

Annual Report

Trustees' Report and Financial Statements
for the year ended 31 December 2018



CHARITY NUMBER: 1149652

COMPANY NUMBER: 08186281

HELEN BAMBER FOUNDATION

ANNUAL REPORT

For the year ended 31 December 2018

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REFERENCE AND ADMINISTRATIVE DETAILS

Founder

Helen Bamber OBE (1925 - 2014)

President

Emma Thompson

Trustees

Charlotte Seymour-Smith - Chair

Hugh Richardson - Treasurer

Sir Nicolas Bratza

Rebecca Hirst

Nina Kowalska

Tom McLaughlan

Caroline Moorehead OBE

Patricia Pank

Professor Ian Watt

Human Rights Advisory Group

Sir Geoffrey Bindman

Sir Nicolas Bratza

Louise Christian

Ben Emmerson QC

Charity number – 1149652

Company number - 08186281

Registered Office and operational address

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London NW1 0TF

Management Executive

Professor Cornelius Katona - Medical Director

Penny Farrar - Consultant Interim Director (to May 2018)

Kerry Smith – Chief Executive Officer (from 1 May 2018)

Auditor

Sayer Vincent LLP

Chartered Accountants & Statutory Auditors

Invicta House

108-114 Golden Lane

London EC1Y 0TL

Bankers

Coutts & Co

440 The Strand

London WC2R 0Q

ANNUAL REPORT

For the year ended 31 December 2018

WHO WE ARE

Founded in 2005 by Helen Bamber OBE (1925-2014), the Helen Bamber Foundation (HBF) is a pioneering Human Rights charity supporting refugees and asylum seekers who are the survivors of extreme human cruelty. The people we work with have been subjected to atrocities including state-sponsored torture, human trafficking, religious and political persecution, forced labour, sexual exploitation, gender-based and 'honour-based' violence.

HBF is dedicated to ensuring that its clients are free and healthy (both physically and mentally), are safe, are protected from re-victimisation, detention and poverty, and have the ability and agency to integrate in and contribute to the communities around them. HBF also uses its unique expertise to influence the practice of other organisations and policy makers.

We are innovative, ambitious and compassionate.

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

It has been my pleasure and privilege to join the team at the Helen Bamber Foundation (HBF) this year, to build on Helen's and the Foundation's remarkable legacy. The Foundation is a special place - in the services it offers, the culture it promotes and the people it supports. Our clients are at the centre of all we do. We bear witness to their suffering so that their voices are heard, their truths told. Our success as an organisation is a testament to our clients' resilience and bravery. We hope that you too will be inspired by their stories. I am proud to share with you the Annual Report and financial statements for HBF for the year ended 31 December 2018.

2018 has been a year of ongoing turmoil for those seeking protection in the UK: immigration, mental health and trafficking have all featured heavily in political and public discussion, and yet HBF estimates that only 1 in 10 survivors of extreme human cruelty receives appropriate care and support. During the past decade fewer services are available for these survivors - a situation which, if left unchallenged, will have devastating consequences for some of the most vulnerable people in our society. HBF's expertise puts it at the forefront of this battle for compassion. In 2018 we cared for over 800 survivors of extreme human cruelty of which 129 were clients new to the service. In the coming years we will increase our efforts and are determined to transform the *hostile* environment into an *hospitable* one.

At HBF we know that Human Rights are not only universal but *interdependent* and *interrelated*. Physical, developmental, psychological and spiritual needs must all be met if a person's dignity is to be fully realised and their recovery sustained. For this reason, HBF has to date focused on services that are proven to be effective. In 2018 two-thirds of our clients' mental health improved. We have also undertaken research to encourage more practitioners to deliver therapy that is proven to work. But moving forward we recognise that the key to ensuring that *all* survivors get access to the support they need is by working collaboratively. In 2018 we have thus been reaching out to other organisations and individuals - listening to them, learning from them and sharing our own expertise. Together, we can care for more survivors than through our individual efforts. We are excited by the potential of those partnerships and welcome the opportunity to build more in the future.

Finally, the success of HBF is due not only to the dedication of its expert staff but also to the generosity of its many volunteers, and the commitment of our fantastic supporters, trustees, and patrons. You all help to ensure that those who have experienced multiple and deep-felt trauma have a place of welcome and sanctuary. Thank you so much for being part of our community and for sharing our vision. With your support and HBF's robust growth strategy I am confident about the positive impact we can make for all survivors in 2019 and beyond.

Kerry Smith, CEO Helen Bamber Foundation

STRUCTURE, GOVERNANCE AND MANAGEMENT

HBF is an independent charity. During 2018, the full-time equivalent of 28 members of staff handled the daily business of the charity, providing services directly to - and on behalf of – its clients. The staff was supported by over 100 volunteers, among them doctors, therapists, barristers, solicitors, administrators, artists, musicians and other specialists.

The day-to-day management of the charity by the Managing Executive continued with the introduction of a Management Group made up of the Chief Executive, Directors and Heads of Teams. The Interim Director, Penny Farrar, continued to support the transition to a new leadership model and Kerry Smith took up the new role of Chief Executive in May 2018. A Finance and Fundraising Committee comprising of Trustees and Management Team members meets at least quarterly to provide financial and fundraising governance and oversight.

Under Charlotte Seymour-Smith as Chair, the Trustees provided strong strategic oversight and governance throughout 2018. New Trustees are recruited externally, with their appointment being approved by the Board of Trustees. A tailored induction follows, ensuring that each new Trustee has been briefed as required on the governance structure and decision-making processes, her/his obligations under charity law, and the activities of HBF and its financial performance. Trustee meetings are held every quarter.

A MESSAGE FROM THE CHAIR OF TRUSTEES

As Chair of the Helen Bamber Foundation I am extremely proud of the vital, life-changing work we do with survivors of extreme human cruelty. Their needs are complex and evolving and we must continue to adapt with agility in order to meet these needs.

To that end, in 2018 HBF conducted further research into the experiences of survivors and how best to support their recovery. Our feasibility study into the effectiveness of Narrative Exposure Therapy on survivors of trafficking was hugely exciting and promises significant impact, as was our work on the updated *Trafficking Survivor Care Standards* in collaboration with the Human Trafficking Foundation and others. In it we set out best practice standards for working with and supporting this hugely vulnerable survivor group. Our strategy for 2018 was also to put this new learning into practice, which led to HBF expanding its work with survivors of trafficking and improving the community and integration offer for all its clients.

None of this would have been possible without the hard work of our staff and the commitment and energy of our supporters and volunteers. And of course, without the generosity of our funders. HBF has only been able to grow in impact and influence due to your efforts – Thank you.

Charlotte Seymour-Smith, Chair Helen Bamber Foundation

HELEN BAMBER FOUNDATION'S VISION, MISSION & STRATEGY FOR 2019-21

In 2018 the Helen Bamber Foundation undertook a strategy review which highlighted the ongoing reality that the vast majority of survivors of extreme human cruelty in the UK do not receive the care and support they need.

We are determined to change that.

VISION - *All survivors of torture, trafficking and extreme human cruelty have safety, freedom and power.*

MISSION

- ❖ **TO SUPPORT** - Our Model of Integrated Care will directly or indirectly help support the survivors of torture, trafficking and extreme human cruelty across the UK and beyond.
- ❖ **TO ADVOCATE** – As Human Rights advocates - uniquely placed as a result of our expertise, research and influence - we will bear witness to the suffering of survivors and fight for their rights.
- ❖ **TO COLLABORATE** - We will collaborate with others to find solutions to the challenges facing all survivors and support the implementation of best practice to improve outcomes. We will be a valuable partner for those seeking to influence UK, European and Global policy.

STRATEGY - *Within the Foundation*

- ❖ **TO IMPROVE CARE** - As a Centre of Excellence we will develop our monitoring and evaluation practices to generate evidence and learning on what is most effective for our clients. We will work closely with our clients to continuously improve our services and grow our community and integration programme.
- ❖ **TO INCREASE CLIENTS** - In 2018 we cared for over 800 survivors of extreme human cruelty of which 129 were clients new to the service. By 2021 we will increase the number of new clients by 25%.

STRATEGY - *Across the UK*

- ❖ **TO EXPAND ACCESS** - We will focus on addressing the gap in specialist therapy provision in the UK, partnering with other organisations to double the number of survivors (non HBF clients) with access to appropriate care by 2021.
- ❖ **TO SHARE INFORMATION** - We will partner in research into treatment and understanding of survivor experience, drive forward and share systems and learning, and provide training.

STRATEGY – *Around the World*

- ❖ **TO EXERT INFLUENCE** - We will use our influence to deliver meaningful policy and practice change that improves the asylum system and ensures that all survivors receive the appropriate standard of care from government services nationally and internationally.

HELEN BAMBER FOUNDATION'S ACTIVITIES

CLIENTS' NEEDS – *Multiple and Complex*

As a result of their experiences Helen Bamber Foundation's (HBF) clients have multiple and complex needs. As well as acute psychological health conditions, severe physical injuries and medical conditions, their suffering is compounded and their recovery hindered by both the threat of homelessness and destitution in the UK and the fear of persecution if returned to their country of origin. These factors, together with an intense sense of loneliness and isolation, makes survivors extremely vulnerable to further exploitation.

HBF'S RESPONSE – *An Integrated Model of Care*

Recognising the complexity of each client's suffering and needs, HBF offers specialist services within a Model of Integrated Care encompassing:

- ❖ **THERAPY**
- ❖ **MEDICAL ADVICE**
- ❖ **LEGAL PROTECTION**
- ❖ **COUNTER-TRAFFICKING SUPPORT**
- ❖ **HOUSING & WELFARE**
- ❖ **COMMUNITY & INTEGRATION**

For every individual we craft a bespoke care plan that enables positive recovery, protection and integration. We also provide support for as long as our services are needed. In 2018 two-thirds of HBF's clients' mental health improved. The goal of the Model of Integrated Care is to build a lasting and sustained recovery for each of our clients.

Building upon our direct experience we also:

- ❖ undertake research to provide evidence of best practice
- ❖ work to influence policy change and introduce best practice
- ❖ deliver dissemination activities such as training

HBF'S STAFF & VOLUNTEERS – *A Community Effort*

We can only provide the level of services required by our clients due to the dedication, professionalism and vision of our staff and volunteers. During 2018 our staff was supported by over 100 volunteers, among them doctors, therapists, barristers, solicitors, administrators, artists, musicians and other specialists, many of whom come from the local areas around our offices but others from further afield.

WHY I VOLUNTEER WITH HBF – *Rachel Roberts, former Honorary Assistant Psychologist*

From the moment I started volunteering at the Helen Bamber Foundation in April 2016 I felt like part of the team. I have learned such a great deal from its staff but also from its clients. Their resilience - in spite of such suffering and in the face of a hostile immigration system - still blows me away.

I remember doing some short-term psychological stabilisation work with a client who was going through an asylum claim. I could see how much the stress was affecting her - she was quite sad, quite down. But during our final session she found out that she'd been granted refugee status. It was priceless to witness the transformation in her: beaming, hopeful and full of excitement - a true testament to the life-changing work of the foundation, but also to her perseverance and determination.

OUR MODEL OF INTEGRATED CARE

THERAPY

The Therapy Team helps survivors of extreme human cruelty to confront and overcome the multiple and complex traumas they have suffered, to improve their mental health, and to move forward with their lives. In order to give its clients the best chance of achieving a sustained recovery, HBF offers both individual and group therapy that is based on solid research evidence.

The Therapy Team supports survivors within an established framework of:

- ❖ **STABILISATION** – helping clients to manage their acute symptoms such as flashbacks, low mood and anxiety; as well as associated circumstances such as destitution or legal adversity that impact on mental health.
- ❖ **THERAPUTIC INTERVENTIONS** – supporting clients to come to terms with the traumatic experiences they have suffered.
- ❖ **INTEGRATION** – helping clients belong in the community they have joined.

In 2018 the majority of our clients suffered from Post-Traumatic Stress Disorder (PTSD). HBF's Therapy Team offered survivors access to a range of evidence-based therapies for PTSD including:

- Trauma-focused Cognitive Behavioural Therapy (tfCBT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Narrative Exposure Therapy (NET)

There is strong evidence to support the efficacy of NET in reducing the symptoms of PTSD in refugees. Originally developed to assist those living in camps, where trained professionals and resources are scarce, NET draws on existing theories about treating PTSD, but pays particular attention to the impact on a person of having experienced multiple traumatic events. In NET therapy clients are supported in talking about their memories including their traumatic memories in detail. We do this in chronological order, including all of their important life events, creating a written narrative as we progress. By doing this, we are helping the client to process their memories so they are stored differently in the brain and understood in the context of their life as a whole.

Narrative Exposure Therapy also aligns with one of the key principles of HBF: to bear witness to the atrocities that our clients have experienced.

During 2018, at least 183 individuals accessed therapy an increase of 37% from 2017 (96 women and 87 men from 46 countries), and over 1,625 appointments were given including:

- 477 Narrative Exposure Therapy appointments.
- 128 Psychoeducation / stabilisation sessions.
- 228 Cognitive Therapy sessions.
- 114 Relational psychotherapy sessions.
- 1 assertiveness group programme.

We use standardised outcome measures for PTSD, depression and anxiety. 2018 sample data collection indicates that 81% of our clients made reliable improvements, 46% of which were clinically significant improvements.

2019-2021

Over the coming years the Therapy Team will:

- Continue to develop the highest professional therapy standards for HBF clients.
- Facilitate and develop client participation and leadership in the delivery of services.
- Promote sustainable, safe and integrated working practices at HBF and beyond.
- Make effective clinical care more widely available for all survivors through partnerships, training and the influencing of policy and best practice.

MEDICAL ADVICE

Survivors can suffer multiple physical injuries and illnesses (usually as a direct result of their experiences) but have often had ineffective and sporadic contact with healthcare providers. Helen Bamber Foundation (HBF) therefore runs a Medical Advisory Service (MAS). This ensures that appropriate care is always available. We help our clients to stabilise and improve their health by providing medical assessments, giving health advice and liaising with external services, particularly NHS services, to support their needs.

Survivors often live with chronic pain and impaired physical functioning. The MAS works with the wider Model of Integrated Care to enable clients to understand the physical state of their bodies and how this interlinks with their emotional state, to manage pain, and to increase their well-being through physical and other activities.

In 2018 the Medical Advisory Service expanded and a part-time Head of Doctors was appointed to work alongside 4 volunteer doctors and a psychiatrist. Among the volunteer team there is now a male GP for those clients who would prefer to consult with a man. HBF also recruited and trained a volunteer part-time musculoskeletal physiotherapist and part-time pain management psychologist.

During the course of 2018, at least 552 appointments were provided for 158 clients by the Medical Advisory Service - 25% more clients than in 2017 (92 women and 66 men from 39 countries).

In 2018 a MAS client feedback survey was undertaken and showed the following:

- 92% of clients felt that the MAS had helped them understand their health concerns.
- 88% felt that it had helped them manage their health concerns.
- An increase in the number of clients registered with a GP.

2019-2021

Over the coming years the Medical Advisory Service will:

- Enable clients to become capable of and confident in independently accessing NHS healthcare services and in practising healthy lifestyles.

- Influence the wider healthcare environment through education and training, with a focus on GPs, trafficking training and increasing inclusion in healthcare.

LEGAL PROTECTION

Helen Bamber Foundation's (HBF) experience is that many refugees and asylum seekers who are survivors of extreme human cruelty have been unable to access the justice and representation they so desperately need. These changes have resulted in an upscaling of legal work at HBF, as the lack of good quality and experienced solicitors who offer legal aid has left a void which the Foundation has had to fill.

According to a Law Society review, the introduction of Part 1 of Legal Aid's *Sentencing and Punishment of Offenders Act 2012* - which reduced the number of claims that could be dealt with under Legal Aid - has limited access to justice. The review identified 'advice deserts' across the country, meaning survivors are simply unable to access the legal protection support they need. Between 2015 and 2018 over half of the Legal Aid advice providers have disappeared.

The Legal Team with other departments therefore works tirelessly to ensure survivors are not being returned to situations where they would likely suffer repeated Human Rights violations. As part of this vital work we also educate and train decision-makers to enable them make the right decisions in the cases of people who have suffered extreme physical and psychological trauma.

Most HBF clients are seeking international protection in the form of refugee status, humanitarian protection, or discretionary leave to remain in the UK.

HBF's Legal Protection Team supports client cases by:

- Ensuring clients have quality and reputable legal representation.
- Communicating with clients' solicitors regarding their needs.
- Offering Immigration advice (from the Head of Legal).
- Helping them to understand their legal position and the resources available to them.
- Giving support and advice on other emergencies surrounding legal protection needs.
- Producing expert medico-legal evidence to document the (often long term) physical and/or psychological impact of their traumatic experiences.

In 2018, HBF's Medico- Legal Services provided 102 expert medico-legal reports that document the long-term physical and psychological impact of traumatic experiences. These reports are used as evidence for international protection in the UK. Our expertise in preparing them continues to be recognised by the Courts and Tribunal and by the Home Office. Our review of outcomes in 2018 showed that, following the provision of medico-legal reports in 2016 where the final outcome was known, in two thirds of cases our clients were granted a form of leave to remain in the UK. This is compared with a 50% on average success rate for all those who applied for asylum between 2010 and 2015. Current analysis suggests that this average fell (to 35%) in 2016, although final outcomes are still unknown so accurate figures will only be available in the coming years and we would expect that average to increase.

This success was delivered not only through the provision of Medico-Legal reports but also through our additional activities. In 2018 the Legal Protection Team:

- Provided 26 letters of concern for detained survivors.
- Provided 30 letters for clients identified as needing specialist trafficking support in partnership with the Counter-Trafficking department.
- Accompanied clients who were particularly vulnerable, at risk of detention, or without any other form of support to reporting centres, hearings and Home Office interviews.
- Assisted in the application of 16 travel documents for clients with refugee status, obtaining 8 successful applications so far.
- Obtained legal representation under the Legal Aid scheme for 30 clients.

Working closely with HBF's specialist Counter-Trafficking team, our Legal Protection Team also ensures that victims of trafficking, including survivors of sexual or labour exploitation, are provided with Counter-Trafficking letters and statements documenting their history and circumstances where necessary to support their legal protection claim. These provide vital evidence to help survivors to obtain protection whether under the National Referral Mechanism and/or the UK asylum system, meaning they can gain the expert care and support they need, often in circumstances in which they are still at risk from their traffickers in the UK.

2019-2021

Over the coming years the Legal Team will:

- Increase the provision of medico-legal reports by at least 25%.
- Address the gap in the provision of legal services by increasing HBF's in-house capacity to give immigration advice.
- Work in partnership with other legal providers to influence policy and practice.
- Expand the list of partnerships.

COUNTER-TRAFFICKING

Some of our clients have spent their entire childhood in slavery, while others have been trafficked after fleeing from human rights violations. Sadly, due to the unique impact of slavery, survivors are extremely vulnerable to being re-targeted for further trafficking, exploitation and harm if they are left unsupported.

Helen Bamber Foundation's (HBF) Counter-Trafficking Programme delivers intricate, intensive and person-specific contact and safeguarding for survivors to support them through the many difficulties they face. We strive to understand the root causes of vulnerability in each case and work in accordance with each individual's needs.

Counter-Trafficking work includes:

- Recognising specific instances of risk, including difficulties with threats, intimidation and bullying, and helping to prevent survivors being drawn into exploitative or violent 'survival' relationships.
- Reducing the risk of social isolation and increasing self-esteem.
- Supporting and accompanying survivors through the UK National Referral Mechanism (NRM) – for official recognition of victims of trafficking - and asylum systems.
- Working collaboratively with solicitors and barristers to ensure that our clients are fully heard and understood by the Home Office and court judges.

- Providing support for all legal procedures, including criminal investigations by the Trafficking Specialist Unit of the Metropolitan Police (SC&09) and other UK police forces.
- Helping survivors to access compensation under the European Trafficking Directive.

Due to the lack of specialist provision available for this group, last year we set ourselves a target of ensuring that at least 50% of all new clients would be survivors of trafficking. We exceeded this target in 2018 as 60% of all new clients were survivors of trafficking. Across the Counter-Trafficking Programme:

- 72 clients (52 women and 20 men from across 23 countries in Africa, Asia and Central Europe) were provided with specialist support from the Counter-Trafficking Team due to their high level of vulnerability as victims of trafficking. This is an increase of 7% from 2017.
- On average, at any one time, approximately 15% of the Counter-Trafficking Team's case-load involves working with clients who are facing immediate risks relating to trafficking, exploitation or violence.
- At least 318 appointments were held by the Counter-Trafficking team in 2018.

2019-2021

Over the coming years the Counter-Trafficking team will drive a professionalisation of the Trafficking sector in the UK and beyond by:

- Continuing to develop and provide best practice in standards for the care and support survivors of trafficking.
- Focussing sharing learnings and models with others who work with trafficking survivors and promoting implementation.
- Promoting the implementation of the Trauma-informed Code of Conduct among practitioners.
- Collaborating with partners to disseminate information and influence policy change.

HOUSING AND WELFARE

Our clients can face hardship and destitution at any stage in their journey through the asylum or mainstream support process - a fact that can have a devastating impact on their mental health and greatly affect their recovery. Such instability impedes therapeutic engagement while increasing vulnerability and risk of harm.

Helen Bamber Foundation's (HBF) specialist housing and welfare casework ensures that clients' practical, everyday needs are met and that social deprivation, including street homelessness and destitution, are avoided through timely and often emergency interventions.

It remains extremely difficult to help clients who have been granted Leave to Remain to obtain mainstream housing. Due to the limited notice and assistance given to people leaving asylum support by the Home Office, and the lack of affordable, private, rented accommodation, often a person's only option is to approach their local authority as homeless. This 'Homelessness Application' requires significant medical evidence and intensive casework to show that the client has greater vulnerability to the effects of homelessness than others, due to their experiences of extreme human cruelty and their psychological responses to it.

We have supported many clients in their application to a local authority (spanning all of London) multiple times and - often due to the gatekeeping and delays - supported many with legal intervention. Between April 2017 and December 2018 we supported 40 clients (with 16 dependents) in their homelessness applications:

- 18 were successful.
- 11 are awaiting a decision.
- 11 have had private accommodation provided through other organisations or through the council.

In 2018 the Housing and Welfare Team held at least 585 appointments with over 220 clients up 42% from 2017, assisting them with:

- Applications for asylum support.
- Applications for mainstream benefit once they have status.
- Applications and appeals for housing.
- Management of NHS debt.

The team resolved 82% of housing and welfare problems with a short term resolution in under 1 month, and 93% of housing and welfare problems were resolved with a longer term resolution in under 3 months.

The problems addressed included:

- 117 instances where clients were threatened with destitution.
- 136 instances where clients were threatened with homelessness.
- 73 instances of clients being housed in clinically unsuitable accommodation.

The Housing and Welfare Team also secured 44 grants for clients, including funds to alleviate destitution and for furnishing new accommodation after being granted status and travel money to attend educational courses. The team also held a training session on '*winter energy bills - affordable warmth for vulnerable people*' (delivered by National Energy Action) for 20 clients granted Leave to Remain within the last year.

2019-2021

In the coming years the Housing and Welfare Team will:

- Continue to prevent homelessness and destitution amongst HBF clients.
- Provide evidence on the impact of the current housing and welfare systems on our client base to support drives to improve the system.

COMMUNITY & INTEGRATION

Helen Bamber Foundation's (HBF) clients are often dangerously isolated and marginalised. Fear, emotional withdrawal and practical challenges such as language barriers often stand in the way of survivors trying new experiences, developing vital life-skills, practical and creative interests, and forming positive relationships.

Through the Community and Integration Programme our clients can engage in activities unrelated to their trauma and form safe and positive relationships with others in a similar position. They learn new skills and develop confidence and independence.

In 2018 HBF grew its community and integration activities, with at least 421 appointments provided to over 100 clients. In addition, a number of productive partnerships were developed and have resulted in the introduction of new activities including CV review workshops.

As a result of these activities:

- 42 clients were assisted into further and higher education.
- 42 clients went to college courses, including English for Speakers of Other Languages (ESOL), and 4 entered into degree programmes (3 undergraduate/foundation and 1 postgraduate)
- 22 clients benefitted from specialist employment support.
- 8 clients were offered employment.
- 72 clients gained Better Gym memberships.

The Creative Arts Programme continued to expand in 2018, delivering 10 weekly groups offering diverse activities from knitting to football. Woven Gold, our client choir, also runs every week and provides a joyous source of expression and community for its members.

In 2018 the Happy Baby Community was developed in partnership with Ourmala to help meet the needs of HBF clients who are pregnant or have small children. In 2018, the North London Happy Baby Community outreach project supported over 150 women and their babies and children. After a successful crowd-fundraising drive a second group was added in Croydon, South London.

As part of this growth, coupled with the drive to develop as a member-led group, HBF supported the Happy Baby Community in becoming a charity in its own right. HBF will continue to partner with the Happy Baby Community to ensure the provision of services in North London and to support the charity in its development and growth.

2019-2021

Over the coming years the Community and Integration Team will:

- Work with existing partners to provide more opportunities for our clients to learn new skills including a focus on employability and education.
- Create more networks to further expand its offering, including sourcing additional creative space.
- Include its clients in the design and delivery of integration and community programmes.
- Increase the number of clients participating in physical activity and sport.

RESEARCH, POLICY & DISSEMINATION

The aim of the Helen Bamber Foundation's (HBF) research, training and influence strategy is to deliver meaningful policy **and** practice change that improves the asylum system and ensures that all survivors receive the appropriate standard of care from government services nationally and internationally. We will do this by:

- Enabling the development and delivery of effective, evidence-based approaches to respond to survivors' needs.
- Influencing the environment that all survivors find themselves by using our expertise and evidence to influence policy and best practice and by disseminating our research findings.
- Investigating the consequences of our clients' experiences on their health and well-being.
- Improving our understanding of the clinical vulnerabilities of clients and the complexity of their trauma following atrocity.
- Monitoring and evaluating our clinical work.
- Contributing our clinical and organisational expertise to the development of law, policy and practice.

As part of our commitment to training within the sector we spoke at 9 conferences and delivered 15 training sessions in 2018. Examples of this include delivering training to psychologists in Ireland supporting resettled refugees on evidence-based therapies for asylum-seekers and refugees a training workshop on Modern Slavery for emergency care staff at Newham General Hospital.

Following up on initial discussions held in 2011, HBF also partnered with Freedom from Torture and the UK Visas and Immigration policy team to develop a 2-day medico-legal report training programme for Technical Specialists and Senior Caseworkers. The pilot training was delivered in Croydon in December 2018, with 3 further training sessions scheduled for Liverpool, Newcastle and Croydon to be completed by April 2019. This joint training is a seminal piece of collaboration between the Foundations and the Home Office and should result in improved decision-making by Home Office caseworkers.

Our contribution to the development of law and practice included HBF's Medical Director, Cornelius Katona, taking part as a member of the working groups for both *Quality Standards: Healthcare for victims of torture in detention*, Faculty of Forensic and Legal Medicine of the Royal College of Physicians of London, (due to be published in 2019) and the National Institute for Health and Care Excellence (NICE)'s *Updated guidelines on PTSD* (NICE Quality Standard No. 116). In addition HBF is on the Consultancy Group for the Home Office which meets at the office of the Independent Anti-Slavery Commissioner for the UK with regard to drafting and publication of UK Statutory Guidance under the Modern Slavery Act. We have, with others, been able to exercise considerable influence during the adaptation of the *UK Slavery and Trafficking Survivor Care Standards* into the UK Government's *National Victim-Care Contract for the National Referral Mechanism*. We also made several submissions to inquiries, committees and researchers, including submitting evidence to the Independent Chief Inspector of Borders and Immigration regarding the standards of asylum support accommodation and to the Home Office regarding their review of asylum support rates for asylum seekers and their families under Sections 95 and 4(2) of the *Immigration and Asylum Act 1999*.

Our research focus during 2018 was on a feasibility and pilot study of Narrative Exposure Therapy in the treatment of survivors of trafficking. This will be completed in 2019 and be used to support partnerships and grant applications for a large scale trial in this area to expand its use in practice.

In 2018 we published the following articles:

Von Werthern, M., Robjant, K., Chui, Z., Schon, R., Ottisova, L., Mason, C., & Katona, C. (2018).
The impact of immigration detention on mental health: a systematic review. BMC Psychiatry

Bell, V., Robinson, B., Katona, C., Fett, A-K., & Shergill S. (2018).
When trust is lost: the impact of interpersonal trauma on social interactions. Psychological Medicine July 25, 1–6.

Rowley, L., Morant, N., & Katona, C. (submitted).
Lived experiences of refugees immediately after being granted leave to remain in the UK: impacts on mental health and wellbeing.

Unigwe, S., Witkin, R., Hunt, J., & Katona, C. (submitted).
Managing Victims of Human Trafficking.

Abbas, P., Von Werthern, M., Katona, C., Woo, Y., & Brady, F. (in preparation).
Narrative Dilemmas: A qualitative study in frontline professionals working with asylum seekers in the UK.

We also contributed chapters to the following publications:

Special Measures for Victims in Modern Slavery Law and Practice, (Bloomsbury).
Rachel Witkin and Eileen Walsh.

Reports in immigration and asylum cases In Expert Psychiatric Evidence (2nd edition), (Cambridge University Press). **Cornelius Katona, Andrew Leak and David Rhys Jones.**

Psychotherapy and Refugees. In *Oxford Textbook of Migrant Psychiatry*, (Oxford University Press).
Brady F., Walsh E., Katona C., and Robjant K.

Complex Trauma and Complex Responses to Trauma in the Asylum Context. In *Social Scaffolding: Applying the Lessons of Contemporary Social Science to Health and Healthcare*, (Cambridge University Press). **Brady F. and Katona C.**

Mental Health of Older Migrants, Refugees and Asylum Seekers. In *Seminars in Old Age Psychiatry*, (Cambridge University Press). **Hameed Y. and Katona C.**

Immigration Removal Centres (IRCs) and Immigration Detention; Health and Applications for Asylum; and Assessing and Reporting on Torture and Ill-treatment. In *Oxford Handbook of Prison Health*, (Oxford University Press). **Hunt J., Dexter E. and Katona C.**

As part of HBF's broader focus on trafficking, in 2018 we also drove forward our work within the sector on appropriate care standards for survivors

- ❖ The Office for Democratic Institutions and Human Rights (ODIHR) commissioned HBF to write an Annex on Psychological Approaches for Survivors of Human Trafficking for the *National NRM Handbook* and requested that we be on the Expert Advisory Panel overseeing the writing of the whole revised NRM handbook. We have subsequently been commissioned to produce a chapter with others

on all aspects of victim support and care, covering the rationale and expert advice for immediate and intermediate standards of care. The revised NRM Handbook and its annexes are due to be launched in September 2019.

- ❖ We have submitted research papers on the transitional experience of survivors after their Leave to Remain has been granted and on the recognition of victims of trafficking in general practice.
- ❖ We were a lead contributor to the updated *UK Slavery and Trafficking Survivor Care Standards*, published in October 2018 by the umbrella organisation Human Trafficking Foundation - particularly the chapters on *Physical and Psychological Health* and *Access to Safe & Appropriate Accommodation*.
- ❖ The *Trauma-Informed Code of Conduct for All Professionals Working with Trafficking and Slavery (TiCC)*, authored by Rachel Witkin and Katy Robjant, was published by HBF in October 2018 and accompanies the *UK Slavery and Trafficking Survivor Care Standards*. It is a simple, accessible guide for all professionals who may find themselves working with survivors of trafficking. It has a firm basis in the combination of specialist trauma care and experiential multi-faceted and multi-disciplinary work with survivors of trafficking. TiCC is concise and easy to follow for busy people, enabling them to:
 - Establish and maintain a mutual relationship of trust with survivors in any working context or environment.
 - Impart a consistent sense of calm, security and safety throughout the course of their work.
 - Increase the confidence of survivors and minimise the risks of causing distress and re-traumatisation.
 - Remain safe and well in the course of their work, avoiding secondary traumatisation and professional 'burnout.'

The TiCC has been well-received across the Human Rights sector and HBF has been approached for 'TiCC-Training' by a number of trafficking organisations.

STRATEGIC LITIGATION

Helen Bamber Foundation (HBF) engages in strategic litigation where it seeks to improve the legal systems (asylum and NRM), further the rights of our clients and increase their access to justice.

In 2018 senior members of the HBF team provided evidence in 6 cases and additionally we intervened in 1 legal challenge, along with 2 other NGOs and provided a witness statement in the case. The majority of the evidence were witness statements which concerned challenges to the fairness of various aspects of the asylum system which create a hostile environment.

The following are examples of litigation in which we provided evidence:

- A challenge to the condition which prohibits asylum seekers from studying.
- Challenges to the processes identifying vulnerable people in detention.
- Challenges to the National Referral Mechanism (timeliness of decisions and the standard of proof).
- A challenge to the Lord Chancellor and Legal Aid Agency in respect of the availability of legal aid for victims of trafficking.

2019-2021

Over the coming years through Research, Training and Influence HBF will collaborate with others to:

- Drive forward large-scale research in order to improve practice and provision of therapy for survivors of extreme human cruelty.
- Invest time and capacity in solution-orientated reports and influence policy change in order to transform the hostile environment into a hospitable environment.
- Disseminate, and train others on, best practice and appropriate standards of care for survivors of extreme human cruelty.

SUCCESS STORIES

In providing data to quantify the success of the Foundation's work, there is a risk of overlooking the real human stories behind the numbers and thus under-estimating HBF's true impact. For this reason, some of our clients wanted to share with you their personal journeys and how the charity has supported them:

NAZ - Naz is from Bangladesh and was trafficked into domestic servitude and ill-treated. When she was referred to the Helen Bamber Foundation in March she was at the end of the asylum process with her appeal rights exhausted. She had not been able to share the full extent of her history of trafficking or its impact upon her due to her poor mental health. Prior to her referral to HBF she had been supported by friends, but on her way to report at the Home Office she had attempted to kill herself. During her initial therapy assessment at HBF, she presented as depressed and suicidal with trauma symptoms, and was extremely fearful. Since then she has been engaging in extended specialist stabilization support to help her manage her mental health and monitor her level of risk.

The Housing and Welfare Team has also helped her with accommodation, and she has recently been temporarily rehoused in a hosting situation. Since then Naz has started to feel more hopeful about her future. She has had contact support from the counter-trafficking team and sees a befriender from Host Nation once or twice a month. Her therapist will be preparing a professional medico-legal report to assist with her immigration case. She said to her therapist:

"I asked God for help and he sent me to the Helen Bamber Foundation."

HENG – A highly organised, international trafficking network forced Heng's family into debt bondage and trafficked him into slavery, inflicting extreme violence and control before selling him on to other trafficking gangs - sometimes with the cooperation of police in those countries. When he arrived in the UK his traffickers told him he must claim asylum by giving a false story or they would kill him and attack his family members in China. After doing so he was taken to a young asylum seeker's hostel where he was once again picked up by traffickers and forced into slavery in a DVD factory. Heng finally managed to escape but by the time he came to HBF he was mentally exhausted and unable to sleep or eat.

HBF's Medical Advisory Service supported Heng and he was given specialist therapeutic care. It took many months of careful contact with him to persuade him to disclose his trafficking history and to report his case to the police - his main concern was that the traffickers should be prevented from harming other young people. HBF found Heng a good solicitor, provided medico-legal documentation of his injuries, expert counter-trafficking letters and oral evidence for his court hearing. At times the negative responses from the Home Office caused Heng to suffer loss of hope. He constantly worried about his family members as his traffickers had attacked them in revenge for his escape. But after five years his right to asylum was formally and finally recognised.

When Heng got his first ever legal pay packet, he brought it in to show the Counter-Trafficking Team. *'I am a legal person!'* he kept saying proudly. His contribution in tax is as important to him as his net pay.

OSCAR - Oscar was born into a life of agricultural slavery but it was brought to the UK and eventually was able to claim asylum and received refugee status in 2016. Since then he has attended numerous employment workshops run by HBF's corporate partners and has benefited from 1-to-1 CV support sessions. Last year the Integration team helped him into barista training, after which he gained a short contract working in a coffee shop. In December he was also offered a temporary contract in a warehouse.

As Oscar is illiterate and continues to struggle with independent living, the Integration and Housing and Welfare teams worked together closely with him to ensure a safe transition from benefits to wages. Due to the temporary nature of Oscar's employment there was a concern that – if his contract was terminated – it might cause serious disruption to his life. Happily, he was given a permanent contract in January 2019, with his excellent work-ethic and commitment to the job cited as the reasons he was kept on.

MELES - Meles is a Ethiopian man with a history of torture. He was referred to the Helen Bamber Foundation in June 2017. He has been provided with a medico-legal report for his new asylum claim, began trauma focused therapy in October 2017, and was provided with help and advice to deal with housing and National Asylum Support Service problems. Meles also accessed integration support throughout his time in therapy, and enrolled in college. This all contributed to improving his mood and overall mental health, and formed a key part of his plan to continue his recovery at the end of therapy. A letter about his therapy and support from HBF was provided for his asylum system and he was supported to attend by a volunteer. In September 2018 Meles was granted refugee status, he is receiving ongoing support to assist him with the transition to mainstream services.

The bravery and resilience of our clients is an inspiration to all the team at HBF. In the words of our Founder:

'We find our reward in the eyes of those to whom we owe nothing.'

Helen Bamber, OBE

FINANCIAL REVIEW

Financial Framework

Policies relating to reserves and the need to generate an annual operating surplus together provide a financial framework within which the Helen Bamber Foundation seeks to function.

Reserves Policy

Forming part of reserves, the unrestricted general fund is the working fund of the charity. Unlike the other funds, it is not restricted nor designated for a particular or defined purpose. The unrestricted general fund has to provide for the net deficit of any activities that have inadequate income of their own and for the general administration of the charity. It also provides working capital for operations and helps to provide resources to ensure that the charity is able to continue with its obligations in the event of a shortfall in income or unexpected upturn in expenditure. The target level for the unrestricted general fund is between three and six months of the higher of projected gross income or gross expenditure for the next financial year.

Summary of Results

In 2018, activities resulted in a surplus of £274,373. Fundraised income, which is HBF's principal funding source, raised more than budgeted as a result of an unbudgeted one-off donation of £250,000 funded by players of the People's Postcode Lottery. Expenditure used to support the key objectives as described in this report was lower than budget.

HBF ended 2018 in a satisfactory financial position with an unrestricted general fund of £782,211 (up from £668,467 in 2017) , having set up a strategic designated fund of £151,385 in order to meet planned expenditure during 2019 on supporting strategic objectives including on communications, research, monitoring & evaluation, partnerships and office refurbishment. The unrestricted general fund is £152,216 below the top end of the current target level of reserves of about £969,427, although well above the bottom end of the target range.

A budget showing a modest surplus, after use of the strategic designated fund, has been set for 2019.

Risks

The major risks to which the HBF is exposed, as identified by the Trustees, have been reviewed and systems have been established to mitigate these risks. Among the risks identified, the most significant are considered to be:

- The ongoing challenge of ensuring funds are raised and activities are planned in order to meet budget requirements.
- The operational strain that can arise from the level of demand for the services of the foundation.
- The increasingly hostile environment that most of our client group find themselves in means that there is likely to be an increase in clients with complex needs.

These risks are mitigated in part through close operational monitoring and application of the reserves policy.

Going Concern

With regard to the reserves held at the year-end, the Trustees consider it reasonable to expect that HBF has adequate resources to continue in operational existence for the foreseeable future. For this reason the Trustees continue to adopt the 'going concern' basis in preparing the accounts.

Remuneration Policy

The objectives of HBF's remuneration policy are to:

- Reward staff appropriately and enable the recruitment and retention of high calibre personnel.
- Ensure the proper use of the charity's resources in accordance with its aims and within affordable limits, based on the financial circumstances of the charity.
- Be non-discriminatory, just and equitable in the evaluation of jobs and their remuneration by providing a stable framework for the remuneration of the team.
- Pay at a competitive level taking account of external market rates - the aim being to set pay around the median level for comparable posts in the voluntary sector, subject to the charity's financial position.
- Operate within the law.

Remuneration is reviewed on an annual basis and agreed by the Board of Trustees. When setting pay levels, the charity gives consideration to external benchmark comparators, changes in the national average earnings index, affordability and other internal and external pressures including recruitment and retention. The policy applies to all staff, including the charity's Executive team. The total remuneration of the two members of the Managing Executive including employers NI and employers pension contributions was £82,653.

Fundraising

HBF's fundraising team produces an annual Income Generation Strategy against which performance is regularly monitored by senior management and Trustees. In 2018, HBF successfully met the objectives of its strategy, increasing income to £1,542,163 (against a target of £1,493,025) compared to £1,220,917 in 2017. This represents the fourth consecutive year of fundraising growth.

HBF's fundraising approach reflects the principles published on the HBF's website - www.helenbamber.org. The charity's fundraising programme is delivered using internal resources and in 2018 did not involve external professional fundraisers or commercial participators. HBF does not generate merchandise for fundraising purposes.

HBF is registered with the Fundraising Standards Board. Registration with the Board represents a commitment to the highest standards of practice and ensures that all fundraising activity is open, legal and fair. As a registered participant, HBF commits to the Board's Codes of Fundraising Practice, which is the standard set for fundraisers in the UK. Registered participants also commit to abide by its Fundraising Promise.

The Fundraising Promise is based on 6 key pledges which reflect the core values of respect, honesty, accountability and transparency. HBF's strong commitment to recognised sector standards means that the

charity is actively working to protect vulnerable people and other members of the public from behaviour which:

- Is an unreasonable intrusion on a person's privacy.
- Is unreasonably persistent.
- Places undue pressure on a person to give money or other property.

HBF has received no complaints in regard to its fundraising activities in 2018.

Public benefit

In setting HBF's objectives and planning its activities, the Board of Trustees has given careful consideration to the Charity Commission's general guidance on public benefit. In particular the Board of Trustees considers how planned activities will contribute to the aims and objectives that have been set. The benefits that HBF brings to the public are:

- Relieving and assisting people and protecting the health of people who are at risk by reason of their experience of torture, hostilities, genocides or other atrocities.
- Preventing sickness and protecting the health of people who are at risk from such experiences.
- Relieving poverty among those people.
- Educating people on all issues concerning gross violation of human rights, torture and atrocities and the effect on people who experience such suffering.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also directors for the purposes of company law) 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).

Company law requires the Trustees to prepare financial statements for each financial year which 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 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 judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards 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 charitable company will continue to operate.

The Trustees are responsible for keeping adequate 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 towards the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware.
- The Trustees have taken all necessary steps to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

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. The charity has nine members.

AUDITOR - Sayer Vincent LLP has expressed its willingness to continue as auditor.

APPROVAL - This report was approved by the Board of Trustees on 4th April 2019 and signed on its behalf by:

Charlotte Seymour-Smith

Chair of Trustees

HELEN BAMBER FOUNDATION

Independent auditor's report

to the members of

Helen Bamber Foundation

Opinion

We have audited the financial statements of Helen Bamber Foundation (the 'charitable company') for the year ended 31 December 2018 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 December 2018 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- The trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- The trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Independent auditor's report

to the members of

Helen Bamber Foundation

Other information

The other information comprises the information included in the trustees' annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual report has been prepared in accordance with applicable legal requirements

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the entity to cease to continue as a going concern.

Independent auditor's report

to the members of

Helen Bamber Foundation

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Joanna Pittman (Senior statutory auditor)

5 April 2019

for and on behalf of Sayer Vincent LLP, Statutory Auditor

Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Helen Bamber Foundation

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 December 2018

	Note	Unrestricted £	Restricted £	2018 Total £	Unrestricted £	Restricted £	2017 Total £
Income from:							
Donations – legal protection		–	18,393	18,393	–	31,341	31,341
Donations – therapy and casework		250,000	170,688	420,688	–	121,425	121,425
Donations – community integration		–	165,479	165,479	–	64,969	64,969
Donations – counter trafficking		–	117,981	117,981	–	124,110	124,110
Donations – research, policy, dissemination		–	25,653	25,653	–	58,509	58,509
Donations – general		758,969	35,000	793,969	790,563	30,000	820,563
Total Donations	2	1,008,969	533,194	1,542,163	790,563	430,354	1,220,917
Charitable activities							
Fees from medical legal reports – Legal protection		143,670	–	143,670	136,404	–	136,404
Training/Other income		7,077	–	7,077	7,069	–	7,069
Total charitable activities		150,747	–	150,747	143,473	–	143,473
Bank interest		1,031	–	1,031	426	–	426
Total income		1,160,747	533,194	1,693,941	934,462	430,354	1,364,816
Expenditure on:							
Raising funds	3	166,582	35,000	201,582	166,800	30,000	196,800
Charitable activities							
Legal protection	3	155,264	19,560	174,824	179,235	30,174	209,409
Therapy and casework	3	422,786	185,354	608,140	234,427	115,092	349,519
Community integration	3	6,900	165,479	172,379	81,700	64,969	146,669
Counter trafficking	3	5,346	117,981	123,327	63,900	124,110	188,010
Research, policy and dissemination	3	113,665	25,653	139,318	68,684	82,909	151,593
Total expenditure		870,541	549,027	1,419,568	794,747	447,254	1,242,001
Net income / (expenditure) and movement in funds	4	290,206	(15,833)	274,373	139,715	(16,900)	122,815
Reconciliation of funds:							
Total funds brought forward		676,271	15,833	692,104	536,556	32,733	569,289
Total funds carried forward		966,477	–	966,477	676,271	15,833	692,104

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 13 to the financial statements.

Helen Bamber Foundation

Balance sheet

Company no. 08186281

As at 31 December 2018

	Note	£	2018 £	£	2017 £
Fixed assets:					
Tangible assets	8		32,881		7,804
			32,881		7,804
Current assets:					
Debtors	9	336,122		139,932	
Cash at bank and in hand		703,521		728,262	
		1,039,643		868,194	
Liabilities:					
Creditors: amounts falling due within one year	10	106,047		183,894	
Net current assets			933,596		684,300
Total net assets			966,477		692,104
The funds of the charity:	13				
Restricted income funds			–		15,833
Unrestricted income funds:					
Designated fixed asset fund		32,881		7,804	
Designated strategic investment fund		151,385		–	
General funds		782,211		668,467	
Total unrestricted funds			966,477		676,271
Total charity funds			966,477		692,104

Approved by the trustees on 04 April 2019 and signed on their behalf by

Charlotte Seymour-Smith
Chair

Hugh Richardson
Treasurer

Statement of cash flows

For the year ended 31 December 2018

	Note	2018 £	£	2017 £	£
Cash flows from operating activities					
Net income/(expenditure) for the reporting period		274,373		122,815	
Depreciation charges		7,075		7,850	
Gains/(losses) on investments		–		–	
Dividends, interest and rent from investments		–		–	
(Loss)/profit on the sale of fixed assets		–		–	
(Increase)/decrease in stocks		–		–	
(Increase)/decrease in debtors		(196,190)		(22,565)	
(Decrease)/increase in creditors		(77,847)		(65,967)	
Net cash provided by / (used in) operating activities		7,411		42,133	
Cash flows from investing activities:					
Purchase of fixed assets		(32,152)		(5,434)	
Purchase of investments		–		–	
Net cash (used in)/provided by investing activities		(32,152)		(5,434)	
Change in cash and cash equivalents in the year		(24,741)		36,699	
Cash and cash equivalents at the beginning of the year		728,262		691,563	
Cash and cash equivalents at the end of the year		703,521		728,262	
Analysis of cash and cash equivalents and of net debt					
	At 1 January 2018 £	Cash flows £	Other non- cash changes £	At 31 December 2018 £	
Cash at bank and in hand	728,262	(24,741)		703,521	
Total cash and cash equivalents	728,262	(24,741)		703,521	

1 Accounting policies

a) Statutory information

Helen Bamber Foundation is a charitable company limited by guarantee and is incorporated in the United Kingdom. The registered office address is Bruges Place, 15–20 Baynes Street London NW1 0TF.

b) 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) (effective 1 January 2015) – (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (March 2018) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

c) Reporting period

The financial statements cover the year to 31 December 2018.

d) Public benefit entity

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

e) Going concern

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

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 amounts of assets and liabilities within the next reporting period.

f) Recognition of income

Recognition of income takes place in accordance with applicable accounting policies and results are presented in accordance with the SORP. All incoming resources are included in the Statement of financial activities when the charity has entitlement to the income, it is probable that the income will be received and that the amount can be measured reliably. Grants and donations are recorded in the period in which they are received or the charity is entitled to the income.

Donations receivable for the general purposes of the charity are credited to Unrestricted funds and donations tied to a particular purpose are credited to Restricted funds.

Revenue grants are credited to the Statement of Financial Activities when received or receivable, whichever is earlier. Where unconditional entitlement to grants receivable is dependent on fulfilment of conditions within the charity's control, the incoming resources are recognised when there is sufficient evidence that conditions will be met. Where there is uncertainty as to whether the charity can meet such conditions, the incoming resource is deferred. When funding received is designated by the donor to be used in a specific future period, income is deferred.

Income from medico legal reports is recognised when the report has been completed and submitted to the customer and an invoice has been raised.

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

All other income, such as training fees, is recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable probability. Legacies are included when there is reasonable probability of receipt, amount and timing.

Where income is received in advance of its recognition, it is deferred and included in creditors. Where entitlement occurs before income is received, the income is accrued and included in debtors.

1 Accounting policies (continued)

g) Recognition of expenditure

All expenditure is accounted for on an accruals basis in the period to which the cost relates and has been classified under headings that aggregate all costs related to the category. Resources expended include attributable VAT which cannot be recovered. Where costs cannot be directly attributable to particular activities, they have been allocated on a basis consistent with the use of the resources. Overheads, salaries and governance costs are allocated between the activity headings on the basis of attributable employment cost, and an element of judgement is involved. Costs of raising funds are those costs, including fundraising expenditures, incurred by the charity to obtain funds. Support costs are those costs incurred which are not directly an output of the charitable activity. Governance costs are those incurred in connection with enabling the charity to comply with external regulation, constitutional and statutory requirements and in providing support to the Trustees in the discharge of their statutory duties.

h) Tangible fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation. Only individual assets costing £250 or more and not forming part of a larger project are capitalised. This level is periodically reviewed, along with the need for a formal impairment review.

Provision is made for depreciation of fixed assets, at rates calculated to write off the cost, less the estimated residual value, of each asset over its expected useful life. Leasehold improvements are depreciated over 3 years and other fixed assets over 4 years.

i) 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.

j) Recognition of liabilities and constructive liabilities

Liabilities, including constructive obligations, are recognised at the point at which the charity is deemed to have entered into a binding commitment. Provisions are recognised when there is a present legal or constructive obligation as a result of a past event, it is probable that a transfer of economic benefit will be required to settle the obligation, and a reliable estimate can be made of the obligation.

k) Leases

Rental costs under operating leases are charged to expenditure as incurred. Lease incentives received by the charity are released on a straight line basis to the Statement of Financial Activities over the period until the first break clause or, in the case of leases already existing, until the rent review.

l) Pensions

The charity contributes to a stakeholder pension scheme on behalf of its staff, and the cost is recognised as incurred.

m) Taxation status

As a charity, Helen Bamber Foundation is exempt from taxation of income and gains falling within Section 505 of the Taxes Act 1988 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied charitably. No tax charge has arisen in the year.

n) Funds

The charity's financial statements are a consolidation of individual funds. These divide into two distinct categories: unrestricted and restricted.

Unrestricted funds

The use of these funds has not been restricted to a particular purpose by the donor. The unrestricted funds comprise the General fund and Designated funds.

1 Accounting policies (continued)**General fund**

The General fund is the working fund of the charity. It is not tied or designated as are the other funds for use for a particular or defined purpose. The General fund has to provide for the net deficit of any activities that have inadequate income of their own and for the general administration of the charity. It also provides working capital for operations and helps to provide resources to ensure that the charity is able to continue with its obligations in the event of a shortfall in income or unexpected upturn in expenditure. The current target level for the unrestricted general fund is between three and six months of the higher of projected gross income or gross expenditure for the next financial year.

Designated funds

Designated funds are those which have been allocated by the charity for particular purposes. The Fixed Asset reserve represents the net book value of the investment by the General fund in fixed assets.

Restricted funds

These are income funds tied to particular purposes. They include gifts made to the charity to be used in accordance with the wishes of the donors. Until funds are expended, they are placed on deposit or held in cash.

o) Debtors

Trade and other debtors are recognised at the settlement amount due, after provision for doubtful debts.

2 Income from donations

	Unrestricted £	Restricted £	2018 Total £	Unrestricted £	Restricted £	2017 Total £
Donations – trusts and foundations	831,536	394,785	1,226,321	555,195	396,568	951,763
Donations – individuals	78,238	12,025	90,263	147,400	–	147,400
Donations – corporate	23,668	99,580	123,248	33,711	30,000	63,711
Other	75,527	26,804	102,331	54,257	3,786	58,043
	<u>1,008,969</u>	<u>533,194</u>	<u>1,542,163</u>	<u>790,563</u>	<u>430,354</u>	<u>1,220,917</u>

The "other" donations comprise income from community fundraising and a fundraising campaign comprising one main event in 2018.

2 Income from donations (continued)

Restricted and unrestricted donations from trusts and foundations of £2,000 or greater in 2018 were as follows:-

	Unrestricted £	Restricted £	2018 Total £	Unrestricted £	Restricted £	2017 Total £
The A. B. Charitable Trust	20,000	-	20,000	20,000	-	20,000
The Adfal Trust	4,000	-	4,000	4,000	-	4,000
The Allen & Overy Foundation	7,500	-	7,500	-	-	-
The Austin & Hope Pilkington Trust	-	-	-	2,000	-	2,000
The Marshall & Deborah Berkman Family Charitable Trust	-	8,440	8,440	-	5,515	5,515
The Blyth Watson Charitable Trust	-	-	-	2,000	-	2,000
The British Humane Association	-	-	-	-	4,000	4,000
The Bryan Guinness Charitable Trust	3,000	-	3,000	-	-	-
City Bridge Trust	-	37,500	37,500	-	50,000	50,000
Comic Relief	-	57,142	57,142	-	55,478	55,478
Eva Reckitt Trust Fund	-	2,500	2,500	-	2,000	2,000
The Evan Cornish Foundation	-	-	-	-	3,750	3,750
Give Way to Freedom	-	36,456	36,456	-	37,595	37,595
The Henry Smith Charity	-	37,500	37,500	-	-	-
Hollick Family Foundation	-	-	-	2,000	-	2,000
The Indigo Trust	2,000	-	2,000	-	-	-
iPartner India	-	-	-	10,000	-	10,000
The Leigh Trust	-	3,478	3,478	-	2,000	2,000
The Little Butterfly Foundation	-	5,000	5,000	-	-	-
McCartney Foundation	-	-	-	50,000	-	50,000
Moynitrust	5,000	-	5,000	5,000	-	5,000
Muslim Aid	-	-	-	-	2,500	2,500
Oak Foundation	150,000	51,857	201,857	26,577	79,298	105,875
Open Society Foundation	-	-	-	-	35,000	35,000
Penningtons Manches Charitable Foundation	4,500	-	4,500	-	5,000	5,000
The Persula Foundation	-	8,000	8,000	-	8,000	8,000
The Pilgrim Trust	-	7,500	7,500	-	2,500	2,500
Postcode Equality Trust	500,000	-	500,000	250,000	-	250,000
Ptarmigan Trust	2,000	-	2,000	1,000	-	1,000
Schroder Charitable Trust	-	-	-	5,000	-	5,000
Eleanor Rathbone Charitable Trust	-	2,000	2,000	-	-	-
The Sigrid Rausing Trust	100,000	-	100,000	100,000	-	100,000
The Roddick Foundation	-	-	-	-	30,000	30,000
The Souter Charitable Trust	5,000	-	5,000	-	-	-
Spiers Family Foundation Ltd	-	-	-	25,000	-	25,000
The Sutasoma Trust	-	13,500	13,500	-	13,500	13,500
The Will of Gerald Segelman Deceased	20,000	-	20,000	20,000	-	20,000
United Nations Voluntary Trust Fund (OHCHR)	-	14,400	14,400	-	16,000	16,000
Westcroft Trust	2,000	-	2,000	2,000	-	2,000
William Brake Charitable Trust	-	2,000	2,000	-	2,000	2,000
The Wyn & Ken Lo Memorial Foundation	-	3,500	3,500	-	-	-
Other trusts – Trusts under £2,000	4,536	9,012	13,548	3,620	7,432	11,052
Anonymous	2,000	95,000	97,000	26,998	35,000	61,998
Total	831,536	394,785	1,226,321	555,195	396,568	951,763

3 Analysis of expenditure

	Charitable activities							2018 Total £	2017 Total £
	Cost of raising funds £	Legal protection £	Therapy and casework £	Community Integration £	Counter Trafficking £	Research, policy and dissemination £	Support and Governance costs £		
Staff costs (Note 5)	125,822	83,191	349,349	62,196	91,459	54,350	42,826	809,193	731,827
Legal protection	-	51,380	-	-	-	-	-	51,380	36,273
Therapy and casework	-	-	85,602	-	-	-	-	85,602	83,461
Mind and body and Creative arts programme	-	-	10,000	67,247	-	-	-	77,247	55,088
Counter Trafficking	-	-	-	-	7,716	-	-	7,716	4,537
Education, policy and research	-	-	-	-	-	47,399	-	47,399	45,484
Fundraising costs	51,608	-	-	-	-	-	-	51,608	38,923
Premises costs	-	-	50,000	-	-	-	89,268	139,268	101,741
Audit	-	-	-	-	-	-	8,300	8,300	8,050
Trustee expenses	-	-	-	-	-	-	1,646	1,646	1,268
Office and supplies costs	-	-	20,000	-	-	-	45,805	65,805	77,137
Irrecoverable VAT	-	-	10,000	-	-	-	48,871	58,871	42,504
Depreciation	-	-	-	-	-	-	7,075	7,075	7,850
Movement on doubtful debt provision	-	-	-	-	-	-	8,458	8,458	7,858
	177,430	134,571	524,951	129,443	99,175	101,749	252,249	1,419,568	1,242,001
Support and Governance costs allocation	24,152	40,253	83,189	42,936	24,152	37,569	(252,249)	-	-
Total expenditure 2018	201,582	174,824	608,140	172,379	123,327	139,318	-	1,419,568	1,242,001
Total expenditure 2017	196,800	209,409	349,519	146,669	188,010	151,593	-	1,242,001	

Governance costs are included above under audit fees and trustees' expenses.

3 Analysis of expenditure (prior year)

	Charitable activities								
	Raising funds £	Legal protection £	Therapy and casework £	Mind and Body and Creative arts programme £	Counter Trafficking £	Research, policy and dissemination £	Support and governance costs £	2017 Total £	2016 Total £
Staff costs (Note 10)	110,854	100,464	159,188	31,734	119,351	63,361	146,875	731,827	627,462
Legal protection	-	36,273	-	-	-	-	-	36,273	49,962
Therapy and casework	-	-	83,461	-	-	-	-	83,461	100,585
Mind and body and Creative arts	-	-	-	55,088	-	-	-	55,088	53,469
Counter Trafficking	-	-	-	-	4,537	-	-	4,537	-
Education, policy and research	-	-	-	-	-	45,484	-	45,484	4,711
Fundraising costs	38,923	-	-	-	-	-	-	38,923	33,039
Premises costs	-	-	-	-	-	-	101,741	101,741	97,077
Audit	-	-	-	-	-	-	8,050	8,050	7,800
Trustee expenses	-	-	-	-	-	-	1,268	1,268	791
Office and supplies costs	-	-	-	-	-	-	77,137	77,137	65,107
Irrecoverable VAT	-	-	-	-	-	-	42,504	42,504	24,312
Depreciation	-	-	-	-	-	-	7,850	7,850	31,501
Movement on doubtful debt provision	-	-	-	-	-	-	7,858	7,858	16,548
	149,777	136,737	242,649	86,822	123,888	108,845	393,283	1,242,001	1,112,364
Support and Governance costs allocation	47,023	72,672	106,870	59,847	64,122	42,748	(393,283)	-	-
Total expenditure 2017	196,800	209,409	349,519	146,669	188,010	151,593	-	1,242,001	
Total expenditure 2016	191,195	216,327	449,284	105,455	-	150,103	-	-	1,112,364

4 Net income for the year

This is stated after charging:

	2018 £	2017 £
Depreciation	7,075	7,850
Operating lease rentals:		
Property	95,769	72,704
Auditor's remuneration (excluding VAT):		
Current year audit	8,250	8,050
Under provision for 2017	50	–
	<u>8,300</u>	<u>8,050</u>

5 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2018 £	2017 £
Salaries and wages	666,384	597,691
Termination costs	–	25,000
Social security costs	55,016	49,283
Employer's contribution to pension schemes	14,340	10,446
Recruitment costs	11,516	33,057
Interim staffing costs	61,937	16,350
	<u>809,193</u>	<u>731,827</u>

No employee earned more than £60,000 during the year (2017: none).

The total employee benefits, (including pension contributions and employer's national insurance) of the senior management executive were £82,653 (2017: £156,459). The full year employee benefits attributable to the senior management executive would have been £107,246.

The Trustees were not paid or in receipt of any other benefits from employment with the charity in the year (2017: £nil). No Trustee received payment for professional or other services supplied to the charity (2017: £nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £1,143 (2017: £1,234) incurred by 1 (2017: 1) Trustee relating to attendance at meetings of the Trustees.

6 Staff numbers

The average number of employees based on the average headcount employed during the year was as follows:

	2018 No.	2017 No.
Fundraising	4.0	3.0
Charitable activities	19.2	12.6
Support	3.2	4.7
Governance	1.7	1.9
	<u>28.1</u>	<u>22.2</u>

7 Related party transactions

There were no related party transactions to disclose in 2018 (2017: £nil).

There were no donations from related parties which were outside the normal course of business and no restricted donations from related parties. The total amount of donations received in 2018 from Trustees or parties related to them was £6,644 (2017: £154).

8 Tangible fixed assets

	Leasehold Improvement £	Fixtures and fittings £	Computers and medical equipment £	Total £
Cost				
At the start of the year	104,521	36,403	53,237	194,161
Additions in year	–	15,284	16,868	32,152
Disposals in year	–	(6,500)	(20,000)	(26,500)
At the end of the year	104,521	45,187	50,105	199,813
Depreciation				
At the start of the year	102,236	35,263	48,857	186,356
Charge for the year	2,285	1,731	3,060	7,076
Eliminated on disposal	–	(6,500)	(20,000)	(26,500)
At the end of the year	104,521	30,494	31,917	166,932
Net book value				
At the end of the year	–	14,693	18,188	32,881
At the start of the year	2,285	1,140	4,380	7,805

All of the above assets are used for charitable purposes.

9 Debtors

	2018 £	2017 £
Trade debtors	90,121	75,290
Prepayments & other debtors	46,497	28,819
Accrued income	199,504	35,823
	336,122	139,932

10 Creditors: amounts falling due within one year

	2018 £	2017 £
Provision for lease incentive	–	4,866
Trade creditors	21,872	20,364
Taxation and social security	23,901	16,331
Accruals	25,220	37,213
Deferred income	35,054	105,120
	106,047	183,894

11 Deferred income

Deferred income relates to three restricted donations.

	2018 £	2017 £
Balance at the beginning of the year	105,120	142,381
Amount released to income in the year	(105,120)	(142,381)
Amount deferred in the year	35,054	105,120
Balance at the end of the year	35,054	105,120

12a Analysis of net assets between funds (current year)

	Unrestricted general £	Designated £	Restricted £	Total funds £
Tangible fixed assets	–	32,881	–	32,881
Net current assets	782,211	151,385	–	933,596
Net assets at the end of the year	782,211	184,266	–	966,477

12b Analysis of net assets between funds (prior year)

	Unrestricted general £	Designated £	Restricted £	Total funds £
Tangible fixed assets	–	7,804	–	7,804
Net current assets	668,467	–	15,833	684,300
Net assets at the end of the year	668,467	7,804	15,833	692,104

13a Movements in funds (current year)

	At 1 January 2018 £	Income and gains £	Expenditure and losses £	Transfers £	At 31 December 2018 £
Restricted funds:					
Legal protection	1,167	18,393	(19,560)	–	–
Therapy and casework	14,666	170,688	(185,354)	–	–
Community integration	–	165,479	(165,479)	–	–
Research, policy and dissemination	–	25,653	(25,653)	–	–
Counter Trafficking	–	117,981	(117,981)	–	–
Sponsorship	–	35,000	(35,000)	–	–
Total restricted funds	15,833	533,194	(549,027)	–	–
Unrestricted funds:					
Designated funds:					
Fixed assets fund	7,804	–	(7,075)	32,152	32,881
Strategic Investment Fund	–	–	–	151,385	151,385
Total designated funds	7,804	–	(7,075)	183,537	184,266
Unrestricted general fund	668,467	1,160,747	(863,466)	(183,537)	782,211
Total unrestricted funds	676,271	1,160,747	(870,541)	–	966,477
Total funds	692,104	1,693,941	(1,419,568)	–	966,477

13b Movements in funds (prior year)

	At 1 January 2017 £	Income and gains £	Expenditure and losses £	Transfers £	At 31 December 2017 £
Restricted funds:					
Legal protection	–	31,341	(30,174)	–	1,167
Therapy and casework	8,333	121,425	(115,092)	–	14,666
Community integration	–	64,969	(64,969)	–	–
Research, policy and dissemination	24,400	58,509	(82,909)	–	–
Counter Trafficking	–	124,110	(124,110)	–	–
Sponsorship	–	30,000	(30,000)	–	–
Total restricted funds	32,733	430,354	(447,254)	–	15,833
Unrestricted funds:					
Designated funds:					
Fixed assets fund	10,220	–	(7,850)	5,434	7,804
Total designated funds	10,220	–	(7,850)	5,434	7,804
Unrestricted general fund	526,336	934,462	(786,897)	(5,434)	668,467
Total unrestricted funds	536,556	934,462	(794,747)	–	676,271
Total funds	569,289	1,364,816	(1,242,001)	–	692,104

Purposes of restricted funds

Legal protection

The restricted funds for protection work are to fund legal protection and advocacy support work; providing refugee and asylum seeking clients with a fair chance at seeking justice against the perpetrators of the interpersonal violence they experienced, international protection from the government and appropriate welfare support and housing provision. This includes legal staff salaries, client travel and interpreter costs and any other associated costs of administrating and providing legal protection and advocacy support to clients.

Therapy and casework

The restricted funds for therapy and casework are to fund our therapeutic care for survivors of gross human rights violations, helping individuals and families to overcome the psychological impact of interpersonal violence and achieve sustained recovery from acute trauma symptoms, Complex Post-Traumatic Stress Disorder and other resultant mental health issues. This includes clinical staff salaries, client travel and interpreter costs and associated costs of administrating referrals for our services and providing tailored support and counselling for clients.

Community integration

The restricted funds for community integration are to assist clients to become valued members of society and combine work from different areas. Mind and body work are to fund therapies which use the mutual influence of body on mind, and mind on body to facilitate healing and recovery from trauma. The programme includes acupuncture, cranio-sacral therapy, hakomi and internal family systems, movement, pilates, yoga (including pre- and post-natal), massage, breathing training and osteopathy. The restricted funds are for clinical staff salaries, equipment, volunteer costs and client travel.

The restricted funds for social wellbeing work are to fund the Creative arts programme, which includes language and skills classes and artistic and social groups for clients of the Foundation, to break isolation and aid recovery. This includes the costs of materials, client travel, volunteer expenses and the salary of the coordinating staff member.

Purposes of restricted funds (continued)

Research, policy and dissemination

These restricted funds are to fund work on research, policy and dissemination respectively.

Counter Trafficking

The restricted funds for counter trafficking are to enable the foundation to fund a model of integrated care for victims of human trafficking. This includes clinical staff salaries, client travel and interpreter costs and associated costs of administrating referrals for our services and providing tailored support and counselling for clients.

Purposes of designated funds

Fixed assets fund

A designated fund has been established to represent the net book value of the charity's fixed assets.

Strategic Investment Fund

A designated fund has been established to enable HBF to establish its position and build its reputation through building a partnership culture which will enable HBF to reach a wider range of audiences, which will be used in 2019.

14 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases are as follows for each of the following periods:

	Property 2018 £	2017 £
Less than one year	185,716	74,247
Two to five years	742,867	296,988
Over five years	–	29,699
	928,583	400,934