Room to Heal Annual Report 2025

Trustees' Report and Financial Statements
For the year ended 31 December 2025

"Room to Heal saved my life. And it continues to protect me and give my life meaning."

room to heal

CREATING COMMUNITY,
RESTORING LIFE AFTER VIOLENCE

COMPANY NUMBER:
06744055
CHARITY NUMBER:
1128857

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Reference and administration information

STATUTORY INFORMATION

The Directors of the charitable company are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

Trustees

Emily Haisley	Chair	Appointed June 2016
Rim Rahimtulla	Treasurer	Appointed July 2020
Areej Osman		Appointed March 2022
Emeka Forbes-Hastings		Appointed September 2020
Michelle Knorr		Appointed November 2009
Susannah Fairweather		Appointed June 2018

Charity Number	1128857
Company Number	6744055
Registered Office	Room to Heal, Mildmay Community Centre, Woodville Road, London, N16 8NA
Bankers	The Co-operative Bank, 62-64 Southampton Row, London, WC1B 4AR Triodos Bank, Deanery Road, Bristol, BS1 5AS
Independent Examiner	Kate Adderley CA, Third Sector Accountancy Limited, Holyoake House, Hanover Street, Manchester, M60 0AS

Status

The company, number 06744055, is limited by guarantee and has charitable status. The charity registration number is 1128857. It has a Memorandum and Articles of Association as its governing document.

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The Trustees present their report and the independently examined financial statements of the charitable company for the year ended 31 December 2025. Included within the trustees' report is the directors' report as required by company law.

Reference and administrative information forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities [SORP applicable to charities preparing their accounts in accordance with FRS 102].

Public Benefit

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. In particular, the trustees have considered how planned activities will contribute to the aims and objectives of the charity.

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A FOREWORD FROM THE CHAIR

2025 has been a year of both challenge and resilience for the Room to Heal community. We continued to deliver high quality therapeutic care, provide access to casework and create the space for a healing community to thrive. This was accomplished despite a backdrop of leadership change, a tightening budget and a hostile external environment.

I am inspired, as ever, seeing the strength of the community and dedication of staff find ways through. I want to thank our Co-Directors who have worked together to manage leadership change. Our Co-Director, Jane Matthews, stepped down for personal reasons and we brought on board Katie Commons who has been a force delivering her work in finances and fundraising. I am happy to say our Co-Director, Zinzi Mangera-Lakew, became a mother in 2025 and we brought on board Jo Gowers as maternity cover. Zinzi and Jo focus on the community and service-delivery aspects of the director role. They have done wonderful work in preserving what makes the Room to Heal community special and ensuring continuity of service.

I also want to thank all of our staff for working together to find innovative ways to cut costs in an ever more difficult fund raising environment. True to Room to Heal's values these difficult decisions were made in consultation with staff, taking into account the therapeutic implications for members.

The external environment remains hostile for those seeking sanctuary in the UK. Asylum is a contentious, attention-grabbing political issue. Far right demonstrations and violence are an intimidating reality our members must face. Despite this noise and hostility, the Ipsos/British Future immigration attitudes tracker finds that the majority of people still support Britain's role in protecting refugees. Further, more people support increasing legal routes for people to claim asylum in the UK than oppose (41% vs. 33%). These findings give me hope that the current climate will moderate. Room to Heal is certainly undeterred and will keep working for what we believe is right with care, compassion and the power of community on our side.

EMILY HAISLEY
CHAIR OF THE BOARD OF TRUSTEEES

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About Room to Heal

Our mission

Room to Heal supports people who have survived torture, trafficking and human rights abuse to rebuild their lives in exile through an integrated, community-based programme of therapeutic and casework assistance.

Our vision

Our vision is to create trauma informed communities of care across the UK for migrants who have experienced torture, trafficking or other human rights abuses.

Our members feel proud to be part of the Room to Heal family, and feel able to leverage the safety they find in our therapy groups, casework support and community activities to rebuild their lives



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Our aims

Survivors of torture, trafficking, and human rights abuses can heal from their traumatic experiences and restore meaning to their lives

Survivors of torture, trafficking, and human rights abuses are supported and empowered to access their rights and entitlements, and realise opportunities in the UK

Survivors of torture, trafficking, and human rights abuses build community within and beyond Room to Heal

Room to Heal's community members are at the heart of everything we do

Room to Heal secures changes to policies and practices that harm our community through sharing expertise, maximising resources, and working with other organisations

Room to Heal is sustainable, and able to maintain and grow our community

Our values

We believe in the power of our community to help people to restore meaning to their lives after trauma.

Inclusive: Our community is a home for all
Caring: We relate to each other as equals
Trustworthy: Members, partners and funders feel safe at Room to Heal
Community driven: Our members are at the heart of everything we do
Collaborative: We work in partnership across the board
Peer led: Members support each other and engage in the strategic direction of the organisation

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Our charitable objects

1) To promote human rights (as set out in the Universal Declaration of Human Rights and subsequent United Nations Conventions and Declarations) throughout the world by all or any of the following means:

(a) Relieving need among the victims of human rights abuse;
(b) Obtaining redress for the victims of human rights abuse;
(c) Research into human rights issues;
(d) Raising awareness of human rights issues;
(e) Promoting respect for human rights among individuals and organisations;
(f) Providing technical advice to government and others on human rights matters;
(g) Contributing to the sound administration of human rights law;
(h) Commenting on proposed human rights legislation;
(i) Promoting public support for human rights;
(j) International advocacy of human rights; and
(k) Eliminating infringements of human rights.

2) To promote social inclusion for the benefit of the public by preventing people from becoming socially excluded,relieving the needs of those people who are socially excluded and assisting them to integrate into society.

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Introduction to the report

We are pleased to share with you Room to Heal's annual report for 2025.

The external context for our community has never been more difficult. Community members have highlighted the impact of anti-migrant street protests on their ability to recover from trauma, while donations and grants to charities supporting refugees continue to decrease.

Despite this, we are pleased to share that our unique model has continued to support over 100 survivors of torture in London to heal from their traumatic experiences and restore meaning to their lives. Over the past year, we have provided an integrated programme of intensive group therapy, casework support and community initiatives. As you will read, this programme has supported survivors of torture - including mothers who have survived torture - to make real progress in their healing. Our community has been a key source of strength and solidarity for our members in extremely difficult times.

We are also pleased to report that, despite the very challenging fundraising environment, we have been able to stabilise Room to Heal's finances. Working with staff and members, we have made a number of savings which enabled us to secure our sustainability in the medium term. At the same time, we are reorienting our fundraising to diversify our income base as far as we can. We will continue to monitor the centre, and work proactively to ensure that we can continue to support some of the most vulnerable and marginalised people in London through our unique community.

We could not have done this without our staff, board, and members. Room to Heal's commitment to meaningful co-production with members enabled us to make savings while retaining our core services.

While we cannot be sure that the external context will improve, we look forward to continuing to build and maintain our therapeutic community over the next few years with members, staff - and the support of the wider community.

Jo Gowers and Katie Commons

Co-Directors

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Room to Heal is the place I feel I am not alone. Feeling not being alone is the thing that I need right now. And I know whenever I need RH would be with me. This is more important than before as hostile environment grows against refugees

Room to Heal works with over 100 survivors of torture, trafficking, and other human rights abuses in London.

Those we work with are not our 'beneficiaries' or 'clients': when people join Room to Heal they do so as members: members of a therapeutic community who have a real stake in the way we develop and deliver our services. Our peer-led approach puts members at the centre of the work we do: we recognise and utilise their expertise, skills and passions. **As we were created by survivors, for survivors, we continue to be shaped by our membership.**



Torture destroys people's agency; for our members, their experiences seeking safety in the UK's 'hostile environment' are disempowering and distressing. Our model is centred around growing community and self-agency.

I feel that Room to Heal listens to my ideas and opinions. Being able to take part in meetings, surveys, and community activities makes me feel included and respected. It helps me feel that my voice matters and I am part of the community.

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Over the past year, our members have struggled with increasing threats of anti-migrant violence: as we left our summer party in 2025, a joyous occasion for members, people were hanging flags from lampposts.

> The impact [of anti-migrant violence] has been even more handicapping due to fear of leaving my home, constantly being scared, hypervigilant and wary. I feel even more unwelcomed than before (always have). I fear for my stability.

> The global political climate has made me feel more anxious, unsafe, and uncertain about my future. It increases my stress and sometimes affects my mental health, as I feel less accepted and more worried about my situation.

In this context, our work is more important than ever. As the world outside feels more unsafe, we provide a safe space for our members to gather. When our members are taken away from their homes, forced to flee or constantly moved in England, Room to Heal offers a home for members.

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Our work is structured around three pillars of healing:

Group therapy enables members to overcome their traumatic experiences in a setting where they are also able to rebuild trust in others and find community;

Casework removes practical barriers to healing such as homelessness, lack of immigration status and poverty;

Community-building further embeds and develops the community that starts in group therapy, providing a space where members can maintain and develop crucial links with others, even after the end of intensive therapy.

3 pillars of healing

Group therapy

Two year therapy group

One year therapy group

Mother's group

Retreats

Casework

One to one casework support for therapy group members supporting access to housing, income, and stable immigration status

Community Building

Community garden and cooking

Community forum

Social activities and trips

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The Need

Our community members have survived the horrors of torture, trafficking and other forms of gross human rights abuse. Many have been detained for long periods, many have been raped, and some have seen their family members killed. The experience of seeking safety in the UK often further isolates survivors. Separated from home, family, and friends, they must live in poverty and uncertainty for years while awaiting the outcome of their claim for protection.

Most of the survivors we work with experience poor mental health as a result of their experiences. Researchers have identified the 'Triple Trauma Paradigm' (Miller & Rasco, 2004) faced by many forced migrants, detailing the three points of migration that our members are likely exposed to trauma and violence. Our members are not only fleeing trauma from conflict, war and torture, but in the journey face unsafe routes, oppression and racism, and violence. Finally this can be compounded by trauma faced in trying to build a life during resettlement, with violent immigration systems, financial instability and family separation. This paradigm can impact every part of their life, from sleep and physical health, to the trust and confidence to be able to seek support.

Our members symptoms' include hyper-awareness of risk, flashbacks, depression, anxiety, insomnia, and severe problems with emotional regulation. Feelings of loneliness and shame, a lack of trust and self worth, and suicidal ideation are common. Members also suffer from physical ill-health, often from old, poorly-healed injuries. Survivors of torture can become trapped in a vicious circle: the practical issues they face when seeking safety in the UK - poverty, insecure housing, uncertainty around their immigration status - often worsen their poor mental and physical health. However, as their health worsens, they have less capacity to deal with these practical barriers to their wellbeing. Survivors describe being "stuck": stuck in poor mental health, stuck in legal limbo without leave to remain, stuck in poverty.

Room to Heal's therapeutic community does not just enable members to heal from their trauma. In a profound way our practices enable members to restore meaning to their lives: building meaningful community and supporting members to regain a sense of their own power.

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Our work in 2025

In 2025, we supported over 100 survivors of torture in our therapeutic community. Some members were in intensive therapy, while others were members of our wider community. This enables members who have completed intensive therapy to remain part of a therapeutic community facilitated by our therapists, where they can continue to heal from their trauma. It supports them when times are hard - and for newer members, just beginning their healing journey, being with members who have completed therapy helps them to understand that they can build a meaningful life in exile.

Being part of Room to Heal has been a truly meaningful experience for me. From the very first session, it gave me the comforting feeling that I am not alone. Sharing my experiences and listening to others has taught me so much—things I did not know before—and has greatly increased my knowledge and understanding. These sessions have not only helped me feel connected but have also boosted my confidence. Learning from others and gaining new insights has made me feel stronger, more capable, and better able to face my own challenges. Room to Heal has given me both knowledge and the courage to move forward with hope and self-belief.

Membership of Room to Heal begins with an in-depth assessment with our therapists, which enables both potential community members and therapists to establish whether we are the right fit for each other. While many torture survivors benefit from our unique group model, for some it is not the right time, and they need support to resolve their issues with 1:1 support. Where our model is not suitable, we refer survivors on to other kinds of therapy, and appropriate casework support.

Where our model is the right fit, our therapists provide 4-6 sessions of individual therapy to prepare members to join the group, ensuring that they have the emotional stability and resilience needed to share their experiences, while our caseworkers assess their practical needs and work with new members to come up with a plan to work towards resolving the practical issues that profoundly affect our members' ability to heal. Members read through the Community Handbook with staff to understand the role of community in our work.

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A member's journey through Room to Heal

Referral:
Self referral or via an agency or professional

Assessments with a specialist therapist

4-6 individual therapy sessions to prepare for group therapy

Introduction to our community and casework review

Intensive group therapy, community activities, casework support

Work with therapists and group to exit therapy

Casework support for 3 months after therapy ending

Ongoing access to our therapeutic community

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Therapy at Room to Heal

In 2025, we ran four weekly therapy groups: three mixed-gender groups, reducing to two over the year, and a specialist group for mothers with young children. Each group is facilitated by two therapists, and has between 8 and 10 members.

Room to Heal feels like a family to me. Without it, I would feel isolated. Group therapy allows us to share our problems and fears, and to release the stress we carry inside.

Group members walk into a welcoming therapy room and settle into one of the chairs placed in a circle around the room. Members sometimes chat gently with one another or else sit quietly as they prepare for the session. Once the session begins members share their thoughts and feelings confidentially in a safe space where fellow members can listen, support and guide. During these sessions, members increasingly understand they are not the only ones to have experienced the horrors that have been inflicted on them. Members develop a renewed sense of purpose and empowerment as they realise they can help others in the group. Our therapists facilitate this process while respecting the power of peer-led healing.



It has really helped improve my mental health and given me a bit of hope. I can honestly say I joined the group therapy at the right time, because I don't think I would still be here if I hadn't joined when I did.

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Things are a little different at our mother's group. The group meets online, to enable them to meet without worrying about childcare. As the group has matured, the women have formed strong bonds, often meeting outside formal sessions. The mothers offer each other ongoing emotional and practical support, ranging from navigating the asylum system, to babysitting for each other while the mothers seek work.

In addition to our weekly therapy groups, we hold a therapeutic retreat each year.

On retreat, Room to Heal members spend four days in nature with our expert therapists. They work together to heal in group therapy: but they are also able to heal in a more profound way, together in nature and away from the poverty and fear they experience in London.

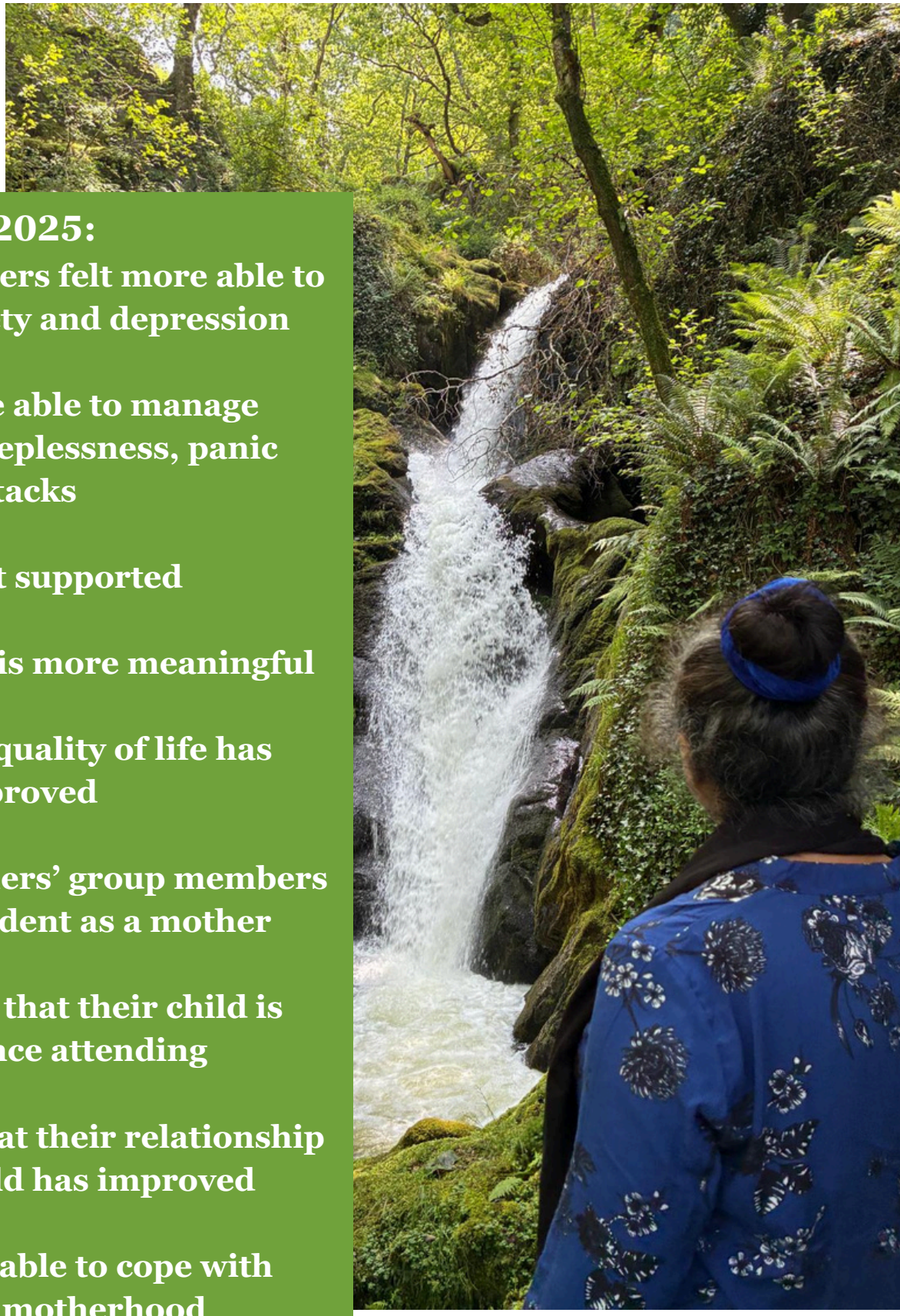




Climbing the mountain brought me joy. It was the first time that I ever climbed a mountain. After 20 years, beating the drums again brought me happiness, joy and sadness. It reminded me of home, I was emotional.

I have very beautiful experiences on retreat. Here I feel nature very closely, which give me some peace

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In 2025:

96% of our members felt more able to cope with anxiety and depression

91% felt more able to manage flashbacks, sleeplessness, panic attacks

100% felt supported

96% felt that life is more meaningful

91% felt their quality of life has improved

100% of our mothers' group members felt more confident as a mother

100% reported that their child is happier since attending

100% reported that their relationship with their child has improved

86% felt more able to cope with stresses of motherhood

96% of members said their mental health had improved overall

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Casework at Room to Heal

I was left outside with my baby and our belongings by then he was 9 months we were under the rain from 1 pm to 10pm, with the help of Room to Heal we got an hotel and a safe place for our belongings. That really impressed me Room to Heal staff never rest from therapists to caseworks till they make sure that my baby and I were safe and fine. I never took that for granted.



Practical issues - access to housing, income, and a stable immigration status - can present enormous barriers to healing. These barriers can seem insuperable for people adjusting to life in a new country, cut off from their support systems. Many members find the complexity of their practical needs to be overwhelming. Our team of caseworkers offer tailored casework support to members engaged in group therapy. Central to our approach is empowerment: our caseworkers, working closely with our therapists, ensure that each member becomes more confident and independent by encouraging them to take steps to be progressively more involved in their problem solving.



My caseworker has been very kind and supportive. They listened to me, helped me understand things better, and supported me with my situation. This made me feel less stressed and more confident.

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In 2025:

100% of our members who faced an urgent crisis or challenge said Room to Heal was able to support with this

91% of our members who received casework support found it helpful or very helpful

78% of members felt more able to get support with housing matters

90% of members felt more able to get immigration advice or support

79% of members felt more able to get healthcare support

70% of members felt more able to get into education, training or employment

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Community at Room to Heal

Room to heal has provided a sanctuary and a safe haven for me. I feel like [I] belong.

Community is at the heart of Room to Heal. Central to our approach is working with members in a way that is meaningful and sustainable. Members are involved in decision-making about our services, our staffing, our priorities. This involvement makes real change happen: our mothers' group was established as a result of working with members who experienced issues in attending therapy after having children.



I feel that I am given a lot of opportunity to take part in decisions. This makes me feel valued, respected, and part of the community.

Members' decision-making takes place in regular Community Forums where staff and members gather together as equals. Any member or staff member can bring ideas and concerns to the meeting, and once it is over, staff and members commit to taking forward the decisions made at the Forum.

We regularly survey members: not just about our services, but about the wider context in which we work. This year, where we have had to make changes to our services due to a challenging fundraising environment, these changes were co-produced with members through the Forum, through surveys, and through 1:1 conversations.

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We work with members to develop and deliver workshops that are relevant to the issues that they experience. In 2025, members attended workshops on higher education, Migrants' Rights Network's Not A Stranger campaign, and managing energy costs. Members of our mother's group took part in a workshop on cross-cultural parenting.

I experienced rejection from my community and became very isolated. I felt like I did not belong anywhere. Room to Heal gave me a sense of belonging and safety.

Community at Room to Heal is also about building solidarity: among members, but also with the wider community. This is crucial for members: it rebuilds the confidence and trust in other that is ripped away by torture. It provides space for members in intensive therapy to see that recovery is possible. For members who have left intensive therapy, it means there is always a space for them - when times get hard, when there is exciting news, or simply to be together with others, sharing food and experiences.

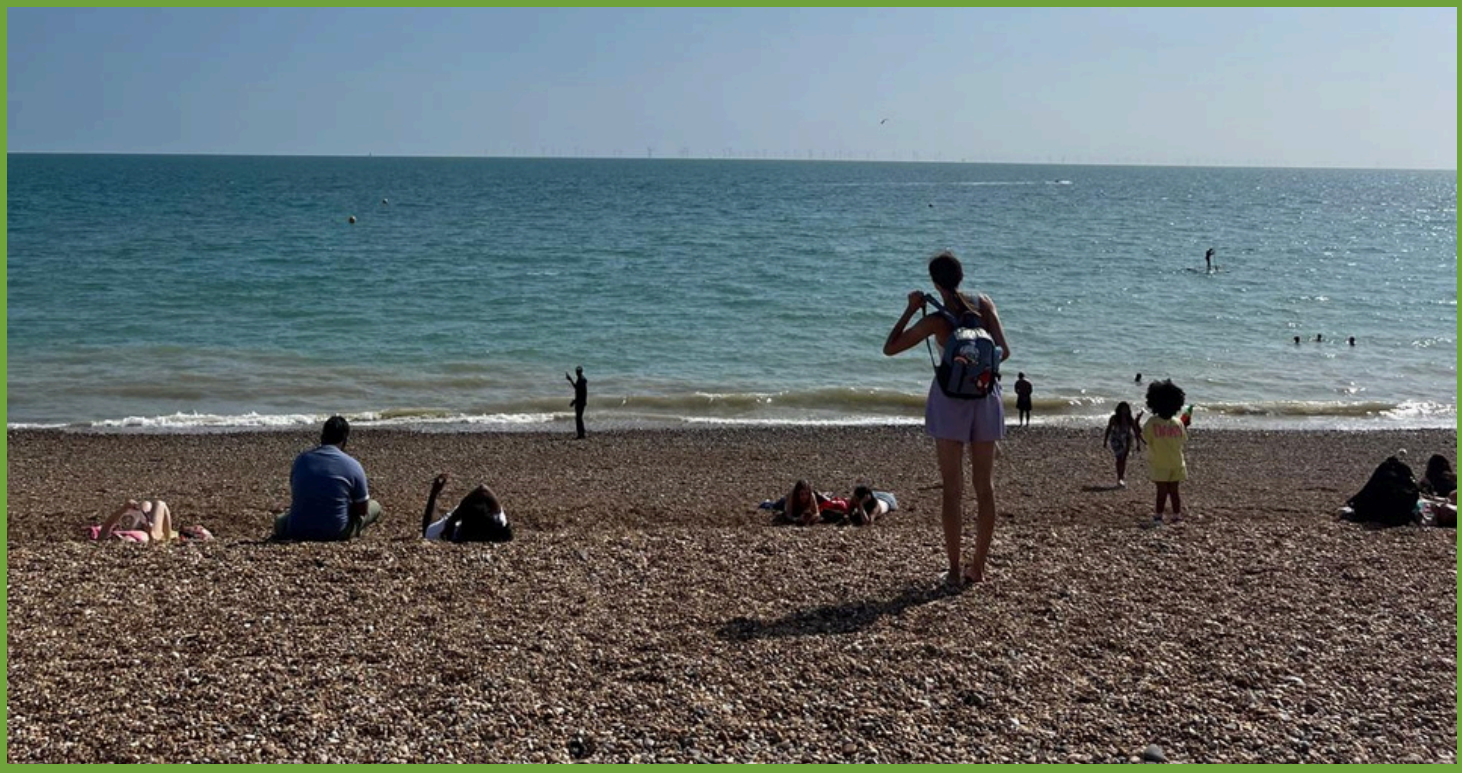


At the heart of our community is our weekly meeting in a local community garden, where our members heal together in nature. We cook together, tend our allotment, and enjoy the peace of the green space. For our members, who are far from home and family, having a peaceful space in nature to call their own is crucial to their healing journey. We celebrate our community with gatherings in the garden every summer and winter. Members also come together on an ad hoc basis to tend to our smaller garden at our offices.

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We also work with members to deliver additional community activities: in 2025, members took part in yoga for men and women, a tour of the Arsenal grounds, and photography projects with Photovoice.

Our mother's group has regular socials, where play workers run specially tailored sessions where mothers and their children can relax, eat, and play together in the Room to Heal therapy spaces.



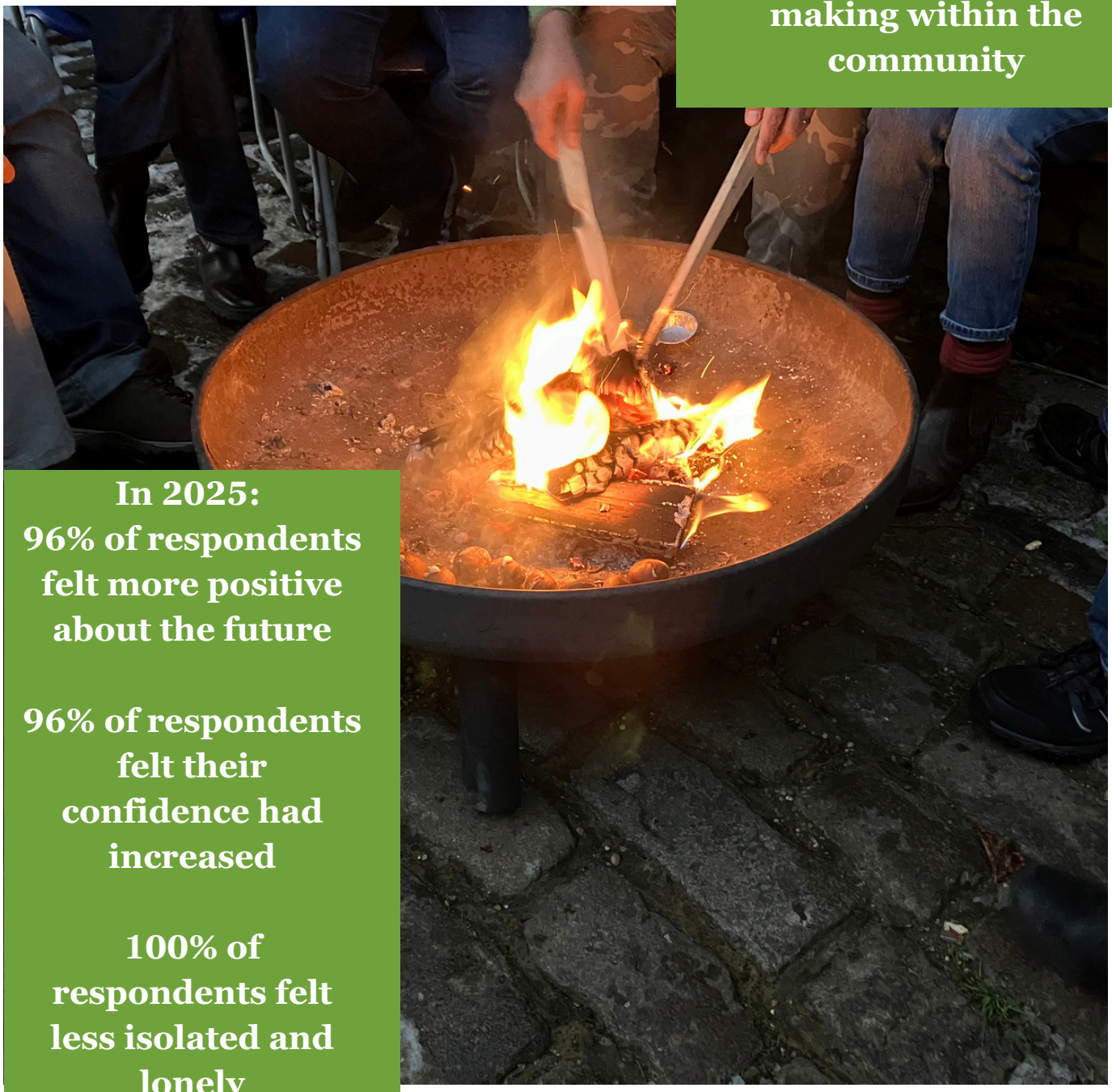
We also bring the community together to explore London and the South East. Our annual seaside summer trip is always a highlight of the year, particularly for the children of members, who often find it difficult to visit the seaside due to financial pressures.

Taking us on a trips out side of London for days, going to the beach, and Kew garden and so many places gave the confidence that life is beautiful and be able to socialise with people

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In 2025:
100% of members felt listened to

96% of members felt they were given the opportunity to participate in decision making within the community



In 2025:
96% of respondents felt more positive about the future

96% of respondents felt their confidence had increased

100% of respondents felt less isolated and lonely

96% of respondents felt more able to maintain relationships with others

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Structure, Governance and Management

Trustees delegate the day-to-day management of the charity to the Co-Directors. Room to Heal's trustees meet at least quarterly and regularly review Room to Heal's progress against our strategic priorities, as well as reviewing current and future opportunities and risks. The Chair, Treasurer, and Co-Directors meet regularly outside formal Board meetings. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 11 to the accounts.

Trustee Recruitment

Trustee positions are advertised and new trustees are nominated and appointed by the existing trustees. After interviews with staff and trustees, trustees invite prospective new trustees to attend meetings informally to gain an understanding of the role and responsibilities of trustees. Formal training is also provided, as necessary, to gain further understanding of the role and responsibilities of trustees.

Our Staff

Roro Ratih Ambarwati	Group Therapist
Jon Beale	Fundraising Manager (from April 2025)
Imogen Butler	Finance Manager
Kathleen Commons	Co-Director (from June 2025)
Ben Du Preez	Group Therapist (from June 2025)
Jo Gower	Co-Director (maternity cover from September 2025)
Fartun Guled	Group Therapist
Suzie Grayburn	Group Therapist
Veronica Haag	Fundraising Officer
Zinzi Mangera-Lakew	Co-Director (on maternity leave from September 2025)

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Our Staff

Jane Matthews	Co-Director (until March 2025)
Delaney Murray	Caseworker
Iman Nafi	Group Therapist
Sebastian Short	Caseworker & Clinical Administrator (to October 2025)
James Wan	Caseworker (from July 2025)
Meggie Warren	Community Manager and Family Caseworker
Emily Palmer-White	Clinical Lead

Sessional Workers

Fatuma Farah	Clinical Supervisor
Maide Showell	Clinical Supervisor
Marc Sutton	IT Support
Tamara Astor	Playworker
Kirsty Reynolds	Playworker

Clinical and Non-Clinical Supervision

Regular clinical supervision was provided by Maide Showell, Sarah Temple-Smith and Fatuma Farah during 2025.

Volunteers and Pro Bono Support

Room to Heal's volunteers and pro bono professional support is vital to the running of the charity and we'd like to record our appreciation for their enormous contribution to our work. We would like to say a special thank you to Bejal Desai, Casework and Culpeper Volunteer, and Marc Sutton and Kathy Barber, who generously give their time to support our IT and website.

We'd like to record our thanks to the trustee board, staff, members and supporters for all their hard work and support throughout the year to ensure our community members continued to receive vital support.

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Financial review

The majority of income raised in 2025 was from Trusts and Foundations (c. 85%), with c. 15% of income coming from individual donors - a slight increase from previous years, where income from individual donors constituted c.4% of our income.

Our total income for 2025 was £441,587 and expenditure was £436,905, which compares with an income in 2024 of £457,875 and expenditure of£492,502. We received a number of restricted grants in 2025 for projects that continued into 2026, so £55,984 of restricted reserves were carried over into 2026.

Thank you

We would like to thank the following trusts and foundations for their support:

The AB Charitable Trust
The Bromley Trust
The City Bridge Foundation
The Fishmongers' Company's Charitable Trust
The Garfield Weston Foundation
The Henry Smith Foundation
The Hollick Family Foundation
The Linbury Trust
The Lloyds Bank Foundation
The London Churches Refugee Fund
The Mbili Charitable Trust
The Michael Kirk and Noreen Blyth-Whitelock Charitable Trust
The National Lottery - Awards for All
The Roddick Foundation
The Southall Trust
The Sutasoma Trust
Sport England
The Stanley Thomas Johnson Foundation
The Swire Charitable Trust
The Tudor Trust

A full breakdown of restricted grants income and expenditure is provided in note 17 of these accounts.

We would also like to thank all of our individual donors and supporters this year for their crucial support for our work.

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Fundraising practices statement

The trustees reviewed the Charity Commission guidance *Charity fundraising: a guide to trustee duties* (CC20) and are confident that obligations are being met. Room to Heal is registered with the Fundraising Regulator and abides by their Codes of Fundraising Practice and Fundraising Promise. In 2025 we had a freelance Fundraiser, who, from July 2025 transitioned to being employed as our Fundraising Manager, overseeing our work with trusts and foundations and individual donors, supported by our employed part-time Fundraising Officer. We did not use third party fundraisers or commercial participators during the year. We have a fundraising complaints process, which the trustees reviewed and agreed, and which is published on our website. We didn't receive any fundraising complaints in 2025.

We are aware of our responsibilities to protect vulnerable people and other members of the public from undue pressure in relation to fundraising. Steps taken include full understanding of, and compliance with, the Fundraising Regulator's Fundraising Promise and Codes of Fundraising Practice. We also have a Vulnerable Supporter Policy approved by trustees, which staff/trustees involved in fundraising adhere to, and which is reviewed annually. During the year, we are not aware of any occasions when we had reason to believe that a donor lacked capacity to make an informed decision in relation to fundraising.

Financial oversight of income generation and expenditure in 2025 was provided by the Co-Directors and Finance Manager, who report to the trustees at quarterly Board meetings and at interim Finance Sub-Committee meetings.

Reports are filed in accordance with the regulations set out by Companies House and the Charity Commission.

Reserves policy

The trustees reviewed the reserves policy and have concluded to continue holding free reserves equivalent to between three and six months of the current working budget where free reserves are the unrestricted reserves less fixed assets and designated funds. This is currently between £84,401 and £168,802 for the 2026 working budget. This will allow the charity to continue normal activities in the event of a significant drop in funding or increased overheads and run efficiently to meet the needs of its members and staff. In addition, the reserves may also be used for innovation and development opportunities that are in line with the charity's objects. The reserves level continues to be reviewed on a quarterly basis by the board of trustees. The unrestricted funds (and also the free reserves) available to the charity as at 31 December 2025 were £171,226, slightly over 6 months' expenditure.

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Risk Management

Room to Heal trustees regularly review the major strategic, business and operational risks faced by the charity and systems have been developed to mitigate the significant risks. Our Risk Register, updated for every Board meeting analyses these risks in terms of probability, potential impact and actions necessary to mitigate these risks.

Trustees' Responsibilities

The trustees (who are also directors of Room to Heal for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

This report was approved by the trustees on 25 / 08 / 2026 and signed on their behalf by:

Emily Haisley — Emily Haisley, Chair of Trustees

Rim Rahimtulla — Rim Rahimtulla, Treasurer

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Independent Examiner's Report to the trustees of Room to Heal

I report the accounts of the charity for the year ended 31 December 2025 set out on pages 30 to 46.

Respective responsibilities of trustees and examiner
The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants of Scotland.

It is my responsibility to:

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

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

Independent examiner's statement
In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
    - to keep accounting records in accordance with section 130 of the Charities Act; and
    - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

   have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K Adderley 27 / 08 / 2026

Kate Adderley CA
Third Sector Accountancy Limited
Holyoake House
Hanover Street
Manchester
M60 0AS

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Room To Heal

Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 December 2025

	Note	Unrestricted funds £	Restricted funds £	Total funds 2025 £	*Unrestricted funds £*	*Restricted funds £*	*Total funds 2024 £*
Income from:							
Donations and legacies	3	242,291	197,532	439,823	*204,668*	*247,887*	*452,555*
Charitable activities	4	-	-	-	*1,296*	-	*1,296*
Investment income	5	1,764	-	1,764	*4,024*	-	*4,024*
Total income		244,055	197,532	441,587	*209,988*	*247,887*	*457,875*
Expenditure on:							
Raising funds	6	53,467	-	53,467	*39,650*	-	*39,650*
Charitable activities	7	184,139	199,299	383,438	*202,869*	*249,983*	*452,852*
Total expenditure		237,606	199,299	436,905	*242,519*	*249,983*	*492,502*
Net income/(expenditure) for the year	9	6,449	(1,767)	4,682	*(32,531)*	*(2,096)*	*(34,627)*
Net movement in funds for the year		6,449	(1,767)	4,682	*(32,531)*	*(2,096)*	*(34,627)*
Reconciliation of funds							
Total funds brought forward		164,777	57,751	222,528	*197,308*	*59,847*	*257,155*
Total funds carried forward		171,226	55,984	227,210	*164,777*	*57,751*	*222,528*

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

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Room To Heal
Company number 6744055

Balance sheet as at 31 December 2025

	Note	2025		*2024*	
		£	£	*£*	*£*
Fixed assets					
Tangible assets	14		-		-
Total fixed assets			-		-
Current assets					
Debtors	15	6,890		*46,327*	
Cash at bank and in hand		234,303		*194,750*	
Total current assets		241,193		*241,077*	
Liabilities					
Creditors: amounts falling due in less than one year	16	(13,983)		*(18,549)*	
Net current assets			227,210		*222,528*
Total assets less current liabilities			227,210		*222,528*
Net assets			227,210		*222,528*
The funds of the charity:					
Restricted income funds	17		55,984		*57,751*
Unrestricted income funds	18		171,226		*164,777*
Total charity funds			227,210		*222,528*

For the year in question, the company was entitled to exemption from an 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 accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 32 to 46 form part of these accounts.

Approved by the trustees and signed on their behalf on 25 / 08 / 2026 by:

Emily Haisley
Emily Haisley (Chair)

Rim Rahimtulla
Rim Rahimtulla (Treasurer)

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Notes to the accounts for the year ended 31 December 2025

1 Accounting policies

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

a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 - Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Room To Heal meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

b Judgments and estimates

The trustees have made no key judgments which have a significant effect on the accounts.

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

c Preparation of the accounts on a going concern basis

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

d Income

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

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

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

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e Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

f Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

g Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

h Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on cost of raising funds includes the costs of fundraising wages and associated costs and support costs
- Expenditure on charitable activities includes the costs of activities undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

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

i Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. The bases on which support costs have

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j Tangible fixed assets

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

Leasehold improvements	3 years
Equipment	3 years

k Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

l Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

m Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

n Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

o Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 10. The costs of the defined contribution scheme are included within support and governance costs and allocated to the funds of the charity using the methodology set out in note 8.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

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3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2025 £	*Unrestricted £*	*Restricted £*	*Total 2024 £*
Grants and donations	236,980	197,532	434,512	*180,370*	*247,887*	*428,257*
Donated services	5,311	-	5,311	*24,298*	-	*24,298*
Total	242,291	197,532	439,823	*204,668*	*247,887*	*452,555*

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2025 £	*Unrestricted £*	*Restricted £*	*Total 2024 £*
Invoiced services	-	-	-	*1,296*	-	*1,296*
	-	-	-	*1,296*	-	*1,296*

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5 Investment income

	Unrestricted £	Restricted £	Total 2025 £	*Unrestricted £*	*Restricted £*	*Total 2024 £*
Income from bank deposits	1,764	-	1,764	*4,024*	-	*4,024*
	1,764	-	1,764	*4,024*	-	*4,024*

6 Cost of raising funds

	Unrestricted £	Restricted £	2025 £	*Unrestricted £*	*Restricted £*	*2024 £*
Staff costs	29,250	-	29,250	*19,586*	-	*19,586*
Fundraising expenses	2,161	-	2,161	*2,596*	-	*2,596*
Freelance fundraiser costs	16,246	-	16,246	*13,920*	-	*13,920*
Support costs (see note 8)	4,569	-	4,569	*2,992*	-	*2,992*
Governance costs (see note 8)	1,241	-	1,241	*556*	-	*556*
	53,467	-	53,467	*39,650*	-	*39,650*

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Notes to the accounts for the year ended 31 December 2025 (continued)

7 Analysis of expenditure on charitable activities

	Total 2025 £	*Total 2024 £*
Staff costs	249,155	*290,695*
Supervision, training and other staff costs	14,026	*16,252*
Recruitment and CRB checks	1,238	*1,655*
Other project costs	3,206	*1,985*
Events	1,458	*1,471*
Consultancy	5,311	*3,616*
Member travel	19,097	*14,287*
Community meal expenses	5,470	*5,540*
Project equipment (gardening materials etc)	-	*1,189*
Therapeutic retreats and trips	3,776	*8,030*
Access and emergency costs for members	1,039	*3,681*
Database	2,640	*2,280*
Professional membership	467	*885*
Therapy rooms and office rent	27,073	*28,728*
Legal costs - donated services		*19,893*
Support costs (see note 8)	38,915	*44,398*
Governance costs (see note 8)	10,567	*8,267*
	383,438	*452,852*
Restricted expenditure	199,299	*249,983*
Unrestricted expenditure	184,139	*202,869*
	383,438	*452,852*

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8 Analysis of governance and support costs

	Support £	Governance £	*Total 2025 £*	*Support £*	*Governance £*	*Total 2024 £*
Staff costs	35,650	8,814	44,464	*38,763*	*6,375*	*45,138*
Insurance (ELI)	3,172	-	3,172	*2,895*	-	*2,895*
IT consumables and IT support	1,305	-	1,305	*2,249*	-	*2,249*
Telephone and internet	1,806	-	1,806	*1,427*	-	*1,427*
Office admin and expenses	1,551	-	1,551	*2,056*	-	*2,056*
Governance admin and expenses	-	96	96	-	*150*	*150*
Independent examiner's fees and grant audit costs	-	2,898	2,898	-	*2,298*	*2,298*
	43,484	11,808	55,292	*47,390*	*8,823*	*56,213*
Allocated as follows:						
Cost of raising funds	4,569	1,241	5,810	*2,992*	*556*	*3,548*
Charitable activities	38,915	10,567	49,482	*44,398*	*8,267*	*52,665*
	43,484	11,808	55,292	*47,390*	*8,823*	*56,213*

Support and governance costs are allocated in proportion to staff costs.

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9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2025 £	*2024 £*
Licence agreement:		
Property	27,073	*26,728*
Independent examiner's fee	2,298	*2,298*

10 Staff costs

Staff costs during the year were as follows:

	2025 £	*2024 £*
Wages and salaries	291,675	*323,420*
Social security costs	21,013	*21,147*
Pension costs	10,181	*10,852*
	322,869	*355,419*

Allocated as follows:

Cost of raising funds	29,250	*19,586*
Charitable activities	249,155	*290,695*
Support costs	35,650	*38,763*
Governance costs	8,814	*6,375*
	322,869	*355,419*

No employees has employee benefits in excess of £60,000 (2024: Nil).

The average number of staff employed during the period was 15 (2024: 15).
The average full time equivalent number of staff employed during the period was 8 (2024: 9).

The key management personnel of the charity comprise the trustees and the Directors. The total employee benefits of the key management personnel of the charity were £63,759 (2024: £62,072).

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11 Trustee remuneration and expenses, and related party transactions

Neither the Trustees nor any persons connected with them received any remuneration during the year. No expenses were reimbursed during the year (2024: £nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year.

There are no donations from related parties which are outside the normal course of business. Aggregate unrestricted donations were £3,580 (2024: £1,080)

12 Government grants

Room to Heal does not receive any direct government funding. The funder in this category is the United Nations Voluntary Fund for Victims of Torture, managed by the UN's Office of the High Commissioner for Human Rights and funded by voluntary contributions mostly from UN member states.

The government grants recognised in the accounts were as follows:

	2025 £	*2024* *£*
UNVFVT Direct Assistance Programme	-	*47,946*
	-	*47,946*

There were no unfulfilled conditions at the end of the accounting period.

13 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

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14 Fixed assets: tangible assets

	Leasehold improvements £	Equipment £	Total £
Cost			
At 1 January 2025	6,800	1,698	8,498
At 31 December 2025	6,800	1,698	8,498
Depreciation			
At 1 January 2025	6,800	1,698	8,498
Charge for the year	-	-	-
At 31 December 2025	6,800	1,698	8,498
Net book value			
At 31 December 2025	-	-	-
At 31 December 2024	-	-	-

15 Debtors

	2025 £	*2024 £*
Accrued income	4,434	*43,862*
Prepayments	2,456	*2,465*
	6,890	*46,327*

16 Creditors: amounts falling due within one year

	2025 £	*2024 £*
Trade creditors	540	-
Accruals and deferred income	8,880	*13,385*
Other creditors	100	*221*
Taxation and social security costs	4,463	*4,943*
	13,983	*18,549*

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Notes to the accounts for the year ended 31 December 2025 (continued)

17 Analysis of movements in restricted funds

	Balance at 1 January 2025 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2025 £
Arsenal Foundation	-	1,250	(1,250)	-	-
Catholic Clothing Guild	280	-	(280)	-	-
City Bridge Trust	2,317	19,050	(21,367)	-	-
Anonymous Donor	-	5,000	(5,000)	-	-
Fishmongers' Company's Charitable Trust	-	15,000	(15,000)	-	-
Ford Britain Trust	132	-	(132)	-	-
G&H Roberts Community Trust	-	10,500	(10,500)	-	-
Henry Smith Charitable Trust	20,089	63,450	(58,879)	-	24,660
National Lottery Awards for All	15,441	19,596	(15,441)	-	19,596
London Catalyst	1,410	-	(1,410)	-	-
London Churches Refugee Fund	500	1,700	(1,400)	-	800
Sports England	-	6,400	(5,507)	-	893
Stanley Thomas Johnson Foundation	15,764	53,406	(61,154)	-	8,016
Sutasoma Trust	19	2,180	(180)	-	2,019
The Roddick Foundation	1,000	-	(1,000)	-	-
Tudor Trust	799	-	(799)	-	-
Total	57,751	197,532	(199,299)	-	55,984

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Comparative period

	Balance at 1 January 2024 £	*Income* £	*Expenditure* £	*Transfers* £	*Balance at 31 December 2024* £
2024 Mothers & Child Psychosocial Project	*1,892*	*1,849*	*(3,741)*	-	-
Catholic Clothing Guild	-	*1,100*	*(820)*	-	*280*
City Bridge Trust	*6,179*	*37,850*	*(41,712)*	-	*2,317*
Anonymous Donor	-	*500*	*(500)*	-	-
Fishmongers' Company's Charitable Trust	*15,022*	-	*(15,022)*	-	-
Ford Britain Trust	*250*	-	*(118)*	-	*132*
Grocers	-	*5,000*	*(5,000)*	-	-
Henry Smith Charitable Trust	*26,375*	*64,200*	*(70,486)*	-	*20,089*
London Catalyst	*1,385*	*1,500*	*(1,475)*	-	*1,410*
London Churches Refugee Fund	*900*	*1,750*	*(2,150)*	-	*500*
Matrix Causes Fund	*750*	-	*(750)*	-	-
Monica Rabagliati Charitable Trust	*3,000*	-	*(3,000)*	-	-
Mrs Smith & Mount Trust	-	*4,000*	*(4,000)*	-	-
National Lottery Awards for All	-	*19,775*	*(4,334)*	-	*15,441*
Sir Jules Thorn Charitable Trust	*2,500*	-	*(2,500)*	-	-
Souter Charitable Trust	-	*2,000*	*(2,000)*	-	-
Stanley Thomas Johnson Foundation	-	*59,417*	*(43,653)*	-	*15,764*
Sutasoma Trust	*22*	-	*(3)*	-	*19*
The Roddick Foundation	-	*1,000*	-	-	*1,000*
Tudor Trust	*1,572*	-	*(773)*	-	*799*
UNVFVT Direct Assistance Programme	-	*47,946*	*(47,946)*	-	-
Total	*59,847*	*247,887*	*(249,983)*	-	*57,751*

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Notes to the accounts for the year ended 31 December 2025 (continued)

Name of restricted fund	Description, nature and purposes of the fund
2024Mothers& Child Psychosocial Project	Individual supporter donations towards the mothers & child psychosocial project.
Catholic Clothing Guild	This grant supported members with clothing.
Arsenal Foundation	This grant contributed to our casework programme.
City Bridge Trust	This grant covers the salary of a caseworker and contributes to the salary of a therapist as well as associated running costs.
Anonymous Donor	This grant contributed towards our casework programme.
Fishmongers' Company's Charitable Trust	This grant helped fund a new 1-year therapy group.
Ford Britain Trust	This grant is to contribute to children's toys and activities for the mothers' group.
Grocers' Charity	This grant contributed to our casework programme.
G&H Roberts Community Trust	This grant contributes to retreats and trips.
Henry Smith Charitable Trust	This grant contributed to the salary costs of the director, with a contribution to overheads.
London Catalyst	This Samaritan Grant contributed towards emergency and hardship costs for community members in need.
London Churches Refugee Fund	This grant contributed to community member travel costs.
Matrix Causes Fund	This grant funded staff training to ensure RTH is anti-racist & culturally appropriate.
Monica Rabagliati Charitable Trust	This grant is to contribute to the mothers' group project.
Mrs Smith & Mount Trust	This Mount Fund grant contributed towards salary costs for Caseworker and Clinical Administrator to support members with housing, healthcare, welfare and accessing legal support.
National Lottery Awards for All	This grant contributed to our casework and community activities.
Sir Jules Thorn Charitable Trust	This Ann Rylands Small Donations grant is to contribute to casework and therapy salary costs.
Souter Charitable Trust	This grant contributed to the mothers' group pilot project.
Sports England	This grant contributes to room space and member travel for yoga sessions.
Stanley Thomas Johnson Foundation	This grant contributed to delivery costs for our Mother and Child Psychosocial Project, including therapy, casework and family socials.
Sutasoma Trust	This grant contributed to travel costs for the mothers' group.
The Roddick Foundation	This grant is for use towards staff wellbeing.
Tudor Trust	This grant is for use towards staff, volunteer and trustee wellbeing.
UNVFVT Direct Assistance Programme	(Project P-829-DA-24) This grant has been spent in the period examined in these accounts (1 January 2024 - 31 December 2024) and in accordance with the terms of the offer letter. The grant was spent as follows: therapeutic staff salaries £39,127, member travel fares £3,395, contribution to rent costs £4,952 and contribution to Independent examiner's fees £472.

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18 Analysis of movement in unrestricted funds

	Balance at 1 January 2025 £	Income £	Expenditure £	Transfers £	As at 31 December 2025 £
General fund	164,777	244,055	(237,606)	-	171,226
	164,777	244,055	(237,606)	-	171,226

Comparative period

	Balance at 1 January 2024 £	*Income £*	*Expenditure £*	*Transfers £*	*As at 31 December 2024 £*
General fund	*182,008*	*209,988*	*(227,219)*	*-*	*164,777*
Designated fund	*15,300*	*-*	*(15,300)*	*-*	*-*
	197,308	*209,988*	*(242,519)*	*-*	*164,777*

Name of unrestricted fund	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Designated fund	Planned expenditure to help ensure organisational resilience in 2024 focused on strategic objectives including communications, income diversification and structural sustainability.

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19 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total 2025 £
Tangible fixed assets	-	-	-	-
Net current assets/(liabilities)	171,226	-	55,984	227,210
Total	171,226	-	55,984	227,210

Comparative period

	General fund £	*Designated funds £*	*Restricted funds £*	*Total 2024 £*
Tangible fixed assets	-	-	-	-
Net current assets/(liabilities)	*164,777*	-	*57,751*	*222,528*
Total	*164,777*	-	*57,751*	*222,528*

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