

DOCKLANDS OUTREACH COMPANY LIMITED

TRUSTEES' REPORT AND ACCOUNTS

YEAR ENDED 31ST MARCH 2023

COMPANY HOUSE NO: 03483305

CHARITY REGISTRATION NO: 1071838

**DOCKLANDS OUTREACH COMPANY LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2023**

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**DOCKLANDS OUTREACH COMPANY LIMITED
LEGAL AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31ST MARCH 2023**

CHARITY REGISTRATION NUMBER:	1071838
COMPANY HOUSE NO:	3483305
REGISTERED OFFICE:	ST MATTHIAS CHURCH, 113 POPLAR HIGH STREET LONDON E14 0AE
TRUSTEES:	Mr Ashwani Sharma (Chair) Mr Edward Duncan Charles Ms Selina Asombang Dr Joseph David Cullen
INDEPENDENT EXAMINER	New Bond Accountants 4a - 6a Hythe Street Dartford DA1 1BX

**DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2023**

The trustees, who are also directors of the charity for the purposes of the Companies Act 1985, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 18 December 1997, and registered as a Charity on 6 October 1998. The Company was established under a Memorandum of Association which established the objects and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company going into liquidation, members of the organisation are required to contribute an amount not exceeding £1.

Management and Governance

Docklands Outreach is governed by a voluntary and elected Board of Trustees who have professional expertise in our areas of service delivery and possess the necessary skills, to analyse the progress of the work and to achieve the organisation's aims. They are responsible for the strategic direction, long term sustainability, guidance on staffing team and human resources. The Board of Trustees meet on a monthly or quarterly basis to oversee, review the strategic direction and policies of the organisation. The Director has overall management responsibility, and day to day running of the organisation. The above combination ensures the smooth running of the organisation, and that the organisation continues to meet its aims and objectives.

No formal training is given but all potential trustees are invited to attend meetings with the staff. Trustees get to know the charity's aims and objectives and how it operates and attend a meeting of the Board of Trustees. The following checks are also carried out: Criminal Records Bureau (enhanced) Charity Commission - Declaration of eligibility for newly appointed trustees.

Risk management

The Trustees regularly review the risks the charity may face to introduce procedures to mitigate the risks identified. They recognise the volatile nature of funding and the challenges faced because of the economic downturn and cutbacks. To manage this risk Docklands Outreach ensures that it maintains and builds new partnership with key stakeholders and ensures that it builds up its reserves to mitigate future funding decline by having a robust three-year funding strategy in place.

Reserve Policy

Trustees have established that to fulfill their responsibilities to staff and to minimise risk of any breach of statute or organisational duty, the organisation should hold sufficient funds in reserve to meet the salaries of all core staff initially for six months due to the demand on its core services post pandemic, should it become necessary to make such staff redundant. DO has been working towards building a satisfactory level of funds to provide a secure base for the fulfilment of the company's charitable objectives, in accordance with Charity Commission guidelines and through full cost recovery (FCR). The organisation is pleased that it has achieved its aim of fulfilling its reserves for six months running, redundancy and other contingency costs, in line with the organisation's three-year funding strategy, to sustain core services, core team, office refit, IT upgrade other contingencies and expansion as required.

Employees

DO is committed to equal opportunities in terms of equal treatment, equal access, and equal share in all aspects of its programmes, administration, management, and support, regardless of age, race, colour, nationality, religion, ethnic or national origin, gender, marital status, sexual orientation, LGBTQ+, gender reassignment or disability. It aims to offer an environment, which is safe, supportive, and sensitive to the diverse needs of Individuals Concerned with the Project ('ICWD') so that all can achieve their full potential.

The charity does, however, ask that its staff sympathise with the aims and objects of the charity. Section 7(2) of the Sex Discrimination Act 1975 also applies where it is essential to restrict the job to female applications only.

DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2023

STATEMENT OF TRUSTEE RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each (Accounts and Reports) financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charity's Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report is prepared in accordance with the special provision of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 20 December 2023 and signed:

ON BEHALF OF THE BOARD:



Mr Ashwani Sharma (Chair)

Report of the Trustees for the Year Ended 31 March 2023

It has been a very busy year for Docklands Outreach with an ongoing increase in referrals, and complexity in presentations to the service. While mirroring national trends, Tower Hamlets communities continue to face additional challenges and disproportionate on-going impact of the pandemic. Due to the borough being the 2nd most deprived in London with a high percentage of BAME communities and being one of the most densely populated London boroughs with an acute housing crisis.

Overcrowding, basic needs, financial hardship, isolation from friends and peers, pandemic worries have in turn impacted on their emotional wellbeing and mental health challenges. Family pressures - a combination of health anxieties, financial hardships, lack of digital access, concerns for the future - are having lasting effects.

Despite a higher number of referrals to the service as a direct result of the pandemic, Docklands Outreach (DO) in partnership with key partners and stakeholders continued to provide essential therapeutic and practical support during this period. DO team continue to work in innovative ways of working in collaboration with services users to respond well to their needs, and those of the wider community. During this period, we supported over 500 children, young people, parents, and carers with a combination of evidenced based group and individual parenting support, counselling, psychotherapy, cognitive behavioural therapy, community connector support, advocacy, community outreach and street-work to reach marginalised groups who were not accessing mainstream support.

As an outreach service DO remains well placed to offer blended/hybrid support to meet the needs of our service users. We are grateful to our key partners, Spotlight and Children and Family Hubs across the borough who have given us space to deliver our interventions from their venues, enabling and increasing access to support in these times of increased need. The wonderful team remain experts on MS Teams, Zoom and other platforms and have the confidence to adapt sessions, times, platform to suit individual needs seamlessly.

Throughout this period the Board of Trustees, Director and the wider team continued to meet regularly,

Objectives and Aims

Tower Hamlets has a vibrant multi-culturally and religiously diverse community, with 65% of residents from Black and Minority Ethnic Communities (BAME). Despite some improvements, the borough retains widespread deprivation including low income, unemployment/insecure employment, poor housing, overcrowding, social isolation, alcohol, substance misuse, racist and hate related incidents, which in turn can lead to mental-health conditions such as anxiety, depression, psychosis, bi-polar, and eating disorders, which contribute to morbidity, poor quality of life, and mortality. These multifaceted and complex challenges have been further exacerbated due to the Covid-19 pandemic and as a borough and service provider we are still feeling its effects.

DO remains a health and preventative social inclusion agency providing comprehensive services to young people, children, and families with a particular emphasis on addressing inequalities and supporting marginalised communities as a BAME emotional wellbeing and mental health service in the borough. Within this context, our primary work is to offer evidenced based interventions and support to those who have emotional, mental, and behavioural difficulties. However, we also offer wider support to those who are involved in or at risk from drugs and their misuse, crime, negative sexual health, and other issues that can often lead to exclusion and contribute to poor emotional and mental health wellbeing – our ethos has always been to offer holistic wrap around support. Due to our commitment to children, families, and young people we support, we continually ensure that service provision takes account of the reality of their lives, lived experiences and their views, offers them choices, and works with them collaboratively to give them the confidence and skills to take more control of their lives.

DO, with its partner agencies, provides a full range of services assessing the needs of each individual and family, developing support and care-plans in collaboration with them and providing solutions for a range of issues and problems as they are presented. We continue to review and develop our services to meet the need of our service users and community. Feedback from partners and service users confirms that we remain a valued and trusted community organisation, that offers safe, approachable, non-judgemental, collaborative support, and treatment on a range of common mental health disorders, and on wider issues.

The programmes and initiatives offered by DO during this period remained varied from engaging young people at street level to the more complex and demanding work involved in supporting them and families in their encounters with a range of statutory institutions and agencies, while delivering appropriate needs-based interventions using a hybrid model to suit individual support needs. Key programmes that DO delivered in 2022-2023: Detached Street-Work & Outreach (DSWO) & Advocacy Support: During this period, DSWO sessions were limited, with more advocacy and check in sessions with young people and their families to address Covid-19 and post pandemic worries, anxieties, safety, how to look after emotional wellbeing, health and how to access further support.

Mental Health Support for Children and Young People: Difficulties children and young people faced during this period continued to mirror national trends of high anxiety, panic, self-harm including suicidal ideation, family conflict, relationship difficulties, trauma, abuse, PTSD, OCD, fear, panic attacks, worry about family and friends, school and exam worries, risk to elderly relations and coping with bereavement. For those who were already experiencing these difficulties pre-Covid, their symptoms and coping strategies decreased with onset of additional or new difficulties and challenges (i.e., being at home/relationship difficulties with family), lack of space, privacy, increased health anxieties, combined with difficulties of accessing the right support at the right time further intensifying these difficulties. Referrals to our talking therapies service, advocacy and parenting teams continued to increase as a result – a combination of self and agency referrals. We were able to meet this demand by offering a hybrid/blended model, securing further funds to expand the team.

Parenting Support: The parenting team were able to start delivering face to face support from the second half of the year as well as remote support, deliver Personalised Individual Parenting Programme (PIPT), and our Community Families Intervention mostly remotely, and parents were keen to access these interventions as the remote option was easier for them to access. Alongside this, weekly check in with some parents that needed a combination of setting routines with families, coping with pandemic and post pandemic anxieties and challenges easing of restrictions, back to school for children was provided.

Community Connector – Young Adult (18-25) Mental Health Support: DO was incredibly proud that our application to Compass Wellbeing was successful and we were able to recruit a community connector to support young adults with serious mental health issues (SMIs) to achieve better mental health and wellbeing outcomes. The role is a very exciting one that works closely with Tower Hamlets Early Detection Service (THEDS) and is part of The Community Mental Health Framework for Adults and Older Adults.

Our key aim and the role of our community connector is to improve the service offer for young adults, those between the ages of 18-25 years old. Support young people with challenges relating to the transition between child and adolescent and adult mental health services, provide them with one-to-one targeted support, help them navigate systems as well as enabling them to access community resources that enable to build independence and be less reliant on services. Our Community Connector role has been a huge success as it followed our outreach and advocacy model and it has been a pleasure to work with THEDS – an organisation that has similar values as DO.

Langdon Park School (LPS): Therapy Delivery: LPS recognised the importance of having therapeutic support for pupils for several years and wanted to build on this. The school commissioned DO to provide therapeutic support at the school four days a week complimenting support already available. This been another great example of partnership work focused on improving children and young people's emotional wellbeing and mental health support in schools. During this year working closely with the school safeguarding and inclusion team we provided a combination of counselling, psychotherapy, and CBT – allowing for choices in approach to individual

Docklands Outreach have qualifications that are not the norm in a school environment. Our students need this support as they have stress, worries, family issues, historical issues and friendship issues that seem to have been heightened since Covid or maybe we have got better at making them aware of them.

Docklands Outreach connect with so many other agencies and this triangulation work in schools creates strong community links. Each therapist has their own unique specialism and this compliments the work being done in school and allows the best interventions to be put into place. The therapists meet weekly to discuss cases/ assessments, so this means that the best support is given.

Before we worked with Docklands Outreach, we struggled to meet the students' needs and many students were at crisis point and struggled in silence. There has been a reduction in Multi Agency Safeguarding Hub (MASH) referrals as we are doing more preventative work.

Working in partnership with the London and South East Learning Collaborative continues to have enormous benefits post pandemic, not just for our CBT and Parent Training trainees but to Docklands Outreach as whole. The advice, guidance and sharing good practice and policies enabled us to deliver the emotional and mental health support with confidence. The team continued to provide NICE guided evidenced based interventions to support and treat conduct difficulties, low mood, depression, anxiety, and panic disorders, OCD, PTSD. Counselling provided support around trauma, abuse, family conflict, self-harm. Carrying out an initial assessment/consultation with young people and families ensured that the approach is appropriate to their needs. Supporting service users creatively (using tools and resources) and in a sensitive and non-judgemental manner that is essential to all our work. Combining this with physical health of walking, getting fresh air regularly either individually or as whole family helped with them coping better with pandemic anxieties.

Our wonderful partnerships with CAMHS, THEDS, Step Forward continued to have enormous benefits too, with all organisations working collaboratively to deliver support to children and their families during this period - sharing expertise, protocols and support remained invaluable during this period.

The board are very grateful to ELFT for valuing our longstanding partnership, for providing the funds required to sustain some of our team to continue to support children, young people, and families. DO joined Tower Hamlets Emotional Wellbeing Service (THEWS) in April 2022. This further strengthened our joint work and partnership with ELFT and Step Forward whilst providing funds to carry out the work. It has been a pleasure to work with Compass Wellbeing who provide the funds for our Community Connector position. Working together with THEDS has enabled us to develop closer working relationships and – our community connector is based there two days a week that enables us to support young people with serious mental health issues whilst learning from each other.

Our partnership with Spotlight continues to evolve and get stronger with the Healthspot Initiative with GPs, Youth Workers, and Safe East (sexual health/substance misuse support). This partnership is another wonderful example of listening to service users who wanted to access mental, physical health and youth work provisions under one roof to deliver person-centred care to address local population health needs. Using the venue to deliver in person support was very welcomed by the team and our service users.

Achievement & Performance

The increased demand for our service meant that we exceeded most of our service level targets within nine months. Feedback from our service users was key to ensure that the support that they received was according to their needs and satisfactory. Almost all our service users felt that they were well supported during this period with care and sensitivity and were grateful at how quickly we were able take support forward and being able to provide holistic support remotely. We continued to build on our extensive partnership work and developed joint working initiatives that benefited our service users and community. As a result, we supported over 500 children, young people, parents, and carers with emotional, behavioral, and psychological difficulties via talking therapies, parenting, psychosocial, and advocacy support, and over 50 young people via street-work and workshops.

Again, during this period, our Director was invited to be part of different strategic working groups, and was invited to consider DO becoming a mental health delivery partner with other organisations. She also remained part of the Children and Young People's Emotional Wellbeing and Mental Health Working Group. This reflects how DO is viewed for its leadership, its excellent community knowledge, its strong and developed referral and support pathway along with its robust policy, procedures and excellent team that enable DO to support children and families so well. We recognize that there are unmet needs, and we are actively working with our key partners ELFT, Step Forward, The Southeast Learning Collaborative and Spotlight to secure additional resources to expand our service provision to meet these needs.

Principal Funding Sources

Important transactions in the year included the following grants and donations received:

East London Foundation Trust	£254,758
Health Education England - London	£99,528
Compass Wellbeing	£38,300
Step Forward	£56,250
Poplar Harca	£30,000
Langdon Park School	£12,600

Future Developments

The demanding nature of the work remains high, especially in these unpredictable times. DO is committed to meeting this need through continuously developing the organisation, partnership networks and new delivery methods to continue to provide support to children, young people, and families. We have learnt during this period that blended support works very well, some service users prefer this while others preferred in person, and we will continue to offer this choice increasing space and team capacity to reflect need. We will continue to evaluate our core work, to learn from it, to progress into new and dynamic work streams, investing in staff training and technology, while keeping to the values and principles of delivering a service to the children and young people who need it most.

The key to sustainability lies in raising sufficient funds year on year, maintaining sufficient reserves in line with our three-year funding strategy to continue to deliver our core services when faced with difficulties and times of reduced funding opportunities. Within this context DO will continue to work towards the following aims:

Key aims

- Continue to improve children and young people's emotional, mental health wellbeing support, and deliver earlier interventions that reflect the needs and preferences of young people and their families.
- Further develop and invest in our online digital offer to meet the request from our services users and plan for office refit, demand, and development.
- To increase staff training budget for continual professional development, in particular ASD training to meet the needs of children and young people with ASD being referred to the service.
- Expand the Street and Community Outreach Programme and deliver borough wide to support marginalised groups who are not accessing mainstream support.
- Continue to be part of the Southeast Learning Collaborative to deliver high quality evidenced based interventions: Parenting programmes for emotional, behavioral and conduct disorder, CBT and Systemic Family Practice, Counselling in line with CYP IAPT Principals.
- Train more practitioners as part of the Recruit to Train initiative to increase the workforce and delivery of more evidence-based programmes.
- Maintain a trusted, safe, accessible, and collaborative resource for the community.
- Build on current partnerships and develop new ones.

My fellow Trustees and I would like to take this opportunity to thank all staff, full and part-time, trainees and our service users for their hard work, their vision, commitment, and dedication to the project. As always very special thanks are due to the Director, Runa Khaliq, who continues to invest every effort into securing funding for the organisation in these challenging times, while developing new methods of service delivery and supporting the team so well. Through Runa's exceptional leadership DO has not only managed to sustain and consolidate its core activity but has been examining further avenues of work and new funding opportunities. The staff are to be particularly commended for their positive approach to change, transformation, and dedication to our service users.

Feedback from service users, partner organisations and other key stakeholders and our own statistics demonstrate that we consistently meet the needs of our diverse community. Not only do we provide accessible and needs based support but also provide interventions that provide consistent positive outcomes and treatment to our service users, and we do this in a culturally and socially sensitive manner. Below are a couple of feedback from parents that really demonstrate the above.

The work you do to support others as part of and outside of Docklands Outreach is truly inspirational. Well Runa, you are inspirational. You lead, select, and bring your team with you on your vision and journey.

Joe, I wanted to say thank you for the outstanding therapy help my daughter received from you for her anxiety and panic attacks. As a result of your phenomenal support, she managed to overcome her fear of outdoors. She has accomplished a lot since September last year, the top of the list is her independent travel. You helped her to travel independently from her college to home which is a huge achievement. She has learnt to problem solve and calm herself when under stress, she didn't go into a panic attack when she found herself alone and locked in a farm on, she picked her phone and called me for help. This fantastic progress she has made gives me comfort and hope that she will continue to achieve great things in her life, will one day be able to live an independent life.

Parenting is hard. I was having trouble with my daughter's mood swings and her anger tantrums That is when I called the GP, and he gave me Docklands Outreach's number. Azra's way of talking and her helpful voice gave me the courage to share my feelings and all the problems I was facing with my daughter. She always had the right advice to give me always and asked to stop doing certain things and instantly I would see the change at home and with my daughter. Slowly we had sessions with my daughter as well and there were so many things that I did not know of, was missing from my relationship with my daughter. She has been a life saver for me. Our lives have got so much better and easier because of that. Thanks, and I hope you can help all the parents out there.

As Chair, I would also like to thank the fellow trustees for the advice, support, and time they have given to the organisation throughout the year. Their commitment, wealth of personal and professional experience, knowledge from public, community and private sector all help to advice, guide and lead DO to continue to adapt and consolidate itself as a leading community mental health and wellbeing organisation.

We would like to express our gratitude towards all our funders, ELFT CAMHS, Health Education England, Step Forward, Poplar Harca, and Langdon Park School - for continuing to recognise the value of our work and for providing the much-needed funds that is required to continue to support the most vulnerable groups at this time.

Many thanks also to ELFT CAMHS for providing staff with clinical supervision, to Jennifer Fear and Richard Simmonds for providing valuable peer support to Runa. To Daniel Rose and Poplar Harca Spotlight for their continual support. I would also like to take this opportunity again and thank the Southeast Learning Collaborative, and The Anna Freud Centre for Children and Families for their advice, guidance, and opportunities to the organisation.

Ashwani Sharma - Chair of the Board of Trustees

**REPORT OF THE INDEPENDENT EXAMINER
DOCKLANDS OUTREACH COMPANY LIMITED
YEAR ENDED 31ST MARCH 2023**

I report on the accounts for the year ended 31st March 2023 set out on pages five to nine.

Respective responsibilities of trustees and examiner

The Charity's Trustees (who are also the Directors for the purposes of Company Law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an independent examination is required. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiners report

My examination was carried out in accordance with the 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

Independent examiner's statement

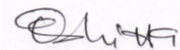
In connection with my examination, no matter has come to my attention:

(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 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 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.



Omowunmi Shitta, FCCA
New Bond Accountants
Business and Charity Advisors
4a - 6a Hythe Street
Dartford
Kent
DA1 1 BX

Date: 20 December, 2023

DOCKLANDS OUTREACH COMPANY LIMITED
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31ST MARCH 2023

		Unrestricted funds	Restricted funds	2023	2022
INCOMING RESOURCES	Notes	£	£	£	£
<i>Incoming resources from generated funds</i>					
Donations and legacies	2		498,560	498,560	421,950
Investments	3	-	-	-	506
TOTAL INCOME		-	<u>498,560</u>	<u>498,560</u>	<u>422,456</u>
RESOURCES EXPENDED					
Charitable Activities	4	-	(333,990)	(333,990)	(268,881)
Support Cost	5	-	(9,295)	(9,295)	(7,456)
Governance Cost	6	-	(1,617)	(1,617)	(1,617)
Finance Cost	7	-	(44)	(44)	(43)
TOTAL RESOURCES EXPENDED		-	<u>(344,946)</u>	<u>(344,946)</u>	<u>(277,997)</u>
NET INCOME/EXPENDITURE FOR THE YEAR		-	<u>153,614</u>	<u>153,614</u>	<u>144,459</u>
RECONCILIATION OF FUNDS					
Total Funds brought forward		<u>57,638</u>	<u>445,948</u>	<u>503,586</u>	<u>359,127</u>
TOTAL FUNDS CARRIED FORWARD		<u>£57,638</u>	<u>£599,562</u>	<u>£657,200</u>	<u>£503,586</u>

None of the charity's activities were acquired or discontinued during the year and there were no recognised gains and losses for 2023 or 2022 other than those included in the statement of financial activities.

The notes on pages 7 to 9 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
BALANCE SHEET
YEAR ENDED 31ST MARCH 2023

	<u>Notes</u>	<u>2023</u>	<u>2022</u>
FIXED ASSETS			
Tangible assets	8	-	-
CURRENT ASSETS			
Cash at bank and in hand		600,950	476,911
Debtors	12	56,250	26,675
CREDITORS: due within one year	13	-	-
Net Current Assets		<u>657,200</u>	<u>503,586</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>£657,200</u>	<u>£503,586</u>
FUNDS:		<u>2023</u>	<u>2022</u>
Unrestricted Funds		<u>57,638</u>	<u>57,638</u>
Restricted Funds		<u>599,562</u>	<u>445,948</u>
Total funds		<u>£657,200</u>	<u>£503,586</u>

The financial statements were approved by the Board of Trustees on 20th December, 2023 and were signed on its behalf by:



.....
Mr Ashwani Sharma (Chair) - Trustee

The notes on pages 7 to 9 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS 102.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations and other incoming resources - Income from grants

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities

Costs of charitable activities are those costs relating to the activities carried out to meet the objectives of the charity. These include both directly attributable costs and apportioned support costs.

Governance costs

Governance costs are the costs associated with the strategic direction of the organisation and with meeting regulatory responsibilities including apportioned support cost.

Taxation

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

Fund Accounting

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

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

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

Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2023

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	<u>2023</u>	<u>2022</u>
Grants received	£ -	£ 491,436	£ 491,436	£ 421,950
	<u>£ -</u>	<u>£ 491,436</u>	<u>£ 491,436</u>	<u>£ 421,950</u>

Analysis of grants received

		<u>2023</u>	<u>2022</u>
East London Foundation Trust	-	254,758	£254,758
Health Education England - London	-	99,528	£99,528
Compass Wellbeing		38,300	£38,300
Poplar Harca	-	30,000	£30,000
St Matthias Community Centre	0	-	-
Step Forward	-	56,250	£56,250
Langdon Park School		12,600	£12,600
Tavistock & Portman NHS Trust	-	-	-
LBTH	-	0	-
	=	<u>£491,436</u>	<u>£491,436</u>
		<u>£421,950</u>	<u>£421,950</u>

3. INVESTEMENT INCOME

Restricted funds	<u>2023</u>	<u>2022</u>
Bank interest receivable	<u>0</u>	<u>506</u>
	<u>0</u>	<u>506</u>

4. Costs of charitable activities by fund type

Restricted funds	<u>2023</u>	<u>2022</u>
Charitable Activities	333,990	268,881
Support costs	<u>9,295</u>	<u>7,456</u>
	<u>343,285</u>	<u>276,337</u>

5. Costs of charitable activities by fund type

	Grant funding of activities	Support Cost	<u>2023</u>	<u>2022</u>
Support Cost				
Charitable Activities			333,990	258,881

6. Other costs

Governance cost	<u>1,617</u>	<u>1,617</u>
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7. Finance costs

<u>44</u>	<u>43</u>
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8. Tangible fixed assets

There are no fixed assets for the charity in the year under review.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2023

9. Staff costs and emoluments	<u>2023</u>	<u>2022</u>
Total staff costs for the year ended 31 March 2023 were:		
Salary and wages	289,627	232,989
Social security costs	26,211	21,037
Pension costs	12,092	10,551
	<u>£327,930</u>	<u>£264,577</u>
	<u>2023</u>	<u>2022</u>
Employees	<u>15</u>	<u>13</u>

10. TRUSTEES REMUNERATION AND BENEFITS

Trustees' expenses

There were no Trustees remuneration in the year to 31 March 2023 nor in the prior year

There were no related parties transactions in the year to 31 March 2023 nor the prior year.

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for restricted funds.

12. DEBTORS	<u>2023</u>	<u>2022</u>
Amounts due within one year:		
Prepayments and accrued income	£56,250	£26,475
	<u>£56,250</u>	<u>£26,475</u>

13. CREDITORS	<u>2023</u>	<u>2022</u>
Amounts due within one year:		
Accruals and deferred income	-	-
	=	=

14. Movement in funds

Unrestricted Funds	Balance at 01/04/2022	Incoming resources	Balance at 31/03/2023
	£	£	£
General	57,638	-	57,638
Total funds	<u>57,638</u>	<u>-</u>	<u>57,638</u>

Purpose of unrestricted Funds

General:

Unrestricted funds are available for use at the discretion of the committee in furtherance of their charitable objectives unless the funds have been designated for other purposes

Restricted Funds	Balance at 01/04/2022	Incoming Resources	Outgoing Resources	Balance at 31/03/2023
	£	£	£	£
General	445,948	498,560	(344,946)	599,562
Total funds	<u>445,948</u>	<u>498,560</u>	<u>(344,946)</u>	<u>599,562</u>

Purpose of restricted Funds

General:

Restricted funds are subject to specific conditions set out by donors on the use of the funds

DOCKLANDS OUTREACH COMPANY LIMITED
INCOME AND EXPENDITURE
YEAR ENDED 31ST MARCH 2023

	<u>2023</u>	<u>2022</u>
	£	£
Income and Endowment:		
Donations and legacies		
Grants	491,436	421,950
Other Income	<u>7,124</u>	<u>0</u>
	<u>498,560</u>	<u>421,950</u>
Investments:		
Bank Interest Receivable	<u>0</u>	<u>506</u>
Total incoming resources	<u>498,560</u>	<u>422,456</u>
EXPENDITURE:		
Charitable activities		
Staff Costs - Wages and Salaries	289,627	232,989
Staff Costs - Social Security Costs	26,211	21,037
Staff Costs - Pension Contribution	12,092	10,551
Other Activity Based Costs	<u>6,060</u>	<u>4,304</u>
	<u>333,990</u>	<u>268,881</u>
SUPPORT COSTS: MANAGEMENT		
Rent	4,800	4,000
Insurance	1,260	1,097
Office Supplies	1,182	444
Telephone	978	970
Other Professional Fees	371	400
Maintenance	704	545
	<u>9,295</u>	<u>7,456</u>
FINANCE		
Bank Charges	<u>44</u>	<u>43</u>
GOVERNANCE COSTS		
Accountancy Fees	<u>1,617</u>	<u>1,617</u>
Total resources expended	<u>344,946</u>	<u>277,997</u>
Net expenditure	<u>£153,614</u>	<u>£144,459</u>