Project**  
**Company Limited by Guarantee**

**Notes to the Financial Statements** *(continued)*

**Year ended 31 March 2018**

**14. Tangible fixed assets**

|  | Equipment<br>£ | Total<br>£   |
|--|----------------|--------------|
| <b>Cost</b>                              |                |              |
| <b>At 1 April 2017 and 31 March 2018</b> | 1,392          | <b>1,392</b> |
| <b>Depreciation</b>                      |                |              |
| At 1 April 2017                          | 928            | <b>928</b>   |
| Charge for the year                      | 464            | <b>464</b>   |
| <b>At 31 March 2018</b>                  | 1,392          | <b>1,392</b> |
| <b>Carrying amount</b>                   |                |              |
| <b>At 31 March 2018</b>                  | —              | —            |
| At 31 March 2017                         | 464            | 464          |

**15. Debtors**

|                                | <b>2018</b><br>£ | 2017<br>£ |
|--------------------------------|------------------|-----------|
| Prepayments and accrued income | <b>400</b>       | 600       |

**16. Creditors: amounts falling due within one year**

|                              | <b>2018</b><br>£ | 2017<br>£ |
|------------------------------|------------------|-----------|
| Accruals and deferred income | <b>12,766</b>    | 7,941     |

**17. Analysis of charitable funds**

**Unrestricted funds**

|               | At<br>1 April 2017<br>£ | Income<br>£ | Expenditure<br>£ | At<br>31 March 2018<br>£ |
|---------------|-------------------------|-------------|------------------|--------------------------|
| General funds | 26,595                  | 124,342     | (98,261)         | <b>52,676</b>            |

**18. Analysis of net assets between funds**

|                            | Unrestricted<br>Funds<br>£ | <b>Total Funds</b><br><b>2018</b><br>£ | Total Funds<br>2017<br>£ |
|----------------------------|----------------------------|--|--------------------------|
| Tangible fixed assets      | —                          | —                                      | 464                      |
| Current assets             | 65,442                     | <b>65,442</b>                          | 34,072                   |
| Creditors less than 1 year | (12,766)                   | <b>(12,766)</b>                        | (7,941)                  |
| <b>Net assets</b>          | 52,676                     | <b>52,676</b>                          | 26,595                   |

# **Allens Croft Project**

## **Company Limited by Guarantee**

### **Notes to the Financial Statements** *(continued)*

**Year ended 31 March 2018**

#### **19. Operating lease commitments**

The total future minimum lease payments under non-cancellable operating leases are as follows:

|  | <b>2018</b>         | <b>2017</b>         |
|--|---------------------|---------------------|
|  | <b>£</b>            | <b>£</b>            |
| Not later than 1 year                        | –                   | 1,524               |
| Later than 1 year and not later than 5 years | <b>1,232</b>        | 3,870               |
|  | <b><u>1,232</u></b> | <b><u>5,394</u></b> |

#### **20. Related parties**

(a) During the previous year up to 11 July 2016 the company was connected with The Hub, Hazelwell as the two charities shared common trustees. All of the trustees resigned on 11 July and were replaced by a new body having no connection with The Hub.

(b) The Hub contributed £2,500 during the previous year to assist with the charity's work with older people.

(c) During the previous year the medical practice headed by the chair of trustees, Dr A Coward, undertook fundraising for the charity, raising £658.

(d) During the current year C Dale, trustee, received £10,200 in respect of specialist consultancy services provided to the charity.





# ANNUAL REPORT 2017/18

## Birmingham Freedom Project

Email: [info@birminghamfreedomproject.org](mailto:info@birminghamfreedomproject.org)

Tel: 07868 163103

Website: [birminghamfreedomproject.org](http://birminghamfreedomproject.org)



AVJ

2017/18 TO  
COMPANIES HOUSE

# TABLE OF CONTENTS

|                             |    |
|-----------------------------|----|
| INTRODUCTION FROM CHAIR     | 3  |
| FOREWORD                    | 4  |
| ANNUAL REPORT               | 5  |
| Resilience Film             | 9  |
| Women's Programmes          | 7  |
| Children's Programmes       | 9  |
| Activities                  | 11 |
| Solicitors Drop-In Sessions | 12 |
| Research                    | 12 |
| Meetings                    | 14 |
| Celebration Events          | 15 |
| Dear Friend Letters         | 16 |
| GDPR                        | 18 |
| ACKNOWLEDGMENTS             | 18 |

# INTRODUCTION FROM CHAIR

This has been a very significant year for the Birmingham Freedom Project for a host of reasons - in some ways it is a year that might well come to define us and our City. The highlights of the year are twofold - firstly, setting up a fourth programme written by Sue Penna and Rockpool - "ACE Recovery Toolkit". We already have a large group of women on the first programme building resilience and developing strategies to reduce the impact on themselves and their children. Secondly, the Project purchased the license for the film "Resilience", and we have had numerous screenings across Birmingham - the challenge we give is to inspire Birmingham and the wider West Midlands to become truly "trauma informed". Nonetheless, the day to day work of the Project continues and we see women recovering from trauma and abuse through the Freedom Programme, Recovery Toolkit and You and Me Mum.

We've had some comings and goings which are very significant. Tom Odey served the project magnificently as financial lead and trustee for almost 3 years. The work he did was above and beyond and we are very grateful for his services. Similarly, Jane Huffer stepped in as secretary to the trustees and performed a great job but has sadly resigned too. The Project is very grateful for all the good they both did. We are joined by John Guggenheim as our new financial lead and trustee with a wonderful pedigree of public service and financial expertise in the NHS over many decades, and Jo Willis as our employed administrator. We are grateful too for the development work and clinical support Cherry has performed as a consultant to the Project.

For the first time in its history we have introduced performance related pay which has helped us to extend the work of the project into new and challenging areas.

Everything spins round Jacky and Donna who tirelessly support the women in the project with endless energy, wisdom, laughter and grace. I cannot sing their praises high enough, and, as ever, it is a joy for me to help lead the Project and help support them as they support me.

My final thought is with the words of Dr. Bruce Perry -

" Wind can caress or cut, water can quench or drown, and fire can warm or consume. And so it is with human relationships- we can create or destroy, nurture or terrorise, traumatise or heal each other"

The project creates, nurtures and heals. We are ambitious to carry this forward into the heart of our City and Region."

Andrew Coward

Chair

## **FOREWORD**

**Before you can have a healthy community you need healthy children, and before you have healthy children you need healthy parents. Birmingham Freedom Project creates opportunities for vulnerable mothers to heal and develop relational skills that serve them and their families well beyond the length of the program. Healthy relationships and connectivity are some of the most powerful buffers against the consequences of violence and traumatic events. Programs like Freedom Project that focus on relationships are invaluable to helping these families not only heal, but thrive.”**

**Katharine Perry  
Infant-Parent Mental Health Post-Graduate Fellow  
Child Development Consultant**

Last year's annual report ended awaiting news of our application for continuation of our Reaching Communities Lottery grant. A grant from Birmingham Community Safety Partnership enabled us to continue delivering services whilst the application process took place. We are delighted to announce that our bid was successful and we have been granted a further three years funding.

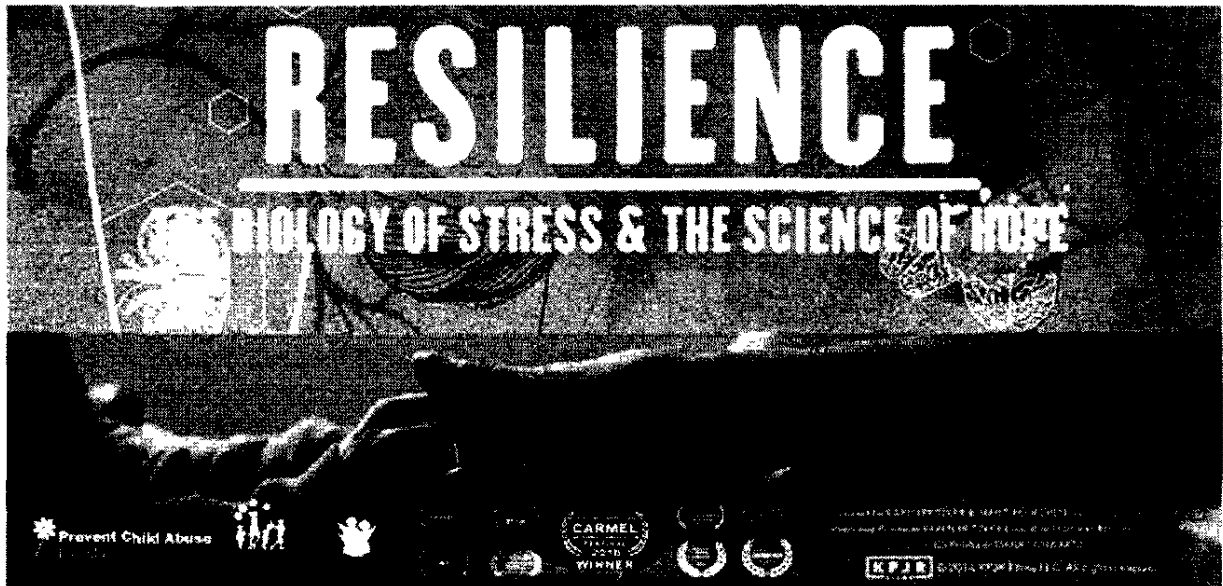
The funding also enabled us to appoint a much-needed Administrator to support our work. After working as a team of two for so many years, Jo Willis was appointed to the new role and has fitted into our small team perfectly. To settle Jo in to her role and to welcome her into the fold we organised a team building day. We had lunch followed by a visit to the Royal Shakespeare Theatre to see a play written by the female playwright Mary Pix who at the time would have faced criticism and hostility from breaking away from the stereotype that a woman's place was in the home. We thought this was fitting with our work in empowering and celebrating women. It is so important for organisations to support staff to take time out to reflect, relate and refresh. It was a wonderful day celebrating the hard work and dedication of our team and planning ahead for the next three years and beyond.

With the support of the Building Capabilities funding built into the bid, this year also saw the revamp of policies and procedures and the production of a new staff handbook. Further work will take place over the coming months concentrating on staff and trustee development, data collection and social impact development to provide detailed outcome evidence.

## **RESILIENCE FILM**

In April 2017 we attended the International Congress in London to hear from some of the world's leading trauma experts including Bessel van der Kolk, Dan Siegel and Louis Cozolino whose works we have built into the programmes we deliver. Whilst there we attended the UK launch of the documentary - RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE. We were adamant that it needed to be seen by as many people as possible and with a donation we received from a supporter we purchased the license and were the first organisation to bring the film to Birmingham. 'The one-hour documentary delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and

behaviour'. We have held 15 screenings so far with a diverse range of organisations in attendance including; police, social workers, teachers, family support workers, students, fire fighters, health visitors, midwives, probation officers, domestic abuse workers and mental health workers. Such is the interest that we have started to hold bi-monthly screenings at our base for interested individuals or teams.



Two stand out quotes from the film are from Dr. Jack Shonkoff, Paediatrician and Director at the Center on the Developing Child at Harvard University "If we want to produce dramatic impacts on the outcomes for kids experiencing toxic stress, we have to change the life of the adults who are taking care of them" and "If I had to boil it down for one thing for people to learn from this science, it's to totally put to bed forever this sense that children who are born under disadvantaged circumstances are doomed to poor life outcomes. The science is saying that's just not true."

With that in mind we are in a privileged position with the programmes that we offer which support women to heal from the impact of adversity and abuse and build resilience for themselves and their children. Leaving is a process and healing is a process, change doesn't happen overnight. A consistent approach of a pathway of programmes that women can work their way through is what we have found to have the most positive approach in moving forward.

## WOMEN'S PROGRAMMES

We start with the delivery of the 11-week **Freedom Programme** which is open to women 16+ who want to learn more about the reality of domestic abuse in relationships. Each session explores the abusive tactics, controlling behaviours and belief systems of the dominator and the effects on women's health and well-being. This programme is run continuously so women can join at any week as each session stands on its own. Everyone who attends the programme receives a copy of 'Living with The Dominator' and The Home Study Workbook. We have between 30-39 women attending each week, the sessions use a one step removed approach so no one has to disclose anything about themselves. "Trauma-informed care does not require that the person disclose trauma. It means that care providers must use daily practices based on safety, choice and control, which are key to empowering trauma survivors and making sure they are not re-traumatised" (Ref: Healthy Families: From ACEs to Trauma-informed Care to Resilience and Well-being).

**A rolling programme**  
**179 women attended**

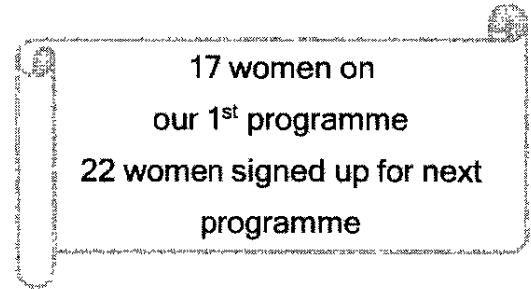
The **Recovery Toolkit** is a 12-week programme for any individual who has experienced domestic abuse, designed to assist to build confidence and self-esteem and look at ways to develop positive lifestyle coping strategies. It is unique in its approach using a combination of psycho-education, trauma focused cognitive behaviour therapy and person-centered therapeutic principles. We delivered three programmes throughout the year attended by 52 women in total.

**3 programmes delivered**  
**52 women attended**

**You & Me, Mum Programme** is an 11-week programme where mothers have the opportunity to safely explore the impact domestic abuse has had on themselves and the relationship with their children. It also explores Protective Behaviour messages and strategies for keeping safe. The course focuses on self-empowerment and mutual aid, recognising the central role of mothers in the protection and positive development of their children. We delivered two programmes throughout the year attended by 32 women in total.

**2 programmes delivered**  
**32 women attended**

This year we added **The ACEs (Adverse Childhood Experiences) Recovery Toolkit** to our pathway. We were the first organisation in the UK to pilot it. It is a 10-week programme which has been developed to help understand the impact of childhood adversity on parents and their children. The programme offers guidance on protective factors that can help reduce the impact of ACEs and provides practical methods to develop resilience. Sessions include: Understanding and living with ACEs; understanding toxic stress and strategies to manage it; developing parental resilience; understanding attachment & nurturing parenting styles; managing emotions and developing strategies to reduce the potential impact of ACEs on children. The ACEs toolkit promotes a recovery model described as HOPE, AGENCY and OPPORTUNITY.



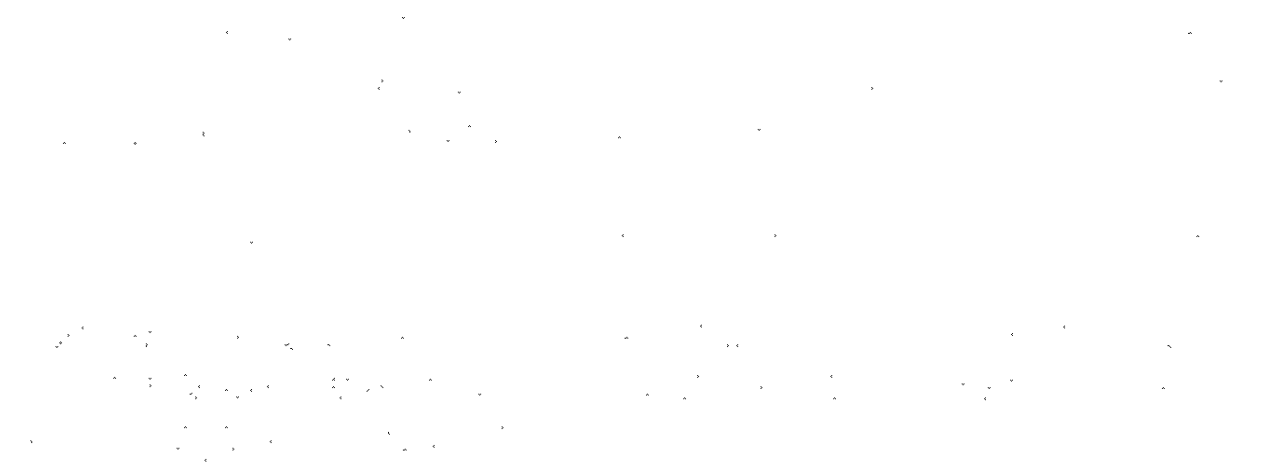
The programmes use a trauma informed psycho educational model believing that by giving individuals knowledge we enable them to overcome the effects of their experiences and in doing so improve their emotional safety and well-being, reduce their risk of further harm and victimisation and heal from the impact of the abuse they have suffered and in doing so create the healing foundation for their children to heal. We have over the years shared our approach with many of the leading organisations; statutory, community, private, public and CICs and are proud to have been the first organisation in the City to put together the above model which we are starting to see replicated by other agencies.



## CHILDREN'S PROGRAMMES

### Healing Together

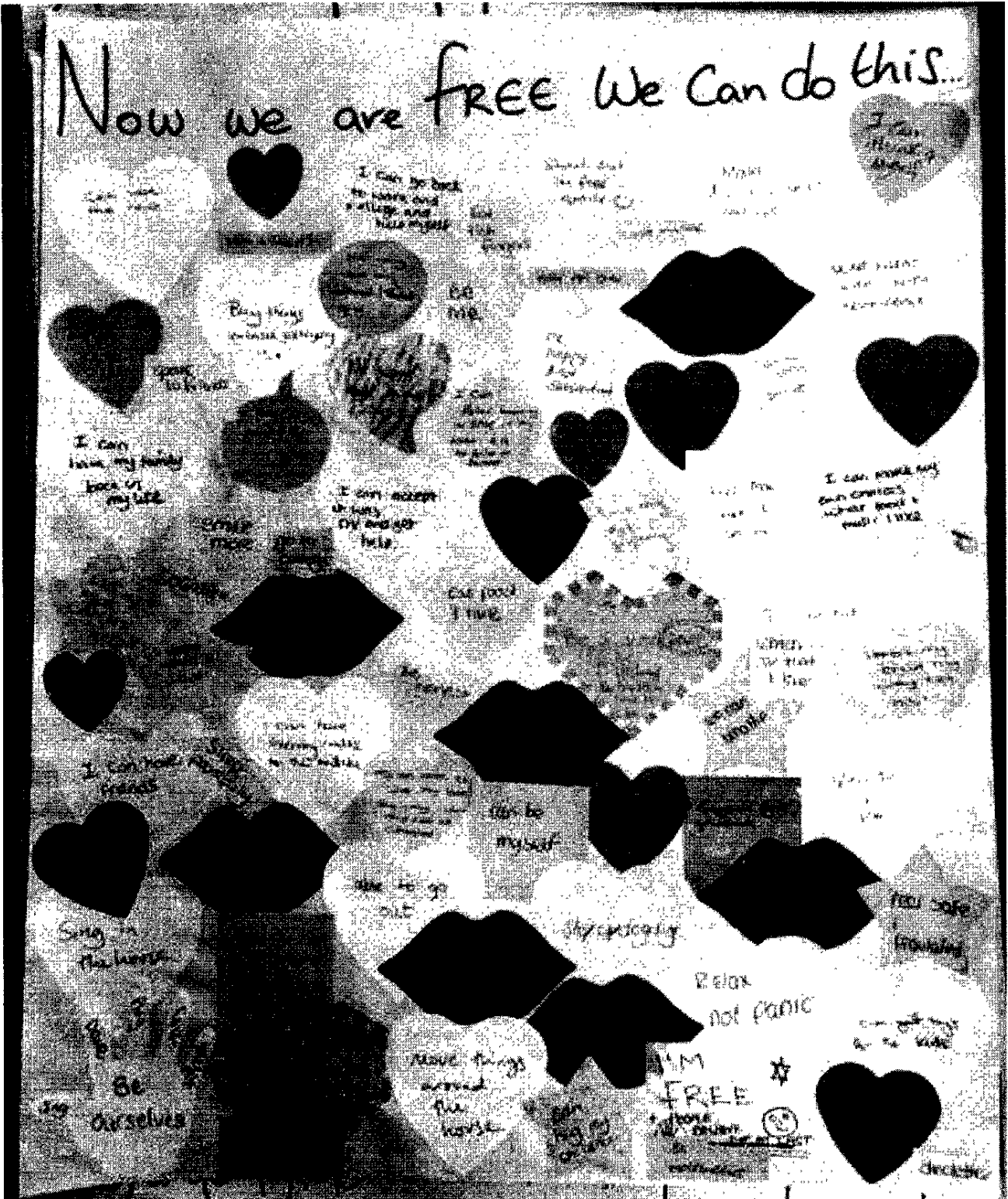
This year saw the start of a new three-year partnership with Innovating Minds. Thanks to our Reaching Communities grant Innovating Minds will provide the 'Healing Together' programme for children and young people impacted by domestic violence whilst their mothers attend programmes here. Psychologist Dr Asha Patel, CEO of Innovating Minds says 'We believe that children are more likely to have a successful recovery journey when their primary caregiver has started recovery'. The first programmes catered for 7-9 year olds and the current programme caters for 13-15-year olds. Feedback from mothers has been extremely positive especially as they are sharing in their healing through attending programmes themselves. Three programmes will take place each year for the next three years. We look forward to sharing more information in next year's annual report.



### Children's Recovery Toolkit

Beyond the Horizon delivered the Children's Recovery Toolkit programme. Five children took part with ages ranging from 7-9 years old. Again parents witnessed many positive outcomes and a sharing of experiences. Topics included: How abuse affects our thinking, Self-esteem - what is it? Who's my family? Talking positive; Ways to handle difficult feelings; and Healthy relationships and trust.

Now we are FREE We Can do this...



## ACTIVITIES

Funding from the Grimmit Trust, Birmingham Irish Cycle appeal and the Heart of England Community Foundation has enabled us to organise activities, workshops, events and weekly art and dance sessions. These are an invaluable part of the recovery process; re-establishing connections, building relationships, reducing isolation, building self-esteem and reducing isolation. A mixture of user led activities has increased the opportunities we can offer which make a real difference to the health and well-being of the women at our project. The weekly art sessions have produced some amazing paintings which we will be displaying later in the year.



Our weekly dance sessions are great fun, headed by a qualified dance instructor who has been taking everyone through their paces with the aim of performing 'Break the Chain' dance routine in Birmingham City Centre on February 14th 2019 for One Billion Rising. The sessions are fun, fabulous and freeing! We will be inviting other women's organisations in the West Midlands to join us for what will be a spectacular display of universal unity as we dance together with women around the world on the same day.

In July 2017 a group of 20 women attended the Community Spirit Event at Birmingham Symphony Hall. The concert brought together some of the best choirs and homegrown talent in the West Midlands for an evening of incredible choral music. We were taken on a journey through music and genres ranging from folk, to pop, classical and gospel. It was an extra special event as a woman attending our programmes was performing in one of the 11 choirs on the stage. We were there to support her and celebrate her freedom as she was now free to sing to her heart's content. We joined in the choruses and there were hugs aplenty at the end of the night. Another wonderful display of sisterhood, solidarity and support.

In October 2017 we were delighted to welcome MP Jess Phillips to give a talk about her book "Everywoman: One Women's Truth about Speaking the Truth" It was great to have our own private book talk especially for the women on our programmes. Jess talked about her previous role in domestic abuse at Sandwell Women's Aid, her role as an MP, her family,

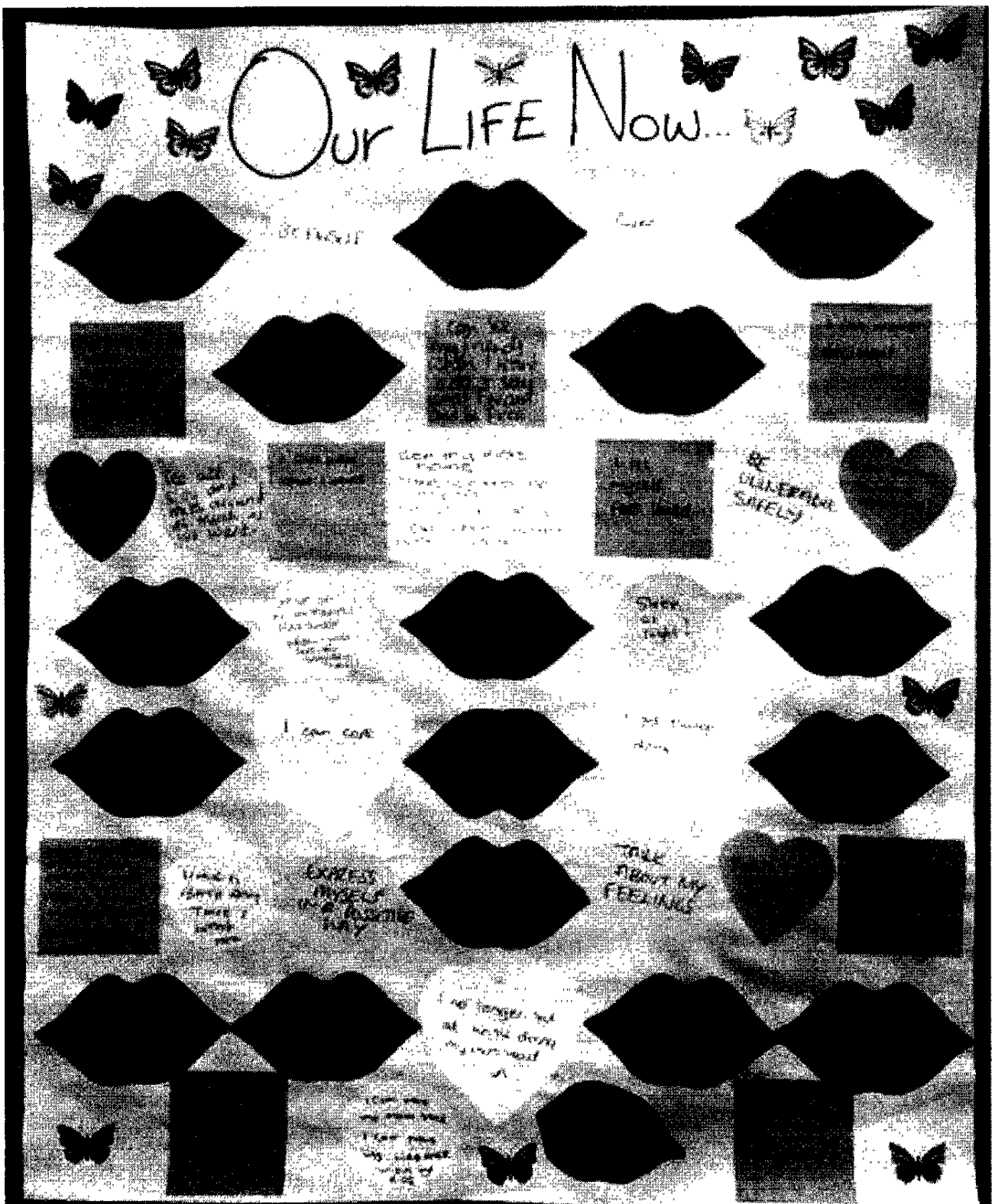
female solidarity and her fight to make change in legislation. Thirty women attended and Jess stayed and chatted afterwards, signed books and answered many of the questions from the floor. It was wonderful experience and an insight into the life of a female MP.

In March 2018 we took a group of 15 women to the Drop the Disorder conference. This event was for everyone who is interested in the current debates around mental health attracting psychologists, counsellors, service users and psychiatrists. It was an inspiring, uplifting, thought provoking and hopeful day with many new friends made and a chance for women on our programmes to hear from the many inspirational speakers, many who were survivors themselves. Our attendance has led to two of the main speakers planning a visit to our project in July 2018; Psychotherapist, activist, trainer Jo Watson and Poet, author, trainer Clare Shaw.

**SOLICITORS Drop-In Sessions** are held at our base twice monthly thanks to Duncan Lewis and Silks Solicitors. This service has been invaluable, having easy access to legal advice in an environment where women feel safe and can gather information to make informed choices about their next step. Even today as I am writing this I have received the following text, 'Thanks so much for linking me with Sapphire, I'm in court today and I've just been granted a non-molestation order'

## RESEARCH

University of Birmingham are currently undertaking a service evaluation of the project. The evaluation is being spearheaded by Caroline Bradbury-Jones who leads the Risk, Abuse and Violence Research Department, and Isobel Heywood a post-graduate student studying for a Masters in Public Health. The evaluation will gain qualitative insights into the perceived benefits of the programme to women who have attended (and consequently their children). Open invitations were advertised throughout our groups and 40 women agreed to take part. Isobel attended many events throughout the year to get to know the project and to be available should anyone have any further questions about the research. Initial findings have been completed and we are looking forward to the final outcome. We are delighted that Jess Phillips MP has agreed to host the launch of the research.



## MEETINGS

We love promoting our project to agencies, strategic leads and politicians alike. It is so important to hear from the frontline what works and what we provide. Anyone who visits our project can vouch for the fact that we have lots to say and there is never enough time to get across the full extent of our work.

During the year the following have attended our project to hear more and about our work.

Jess Phillips - MP for Yardley Birmingham

Dennis Wilkes - Assistant Director of Public Health

Mathew Shaer - Superintendent at Birmingham West NPU

Aidan Cooney - Senior Medical Social Worker in the National Forensic Services Dublin

Dr Paul Turner - GP Karis Medical Centre

Kerry Forward - BUMP Project Birmingham Women & Children's Centre NHS Foundation Trust

Mandy Platt - Chief Inspector West Midlands Police

Paul Jennings - CEO Birmingham & Solihull CCG

Rob McCabe - Strategic Lead Birmingham SEMH Pathfinder

Penny Thompson- Chair Birmingham Children's Safeguarding Board

Paulette Hamilton - Cabinet Member for Health & Social Care

Debbie Currie and Judith Beddow - Birmingham Children's Services

Peter Ingham - GP and Clinical Chair Birmingham & Solihull CCG

Tony Hawkhead - Vice Chair Birmingham & Solihull CCG

Helen Kelly - Lottery Officer from Big Lottery

Vanessa Welch - Grimmitt Trust

Michelle Argue - Birmingham Irish Cycle Appeal

Tina Costello - Director of Heart of England Community Foundation

Sue Heyes - Grants Officer Heart of England Community Foundation

In March 2018 we attended the Young Minds Addressing Adversity Conference where we heard from an array of wonderful speakers including Betsy de Thiery, Warren Larkin and Anna Robinson. Following on from that conference we were invited to attend a community of practice event to share ideas, engage in discussions around best practice and to network with fellow professionals working within the children's workforce. From the original event five people attended and decided to take it further and arranged the first Childhood Adversity and Trauma Informed Care, Community of Practice meeting for the Midlands. We will be hosting

the first meeting in May 2018 which will include a screening of Resilience. The purpose at this beginning stage will be to share practice rather than working in isolation, to prioritise adversity and trauma-informed care and to increase collaborative working in the Midlands.

Another outcome from the original event is that staff and trustees attended a full day's training with Betsy de Thiery at the Trauma Recovery Centre in Bath. It was an awe inspiring day looking at trauma and complex trauma, the trauma continuum and trauma symptoms. If you haven't experienced Betsy's presentations, workshops or training days then you are missing out on a truly amazing learning experience.

During the year we had stalls at Birmingham Adults Safeguarding Event and Birmingham Children's Safeguarding Board Event. Both events included a wide range of agencies sharing information, resources and networking. We are a partner agency of the Adult Safeguarding Board and are signed up to the memorandum of understanding which shows a commitment to attend four board led events throughout the year which encourages dialogue between agencies and the board.

In March 2018 We were delighted to receive an invite from the Big Lottery Fund to present to the Gambling Commission about how our beneficiaries have benefited from Lottery funding. We met with Grant Baskerville Senior Head of Policy and Public Affairs and delivered a presentation about our project and the benefits to the women we support. After the event Grant contacted us to say, "The feedback we've had about the visit has been fantastic. The way you shared your own personal story and the transformational work you do with so many vulnerable women and children is incredible. Your passion and commitment to helping people was clear to see for everyone in the room" It was lovely to have the opportunity to share our work with funders and stakeholders and to hear how they appreciate the work we do.

## **CELEBRATION EVENTS**

We held two pamper events throughout the year as a way of celebrating completion of programmes and giving women the opportunity to sign up for follow on courses. At Christmas we held an event for women who had completed September - December programmes. It was a day of celebrating freedom, recovery, empowerment and connectedness. A wonderful feel good day with a range of therapeutic activities including, hairdressers, nail artists, sports massage, reiki, facials, waxing, threading and creative activities. Food, music, dancing, party

hats and a chorus of Christmas songs completed the day. Jess Phillips was the guest speaker and stayed for a good few hours chatting to women, taking part in activities and talking about her role as an MP. Following the event, the Christmas tree, lights and decorations were taken to the home of one of the women who was struggling to put Christmas together for her children. The joy of the children's faces was heart-warming. Also, thanks to Birmingham City Mission, B31 Sass and Marty Taylor and Morrisons Longbridge, we received bags full of toys to hand out to families. We also received presents for the women from Birmingham & Solihull CCG, University of Birmingham Women's Football Team and through local collections.

## DEAR FRIEND LETTERS

The **DEAR FRIEND** letters project is a creative way for women to write about their experiences of attending programmes. Each letter gives hope and encouragement to future potential participants who may be unsure about attending. It also enables women to reflect on how far they have come in their journey. Thanks to the Heart of England Foundation, the collection will be added to over the next three years and created into a book and a video to promote, highlight and offer hope. The plan is to reach out to well-known women to be the voice and face of the letter writers. Our first letter reader to be filmed is Katharine Perry a Child Development Consultant. As Katherine says in the video she was delighted to read the letter especially as the writer was positively influenced by her father, the renowned psychiatrist and Senior Fellow of the Child Trauma Academy, Dr Bruce Perry. Further video recordings will be filmed and released on social media over the next few weeks including Birmingham MP Jess Phillips and radio presenters Charlie Jordan from smooth Radio, Matilda New from Capitol Radio, comedian Janice Connolly (AKA Barbara Nice) and many more to be announced.

The letters and videos will culminate in a short film and a booklet. The project is being led by our Office Administrator Jo Willis and filmed by Producer-Director Sho Bhatia.



★ Dear Friend.... ★

If your reading this, you felt  
something wasn't quite right. This  
is our intuition and believe me you  
weren't alone! he wanted you to think you  
Before I came here to freedom,  
you me + mum and recovery I thought  
I was the problem, I was mad it was  
me that had all these issues. When  
this was the power + control from the abuser.  
I now realise most of the trauma I went  
through, meant I was constantly in fight/flight,  
and a lot of misplaced anger. I drew  
strength from this and no longer blame  
myself in any way. You don't need  
luck. Were more resilient from what we  
survived. you will be ok

## GDPR

Work is underway to ensure we meet the requirements of the General Data Protection Regulation (GDPR) (Regulation (EU) 2016/679) a regulation by which the European Parliament, the Council of the European Union and the European Commission to strengthen and unify data protection for all individuals within the European Union (EU). This will be completed by May 25th 2018.

## ACKNOWLEDGMENTS

We would like to thank our funders who we have excellent relationships with. We value the fact that our funders have a real passion for our work, take part in events and meet with the women. We think it is so important to not only read a report but to actually get the feel of an organisation by the very people the funding is benefitting. We thank our Lottery Officer Helen Kelly, Tina Costello and Sue Heyes from the Heart of England Foundation Trust, Michelle Argue from the Birmingham Irish Cycle Appeal and Vanessa Welch from the Grimmitt Trust for taking time out to visit us and hear firsthand from beneficiaries how their funding is benefitting them.

We would also like to express our gratitude to Jim Sporleder for making a surprise donation through our Local Giving site to buy resources for the ACEs programme. It was lovely to connect with Jim especially after admiring his work in trauma-informed education for so long. Jim was the wonderful Principal in Lincoln High School in Walla Walla featured in the film Paper Tigers produced by James Redford which was the prequel to Resilience.

We would like to thank our trustees for supporting us, guiding us and always being there when we need advice, guidance and a listening ear.

Being informed and empowered enables women to not only survive but go on to thrive and create a new life for themselves and their children. Healing occurs in the safe home, when the mother heals she can then create the ultimate healing foundation for the child. Healing of the child cannot be done in isolation.

This year has seen two women starting their first year at University both after completing our programmes. Both had experienced domestic abuse and had children's services involvement and now want to use their journey as an example to others that there is hope after adversity, that our past does not have to predict our future and that with the right support we can heal, reclaim and regain. We look forward to attending their graduation and sharing in their success.

We have also seen mothers and children reunited from the care of the local authority. Jane\* started attending the Freedom Programme when her two sons were taken into care due to witnessing domestic abuse. With no family support and feeling isolated she was desperate to find support which would help her understand the court process, engage with the many agencies involved, build her confidence and self-esteem and rebuild her role as a mother. After working through the programmes Jane\* was able to present her case, work effectively with the agencies and has recently been reunited with her children. When she received the news she came into the group armed with cakes for everyone and there was tears of joy and sisterly hugs all round.

Ameena\* was in the same situation, having suffered many years of domestic abuse and too scared to tell anyone. Her two daughters had been taken into the care of the local authority. When her solicitor gave her our number it was the start of the process of working her way through the system but this time with hope, support and by the final hearing a new toolbox of strategies which gave her the outcome she so deserved; to be reunited with her children.

We feel very privileged to be a part of the healing process of the families who attend our programmes. The successful outcomes that we witness each and every week teach us that with the right support, domestic abuse does not have to mean a life sentence for women and children, and that recovery and healing is possible. With knowledge, awareness and empowerment the past does not have to predict the future, especially when you no longer live there. Adverse Childhood Experiences are not a destiny, what's predictable is preventable in the next generation and what's shareable is bearable.

Regaining control and reclaiming oneself is a process and takes time. Leaving and recovering from the abusive relationship is not easy or straightforward, but with safe, appropriate and timely support, new and better lives, free from violence, can be built. Through a trauma informed approach, understanding the needs of the women who attend, ensuring activities are planned alongside participants, a warm welcome, refreshments, the right resources and consistency of delivery, we are hopeful that women's needs will be met and they can reclaim their lives and be the women, mothers, daughters and sisters they were born to be.

Jacky, Donna and Jo

\*Names have been changed



Dear Friend....

I hope somehow you draw abit of strength from reading this note. As a while ago I was reading one too. It goes without saying now... I no why they call it freedom, as I'm now free. Free to breathe, free to move my hair and make decisions and free to burn the tea... by accident without conflict/violence. I no longer ask what did "I" do wrong, what did "I" do wrong, why did "I" allow it or take so long to see. Believe in your fight/flight gain strength from it, as we knew something just didnt feel right. I now say I am amazing and I have the knowledge to no that's what abusers do.

I survived and believe me if your reading this, you will to. Be strong you've got this girl, you will be as soon as you step in the room your not the you never was. He just wanted you to believe