

DOCKLANDS OUTREACH COMPANY LIMITED

TRUSTEES' REPORT AND ACCOUNTS

YEAR ENDED 31ST MARCH 2025

COMPANY HOUSE NO: 03483305

CHARITY REGISTRATION NO: 1071838

DOCKLANDS OUTREACH COMPANY LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2025

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**DOCKLANDS OUTREACH COMPANY LIMITED
LEGAL AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31ST MARCH 2025**

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 (Treasurer) Ms Selina Asombang (Trustee) Dr Joseph David Cullen (Trustee) Runa Khalique (Director of Operations)
INDEPENDENT EXAMINER	SV Bond Accountants The Bridge Nucleus Brunel Way Dartford DA1 5GA
Bankers	The Cooperative Bank

DOCKLANDS OUTREACH COMPANY LIMITED
REPORT OF THE TRUSTEES
YEAR ENDED 31ST MARCH 2025

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 2025. The trustees have adopted the provision of statement of Recommended Practice (SORP) 'Accounting 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 partnerships 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.

The Board of Trustees review major risks annually, which is reviewed and updated throughout the year if needed. Systems are in place to ensure that the charity is compliant with operational policies and procedures from health and safety, recruitment, GDPR Data Protection, Safeguarding and Child Protection and Vulnerable Adults Protections Policies. Team regularly complete and refresh core Safeguarding training and specific training, registration, accreditation according to their therapeutic professional requirements – British Association of Counselling and Psychotherapy (BACP), and the British Association for Behavioural & Cognitive Psychotherapies (BABCP).

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 for 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 organisations 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)d 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 for the Year Ended 31 March 2025

It has been another busy and rewarding year for Docklands Outreach. Due to funding stability during this year, the Director along with the wonderful team were able to fully focus on providing good quality need-based holistic support to children, young people and parent/care givers. This focus was very much needed as the referrals to the service continued the same as the year before with complex presentations, increase in neurodiverse and additional support referrals that required the team to adapt interventions to suit individual needs, that required care coordination often involving multi-agency liaison.

Communities in Tower Hamlets continue to face multiple challenges 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, combined health worries and anxieties continue to have an impact on emotional wellbeing and mental health.

Docklands Outreach (DO) in partnership with key partners and stakeholders continued to provide essential therapeutic and practical support during this period. The DO team continues 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 600 children, young people, parents, and carers with a combination of evidenced based group and individual parenting support, counselling, psychotherapy, cognitive behavioral therapy, community connector support, advocacy, community outreach and street-work to reach marginalized groups who were not accessing mainstream support.

Offering blended/hybrid support using our valued outreach model to meet diverse needs of our community ensures that we enable access to those who need it most. This year saw further improvements and development of this service offer, we continued to increase our outreach delivery and partnership work and continued to have therapists and practitioners in Children and Families Hubs across the borough, community and youth centres. This combination allows the team to deliver usual daytime, evening appointments and choice of venues, increasing access to support.

The partnership with ELFT CAMHS is longstanding and greatly valued by both. It is important to highlight ELFT recognising the value of our partnership, integrated work and provided funds to sustain our workforce who in turn were able accept a high number of referrals that we receive from CAMHS and other agencies for the last three years. This important Service Level Agreement/Subcontract - Docklands Outreach for CAHMS in Tower Hamlets, along with the Front Door Triage Support came to an end in March 2025.

The following statement from ELFT demonstrates the importance of partnership and positive impact.

We would like to take this opportunity to express our gratitude for the collaboration and positive impact of the CAHMS services in Tower Hamlets delivered under this subcontract. Your work has been instrumental in developing insight into new ways of working in the borough.

We greatly value Dockland Outreach's contributions to the shared goal of improving the mental health and well-being of children and young people in our communities. We look forward to ELFT review, exploring collaborative initiatives and opportunities of working together again to support children and young people's mental health in Tower Hamlets.

The Tower Hamlets Education Wellbeing Service (THEWS) partnership was extended for another year due to consistently meeting targets. Our Family Support Practitioners are based in three primary schools where we receive positive feedback. This enabled DO to continue to have an SLA with ELFT and be part of the National Mental Health in Schools Team (MHST) Programme.

We are grateful to Langdon Park School who continue to recognise the importance of emotional wellbeing support for their pupils and continue to commission Docklands Outreach to offer therapeutic support throughout the week at the school year on year.

As part of securing funds from Tower Hamlets Family Hubs, Docklands Outreach successfully delivered 3 x Incredible Years Parenting (IY) Programmes and offered individual parenting support to those who could not join the group. The programmes and support were delivered throughout the year in different Family Hub Centres. This was an exciting opportunity to adapt the IY programme to include support for parents who had children 1 or were pregnant. The parenting team greatly enjoyed working with the Family Hub Teams, creating new links and partnerships as well as raising awareness of each other's programme of support.

Our partnership with Look Ahead/Tower Hamlets Domestic Abuse Service (THDAS), therapy delivery, has been extended due to the positive feedback and positive outcomes reported by residents.

As always, we are grateful to Spotlight and Tower Hamlets Children and Family Hubs across the borough who have given us the funds and space to deliver our interventions from their venues. Our wonderful team remains experts on MS Teams, Zoom and other platforms and have the confidence to adapt sessions, time, and platforms to suit individual needs seamlessly.

The Board of Trustees, Director and the wider team continued to meet regularly, reviewing, implementing changes as we progressed during the year. Working closely with East London Foundation Trust (ELFT), the Anna Freud Centre for Children and Young People, NHS England, Kings College, Local Authority (LA), Poplar Harca, and other local agencies to ensure mental health and crisis support was available if needed. The team continued to work collaboratively with young people, parents, careers, and the community to monitor progress to ensure that it meets the needs of our service users. The referrals received continues to see an increase in safeguarding concerns, the need for additional time for multi-agency liaison, risk assessments and safety planning.

This year continued to see an increase in ASC and other neurodivergent referrals to the service and the team identified further training for themselves to ensure that we were able support those children and young people well, as well as building key relationships with specialist support services for advice, guidance or onward referrals. DO continues to manage this well with good case management, reviews and being able to offer more sessions due to offering hybrid working arrangements.

The above will not have been possible without our Director's continual fundraising efforts, combined with ensuring good management, supervision, reviews, training and support, care that is provided to the team so that they in turn are in a good position to support our service users with complex needs.

We continue to be mindful of the borough's poverty, deprivation, the pandemic's long-term impact on children, young people parent/caregivers mental and physical health. We remain committed in our delivery of our core services to children, young people and families while maintaining a healthy reserve to address wider environmental challenges. Due to the increase in referrals and service users demand for more in person support we need to budget for bigger or additional office space, continue to invest in technology, look at increasing wage growth due to the cost-of-living crisis and retaining trainees post qualification in line with similar voluntary sector organisation with an ambition to raise salary in line with NHS services.

Staff wellbeing and support remained key during this period, as a safeguard from not being overworked, being mindful of their own wellbeing and health concerns. The mechanisms that the Director put in place and reviewed regularly for well-being, support, and connectivity with the whole team continue to work well.

During this period, we continued to develop preventative and early intervention support to improve the mental health and wellbeing of children, young people, parents, and families by developing joint intervention with our key partners and stakeholders in health, social care, education, and community groups to ensure an integrated model of care was provided throughout the year.

Objectives and Aims

Tower Hamlets has a vibrant multi-culturally and religious 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.

Significant Activities

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 2024-2025:

Detached Street-Work & Outreach (DSWO) & Advocacy Support: During this period, DSWO sessions were limited, with more on advocacy support to young people who were not in employment, education or training (NEET), those who were having challenges at school due to low self-esteem, confidence, and peer to peer issues as well as providing psychoeducation around mental health wellbeing and accessing further needs based 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. We continue to receive higher number of cases for trauma, adverse childhood experiences (ACES), and abuse. Some feedback that demonstrates benefits of therapy.

‘Thank you for the help you have given Ibraheem over the 16 sessions of therapy. I have found the service provided by Docklands Outreach to be excellent. The self-referral form was easy to fill in, and I had a quick acknowledgement. The waiting time for the assessment with you wasn't long. I appreciated the thorough assessment you did online as it was difficult for me to bring him due to my chemotherapy sessions. I also was grateful to be part of the face-to-face sessions initially and in the middle as well as your feedback to me. Parent.

"Talking things through in therapy made a big difference for me. I've become more confident in making decisions and trusting myself. I feel like I'm actually moving forward instead of feeling stuck." (MA, 18yo)

"I've learnt a lot of strategies to help with my anxiety, especially when things start to feel overwhelming. I feel more in control now and I'm able to calm myself down before it gets too much." (AC, 15yo)

Parenting Support: Our parenting support team continued to provide evidenced based interventions again using an outreach and hybrid approach. Our Interventions are popular, easy to access and delivered based on the needs of the family. Our practitioners are trained to 'personalise' the delivery of an evidenced based parenting intervention to high risk and complex family situations based on assessment and on the formulation. We offered a combination of the following throughout the year: Group based intervention: Incredible Years, Individual interventions for complex presentations: PIPT, Guided self-help and our highly valued Community Families Programme. Feedback from a parent at the end of a parenting intervention and from a community partner.

"I just wanted to take a moment to thank you from the bottom of my heart for all the help, time, and kindness you've given me throughout the Dockland Outreach sessions. Over these past twelve sessions, your support and advice have meant so much to me and have made a real difference in A's emotional well-being and in our family life.

Your guidance has helped me in so many ways — learning how to understand A better, how to support him when he's struggling, and how to help him feel more confident and secure. You've shown me how to praise him in ways that really encourage him, how to balance my parenting decisions with care and consistency, and how to manage his behaviour calmly while still reinforcing clear rules and routines at home'.

Community Connector – Young Adult (18-25) Mental Health Support: DO continues to work with Compass Wellbeing and strengthening our wider partnership work whilst our community connector continues to support young adults with serious mental health issues (SMIs) to achieve better mental health and wellbeing outcomes. The role remains is a very exciting one working 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 16-25 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. Some feedback below highlights how the support was received.

"I felt like I had someone to talk to, who would actually listen to me and what I wanted to do. Being referred to Docklands Outreach helped open doors for me towards things like being able to independently study my A Levels and pay for them. I forgot that I had that option. It is good to take on the opinions and thoughts of others." - MSB

"It is the fact that I was able to talk about my feelings OPENLY and I was not judged by it. Everything about the service was amazing, especially Nuzhat. She has been such a gem. She really helped me in my 8 sessions I have had with her. Thank you!" - EHR

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 five 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 and drop-in sessions – both offering a safe confidential space for children and young people to talk about confusing, painful, or uncomfortable issues in an easily accessible manor. The following feedback from the school captures DO support at the school very well.

'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'.

'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'.

Tower Hamlets Domestic Abuse Service (THDAS): Therapy support for children and parents at the Service has been received warmly by the residents. The staff have been welcoming and supportive in developing the therapy offer. Feedback from the residents continue to be encouraging, both the children's therapeutic support alongside parenting support that they are receiving is valued. This is an important delivery for DO as it meets our core values of offering the most vulnerable to those that need it in an accessible way.

Tower Hamlets Education Wellbeing Service (THEWS): DO is proud to be a partner in the Mental Health Support Teams (MHSTs) as a complimentary service to education. In Tower Hamlets this national programme is known as THEWS – this partnership is consisting of Central CAMHS THEWS, Step Forward and Docklands Outreach. As part of this partnership and delivery, we have practitioners based at three primary schools: Culloden, Old Ford and St Luke's CE, delivering evidence-based interventions for mild to moderate mental health issues, supporting senior mental health leads in each school and developing their whole school or college approach. Giving timely advice to school and liaising with external specialist services, to help children and young people to get the right support and stay in education and providing consultation and signposting.

Key partnerships: Southeast Learning Collaborative/AFC/KCL, ELFT/CAMHS/THEWS/THEDS Step Forward, Spotlight, Tower Hamlets Family Hubs, Langdon Park School and THDAS.

Working in partnership with the London and Southeast Learning Collaborative continues to have enormous benefits, 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 emotional, behavioural, conduct and common mental health difficulties. Our wonderful partnerships with CAMHS, Step forward, THEWS, THEDS, Langdon Park, LBTH Children and family centres, THDAS 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 year on year for our service meant that we exceeded most of our service level targets set for the year within eight to nine months. By offering clarity on what we offer, being able to offer different times, locations, online and face to face, we are able to offer support quickly, have a proud record of not expanding our wait times for more than 3 to 4 months for therapy and parenting interventions, we have a shorter wait time for advocacy and community connector support.

Feedback from our service users remains key. By using pre and post screening measures, session feedback, setting collaborative goal-based outcomes, ownership of users' contributions, and input of users' suggestions and views, all contributed to the success of service delivery and positive outcomes for our service users. 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 550 children, young people, parents, and carers with emotional, behavioral, and psychological difficulties via talking therapies, evidenced based parenting interventions, psychoeducation, community connector, advocacy support, and over 70 young people via street-work and workshops.

Again, during this period, our Director was invited to be part of different strategic working groups and often invited to explore new initiatives or opportunities to explore new workstreams or be part of case consultation. 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 to look at solutions as we progress into the next year.

Principal Funding Sources

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

East London Foundation Trust/ CAMHS	£169,838
East London Foundation Trust / THEWS	£73,870
NHS England	£124,677
London Borough of Tower Hamlets	£111,900

Compass Wellbeing	£51242
Poplar HARCA	£30,000
Langdon Park School	£25,000
Look Ahead / THDAS	£9,720

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.
- Continue to be part of the Southeast Learning Collaborative to deliver high quality evidenced based interventions aligned with CYP IAPT care principals.
- Train more practitioners as part of the CYP Psychological Therapies 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 Khalique, 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. The feedback from a school below demonstrates 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'.

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 advise, 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/THEWS/Compass Wellbeing, NHS England, LBTH, Poplar HARCA, Langdon Park School and Look Ahead, for continuing to recognise the value of our work and for providing the much-needed funds that are 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 Daniel Rose and Poplar Harca Spotlight for their continual support. I would also like to take this opportunity again and thank Kings College London and The Anna Freud Centre for Children and Families for their advice, guidance, and opportunities to the organisation.

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

Approved by order of the Board of Trustees on 10 December 2025 and signed:

ON BEHALF OF THE BOARD:

A rectangular box containing a handwritten signature in blue ink. The signature appears to read "Ashwani Sharma".

Mr Ashwani Sharma (Chair of the Board of Trustees)

**REPORT OF THE INDEPENDENT EXAMINER
DOCKLANDS OUTREACH COMPANY LIMITED
YEAR ENDED 31ST MARCH 2025**

I report on the accounts for the year ended 31st March 2025 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 preparation of the accounts. The Charity's Trustees consider that an independent examination is 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

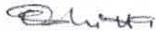
Independent examiner's statement

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: 12 December, 2025

DOCKLANDS OUTREACH COMPANY LIMITED
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31ST MARCH 2025

		Unrestricte d funds	Restricted funds	2025	2024
	Notes	£	£	£	£
INCOMING RESOURCES					
<i>Incoming resources from generated funds</i>					
Donations and legacies	2	178,284	426,409	604,693	692,081
Other Income	3	1,933	-	1,933	
TOTAL INCOME		<u>180,217</u>	<u>426,409</u>	<u>606,626</u>	<u>692,081</u>
RESOURCES EXPENDED					
Charitable Activities	4	-	414,654	414,654	362,923
Support Cost	5	-	8,092	8,092	8,524
Governance Cost	6	-	1,620	1,620	1,617
Finance Cost	7	-	44	44	42
TOTAL RESOURCES EXPENDED		=	<u>424,411</u>	<u>424,411</u>	<u>373,106</u>
NET INCOME/EXPENDITURE FOR THE YEAR			<u>180,217</u>	<u>1,998</u>	<u>318,975</u>
RECONCILIATION OF FUNDS					
Total Funds brought forward			<u>121,386</u>	<u>854,789</u>	<u>976,175</u>
TOTAL FUNDS CARRIED FORWARD			<u>£301,603</u>	<u>£856,787</u>	<u>£1,158,390</u>

None of the charity's activities were acquired or discontinued during the year and there were no cognised gains and losses for 2025 or 2024 other than those included in the statement of financial activities.

The notes on pages 15 to 17 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
BALANCE SHEET
YEAR ENDED 31ST MARCH 2025

	<u>Notes</u>	<u>2025</u>	<u>2024</u>
		£	£
FIXED ASSETS			
Tangible assets	8	-	-
CURRENT ASSETS			
Cash at bank and in hand		1,158,390	887,305
Debtors	12	-	88,870
CREDITORS: due within one year	13		
Net Current Assets		<u>1,158,390</u>	<u>976,175</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>£1,158,390</u>	<u>£976,175</u>
FUNDS:		<u>2025</u>	<u>2024</u>
		£	£
Unrestricted Funds		301,603	121,386
Restricted Funds		856,787	854,789
Total funds		<u>£1,158,390</u>	<u>£976,175</u>

The financial statements were approved by the Board of Trustees on 12th December, 2025 and were signed on its behalf by:



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

The notes on pages 15 to 17 form part of these accounts.

DOCKLANDS OUTREACH COMPANY LIMITED
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST MARCH 2025

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 2025

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	<u>2025</u>	<u>2024</u>
Grants received	£ 180,217	£ 426,409	£ 606,626	£ 632,859
	<u>£ 180,217</u>	<u>£ 426,409</u>	<u>£ 606,626</u>	<u>£ 632,859</u>

Analysis of grants received

		<u>2025</u>	<u>2024</u>
		£	£
East London Foundation Trust	£169,838	169,838	£254,758
Health Education England - London		0	£80,037
Compass Wellbeing		51,242	£46,714
Poplar Harca		30,000	£30,000
Look Ahead THDAS Therapy		£9,720	£25,779
Step Forward		0	£84,375
Langdon Park School		25,000	£32,800
NHS ENGLAND		124,677	-
LBTH		111,900	-
THEWS EIFT		73,870	£73,870
Bank Credit	£10,379	<u>10,379</u>	£4,526
		<u>£180,217</u>	<u>£632,859</u>

3. INVESTMENT INCOME

	£	£
Restricted funds	<u>2025</u>	<u>2024</u>
Bank interest receivable	<u>0</u>	<u>0</u>
	<u>0</u>	<u>0</u>

4. Costs of charitable activities by fund type

	<u>2025</u>	<u>2024</u>
Restricted funds		
Charitable Activities	414,654	362,923
Support costs	<u>8,092</u>	<u>8,524</u>
	<u>422,747</u>	<u>371,447</u>

5. Costs of charitable activities by fund type

	Grant funding of activities	Support Cost	<u>2025</u>	<u>2024</u>
			£	£
Support Cost				
Charitable Activities			414,654	362,923

6. Other costs

	<u>2025</u>	<u>2024</u>
Governance cost	<u>1,620</u>	<u>1,617</u>

7. Finance costs

<u>44</u>	<u>42</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 2025

9. Staff costs and emoluments	<u>2025</u>	<u>2024</u>
Total staff costs		
Salary and wages	361,346	320,076
Social security costs	31,907	27,722
Pension costs	16,366	14,112
	<u>£409,618</u>	<u>£361,910</u>

	<u>2025</u>	<u>2024</u>
Employees	15	15

10. TRUSTEES REMUNERATION AND BENEFITS**Trustees' expenses**

There were no Trustees remuneration in the year to 31 March 2025 nor in the prior year
There were no related parties transactions in the year to 31 March 2025 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.

	<u>2025</u>	<u>2024</u>
12. DEBTORS	£	£
Amounts due within one year:		
Prepayments and accrued income	-	£88,870
	=	<u>£88,870</u>

	<u>2025</u>	<u>2024</u>
13. CREDITORS	£	£
Amounts due within one year:		
Accruals and deferred income	-	-
	=	=

14. Movement in funds

	Balance at 01/04/2024	Incoming resources	Balance at 31/03/2025
	£	£	£
Unrestricted Funds			
General	121,386	180,217	301,603
Total funds	<u>121,386</u>	<u>180,217</u>	<u>301,603</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

	Balance at 01/04/2024	Incoming Resources	Outgoing Resources	Balance at 31/03/2025
	£	£	£	£
Restricted Funds				
General	854,789	426,409	424,411	856,787
Total funds	<u>854,789</u>	<u>426,409</u>	<u>424,411</u>	<u>856,787</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 2025

	<u>2025</u>	<u>2024</u>
	£	£
Income and Endowment:		
Donations and legacies		
Grants	604,693	628,333
Other Income	<u>1,933</u>	<u>63,748</u>
	<u>606,626</u>	<u>692,081</u>
Investments:		
Bank Interest Receivable	<u>0</u>	<u>0</u>
Total incoming resources	<u>606,626</u>	<u>692,081</u>
EXPENDITURE:		
Charitable activities		
Staff Costs - Wages and Salaries	361,346	320,076
Staff Costs - Social Security Costs	31,907	27,722
Staff Costs - Pension Contribution	16,366	14,112
Other Activity Based Costs	<u>5,036</u>	<u>1,013</u>
	<u>414,654</u>	<u>362,923</u>
SUPPORT COSTS: MANAGEMENT		
Rent	3,200	1,600
Insurance	1,425	1,307
Office Supplies	1,828	963
Telephone	921	1,278
Other Professional Fees	0	0
Maintenance	164	0
Travel Cost	0	1,412
Software Subscription	554	0
Training Cost	<u>0</u>	<u>1,964</u>
	<u>8,092</u>	<u>8,524</u>
FINANCE		
Bank Charges	<u>44</u>	<u>42</u>
GOVERNANCE COSTS		
Accountancy Fees	<u>1,620</u>	<u>1,617</u>
Total resources expended	<u>424,411</u>	<u>373,106</u>
Net expenditure	<u>£182,215</u>	<u>£318,975</u>