

**FREEDOM
FROM
TORTURE**
EMPOWERING
SURVIVORS.
REBUILDING
LIVES

Annual Report 2019

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MESSAGE FROM THE CHAIR OF TRUSTEES

Sue Berelowitz

In 1948, in response to the horrors of World War II, the General Assembly of the United Nations inserted the prohibition against torture in the landmark Universal Declaration of Human Rights. Article 5 states: “No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.” The torture ban is now codified in numerous treaties and recognised as one of the most fundamental rules of customary international law.

Despite its absolute prohibition, torture continues across the globe, as demonstrated by the injuries of the survivors we help at Freedom from Torture. Worryingly, the picture appears to be getting ever worse.

Let us take our own country as a case in point, where too often good intentions backed by law are violated. Britain led the way in establishing the torture prohibition through the common law from the thirteenth century onwards, though torture was still used for centuries – we have only to think of ducking stools, the rack, enslavement and all that went with it.

And today, in modern Britain, our government continues to evade responsibility for colluding in torture by our security partners. Still we are waiting for the full truth and accountability for UK complicity in the United States’ kidnap, rendition and torture of people accused of terrorism after the 9/11 attacks.

Now the British government is trying to pass legislation that would prevent prosecution of British soldiers for war crimes including torture committed abroad more than five years ago. As well as damaging the reputation of the British military and exposing our troops to the risk of international prosecution, this will give encouragement to torturers in the repressive states our clients have fled. As Nasrin Parvaz author, artist and member of the Survivors Speak OUT (SSO) network says, “If the British government says torture is sometimes OK, then what can we expect from the Iranian government?”



Our vision of “a world free from torture” will be out of reach unless we build better strategies to strengthen opposition to the torture ban.

These sorts of attacks on the torture ban are part of a general global swing towards authoritarianism. Polling conducted for Freedom from Torture at the end of 2019 showed that four in ten people in the question whether torture is always wrong, with support for torture now highest among younger people. These trends and the intensification of hate-based politics are making survivors of torture in this country feel more worried and alone.

Our vision of “a world free from torture” will be out of reach unless we build better strategies to strengthen opposition to the torture ban. As other human rights groups turn their focus away from torture, Freedom from Torture is stepping into the breach, especially here in the UK. Our ‘Losing the Moral Compass’ event was a milestone, bringing together survivors, lawyers, activists, academics, human rights experts and funders to debate how best to reverse backsliding political and public support for the ban.

We will never be diverted from our core work to help individual survivors of torture to heal and secure protection, indeed we have just completed the most radical review of our treatment service in more than 30 years to help more survivors in the UK to realise their right to rehabilitation. But we are listening to survivors when they tell us that it is not enough just to treat the effects of torture. They see that our shared principles are on the line and they want us to help them turn the tide so that others are spared the cruelty inflicted on them.

This work is urgent, the need compelling. Torture is illegal, doesn’t work and is always wrong. We stand up to torturers and their apologists across the world and with survivors. We will not be silent.

MESSAGE FROM THE CHIEF EXECUTIVE

Sonya Sceats

2019 was a transformational year for Freedom from Torture as we set about delivering the goals in our strategy for 2019-21:

- To help more survivors of torture in the UK to realise their right to rehabilitation
- To ensure survivors of torture in the UK receive effective protection and are not returned to their countries of origin to face a risk of further torture
- To expose torture in order to strengthen prevention efforts and secure justice and international protection for survivors
- To be a model of best practice in enabling the empowerment and agency of torture survivors



We led efforts to expose parallels between Home Office mistreatment of the Windrush generation and the impossible standard of proof for people fleeing torture and other persecution, even when they have extensive independent medical evidence.

Our single biggest achievement was development of our new rehabilitation model “Pathways” to deliver more survivor choice, better outcomes and an increase in our treatment service capacity. We are especially proud that this model was co-designed with survivors, including survivor representation on the project board and insights from our first ever survivor-led national survey of our treatment clients.

We began to rollout Pathways at the beginning of 2020 and the benefits were immediate. Already the number of new clients taken on for therapy rose by 76% in the first quarter of 2020 compared to the equivalent period in 2019.

Covid-19 has certainly been disruptive but we swiftly transitioned our services onto a remote footing and kept our virtual doors open for new referrals of survivors in need. In some months of the crisis, we almost doubled our clinical contact hours with survivors and quadrupled emergency relief payments compared with the pre-

Covid period. We were pleased to launch a micro-grants scheme for smaller charities in the UK providing a lifeline to survivors beyond our reach.

In 2019, we also stepped up our work to challenge hardships for survivors in the asylum system. We led efforts to expose parallels between Home Office mistreatment of the Windrush generation and the impossible standard of proof for people fleeing torture and other persecution, even when they have extensive independent medical evidence. We helped to win an important case in the Supreme Court against efforts by Home Office caseworkers to get around expert medical evidence of torture by claiming, without foundation, that scars were likely self-inflicted “by proxy”.

I am delighted that three years after we first launched our “Proving Torture” campaign, our blend of public pressure and “behind the scenes” engagement with the Home Office is leading to improved handling of medical evidence of torture. In 2019, for cases where the outcome is known, the percentage of people granted refugee status after we provided a medico-legal report was 78%.

These successes are life changing for the survivors who find their way to Freedom from Torture. But it is hard to celebrate when we know that torture continues unabated in so many countries and that political and public support for the absolute ban is ebbing away.

It is essential to rebuild an anti-torture movement and, to be effective, we believe it must be visibly led by survivors themselves. The appointment of SSO members Nadine Tunasi and Kolbassia Haoussou as the first ever Survivor Champions of the UK-led Preventing Sexual Violence Initiative was a big step forward. In the New Year, Kolbassia was also awarded an MBE for his leadership in supporting and empowering survivors of torture and sexual violence. Watching the Queen confer this on him was one of our last pleasurable events prior to the lockdown.

In this difficult year, we want to pay tribute to all our staff, including volunteers and interpreters, who have worked heroically to keep survivors safe and well in line with our values of compassion, empowerment, resolve and hope.

To our thousands of donors and supporters we give heartfelt thanks – you make it all possible.



OUR MISSION VISION & VALUES

Our vision is a world free from torture.

Freedom from Torture is dedicated to healing and protecting people who have survived torture. We provide therapies to improve physical and mental health, we medically document torture, and we provide legal and welfare help. We expose torture globally, we fight to hold torturing states to account and we campaign for fairer treatment of torture survivors in the UK.

We have developed a strategy taking us from 2019 to 2021 aimed at significantly increasing our impact. This will allow us to protect and heal more torture survivors in the UK, working with them to find their voice again, and to prevent torture across the world.

OUR VALUES

We oppose torture fiercely and stand with survivors in their recovery. Their resilience is a source of constant inspiration. Our core values are:

- Compassion:** Understanding the suffering, acting together to end it.
- Empowerment:** Unlocking strength, moving from passive to active.
- Resolve:** Never giving up, even in the hardest times.
- Hope:** Belief in the potential for making change.

OUR MODEL

Whilst people are still being tortured, we will fight to ensure the UK is a welcoming place where survivors can rebuild their lives in safety and with dignity.

We will use the evidence we gather from the people we work with to expose torture, and we will campaign globally to ensure states responsible for torture are held to account.

We believe in the capacity of rehabilitation not only to rebuild lives, but to give power back to survivors so they are able to speak and advocate effectively and powerfully for change.



PUBLIC BENEFITS OF OUR ACTIVITIES

We provide physical, psychological, legal and welfare support to people in the UK who have survived torture. We also support other providers to deliver high-quality rehabilitation services to survivors.

We deliver wider public benefit through promoting social integration of torture survivors, raising public awareness of the use of torture and its terrible human impacts and promoting a world free from torture.

The Trustees confirm that they comply with their duty to have regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties.



REHABILITATION

We help survivors cope with the impact of torture
and rebuild their lives

CHATURI'S STORY

A second chance at life

Around ten years ago Chaturi was abducted from a bus stop in Sri Lanka. Accused of helping a separatist group, she was taken to a small, dark cell where she was detained for three weeks. Chaturi was beaten, burned and raped. Her father bribed an official to secure her release and she was able to flee to the safety of the UK.

Today, over a decade later, the psychological scars remain. Like many torture survivors Chaturi experienced terrible nightmares, insomnia, flashbacks and an overwhelming feeling of worthlessness.

Her trauma was only amplified by her dealings with the Home Office. She felt they were indifferent to what she had been through. It was only after being referred to Freedom from Torture that her recovery could begin. "I felt I was nothing. A zero. Like this life was not for me. A couple of times I tried to jump under a train, but something stopped me. There was a constant pressure in my chest. I was scared that the people who tortured me would come and catch me, arrest me and put me in a dark room and hit and beat me again. I was scared of everyone.

In 2017 I came to Freedom from Torture and since then everything has changed. Before, nobody wanted to know what had happened to me, but with my therapist I can say



I've been able to get on with my life again and I have a job. I feel like I've been born again, like I'm me again.

anything. I can tell her what's in my heart. I feel safe at Freedom from Torture, and for the first time since it happened I don't have to face everything on my own.

The bad memories still come, but now I have learned tactics to cope, so those thoughts don't overwhelm me. I've been able to get on with my life again and I have a job. I feel like I've been born again, like I'm me again. Freedom from Torture has given me a second chance at life."

HOW WE HELP SURVIVORS RECOVER FROM TORTURE

Torture attempts to silence and break people to the point where they are unable to recover from the physical and mental wounds. Our work is to ensure that this doesn't happen and that survivors can recover and live full lives after torture.

Many of our clients have post-traumatic stress disorder (PTSD) as a result of their torture. For people who have experienced multiple trauma, PTSD rarely goes away by itself.

To treat complex, long-term debilitating conditions like PTSD, we use a wide range of evidence-based psychological therapies. These are delivered by our experienced expert psychological therapists to treat the complex psychological difficulties that torture creates.

We have always prioritised the most vulnerable survivors, and we work with them intensively. In recent years, difficulties associated with the hostile environment have prolonged the amount of time that many survivors have required our therapeutic support before feeling able to move on with their lives.

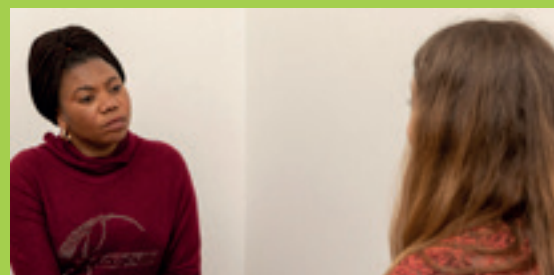
In 2019

We continuously strive to improve the effectiveness of our rehabilitation services. In 2019, we developed and implemented our new clinical model known as Pathways, designed specifically to meet the treatment needs of torture survivors. This was co-designed with torture survivors, with service user groups consulting and advising throughout, who also formed part of the project board. The new model increased the number of new clients taken on for therapy by 76% in the first quarter of 2020 compared to the equivalent period in 2019.

We delivered over 25,000 hours of direct clinical therapy to 711 survivors of torture across in England and Scotland, an increase of 24% over the last two years. Three hundred and thirty two (332) survivors completed therapy and were able to move on to the next chapter of their lives. Over 90% of our clients showed clinical improvement when their therapy ended, which is remarkable by comparison to other trauma services. During 2019, our Training and

Capacity Building team delivered 27 training events, reaching 406 individuals, and 96 capacity building initiatives, which included: 19 clinical supervisions (group and individual); 32 consultations/ongoing support; and 42 network events with external services and practitioners. In total, our training and capacity building services reached an estimated 1,697 people over the course of the year.

Feedback from our clients is overwhelmingly positive, and many have chosen to stay involved with Freedom from Torture after their therapy has ended within our peer support networks, Healing Neighbourhoods project in Glasgow, or through service user engagement and survivor activism activities.



711 survivors received
25,000 hours of direct clinical therapy

332
survivors completed therapy

Over 90% showed clinical improvement on completing therapy

DEBRA GORDON

Helping survivors hope again

Debra Gordon is one of our psychological therapists working with Freedom from Torture to provide life-saving therapies, including Eye Movement Desensitisation and Reprocessing (EMDR), to help torture survivors process traumatic memories and heal.

Freedom from Torture offers three trauma-focused, evidence-based therapies: Narrative Exposure Therapy (NET); Trauma-focused Cognitive Behavioural Therapy (CBT); and Eye Movement Desensitisation and Reprocessing (EMDR).

Narrative Exposure Therapy (NET) involves the therapist and client creating a narrative of the client's life – bearing witness to the torture they have endured. The client receives a written narrative of their entire life story at the end of the therapy, but the key mechanism of change is through the processing of traumatic memories through a particular form of imaginal re-living that the therapist and client do together. This starts from the earliest trauma and continues through each traumatic experience to the present. Traumatic memories are explored and processed within the context in which they occurred, including the social, cultural and political situation.

Trauma-focused Cognitive Behavioural Therapy (CBT) involves reliving the traumatic memories, updating them with information that was not available at the time of the trauma and re-working the meaning of the event.

Debra Gordon talks about how Eye Movement Desensitisation and Reprocessing (EMDR) can help survivors we work with reprocess traumatic memories. “People who have survived torture typically come to us with chronic post-traumatic stress disorder (PTSD), depression and profound despair from the abuses they have endured. Many struggle

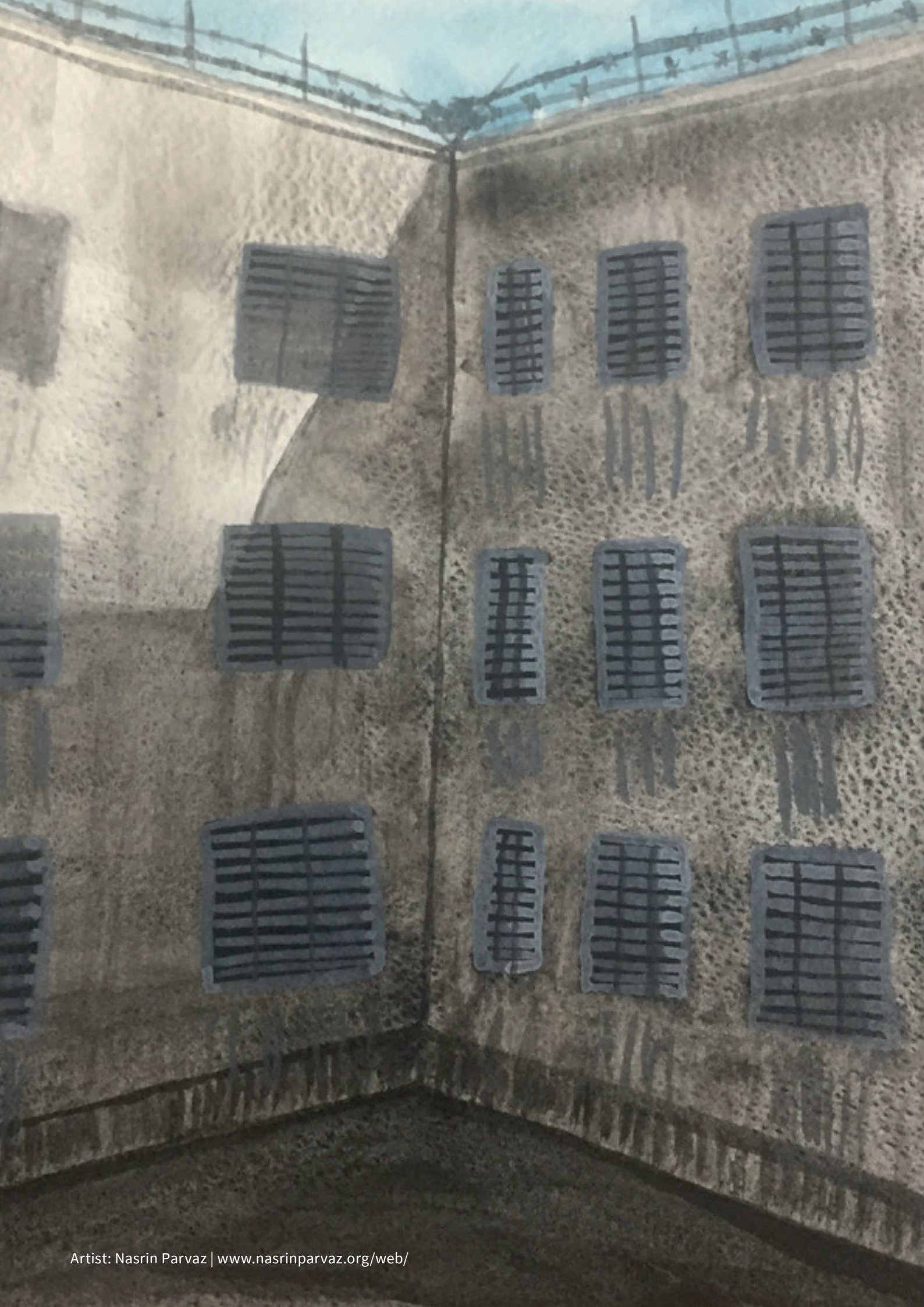


EMDR allows people to process their trauma memories so that they become less raw and painful. The memories don't disappear, but they don't cause the same anxiety and fear.

to sleep, and if they do, they have horrific nightmares.

EMDR is a technique of using bilateral stimulation in order to reduce the emotional intensity of the survivor's traumatic memories. The therapist moves a light, or object, back and forth while the client follows it with their eyes, like watching a tennis match. The intensity of the memory begins to fade into the background leaving space for them to focus on the here and now and learning to adjust to a new life. EMDR allows people to process their traumatic memories so that they become less raw and painful. The memories don't disappear, but they don't cause the same anxiety and fear. EMDR can achieve remarkable results.

One young man came to us with severe PTSD. I recently met him at an event and he's now studying for a Masters in Bioscience at university. He's come so far. He's moved on from what happened to him and on to a future where he wants to give back by contributing to the wellbeing of our country. I couldn't be prouder of him.”



PROTECTION

We protect survivors in the UK

FAITH'S STORY

Proving torture

Faith was a successful restaurant owner and mother of three from the Democratic Republic of the Congo (DRC). One evening, armed men came to her door. They abducted Faith, taking her to a house where she was kept in a locked room with other women.

Over a number of weeks Faith was tied up, beaten and gang raped. During this time, two of the other women Faith was held captive with died. One day, Faith recognised a man who came to clean the room as someone who knew her church pastor. Taking a huge risk, Faith asked the man to tell her pastor where she was. Her pastor paid a bribe to free her. Eventually, Faith found her way to London.

Faith was very ill when she arrived in London. She was referred to Freedom from Torture by the hospital and began her rehabilitation journey with us. But after six months everything fell apart. We received a panicked and distressed phone call from Faith telling us she had been taken to an Immigration Removal Centre. The Home Office wanted to send Faith back to the DRC.

Imprisoned like a criminal, scared, and without her medication, Faith was deteriorating rapidly. We arranged for one of our specialist doctors to document Faith's scars in an official medico-legal report.



Freedom from Torture not only helped me keep hopeful, the medico-legal report they produced proved I was tortured.

Faith said it made all the difference: "In detention I saw people try to kill themselves every day. It was horrible, like a prison.

Freedom from Torture staff not only helped me keep hopeful, the medico-legal report they produced proved I was tortured.

Freedom from Torture helps me with everything, from accommodation to planning what I can eat with the little money I get. I meet my therapist every week. She encourages me to progress in English classes and helps me keep busy, which keeps my mind off things and helps me sleep. I trust her completely."

HOW WE IMPROVE CONDITIONS FOR SURVIVORS

Many survivors display clear evidence of vulnerability but struggle to have their claim for protection recognised, suffering painful accusations that they are lying and years of lengthy and retraumatising appeals. Some are subjected to harmful immigration detention. Home Office accommodation and support often leaves survivors living in desperate poverty.

We strive for the right asylum decisions involving expert evidence of torture, an end to immigration detention of all torture survivors, and provision of sufficient support and decent accommodation.

In 2019

We have led efforts to highlight the parallels between the problems exposed by the Windrush scandal and the mistreatment of asylum seekers in this country. This includes a tendency by Home Office caseworkers to presume that asylum seekers are telling lies and a requirement, in practice, to meet a standard of proof far in excess of what the law requires for asylum. We set out the case for change in our *Lessons Not Learned* report with seven other leading refugee and migration organisations. We secured 6,600 signatures in an open letter to the Home Secretary calling for commitment to a humane, fair and efficient asylum and immigration decision-making process. The report itself calls for an overhaul of the asylum and immigration system to champion and preserve the dignity of the individual.

We intervened with the Helen Bamber Foundation and Medical Justice in the Supreme Court case of *KV (Sri Lanka) v Secretary of State for the Home Department* and helped to secure an important victory for torture survivors. The ruling affirmed the important role of medical experts in torture survivors' asylum claims and criticised efforts by Home Office caseworkers to dismiss medical evidence by making unsubstantiated

claims that scars were self-inflicted by an asylum seeker working through a "proxy."



We launched the *Lessons not Learned* report with seven other leading refugee and asylum seeker support organisations, securing 6,600 signatures in an open letter to the Home Secretary calling for commitment to a humane, fair and efficient asylum and immigration decision-making process.

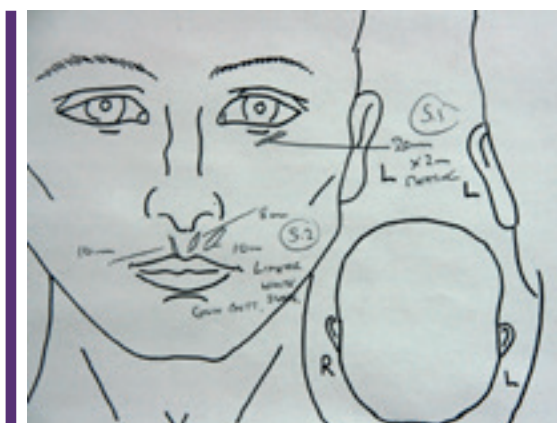
We secured a ministerial commitment to improve the handling of expert medical evidence of torture, leading to a joint initiative to train Home Office caseworkers.

We continued to fight efforts to raise the standard of proof for release of torture survivors from immigration detention, bringing our clinical expertise to bear in reviews of the Home Office's flawed vulnerability policies.

HOW WE HELP SURVIVORS PROVE THEY HAVE BEEN TORTURED

Our medico-legal reports are a critical tool in ensuring torture survivors are not sent back to countries where they may be tortured again.

Although the law stipulates that torture survivors' claims should be assessed based on a low standard of proof the Home Office often deviates from its own standards and guidelines, with the bar being set ever higher in practice.



In 2019, where we produced a medico-legal report and know the outcome of the case, 78% of people were granted refugee status.

Our medico-legal reports are written by independent and specially trained doctors. A doctor forensically assesses physical scarring and also carries out a psychological assessment. They provide an expert opinion on whether the scarring and psychological presentation fit with the account of torture. Our medico-legal reports can be essential to a torture survivor being believed by the Home

Office and judges, and not being returned to the country they escaped from.

In 2019

We produced a total of 177 medico-legal reports in 2019 and a further 72 clinical letters by treating psychological therapists, for use in survivors' legal cases. Seventy eight percent (78%) of cases that had a known outcome where we provided a medico-legal report were granted refugee status.

When the correct decision is made on an asylum claim the first time around, torture survivors avoid the risk of a retraumatising appeal process. They also avoid the threat of poverty and destitution as they finally move off asylum seeker's allowance (just £37.75 a week), have the right to work and provide for their families, and positively contribute to the wider community.

In 2019 the MLR team collaborated with our Policy and Advocacy team and Helen Bamber Foundation, to deliver on the design and delivery of training for Home Office caseworkers on how to interpret medical evidence in a medico-legal report and improve decision-making in these cases.

HOW WE HELP SURVIVORS WITH LEGAL AND WELFARE SUPPORT

Nearly all of the survivors of torture that come to us for support live in extreme hardship, often well below the poverty line. It is essential that our clients gain the protection and security they need to be able to begin to rebuild their lives.

Almost all our clients face complex legal and welfare issues. These issues dramatically affect their wellbeing and can prevent them from being able to engage effectively with our rehabilitation therapy and recover from their trauma. Our specialist in-house Legal and Welfare Service (LAWS) provides free legal and welfare advice, along with carefully targeted financial grants to alleviate destitution.

LAWS provides support to survivors of torture that is not available elsewhere, ensuring their basic needs are met. The team is a vital source of advice and support for clients having to navigate the hostile immigration environment.

The last two years have seen the number of survivors of torture having complex legal and welfare issues increase dramatically. To meet this demand, we expanded our LAWS team.

In 2019

Our team of experts worked on 1,725 legal and welfare referrals, an increase of 279% since 2017. This reflects the struggles of survivors to stabilise their living situations after years of austerity and hostile environment policies. Our team ensured that clients got stability and had their basic needs met. Without this help, these survivors of torture would have found it more difficult to work with our therapists and start to rebuild their lives and rejoin society fully.

In addition to giving direct support to clients, LAWS has delivered external training to lawyers and other welfare services to increase the capacity to advise and represent survivors

of torture. This included best practice training and self care and vicarious trauma training.



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ACCOUNTABILITY

We hold torturing states to account

DARKENING SKIES

Leading the fight back

Torture is rampant across the globe. Since being founded in 1985, Freedom from Torture has been passionately committed to shining a light on torture practices and holding torturing states to account. But the sky is darkening.

Progress in the fight against torture since 1945 in the form of international laws and institutions is under threat and opposition to torture from world leaders, governments and the public is waning. Support for international accountability mechanisms is ebbing away. Impunity is rife while torture continues to be used across the globe by a myriad of actors.

Authoritarian populism is spreading across the world. Elected leaders in Brazil, the Philippines and elsewhere brazenly promote torture. President Trump says torture 'absolutely works.'

There are dismay signals in the UK, too. A Freedom from Torture poll conducted by YouGov in 2019 revealed that four in ten (43%) Britons are unsure if torture is wrong in any circumstance. More than one in four (29%) of the British population believe that there are some circumstances in which torture is acceptable.

The politics of hate is becoming normalised and the rule of law and human rights are under attack from politicians who are more interested in power than responsibility. Britain says it is committed to torture prevention while turning a blind eye to torture by its allies

and trading partners. We are still waiting for the full truth with accountability for torture complicity by our intelligence agencies during the so called 'war on terror'. Ministers are proposing new laws to block prosecution of British troops accused of torture in Iraq and Afghanistan.

A Freedom from Torture poll conducted by YouGov revealed that four in ten (43%) Britons are unsure if torture is wrong in any circumstance.

Torturers everywhere are emboldened in this climate. Survivors of torture feel more threatened and alone.

Freedom from Torture sees the terrible impact of the failure to end torture every day. The people we work with have experienced the worst of humanity. Survivors we work with feel passionately about the importance of Freedom from Torture combatting torture and growing tolerance of it across the world. Their survival and resilience is inspiring and is the reason we are here. We owe it to them to step up the fight against torture and redouble our efforts to end it for good.

**WE OPPOSE SUPPORTERS OF TORTURE
NO MATTER WHO THEY ARE**

HOW WE FIGHT BACK AGAINST TORTURE ACROSS THE GLOBE

The Accountability and International Advocacy team confronts torture by exposing where it is taking place in the world and holds torturing states to account. As part of this fight back, we are also working to strengthen the global anti-torture sector and build a more effective popular movement against torture, including here in the UK.

WHERE TORTURE HAPPENED IN 2019



*based on Freedom from Torture's top ten countries of referral for therapy in 2019

We work to reinforce the global prohibition against torture by ensuring that the United Kingdom acts as a world leader in promoting the ban and sticks by its international obligations.

The torture ban is under direct threat, torture and impunity are rife across the globe, which continues to highlight the need and importance of our work now more than ever. There is a critical urgency for new approaches that place survivors at the heart of efforts to rebuild stronger public constituencies against torture. Through this, and with effective and targeted campaigning, we can pave the way for real change.

In 2019

We built on past success in achieving closure of torture facilities in the Democratic Republic of the Congo (DRC) by using our evidence of ongoing torture beyond the conflict zones to generate pressure on the DRC government from the UN.

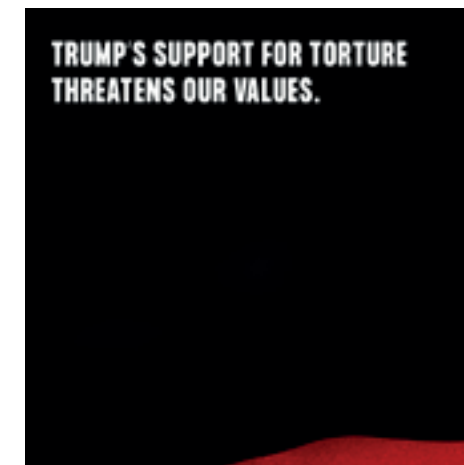
We travelled to Sri Lanka to combat disbelief among embassies about ongoing torture in the country, with the launch in Colombo of the report *Too Little Change*. Our delegation, including the head of doctors at Freedom from Torture, successfully countered misleading narratives, and highlighted ongoing problems,

including following the election of a new government in 2015.

We galvanised a debate in the anti-torture sector about the need to move beyond legalistic strategies in favour of new approaches to tackle backsliding political and public support for the torture ban, including through our December event, 'Losing the Moral

Compass: Defending the Torture Ban in a Post Truth World.'

We also laid groundwork for these new approaches, commissioning polling, publishing think pieces and building plans to begin testing new approaches to reverse backsliding public opposition to torture, especially in the UK.



A SAFE PLACE

Campaigning for a better Britain

In 2019 our core values were under threat, with extremist views becoming normalised even in the mainstream media. Leaders across the world were giving the green light to gross violations of human rights.

In response to this, we launched our #ASafePlace campaign, calling for a future in which the UK remains a place of safety for people fleeing torture and stands firm against torture across the world. Over 17,000 people including many parliamentarians have now signed our declaration, opposing torture and letting survivors know that they are welcome in the UK.



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SURVIVOR EMPOWERMENT

We put survivor empowerment at the heart of what we do

THE SERVICE USER SURVEY

Co-creating ‘Pathways’

In 2019 Freedom from Torture gathered vital feedback from our treatment clients through our first ever national Service User Survey. With an excellent 50% response rate, the results of the survey helped ensure that survivors’ wishes and needs for their treatment are at the heart of our new ‘Pathways’ rehabilitation model.

Key results for building the new ‘Pathways’ model:

- » **89%** of clients who completed the survey told us they want **individual therapy**.
- » **29%** said they want help with **physical health and physical pain**.
- » Our **Legal and Welfare and Medico-legal Report services** are in high demand.
- » Our clients’ answers about what they want from our services **remain similar** when they enter our services compared to later on in their treatment journey.

Important findings about the type of therapy survivors want:

- » **67%** want **trauma-focused therapy**, with **77%** asking for therapy that focused on **symptoms of PTSD**.
- » **69%** want therapy that focuses on **the future**.
- » **65%** of our clients wish that therapy could **be offered at the same time as legal and welfare help**.

Survivor involvement in delivering rehabilitation services

- » Ninety percent (**90%**) of clients who completed the survey said **they want to stay involved** with Freedom from Torture after finishing their rehabilitation journey. This is significant because of plans for survivors who have completed their rehabilitation journey to begin co-delivering stabilisation treatments to clients in partnership with a clinician. Over half of our clients (**55%**) **would like to attend activities run by other survivors**.

HOW SURVIVORS ACTIVELY SHAPE OUR SERVICES

Freedom from Torture recognises that torture is a tool of repression designed to silence and break resistance by making people powerless. A very real consequence of torture is that survivors feel like they will always have their voices ignored by different authorities, service providers and actors on their long journey to recover from torture.

Supporting survivors to recover their agency and participate actively in society is a crucial objective of therapy and everything else we do at Freedom from Torture. We enable survivors to help set the strategic direction and co-design, deliver and evaluate our influencing work. Fundamental to this are our Service User panels. Led by the Service User Engagement team, these panels work at the heart of the organisation's decision making, bringing their first-hand expertise and knowledge into co-designing our strategy and future services.

Our Service User Engagement team reports directly to our CEO, who also often attends Service User panel and Service User Champion meetings to hear from survivors directly. Trustees also meet with service users during their visits to our centres. This model ensures that survivors are listened to by the very top of the organisation and that their views drive changes to our services, management and overall direction.

In 2019

Our Service User Engagement team collaborated with Service User panels in all five of our clinical centres to carry out a survivor-led survey of all treatment clients. The survey is an integral part of the co-design of our new clinical 'Pathways' model for our rehabilitation service.

A current and future activity is our new power building programme. We are committed to nurturing and building power among other lived experience groups in the torture rehabilitation and refugee sectors in the UK and overseas. This includes advice, mentoring,



We enable our service users to shape relevant policies and guidance, share appropriate operational frameworks, and promote learning and collaboration to strengthen survivor-led activism.

coaching and convening these groups together to work on shifting the balance of power within these sectors to those they serve as a means of strengthening both empowerment and impact.

Freedom from Torture enables our service users to shape relevant policies and guidance, share appropriate operational frameworks, and promote learning and collaboration to strengthen survivor-led activism. By doing this we hope to contribute to good practice tools and knowledge about survivor engagement and activism, and contribute to awareness within organisations and activism groups

about the relevant theories and approaches for effective advocacy.

We also intend directly to build the skills and confidence of survivors of torture to empower them to fight torture and promote the rights of other survivors of torture in the UK and globally. To achieve this work, we use various approaches and methodologies to influence other services to champion and build robust survivor activism. In doing so, we are able to demonstrate to other organisations that involving service users is possible and beneficial.

These approaches are built upon the human rights principles of empowerment and participation; promoting methodologies that are based on learning, development and collaborative exchange.

The combination of our holistic service in conjunction with our service user engagement

and survivor activism is instrumental in providing a survivor-centric approach to rehabilitation and the global fight against torture.



The service user panels work at the heart of Freedom from Torture's decision making, bringing their first-hand expertise and knowledge into co-designing our strategy and future services.



FINDING A VOICE

The story of Survivors Speak OUT

The Survivors Speak OUT Network (SSO) started as an idea to bring torture survivors together to create a voice for survivors. Together, two former Freedom from Torture clients Kolbassia Haoussou and Serge Eric Yamou further developed the idea into a vision for a group of survivors who speak with expertise and experience on torture. Part of the vision for the group was for SSO to set its own agenda, with help and support from Freedom from Torture when needed.

Working with staff at Freedom from Torture, Kolbassia and Serge Eric put their plan in motion and the group's numbers grew.

Over the years SSO has grown into an influential network with a voice that demands to be heard by the UK government and international organisations and actors. "We are influencing policy changes. This was unthinkable five or ten years ago. I think about the way I first entered the Home Office, with my tail tucked between my legs, fearful almost in a begging position. And now we are in a position to talk with senior directors in the Home Office holding them to account."

Kolbassia was appointed a Member of the Most Excellent Order of the British Empire (MBE) in the New Year 2020 honours list. Kolbassia was honored for his long and impressive track record of helping survivors find their voice in the fight back against torture, and for his services to survivors of sexual violence in conflict through his work with the UK's Preventing Sexual Violence in Conflict Initiative (PSVI).

"We shaped the PSVI by helping to guide them towards a survivor-centred approach. In 2019 Nadine Tunasi and I were appointed the Survivor Champions for the initiative.



Over the years SSO has grown into an influential network with a voice that demands to be heard by the UK government and international organisations and actors.

We advised them that they could not do it without having a survivor-centred approach. We've used our influence to encourage them to look wider than the prevention of sexual violence and to also consider the impact it has on survivors. For example, issues like the stigma survivors face, the need for protection and for justice, and the need for rehabilitation."

HOW WE STAND TOGETHER WITH SURVIVORS

Our Survivor Activism team is made up of three groups, the Survivors Speak OUT network, Write to Life and Young Outspoken Survivors. Group members are all people who have survived torture who use campaigning and/or creative activism to fight for change.

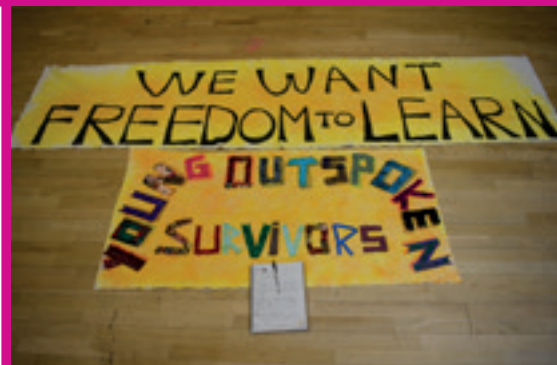
The Survivors Speak OUT network (SSO) are former service users at Freedom from Torture. They speak with authority on issues of torture and its impact, and life in the UK as asylum seekers and refugees who have survived trauma.

Survivors Speak OUT briefs governments and shadow ministers and provides evidence to parliamentary inquiries and other independent scrutiny bodies.

Survivor voices have become more and more loudly heard, as a direct result of the work of Survivors Speak OUT over the past decade. 2019 saw the network play a part in shaping and addressing many international events including:

- » in Australia at the Forum of Australian Services for Survivors of Torture and Trauma, presenting a paper and running workshops;
- » working with Medecins Sans Frontieres and others in Greece on protection and rehabilitation of torture survivors caught up in the migration crisis, an event co-designed by SSO with a group of survivors to support their participation. That has led to follow-on collaborations; and
- » speaking at high-profile international conferences, including an International Organisation for Migration conference in New York, and at high-level Wilton Park events as part of the Preventing Sexual Violence in Conflict Initiative (PSVI).

The group is also gaining more influence at the highest levels of the Home Office. This included advising the team working



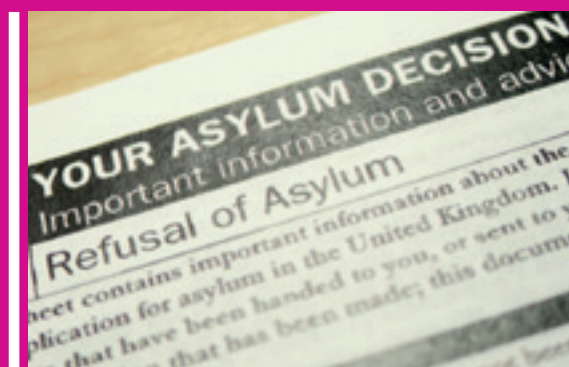
Our survivor activism groups fight for change using a mix of campaigning and creative activism.

on improving written communications with asylum seekers through workshops and ongoing advocacy, leading to concrete changes to communications. The group has also begun to engage with senior officials in relation to asylum reform and is helping the Home Office to improve engagement with groups with lived experience in relation to asylum policy formulation and service.

In recognition of the importance of the centrality of survivor voices in creating change, two members of Survivors Speak OUT, Nadine Tunasi and Kolbassia Haoussou, were appointed Survivor Champions for the Preventing Sexual Violence in Conflict Initiative (PSVI), established in 2012 by the former Foreign Office Secretary William Hague and Angelina Jolie. The UK Foreign and Commonwealth Office has stated that the roles aim to deliver impact and policy outcomes including access to holistic care for all

survivors, ending stigma and ensuring justice and greater accountability. SSO members also delivered workshops for a group of survivors from all over the world in preparation for the forthcoming international PSVI conference.

Write to Life is Freedom from Torture's creative writing group for survivors of torture. Group members use creative writing and performance to express themselves, work through traumatic memories and emotions, and to use their experiences to inform the wider world and give a voice to others left behind, or unable to speak for themselves.



SSO's engagement with the Home Office has resulted in a commitment to work together on a reform agenda for the asylum process

Young Outspoken Survivors is Freedom from Torture's new youth activism group for current and former clients who are between 16 and 25 years old. They aim to build a community and make the UK a more welcoming environment for young survivors of torture.

Both Write to Life and Young Outspoken Survivors organised a series of public events and performances, as different forms of campaigning and creative activism. Write to

Life also worked with leading comedians to explore the use of comedy in ways that could help to pave the way for change.

THANK YOU

For 30 years, Olivier was a pastor in the Democratic Republic of the Congo and courageously stood up against injustice and mistreatment of people in his country.

He was taken from his family, arrested, held in an underground prison, raped, and tortured, before escaping to the UK. Olivier's torture left him with severe psychological trauma and he was referred to Freedom from Torture. Your compassion allowed Olivier to come to terms with what happened to him and he is now feeling hopeful about the future.



"Your support is incredibly important. I never imagined that I would be here as an asylum seeker. I think people that support this organisation are helping people at a time of great stress and trauma."

- Olivier, survivor of torture from Democratic Republic of the Congo

TO OUR DONORS AND FUNDERS

Since our foundation your support has changed the lives of tens of thousands of people who have survived torture. Thank you so much for your incredible generosity last year. Your compassion allowed hundreds more survivors to receive therapy and you played an important role in a growing community that stands against torture.

TO OUR VOLUNTEERS

Freedom from Torture has over 100 volunteers working across our five centres. We simply could not function as an organisation without you. From fundraising volunteers who help us to create Christmas boxes for all of our clients, to volunteer therapists who give their time to help our clients in their rehabilitation, you are invaluable to the work we do on a daily basis. The support and expertise you bring to our organisation increases our ability to help survivors of torture.

TO OUR ACTIVISTS

Our activist and creative groups, for survivors and led by survivors, use their expert voices to raise awareness about the impact of torture and advocate for policy change. Your tireless work to raise public awareness and influence decision-makers about torture is a source of constant inspiration.

VOLUNTEER SPOTLIGHT

BRIAN FINE

Brian, once one of our lead doctors, returned as a volunteer last year, working to improve the wellbeing of our doctors on our frontline services. He could never have imagined that it would result in finding long lost relatives.



Brian could never have imagined that returning to volunteer at Freedom from Torture would result in finding long lost relatives.

"I received an email from a Freedom from Torture staff member to let me know that someone had contacted them trying to find me. The email was from someone in Israel who claimed to be a relative of mine - and they were! The relative is a historian and is researching our family. I have now re-established contact with six first cousins whom I had not seen or heard from for 55 years.

I also discovered information about almost all of my mother's very large family who had been killed in the Holocaust. Last year, I went to Israel to meet them! Most precious of all, I now have copies of three photographs of my mother's parents - I had never seen what my grandparents looked like until last year."

TIM FAIRCLOUGH

Tim has been working in our Supporter Care team over the past 8 years, answering letters and queries from supporters with care and kindness.



Tim retired from a career in the Civil Service in 2011. His wife suggested that he apply to volunteer at Freedom from Torture, as he'd supported our work for many years.

"I retired from a career in the Civil Service in 2011," says Tim. "After enjoying my new freedom for a few months, I wanted to do some voluntary work and my wife suggested that I should apply to volunteer at Freedom from Torture, whose work I'd been supporting for many years. The rest is history!

The Supporter Care team certainly has a great atmosphere.

I am always impressed by the enthusiasm and commitment of my colleagues towards their work, as well as by their friendliness and sense of humour. But perhaps they are just being polite when they laugh at my stories or attempts to be witty?!"

FUNDRAISING & DONOR ENGAGEMENT HIGHLIGHTS

2019 was another exceptional year for special events, appeals and legacy giving.

Menuhin Competition Winners Tianyou Ma and Maxim Calver joined **The Doctor's Orchestra** for our annual gala concert at Cadogan Hall, raising £40,000.

Our annual **Great Street Feast** featured dishes created by top chefs showcasing cuisine from around the world, with the highlight being delicious baked goods from survivors in the Bread Group, and a celebrity tasting panel with John Simpson, Martha Kearney and Alexei Sayle, raising £70,000.

Our **Art Auction** raised a record-breaking £165,000 thanks to support from our first ever Art Auction Committee, and a heart-warming speech from client Ronce, an artist and member of the Open Art Studio.

2019 also saw the very first **Cycle against Torture** and the many wonderful local group events supporting the ride! Moira Dunworth and Shelagh King cycled an incredible 865 miles all the way from Hastings to Edinburgh accompanied by many other cyclists across the 19 different stages of the ride. Their achievement is hard to put in words. The ride raised an astonishing £26,000 for our work with survivors of torture and has inspired so many people along the way – staff, clients, supporters, as well as members of the public who had never heard of us before. They galvanised support from celebrities, MPs, MSPs, councillors, mayors and our local groups. So many supporters put on events to coincide with the cyclists arriving and departing, and their hospitality was extremely moving and heartwarming.



Highlights of the 2019 Great Street Feast included delicious baked goods from survivors in the Bread Group, and a celebrity tasting panel with John Simpson, Martha Kearney and Alexei Sayle.

Our **Christmas appeal** raised a unparalleled £342,000 in 2019 meaning that every survivor at Freedom from Torture received a Christmas care box and all additional proceeds went to services for survivors.

2019 was an exceptional year for **legacy giving**, raising nearly £2.5 million. Our annual legacy mailing to supporters saw record results with 154 people pledging to leave a gift in their will. We also strengthened the future of the programme through a broader range of activities than ever before and implemented our first 'in memory' giving strategy.

STRATEGIC REPORT

Our core values are under threat. Extremist views are becoming normalised even in the mainstream media. Leaders across the world are giving the green light to gross violations of human rights. Torture continues to be used across the globe. International accountability mechanisms have become less effective and are losing credibility.

Public opinion and political support is moving in the wrong direction on the absolute ban on torture. Polling conducted for Freedom from Torture in 2019 shows that four in ten people in the UK question whether torture is always wrong. Worryingly, support for torture is highest among younger people.

We are on a dark path. Democracies are no longer clear allies in the fight against torture. Here in the UK, the Government persists with a culture of disbelief and the level of financial support leaves survivors in desperate poverty, whilst enduring an ever-lengthening asylum process. Almost half (45%) of refused asylum decisions are overturned on appeal, which demonstrates the scale of poor decision-making.

Our *Lessons not Learned* research report starkly outlined that the problems with decision making do not stem from lack of political will to ensure an asylum system based on a commitment to providing protection quickly to those who need it. These deep problems within the system have intensified pressures on our legal advice and medico-legal report services over the last few years.

It is vital that we continue putting pressure on both the Home Office and Ministers to act on our recommendations and fulfil their legal and moral obligations to torture survivors.

In this environment it is no surprise that our rehabilitation services were needed more than ever, with referrals to our service far outstripping our capacity. Torture survivors were vocal in expressing their view that we should be doing more to hold torturing states accountable.

We therefore spent 2019 developing a new rehabilitation model that will enable our therapy services to achieve better outcomes and help more survivors of torture. Already, the new model has

helped us to increase the number of new clients taken on for therapy in the first quarter of 2020 by 76% compared with the equivalent period for 2019.



The UK Government persists with a culture of disbelief and the level of financial support leaves survivors in desperate poverty, whilst enduring an ever-lengthening asylum process.

Our new rehabilitation model was co-designed by survivors of torture from its inception, including having survivors of torture on the project board, and the design was informed by the largest survey of service users we have ever undertaken.

This new model, offering greater survivor choice in line with human rights principles and an increased focus on evidence-based trauma therapies such as Narrative Exposure Therapy (NET), Eye Movement Desensitisation and Reprocessing (EMDR) and

trauma-focussed cognitive behavioural therapy, represents the widest ranging changes to our rehabilitation service for the past two decades.

We have been able to increase the overall spend on our clinical services whilst better resourcing our Policy and Advocacy teams, thanks to several successful restricted funding applications, including the Sigrid Rausing Trust, Open Society Foundations and the Paul Hamlyn Foundation.

This will allow us to develop new strands of work centred around survivor voices and backed by our research, utilising our unique and vast data resource from our clinical work and direct testimony collected from our clients.

However 2019 also highlighted the need to invest in our future ability to provide services at scale. Our extremely loyal supporter base is slowly diminishing, whilst many previously reliable methods of donor recruitment, such as cold mail, are no longer cost effective or scalable. Therefore, in 2019 we developed a new fundraising and engagement strategy that will see increased investment in new activities, including testing new supporter recruitment methods and a new approach to supporter engagement, over the next three years.

If successful this will ensure our sustainability and allow for the continued expansion of our services.

As with all charities offering face-to-face services, the pandemic in early 2020 has significantly impacted Freedom from Torture. However, because of agile responses from our Trustees and senior management and the commitment of our staff, we have been able to continue to provide all current service users the support they need, developing innovative changes to the way we work in response to the fast changing situation in the early weeks of the pandemic. We quickly implemented a transition to remote therapy in response to the lockdown, including providing phones and top-ups to clients who otherwise would not have been able to access services. No clients suffered an interruption to their therapy. We have also have been able to offer more financial support to the hardest hit therapy clients and other survivors of torture to help them cope with the impact of the lockdown. In some months of

the crisis, we quadrupled our expenditure on emergency relief.



We quickly implemented a transition to a move to remote therapy in response to the lockdown. No clients suffered an interruption to their therapy.

We will use learning from these adapted services, including service user feedback, to continue re-shaping our service offer in the post-COVID world.

It is still too early to be able to predict with a high level of certainty the long-term financial impact of COVID-19 on Freedom from Torture, but as our fundraising portfolio skews away from community and events fundraising we expect our income overall to remain relatively stable in comparison to many charities that receive a higher proportion of income from events and community fundraising.

We are however forecasting a reduction in income compared to pre-pandemic projections of around 5% in 2020 and a longer term income contraction of 8% and 18% per annum in 2021 and 2022. In order to ensure long-term sustainability of the charity we are closely monitoring our income and the effects of the emergency on the overall market as a basis for sound planning and budgeting.

We have reserves in place to help us to weather short-term income reductions at this scale and we are developing a financial strategy that will ensure the organisation remains fiscally stable and viable for many years to come.

PLANS FOR THE FUTURE PERIOD

In many ways 2019 was a year in which the charity built the foundations for accelerating the delivery of our strategic objectives in 2020.

We developed a new human rights-based rehabilitation model and deepened our understanding of the new approaches needed to reverse backsliding public and political support for the torture ban.

As a result 2020 will see charitable expenditure increase across all three pillars with further development of our survivor empowerment model as a central priority.

Our top priority will be the roll out of our new 'Pathways' rehabilitation model to offer more choice to survivors, improve the quality of the treatment they receive from us and increase the number of survivors we are able to help.

REHABILITATION

To help more survivors of torture in the UK realise their right to rehabilitation. We will ensure:

- » more survivors access our direct rehabilitation service year on year with clear priority placed on those who can benefit most from our holistic model;
- » there is clear evidence that our interventions lead to improved health outcomes for the torture survivors we work with.

COVID-19 Impact: Trauma-focused treatment is being interrupted while we prioritise stabilisation and crisis management and assess the safety of remote therapy. We have fortified our welfare service and increased expenditure on emergency relief to help the most vulnerable survivors cope with the crisis.

PROTECTION

To ensure survivors of torture receive effective protection and are not returned to their countries of origin to face a risk of further torture. We will ensure:

- » more survivors who need it are able to obtain expert clinical evidence of torture for their asylum claim;
- » we campaign to end the immigration detention of survivors.

COVID-19 impact: Need for physical examinations means scarring-based reports are temporarily paused but the Home Office have to place cases on hold for which we wish to produce a medico-legal report so that survivors' cases will not be prejudiced. Production of psychological reports is continuing. We are reviewing our operating model with a view to boosting access to our medico-legal report service. Our influencing work to improve the handling of survivors' asylum claims continues.

ACCOUNTABILITY

To expose torture in order to strengthen prevention efforts and secure justice and international protection for survivors. We will ensure:

- » our medical evidence and survivor voices are used to: expose torture practices in survivors' countries of origin; prevent

torture and hold torturing states accountable; and strengthen UK asylum country information and case law;

- » pioneering aspects of our torture prevention and accountability work are used to strengthen the global anti-torture movement.

COVID-19 impact: Our work to uphold the torture ban is proceeding, including survivor-led campaigning against plans to grant British soldiers impunity for torture committed abroad.

SURVIVOR EMPOWERMENT

To be a model of best practice in enabling the empowerment and agency of torture survivors. We will ensure:

- » meaningful involvement of survivors in the design, delivery and evaluation of Freedom from Torture's services so that survivor voices are heard at every stage;
- » we are recognised as a global leader in supporting survivors to fight torture and promote the rights of other survivors.

COVID-19 impact: This work continues but delivery timeframes will need to be adjusted.

FUNDRAISING & ENGAGEMENT

Freedom from Torture is resourced to deliver its strategy and has a sustainable future.

We are continuing to implement our new fundraising and engagement strategy while developing new donor recruitment channels through testing and upscaling. Our future budgeting processes will take into account risks to income and the need for sustainably resourced services in furtherance of our strategic plan.

COVID-19 impact: This work continues but the impact of lockdown and economic uncertainty are being closely monitored. Plans and budgets will be adjusted as required to

ensure the long term sustainability of the organisation.

FUNDRAISING STATEMENT

Our fundraising strategy and approaches are periodically reviewed and evaluated to ensure that the money we invest is maximising income whilst remaining true to the values of the organisation. This allows us to raise funds in an ethical way and help as many torture survivors as possible.

CALCULATING FUNDRAISING EFFICIENCY

For every £1 raised through donations, 71p is spent on supporting survivors of torture and on other essential administrative functions of the organisation. The remaining 29p is invested in fundraising the next £1.

HOW WE FUNDRAISE

All of our fundraising activities are driven by the needs of the survivors we help and are conducted with our generous supporters in mind. We ensure that we do not engage in practices that are inconsistent with Freedom from Torture's values and have established principles to maintain this. Our Supporter Promise highlights these principles and is openly available to all supporters and members of the public. It can be found here: <https://www.freedomfromtorture.org/getinvolved/supporterresources>.

To maximise the impacts of our investment in fundraising, we do sometimes work with external specialists. Before we work with any external organisations, including telephone agencies and creative and marketing organisations, we ensure they comply with our high standards and with all relevant legislation. All of our contracts with these agencies and organisations, as well as any other partners, are General Data Protection Regulation (GDPR) compliant and follow Freedom from Torture's own supporter and privacy policies.

We regularly review all partnerships, monitor their work and provide training to their staff.

We are members of the Institute of Fundraising and the Lotteries Council, are registered with the Fundraising Regulator, and abide by the Code of Fundraising Practice. We also follow all relevant legislation and best practice in the charitable sector and are fully compliant with GDPR.

The donations, engagement and involvement of supporters is vital in allowing us to help survivors of torture. Without this, we simply wouldn't be able to do the life changing work that we do. Our dedicated supporter care team is available every week day and aims to respond to all questions, concerns or complaints within 5 working days. They can be contacted on info@freedomfromtorture.org or by phoning 020 7697 7788.

FINANCIAL REVIEW

The financial results for the year are set out in the Statement of Financial Activities. Overall, 2019 was a good year financially with income reaching £9.99m, up by £478k (5%) from 2018. Freedom from Torture saw income grow for the third straight year in 2019, with increases in donations and legacies, trusts and foundations and major donors.

Expenditure was within budget with no major unforeseen cost pressures impacting delivery of our services.

INCOME

Income from legacies increased by £215k (10%) compared to 2018. This continues the growth in this area over recent years, with a strong pipeline of notifications. At the end of 2019 we had legacy income not yet received of over £1.3m, much of which we expect to receive in the coming 12 months. Grants from Trust & Foundations increased by £186k (19%), thanks in part to some large donations from Sigrid Rausing Trust (who recently renewed funding for 2020), The Tolkien Trust and Open Society Foundation.

We saw a very small drop in our largest income channel, committed gifts through direct debits and standing orders. Although small,

this represents a reduction in the number of committed givers. There has been a decline for a few years, which while very slow is an area that our fundraising strategy, developed in 2019, aims to reverse over the next two to three years.

COVID 19 INCOME UPDATE

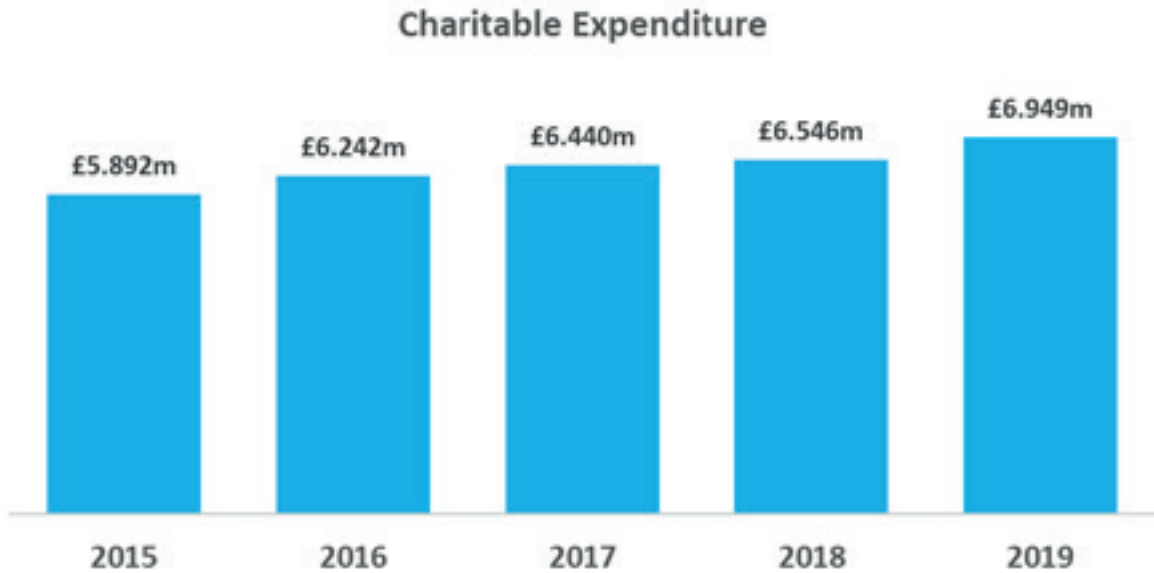
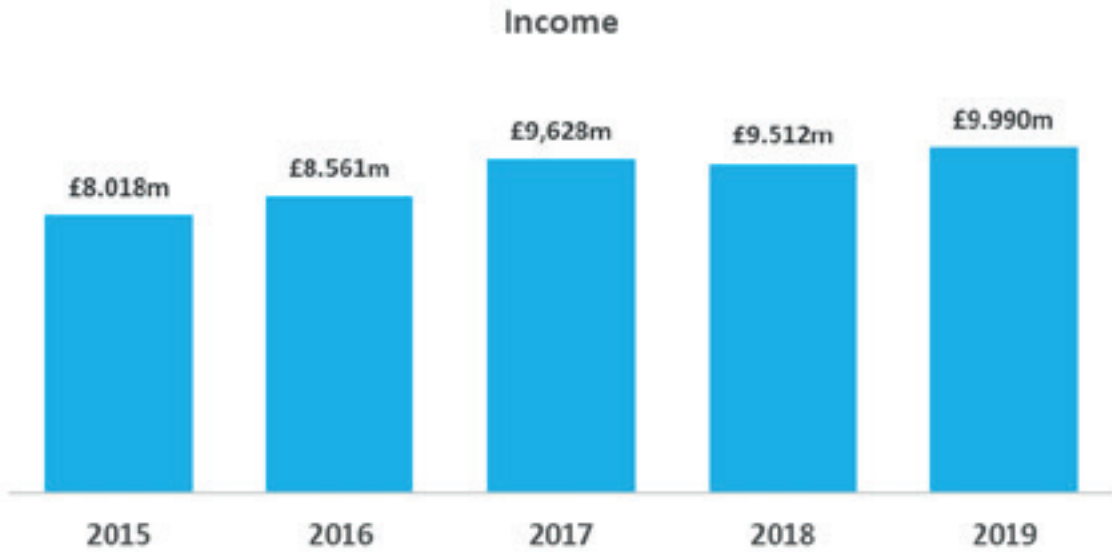
In the first four months of 2020 our income has remained stable, thanks in part to a tremendous response to a COVID 19 Emergency Relief appeal.

We have not, at time of writing, seen an increase in donor attrition rates although it is still early in the pandemic. Based on an early analysis, we have revised down the projected income growth for 2020 to 2022 and we will be revising this on a monthly basis from now on.

We have no doubt that the organisation will still generate substantial income from its strong and diverse income channels. We are actively testing new fundraising streams and platforms in particular in donor recruitment and this will continue throughout 2020 and beyond.

EXPENDITURE

We have been able to deliver consistent and sustainable increases in charitable expenditure



throughout the last five years. Expenditure on delivering and supporting our services increased in 2019 by £404k (5.2%) with increases in expenditure in our core service delivery areas medical, therapy, casework and human rights work by seeing increases of over £200k compared to 2018.

Expenditure on raising funds in 2019 also increased, reflecting our commitment to develop sustainable income streams to safeguard our future services and to enable them to grow.

FIXED ASSETS

Total capital expenditure, including intangible assets, was £240k. The majority of the expenditure was on replacement of outdated ICT equipment and the refurbishment of some of our fixtures and fittings.

SUMMARY

Freedom from Torture finished 2019 in a good position financially, with a healthy general reserve. We increased investment in developing new income channels. We were able to continue increasing expenditure on our much-needed services. We continue to be committed to ensuring financial stability alongside long-term sustainable growth.

RESERVES AND INVESTMENT POLICY

It is the policy of the Trustees to maintain general reserve equivalent to two to four months direct charitable expenditure, which equates to £1.2m and £2.3m. The general reserve serves two main purposes:

- » to make up for any shortfall in budgeted income in a particular year; and
- » to cover any unbudgeted expenditure which may become necessary.

The policy is designed to ensure that Freedom from Torture can meet these two eventualities in any financial year without immediately having to cut back services. In the event of unforeseen loss of budgeted income or increased expenditure, it gives Freedom from Torture a period in which to seek to remedy the situation by securing additional funds and, only if this should not be possible, to plan an orderly reduction of expenditure commitments. The policy is reviewed annually by our Finance & Fundraising Committee.

GENERAL RESERVE

Freedom from Torture's main source of income is donations from the general public. The level of income from this source can fluctuate in any given financial year. While every effort is made to have realistic income forecasts the charity

General Reserves



retains adequate levels of general reserves to cover potential income shortfalls. The level of general reserves is set by identifying the potential risk and level of shortfall for all of our main income streams. This is done by looking at historical fluctuations, type of income and level expected in the financial year. The potential risks for each income stream are added together to make a “worst case” scenario and the general reserves level is set to cover this scenario. In addition, the level of general reserve retained will cover the period during which any major shortfall of income would be identified and the appropriate action required is agreed and implemented.

The Trustees have designated funds which include a fixed assets reserve, long term donation, major building repairs and working capital reserve.

The level of our general reserve has remained very stable over the last five years. The organisation ended the year with a general reserve of £2.015 million, which is comfortably within the limits specified in our reserves policy. These reserves coupled with strong income and control of expenditure are ensuring that services and operations are being maintained during the COVID 19 lockdown and economic downturn. Trustees and the Senior Management Team will ensure that the general reserve is only utilised if required to protect short-term delivery of services. Should income reduce as a result of the pandemic, measures will be implemented as required to ensure that the general reserve is

managed safely and maintained or replenished to safe levels as quickly as possible.

RESTRICTED FUNDS

These relate to income the use of which has been restricted to specific areas of our services. They include donations from trusts and foundations and grants from public bodies towards the costs of projects or specific lines of expenditure. Trustees expect to use the funds held at the end of 2019 during the next financial year.

DESIGNATED FUNDS

The Board has established designated funds, i.e, funds which are not restricted but which are not available to fund day-to-day expenditures, as detailed on page 41, for fixed assets, major building repairs, working capital and a long-term donation.

INVESTMENT POLICY

The Trustees consider that it is not prudent to invest any of the reserves long term. The investment policy is to obtain the best rate of interest taking into account counter-party risk and liquidity.

Fund	Total
Designated Funds	£6,081,174
General Reserve	£2,014,802
Restricted Funds	£879,100
Total Funds	£8,975,076

Designated Funds	Designation	Use of fund	Value at Year-end
Fixed Assets Reserve	Property (two buildings owned by the charity, used as clinical centres) & IT equipment, furniture, fixtures & fittings etc.	This represents the extent to which unrestricted funds are tied up in the organisation's property and other fixed assets. The year-end balance is equal to the book value of the fixed assets less any amount that is funded by loans.	£3,743,064
Long-term Donation	Gift given to the charity. Donor expressed a wish that the donation be invested and the proceeds be used for psychotherapy.	Trustees have authority to use this fund as they see fit. In 2020 it was decided that the fund would be used to fund an increase in donor recruitment. It is intended to use the fund in 2020 and 2021 and then replenish it over the following 10 years, including the likely interest it would have earned.	£526,812
Major Building Repairs	Fund to cover any large-scale repairs or refurbishments to property owned by the charity. Current policy is to place £40k a year into the fund.	Trustees believe that this decision is in the best interests of the organisation's long-term capacity to deliver and expand its services. This fund was not used in 2019. Trustees have received professional advice on the likely repairs and replacement costs over the next 24 years for the main building the charity owns. This shows that the current fund, plus current rate of investment, should cover expected needs over the medium to long term.	£532,400
Working Capital Reserve	Fund to cover working capital needs. Level of fund required is calculated as Current Assets, excluding Bank and cash, less Creditors.	Represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).	£1,278,898
TOTAL			£6,081,174

RISK MANAGEMENT

We take a robust approach to identifying, monitoring and actively managing risks facing Freedom from Torture. Consideration of risk is streamed into all of our senior management meetings and we use a risk register to capture and manage the most important risks. Our risk management encompasses and differentiates between strategic and operational risks.

The register is formally reviewed and updated every month by the Senior Management Team. At every Board of Trustees meeting the register is reviewed and feedback is used to ensure we continue to identify and have the most effective mitigation plans and strategies in place. Many actions to reduce risk and to mitigate against its effects have been implemented.

SUMMARY OF OUR TOP FIVE RISKS

Risk 1

A client, staff member or volunteer contracts and dies of COVID-19.

Mitigation includes: All but critical staff working from home; scenario planning; risk assessments and action planning for each centre; PPE for staff; signage for all centres regarding: distancing, hand washing etc.; perspex screens and other protective furniture for all reception areas; and installation of further facilities for alternative ways of getting to work (e.g. bike racks).

Risk 2

A treatment client of Freedom from Torture harms or kills themselves, or another person, or commits other serious crime.

Mitigation includes: Scheduled risk assessments for all treatment clients, with consideration of interagency contacts; major incident response plan in place; suite of

relevant policies agreed; risk management and suicide prevention training for all clinicians.

Risk 3

A preventable removal of a treatment client with protection needs to a country where they were tortured.

Mitigation includes: Risk of removal is included in all regular risk assessments for all treatment clients; removals prevention protocol in place; all “appeal rights exhausted” treatment clients cases reviewed by specialist in-house Legal and Welfare Service.

Risk 4

Clinical services not developing in line with the external evidence base, leading to risk of service users not being able to access rehabilitation through effective service delivery.

Mitigation includes: Annual audit of all client service areas by internal quality assurance system, carried out by peer review and service users; case management supervision reports highlighting clients at high risk produced weekly; new clinical pathways model successfully piloted during 2018 for roll out during 2019.

Risk 5

Failure to raise adequate funds to enable us to deliver our strategic plans.

Mitigation includes: Increased investment in Fundraising and Communications to protect and develop our long-term income streams; launch of a brand review to raise profile; piloting several new fundraising initiatives; funding agreed to roll out new initiatives, once viability confirmed, fundraising and engagement working group set up to monitor delivery of new strategic approach.

ORGANISATIONAL STRUCTURE

STRUCTURE, GOVERNANCE AND MANAGEMENT

Freedom from Torture is legally constituted as a company limited by guarantee, registered as Medical Foundation for the Care of Victims of Torture since 1985. The organisation changed its legal name to Freedom from Torture on 28th February 2020.

Our governing instruments are the memorandum and articles of association. We are registered with both the Charity Commission and the Office of the Scottish Charity Regulator. Our only subsidiary, Survivors Trading Limited, is dormant and has no significant assets or liabilities.

REMUNERATION POLICY

The remuneration of the key management post holders, who consist of the individuals disclosed in note 7 to the financial statements on page 65 has been established in accordance with market rates, taking into account the level of expertise, experience and skills required to fulfil the roles successfully. Our general staff remuneration policy is being reviewed and it is currently planned that changes will be implemented in 2021.

ORGANISATIONAL STRUCTURE

In March 2018, Freedom from Torture adopted the Charity Governance Code to continue to drive forward improvements in its governance. We will endeavour to apply the best practice as set out in the Code during 2020.

The governing body is the Board of Trustees (the Board) which met four times in 2019. The Trustees are also Directors of the company. During 2019 the following three standing

Committees of the Board, each consisting of a number of Trustees met during the year: Finance & Fundraising (4 meetings), Clinical and Legal Governance (4 meetings) and Policy and Advocacy (2 meetings).

In 2019, we carried out a governance review to ensure our structures, systems and processes were appropriate and enabled our organisation to improve transparency and delivered greater public benefit. The recommendations of the review are currently being considered by the Board.

The Board received reports from the Chief Executive, members of the Senior Management Team and the Board Committees covering the financial situation and the work of all departments, noting significant developments in our work and in the environment in which we operate.

The Board includes senior professionals in key disciplines relevant to the management of the organisation: human rights, medicine, mental health, law, policy, finance, accountancy, governance, child protection, fundraising, and communications who are able to appreciate and assess the risks in their respective fields. We are also proud to have a Trustee with lived experience of torture who is a former service user. We have internal controls in place to mitigate identified risks in compliance with Charity Commission guidelines.

New Trustees are appointed by the Board when the need arises to replace leavers and strengthen particular core competencies against a skills audit. Recruitment of new Trustees is through an open process with vacancies advertised on various websites and applications are particularly encouraged from former service users with expertise in the

fields sought. The term of office is three years, after which a Trustee may be re appointed for up to a maximum of two terms. In exceptional circumstances, the Board of Trustees has the power to permit two Trustees to serve two years beyond a third term if the Board of Trustees considers it in the best interests of the Charity.

New Trustees receive a comprehensive induction covering the organisation's mission, activities, strategy and finances and about their own responsibilities. The Board approves the strategy, annual budgets and major investments alongside receiving quarterly management accounts and assessing overall performance. The Senior Management Team has delegated responsibility for operational management of the charity taking day to day decisions in the interest of the charity. Away days are held to review longer term strategic issues. Details of changes to Trustees during the year are on page 56.

Chair of Freedom from Torture is Susan Berelowitz who was elected in October 2017. Sonya Sceats has been the Chief Executive since March 2018.

Clinical services (including medical, psychotherapeutic & social work) are provided through our centres in England (London and South East, North West, North East and West Midlands) and Scotland. We deliver one to one, group and family rehabilitation to survivors of torture and produce forensic medico-legal reports. Our clinical services directorate also provides training and capacity building services to external partners and organisations involved in the welfare of survivors of torture including NGOs and statutory services, the legal sector and immigration judiciary as well as relevant Home Office teams.

Clinical Services also deliver outreach work which includes psychotherapy, legal and welfare casework provided in outreach centres.

We employed an average of 183 people during

the year and the organisation was fortunate to have the services of 107 part-time volunteers. Most worked in the area of medical, therapeutic and casework services in our five clinical centres.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees (who are also directors of Freedom from Torture for the purposes of company law) are responsible for preparing the Trustees' Report, Strategic Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- » select suitable accounting policies and then apply them consistently;
- » observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- » make judgments and estimates that are reasonable and prudent;
- » state whether applicable UK Accounting Standards including FRS 102 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 in business.

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, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulations 2014.

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

In so far as the Trustees are aware:

- » there is no relevant audit information of which the charitable company's auditor is unaware; and
- » the Trustees have taken all steps that they ought to have taken 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 Trustees' Annual Report is approved by the Trustees of the Charity.

The Strategic Report, which forms part of the Annual Report, is approved by the Trustees in their capacity as directors in company law of the charity.

Signed on their behalf by:



Sue Berelowitz
Chair, Freedom from Torture
Approved on 6 October 2020

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF FREEDOM FROM TORTURE

We have audited the financial statements of Freedom from Torture for the year ended 31 December 2019 which comprise the Statement of Financial Activities (incorporating Income and Expenditure Account), the Balance Sheet, the Statement of Cash Flows, and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including FRS 102 'The Financial Reporting Standard Applicable in the UK and Ireland'.

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 2019 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; and
- » have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act.

BASIS OF 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 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 RELATED 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 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.

OTHER INFORMATION

The other information comprises the information included in the 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 strategic report and the Trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- » the strategic report and the Trustees' annual report have been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE PERMITTED TO REPORT BY EXCEPTION

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

We have nothing to report in respect of the following matters where the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require 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.

RESPONSIBILITIES OF TRUSTEES

As explained more fully in the Trustees' responsibilities statement set out on pages 47 and 48, 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

We have been appointed as auditor under Section 44(1) (c) of the Charities and Trustee Investment (Scotland) Act 2005, the Companies Act 2006 and Section 151 of the Charities Act 2011 and report to you in accordance with regulations made under those Acts.

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 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 judgement 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 purposes of expressing an opinion on the effectiveness of the charitable company'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 charitable company'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 charitable company to cease to continue as a going concern.

- » 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; and to the charity’s Trustees, as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, and in respect of the consolidated financial statements, in accordance with Chapter 3 of Part 8 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the company’s members those matters by law, we do not accept or assume responsibility to any party other than the charitable company and charitable we are required to state to them in an auditor’s report and for no other purpose. To the fullest extent permitted company’s members as a body, for our audit work, for this report, or for the opinions we have formed.

Moore Kingston Smith LLP

Luke Holt

Senior Statutory Auditor

For and on behalf of Moore Kingston Smith LLP, Statutory Auditor

Devonshire House
60 Goswell Road
London EC1M 7AD

Moore Kingston Smith LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

Approved on 6 October 2020

FINANCIAL STATEMENTS

Statement of financial activities

Incorporating Income and Expenditure Account for the year ended 31 December 2019

		Unrestricted funds	Restricted funds	Total funds 2019	Total funds 2018
	Notes	£	£	£	£
Income from:					
Donations and legacies	2	7,769,572	895,859	8,665,431	8,362,151
Charitable activities	4	337,213	563,604	900,817	825,192
Other trading activities (incl. fundraising)	3	400,741	-	400,741	303,824
Investments		23,278	-	23,278	20,649
Total		8,530,804	1,459,463	9,990,267	9,511,816
Expenditure on:					
Raising funds	5	2,794,274	-	2,794,274	2,405,492
Charitable activities		5,594,735	1,354,601	6,949,336	6,545,820
Total	6	8,389,009	1,354,601	9,743,610	8,951,312
Net gains/ (losses) on investments	9	1,066	-	1,066	(90)
Net income		142,861	104,862	247,723	560,414
Net movements in funds		142,861	104,862	247,723	560,414
Reconciliation of funds:					
Total funds brought forward		7,953,115	774,238	8,727,353	8,166,939
Total funds carried forward		8,095,976	879,100	8,975,076	8,727,353

The accompanying notes are an integral part of these financial statements.

In the current and previous year the only restricted income was included in Donations and legacies and Charitable activities (see Notes 2 and 4); the only restricted expenditure was included in Charitable activities (see Note 6).

Balance Sheet as at 31 December 2019

(Company limited by guarantee - registered no. 2398586)

	Notes	2019 £	2018 £
Fixed Assets			
Tangible assets	8	4,468,811	4,531,729
Intangible assets	8	24,566	19,666
Investments	9	17,171	16,105
		4,510,548	4,567,500
Current Assets			
Debtors	10	1,911,658	1,749,821
Short-term deposits		1,211,815	1,800,000
Cash at hand and in bank		2,390,512	1,641,615
		5,513,985	5,191,436
Creditors: amounts falling due within one year	11	(732,934)	(614,719)
Net current assets		4,781,051	4,576,717
Total assets less current liabilities		9,291,599	9,144,217
Creditors: amounts falling due after one year	12	(316,522)	(416,863)
Net assets		8,975,076	8,727,353
Funds	14		
Unrestricted funds:			
Designated funds		6,081,174	5,944,937
General reserve		2,014,802	2,008,178
		8,095,976	7,953,115
Restricted income funds:		879,100	774,238
		8,975,076	8,727,353

The accompanying notes are an integral part of these financial statements.

The accounts were approved and authorised for issue by the Board of Trustees on 6 October 2020 and signed on its behalf by:



Andrew Farrell, Treasurer

Cash flow statement for the year ended 31 December 2019

	2019 £	2018 £
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	482,649	461,789
Cash flows from investing activities:		
Dividends and interest from investments	23,278	20,649
Purchase of property, plant and equipment	(239,575)	(149,181)
Net cash (used in)/provided by investing activities	(216,297)	(128,532)
Cash flows from financing activities:		
Repayments of borrowing	(96,882)	(94,685)
Interest paid	(8,749)	(9,541)
Net cash (used in)/provided by financing activities	(105,631)	(104,226)
Change in cash and cash equivalents in the reporting period	160,712	229,024
Cash and cash equivalents at the beginning of the reporting period	3,441,615	3,212,591
Cash and cash equivalents at the end of the reporting period	3,602,327	3,441,615

Reconciliation of net income/ (expenditure) to net cash flow from operating activities

	2019 £	2018 £
Net income / (expenditure)	247,723	560,414
Adjustments for:		
Depreciation charges	280,172	236,879
Amortisation charges	17,420	16,484
Dividends and interest from investments	(23,278)	(20,649)
Loss/(profit) on the sale of fixed assets	-	-
Interest paid	8,749	9,541
(Gains)/Losses on investments	(1,066)	90
(Increase)/decrease in debtors	(161,837)	(408,716)
Increase in creditors	114,766	67,746
Net cash provided by/(used in) operating activities	482,649	461,789
Analysis of cash and cash equivalents		
Cash in hand	2,390,512	1,641,615
Notice deposits (less than 30 days)	1,211,815	1,800,000
	3,602,327	3,441,615

The accompanying notes are an integral part of these accounts.

Notes to the financial statements for the year ended 31 December 2019

1. ACCOUNTING POLICIES

General information and basis of preparation:

Freedom from Torture is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 74 of these financial statements. The nature of the charity's operations and principal activities are included in the Trustees' Report.

The functional currency used to prepare the financial statements was Sterling and rounded to the nearest £.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, as updated through Update Bulletin 1 published on 2 February 2016 and Update Bulletin 2 published on 5 October 2018, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment (No.2) Regulation 2014 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

The financial statements do not consolidate the income, expenditure, assets or liabilities of the trading company as disclosed in note 9 due to their immateriality.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Going concern

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cause significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries in particular about the potential impact of the Covid-19 on income generation and operations, the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Should the impact of Covid-19 require a reduction in expenditure or implementation of new ways of working, Trustees are confident management will be able to develop and

implement plans to achieve this. Trustees are also sure that Freedom from torture has sufficient General Reserves to enable time for plans to be developed and implemented in a strategic and timely way, ensuring long-term financial stability.

Tangible and intangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently at cost less depreciation and any impairment losses. Depreciation is provided at rates per annum calculated to write off the cost or valuation of each asset over its useful life, as follows:

Freehold land	0%
Freehold buildings	2%
Long leasehold building	2%
Computer equipment	25%
Database software	20%
Furniture, fixture and fitting	25%

The depreciation rates above reflect the duration that assets retain a value to the organisation.

Intangible assets are amortised over their expected useful life, as follows:

Software	20%
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Investments

Listed investments are initially measured at cost and subsequently measured at fair value. Changes in fair value and gain and losses arising on disposal of investment are reflected in the Statement of Financial Activities at the balance sheet date. Investments in subsidiaries are stated at cost less any provision for impairment.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short- term liquid investments with original maturities of three months or less.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this

Notes to the financial statements for the year ended 31 December 2019

requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Report.

For legacies, entitlement arises when the charity is aware that probate has been granted. Receipt is normally probable when the executors have established that there are sufficient assets in the estate. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Expenditure

Direct charitable expenditure is analysed under four broad activity headings: medical/therapeutic/casework; education, training and information; human rights work; and relief grants for individuals and families. Under each of these headings is included staff costs directly attributed to each activity, interpreting costs where appropriate, specific project costs and an allocation of shared costs such as premises and telephone usage on the basis of the staff time spent on each activity. Cost of generating funds includes direct expenditure incurred in relation to fundraising campaigns and events, staff costs directly attributed to this activity and shared costs which are allocated as above. Support costs represent those functions which are wholly or mainly in support of the above activities including senior management, human resources and financial administration. Governance includes only those costs associated with maintaining the charity as a legal, rather than an operational entity. See note 6.

Grants payable are payments made to third parties in furtherance of the Charity's objectives. Unconditional grant offers are accrued in full once the recipient has been advised of the grant award and the payment is probable. Where grant awards are subject to performance conditions that are outside of the control of the Charity these are accrued when the recipients has been notified of the grant award.

Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation

are included in the Statement of Financial Activities for the period.

Operating leases

The rentals paid on operating leases are charged to expenditure on a straight line basis over the term of the lease.

Pension cost

The charity provides a defined contribution pension scheme for its employees and contributions payable for the year are charged to the Statement of Financial Activities.

Funds

Unrestricted funds are available for use at the discretion of the Trustees, in furtherance of the general charitable objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out on page 41. The General Reserve is the balance of unrestricted funds not designated by the Trustees. Restricted funds are funds, the use of which is subject to specific conditions imposed by the donors or as specified in an appeal to donors.

Critical accounting estimates and areas of judgement

In preparing the financial statements it is necessary to make certain judgements, estimates and assumptions that effect the amounts recognised in the financial statements. In the view of the Trustees, judgements, estimates and assumptions that had the most significant affect included legacy income recognition and depreciation, as per the accounting policies previously disclosed.

Notes to the financial statements for the year ended 31 December 2019

2. DONATIONS AND LEGACIES

	2019	2019	2019
	Unrestricted	Restricted	Total
	funds	funds	funds
	£	£	£
Trusts & foundations	320,063	843,712	1,163,775
Companies	11,237	-	11,237
Individuals:			
Committed donations (excluding Gift Aid)	2,364,049	-	2,364,049
Major donations (excluding Gift Aid)	808,141	5,000	813,141
Other donations (excluding Gift Aid)	1,106,228	47,147	1,153,375
Gift aid tax claimable	772,901	-	772,901
Legacies	2,386,953	-	2,386,953
Total	7,769,572	895,859	8,665,431

	2018	2018	2018
	Unrestricted	Restricted	Total
	funds	funds	funds
	£	£	£
Trusts & foundations	359,853	617,575	977,428
Companies	24,449	-	24,449
Individuals:			
Committed donations (excluding Gift Aid)	2,392,712	-	2,392,712
Major donations (excluding Gift Aid)	615,254	57,000	672,254
Other donations (excluding Gift Aid)	1,260,477	44,042	1,304,519
Gift aid tax claimable	819,190	-	819,190
Legacies	2,171,599	-	2,171,599
Total	7,643,534	718,617	8,362,151

Notes to the financial statements for the year ended 31 December 2019

Income from trusts and foundations included the following:

Donor	Purpose	£
Breadsticks Foundation	North West Centre: Therapy and Training	150,000
Sigrid Rausing Trust	Human Rights work	120,000
The Tolkein Trust	Medico-Legal work	100,000
Open Society Foundation	Human Rights work	96,026
BBC Children in Need	London Centre: Children, Young People and Families	72,000
Esmée Fairbairn Foundation	London: Survivors Speak Out & Youth Voices	45,000
Gwyneth Forrester Trust	London Centre: Children, Young People and Families	30,000
Trust for London	UK Policy Work including Survivor Activism	30,000
Edwin Coe LLP anonymous trust	North West Centre and family therapy	25,000
RS Macdonald Charitable Trust	Scotland centre: Children and Young People	20,000
Rayne Foundation	North West Centre: Children and Young People	20,000
The Stanley Thomas Johnson Foundation	London centre: Music and Art Therapy with Young Survivors	19,994
The Fresh Leaf Charitable Foundation	London centre: Children and Young People	19,403
The Allan & Nesta Ferguson Charitable Trust	Human rights work	15,000
Philip King Charitable Trust	Legal Advice and Welfare Service	15,000
The Evan Cornish Foundation	Yorkshire and Humberside	11,000
David Family Foundation	London Centre: Children and Young People Therapy	10,000
Steel Charitable Trust	Child psychotherapy	10,000
BBC Children In Need	Scotland Children and Young People	10,000
Barrow & Cadbury Trust	UK Policy work and Survivors Speak Out	10,000
Zephyr Charitable Trust	Training and Capacity Building	10,000
The Volant Trust	Scotland Centre: Supporting Women and Girls	10,000
The Three Oaks Trust	West Midlands Centre: Interpreting costs	10,000
Unbound Philanthropy grant	Standards of Proof Project Policy Work	9,562
The Delves Charitable Trust	Social casework	8,000
Patrick and Helena Frost Foundation	Write to Life	8,000
The Pixel Fund	Child psychotherapy	5,000
The DG Charitable Settlement	Scotland Centre:Therapeutic Support	5,000
Barbour Foundation	North East Centre: Core Support	5,000
Persula Foundation	London Centre: Write to Life	5,000
Beatrice Laing Trust	London Centre: Gardening Project	5,000
Chrysalis Trust	North East Centre: Core Support	4,000
Comic Relief	London Centre: Unaccompanied Young People	3,927
GMC Trust	West Midlands Centre	3,000
The Eveson Charitable Trust	West Midlands Group Therapy & Activities	3,000
Miss KM Harbinson Charitable Trust	Scotland Centre:Therapeutic Support	2,600
The Irving Memorial Trust	Child psychotherapy	2,500
The Ericson Trust	London Centre: Children, young people and families	2,000
Constance Paterson Charitable Foundation	Child psychotherapy	2,000
Homelands Chartitable Trust	London Centre: Children, Young People and Families	2,000
Mickel Fund	Scotland Centre: Client Travel and Relief Costs	2,000
The Hugh Fraser Foundation	Scotland Centre: Client Support	2,000
Duchy of Lancaster Ben Fund	North West centre: Client Travel and Relief Costs	2,000
The Hospital Saturday Fund	Pain Management	2,000
Sabina Sutherland Charitable Trust	Relief Fund	2,000

Notes to the financial statements for the year ended 31 December 2019

JTH Charitable Trust	Scotland Centre: Therapeutic Support	1,000
Richard Kilcuppe's Charity	West Midlands centre	500
Gowling WLG (UK) Charitable Trust	West Midlands centre	500
The Inchcape Foundation	Scotland Centre: Therapeutic Support	500
The Hadrian Trust	North East Centre: Therapeutic Support	500
Stella Symons Charitable Trust	West Midlands centre	250
Emmous Mossley	North West Centre: Client Travel and Relief Costs	250
The Westward Trust	West Midlands centre	200

At the end of 2019 there were 20 open residuary legacies with an estimated total value of £275,326 which had not met the conditions for recognition as income during the year (2018 - 59 open residuary legacies with an estimated total value of £1,335,502). In addition, there are 5 estates with an estimated total value of £36,765 which will be released on the expiration of life trusts.

Notes to the financial statements for the year ended 31 December 2019

3. OTHER TRADING ACTIVITIES (INCL. FUNDRAISING)

	2019	2018
	£	£
Raffles	122,990	146,717
Fundraising events	244,423	119,227
Christmas cards	17,201	22,183
Sundry	16,127	15,697
	400,741	303,824

4. INCOME FROM CHARITABLE ACTIVITIES

	2019	2019	2019
2019	Unrestricted	Restricted	Total
	funds	funds	funds
	£	£	£
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	385,194	385,194
Scottish Government	-	35,000	35,000
Others	1,270	143,410	144,680
Sub-total government and public bodies	1,270	563,604	564,874
Fees for medico-legal reports	321,536	-	321,536
Training fees	14,407	-	14,407
Total	337,213	563,604	900,817

2018	2018	2018	2018
	Unrestricted	Restricted	Total
	funds	funds	funds
	£	£	£
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	392,507	392,507
Scottish Government	-	60,000	60,000
Others	-	19,800	19,800
Sub-total government and public bodies	-	472,307	472,307
Fees for medico-legal reports	318,763	-	318,763
Training fees	34,122	-	34,122
Total	352,885	472,307	825,192

There are no known unfulfilled conditions, or contingencies attached to the income recognised in respect of government grants.

The income shown above is comprised of the total funds received as adjusted for the movement in debtors.

Notes to the financial statements for the year ended 31 December 2019

Freedom from Torture was grateful to receive five grants from the National Lottery Community Fund in 2019 as follows:

	Restricted Funds £
Helping Adult Torture Survivors Recover to Rebuild Their Lives Manchester: ID 10259774	90,490
Holistic Rehabilitation to help Survivors of Torture Rebuild their Lives Birmingham ID 0010286404	90,989
Helping Survivors of Torture Improve Connectivity and Relationships to Enhance their Lives	10,000
Healing Neighbourhoods Scotland – Integrating Survivors of Torture ID 0010295140	111,447
Holistic Support for Torture Survivors London ID 0010249444	82,268
	385,194

The grants above contributed to integration of torture survivors into the community in Scotand, adult therapy in London, North West and West Midlands

These funds are included as part of the relevant restricted funds in Note 14.

Notes to the financial statements for the year ended 31 December 2019

5. COST OF RAISING FUNDS

	2019 £	2018 £
Direct Marketing	1,623,922	1,317,455
Legacies	117,196	105,162
Trusts and Corporate	197,724	261,036
Events	154,348	120,456
Local Groups	72,355	61,869
Community	112,647	76,706
Major Donors	260,095	268,067
Grants	138,201	116,598
Cost of raising voluntary income	2,676,488	2,327,349
Cost of activities for generating funds	117,786	78,143
Total cost of raising funds	2,794,274	2,405,492

6. ANALYSIS OF TOTAL EXPENDITURE

2019	Staff costs £	Other direct costs £	Support costs £	Total 2019 £
Raising funds:				
Donations and legacies	928,171	1,316,634	431,683	2,676,488
Trading activities	29,364	73,282	15,140	117,786
	957,535	1,389,916	446,823	2,794,274
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,388,722	231,629	1,217,869	4,838,220
Education/training/information	441,476	42,710	188,038	672,224
Human rights work	734,027	206,757	287,452	1,228,236
Relief grants	11,735	194,587	4,334	210,656
	4,575,960	675,683	1,697,693	6,949,336
Support costs	689,965	1,454,552	(2,144,517)	-
Total expenditure	6,223,460	3,520,151	-	9,743,610

Notes to the financial statements for the year ended 31 December 2019

2018	Staff costs £	direct costs £	Support costs £	Total 2018 £
Raising funds:				
Donations and legacies	903,399	1,007,238	416,712	2,327,349
Trading activities	37,425	22,325	18,393	78,143
	940,824	1,029,563	435,105	2,405,492
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,247,274	205,693	1,151,553	4,604,520
Education/training/information	501,114	39,422	206,036	746,572
Human rights work	605,031	182,230	226,348	1,013,609
Relief grants	9,982	167,855	3,282	181,119
	4,363,401	595,200	1,587,218	6,545,819
Support costs	669,690	1,352,634	(2,022,324)	-
Total resources expended	5,973,915	2,977,396	-	8,951,312

All expenditure on raising funds was unrestricted (2018 – the same); of the charitable activities expenditure £5,594,735 was unrestricted (2018 - £5,445,763) and £1,354,601 was restricted (2018 - £1,100,057).

Relief grants include £194,587 (2018 - £167,855) given to individuals and families. Of this, £151,189 provided approximately 14,000 small grants to pay clients' fares in order that they could attend sessions at our clinical centres and £43,398 provided approximately 1,015 larger grants, mainly in respect of subsistence to clients unable to access state support, rehabilitation and holidays hosted by supporters of Freedom from Torture.

Net incoming resources are stated after charging:

	Total 2019 £	Total 2018 £
Auditor's remuneration:		
Audit fee - statutory accounts	10,750	10,445
Audit fee - non audit services	895	845
Operating lease rentals - Land and buildings	128,550	93,704

Notes to the financial statements for the year ended 31 December 2019

Support costs represent premises and other overhead costs which cannot be directly attributed to departments and projects. The allocation of support costs in the above table is as follows:

	Premises/phone furniture/post equipment/print £	Governance £	Financial administration £	Senior management £	HR & staff training £	2019 Total allocated £
Raising funds:						
Donations and legacies	212,713	8,323	87,170	45,414	78,062	431,682
Trading activities	7,460	292	3,057	1,593	2,738	15,140
	220,173	8,615	90,227	47,007	80,800	446,822
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/casework	600,111	23,481	245,925	128,122	220,230	1,217,869
Education/training/information	92,656	3,626	37,971	19,782	34,003	188,038
Human rights work	141,644	5,542	58,045	30,241	51,981	287,453
Relief grants	2,136	84	875	456	784	4,335
	836,547	32,733	342,816	178,601	306,998	1,697,695
Total	1,056,720	41,348	433,043	225,608	387,798	2,144,517

	Premises/phone furniture/post equipment/print £	Governance £	Financial administration £	Senior management £	HR & staff training £	2018 Total allocated £
Raising funds:						
Donations and legacies	203,765	4,226	86,538	45,668	76,515	416,712
Trading activities	8,994	187	3,819	2,016	3,377	18,393
	212,759	4,413	90,357	47,684	79,892	435,105
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/casework	563,088	11,680	239,141	126,199	211,445	1,151,553
Education/training/info.	100,748	2,090	42,787	22,579	37,832	206,036
Human rights work	110,680	2,296	47,005	24,806	41,561	226,348
Relief grants	1,605	33	681	360	603	3,282
	776,121	16,099	329,614	173,944	291,441	1,587,219

Notes to the financial statements for the year ended 31 December 2019

7. STAFF COSTS AND TRANSACTIONS WITH TRUSTEES

	2019 £	2018 £
Salaries (including temporary staff)	5,150,102	4,948,211
Interpreters	354,476	351,839
Social security	417,707	400,570
Pension contributions	286,743	260,107
Life assurance contributions	14,432	13,188
	6,223,460	5,973,915

The charity contributes at the rate of 6% of gross salary to a money purchase pension scheme for staff with more than three months' service who have not opted out of the scheme.

The year-end creditors includes an amount of £227 (2018 - £59,483) for accrued pension costs.

The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the year was as follows:

	2019	2018
£60,001 - £70,000	2	1
£70,001 - £80,000	2	-
£80,001 - £90,000	-	1
£90,001 - £100,000	1	-

Key management personnel comprises of the Trustees and Senior Management Team (listed below):

Chief Executive Officer
National Director of Clinical Services
Director of Finance and Central Services
Director of Fundraising and Communications
Director of Policy and Advocacy

Total remuneration for these posts amounted to £447,387 (2018 - £380,663)

All the employees in the above categories participated in the pension scheme. Contributions made for them amounted to £21,770 (2018 - £17,118).

The Trustees act in a voluntary capacity and received no remuneration. 3 Trustees (2018-4) received reimbursement of expenses totalling £1,571 during the year (2018 - £2,191). There were no other related party transactions in the year (2018 - £nil).

Staff costs included ex-gratia, redundancy and payment in lieu of notice costs of £23,035 (2018 - £36,065).

Notes to the financial statements for the year ended 31 December 2019

The average number of paid employees and self-employed interpreters (full-time equivalent) over the year by function was:

	2019	2018
Medical, therapeutic and casework	71	64
Interpreters services including admin	10	9
Education, training and information	9	12
Human rights work	14	12
Support	14	15
Fundraising	22	18
Total full-time equivalent (salaried staff)	140	130
Interpreters self employed	8	7
Total full-time equivalent (all staff)	148	137
Total on payroll, full-time and part-time	183	180

During the year the charity was fortunate also to have the services of around 107 part-time volunteers. Most worked in the medical, therapeutic and casework area.

Notes to the financial statements for the year ended 31 December 2019

8. TANGIBLE AND INTANGIBLE FIXED ASSETS

	Tangible Fixed Assets				
	Freehold land and building	Long Leasehold building	Computer hardware/ Office equipment	Furniture/ Fixtures & fittings	Total
	£	£	£	£	£
Cost:					
At 01.01.19	5,419,752	435,331	827,230	712,121	7,394,434
Additions	-	-	50,020	167,234	217,254
Disposals	-	-	-	-	0
At 31.12.19	5,419,752	435,331	877,250	879,355	7,611,688
Depreciation:					
At 01.01.19	1,515,003	93,241	680,387	574,074	2,862,705
Charge for the year	105,585	6,842	58,904	108,841	280,172
Eliminated on disposals	-	-	-	-	0
At 31.12.19	1,620,588	100,083	739,291	682,915	3,142,877
Net book values:					
At 31.12.18	3,904,749	342,090	146,843	138,047	4,531,729
At 31.12.19	3,799,164	335,248	137,959	196,440	4,468,811

	Intangible Fixed Assets
	£
Database software	
Cost:	
At 01.01.19	618,511
Additions	22,320
At 31.12.19	640,831
Amortisation:	
At 01.01.19	598,845
Charge for the year	17,420
At 31.12.19	616,265
Net book values:	
At 31.12.18	19,666
At 31.12.19	24,566

The freehold land and building comprised the charity's main premises in Finsbury Park, London. The Long leasehold building, being the Newcastle centre is held under a 295 years lease running from 2006.

Notes to the financial statements for the year ended 31 December 2019

9. INVESTMENTS

At the end of 2019 the charity held listed investments comprising of shares valued at £17,171 (2018 - £16,105) which had been donated by supporters. The main holding is Scottish Investment Trust Plc £14,602 (2018 - £13,987).

	2019	2018
	£	£
Market value at beginning of year	16,105	16,195
Unrealised investment gain/(loss)	1,066	(90)
Market value at end of year	17,171	16,105

In addition to the investments described above the charity retained the shares comprising its £100 (2018-£100) investment in its trading subsidiary company, Survivors Trading Limited. Survivors Trading has been dormant since 2011 and therefore there was no turnover income or expenditure. Net assets amounted to £8 at the year-end (2018-£8). The income, expenditure, assets and liabilities of the trading company are not consolidated in this financial statements due to their immateriality. Copies of Survivors Trading's financial statements are available from 111 Isledon Road, London, N7 7JW.

10. DEBTORS

	2019	2018
	£	£
Trade debtors (medico-legal report fees)	309,576	316,337
Bad debts provision	(27,033)	(31,554)
Tax recoverable on Gift Aid donations	218,802	78,152
Legacies	1,312,302	1,216,038
Sundry debtors	39,661	49,350
Prepayments	58,350	121,498
	1,911,658	1,749,821

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019	2018
	£	£
Bank loan repayable within one year	100,174	96,725
Trade creditors	337,809	264,115
Inland Revenue: PAYE and NI contributions	119,503	117,206
Staff salaries and pensions	227	59,483
Other accruals	175,221	77,190
	732,934	614,719

See details of bank loan below in note 12.

Notes to the financial statements for the year ended 31 December 2019

12. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2019	2018
	£	£
Between one and two years	101,788	98,284
Between two and five years	214,734	318,579
	316,522	416,863

The above loan from the Co-operative Bank is secured against our freehold property at 111 Isledon Road, London N7 with interest charged at 1.10% above LIBOR. It is repayable in monthly instalments over 14 years from December 2009.

13. LEASE COMMITMENTS

Total future minimum lease payments payable under non-cancellable operating leases are as follows:

	2019	2018
	£	£
Up to one year	88,311	79,134
Between one and five years	50,289	24,620
	138,600	103,754

The charity had commitments under non-cancellable leases for land and buildings which relate to clinical centres in Manchester, Birmingham and Glasgow.

Notes to the financial statements for the year ended 31 December 2019

14. MOVEMENTS IN FUNDS

Opening and closing balances and movements in funds were as follows:

2019	Brought forward at end 2018 £	Incoming during 2019 £	Outgoing during 2019 £	Transfers & investm. gains 2019 £	Carried forward at end 2019 £
Restricted funds:					
Medico-legal work	1,167	100,000	(18,626)	-	82,541
Psychological therapy - Adults	13,576	88,942	(102,518)	-	-
Psychological therapy - CYPF*	73,613	216,830	(205,424)	-	85,019
Group work - Adults	416	42,084	(41,084)	-	1,416
Group work - CYPF	18,850	20,744	(17,932)	-	21,662
Welfare advice and care	-	8,000	(2,000)	-	6,000
North West centre	14,948	297,540	(299,539)	-	12,949
Scotland centre	117,878	201,597	(204,141)	-	115,334
North East centre	2,061	26,150	(23,253)	-	4,958
West Midlands centre	83,700	186,939	(190,193)	-	80,446
Yorkshire and Humberside hub	-	11,000	(7,333)	-	3,667
Survivors writing group - Write 2 Life project	417	18,500	(18,167)	-	750
Training & capacity building	4,583	10,000	(7,917)	-	6,666
Human rights work	50,683	223,377	(155,545)	-	118,515
Relief grants	22,927	7,760	(30,187)	-	501
Memorial events in memory of A. Wetherfield	27,330		(23,901)	-	3,429
North East centre Fixed Assets reserve	342,089		(6,842)	-	335,247
	774,238	1,459,463	(1,354,602)	-	879,100
Designated funds:					
Fixed assets reserve	3,693,898	-	-	49,166	3,743,064
Working Capital Reserve	1,231,827	-	-	47,071	1,278,898
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	492,400	-	-	40,000	532,400
	5,944,937	13,170	(13,170)	136,237	6,081,174
General reserve (unrestricted fund)	2,008,178	8,517,633	(8,375,838)	(135,171)	2,014,802
Sub-total: Charity funds	8,727,353	9,990,267	(9,743,610)	1,066	8,975,076

* Children, young people and families

Notes to the financial statements for the year ended 31 December 2019

2018	Brought forward at end 2017 £	Incoming during 2018 £	Outgoing during 2018 £	Transfers & investm. gains 2018 £	Carried forward at end 2018 £
Restricted funds:					
Medico-legal work	-	2,000	(833)	-	1,167
Psychological therapy - Adults	18,576	81,454	(86,454)	-	13,576
Psychological therapy - CYPF	24,542	175,443	(126,372)	-	73,613
Group work - Adults	4,488	16,200	(20,272)	-	416
Group work - CYPF	-	30,988	(12,138)	-	18,850
North West centre	-	7,500	(7,500)	-	-
Scotland centre	13,530	313,039	(311,621)	-	14,948
North East centre	113,770	262,317	(258,209)	-	117,878
West Midlands centre	4,875	5,842	(8,656)	-	2,061
Yorkshire and Humberside hub	53,150	152,571	(122,021)	-	83,700
Survivors writing group - Write 2 Life project	5,646	-	(5,646)	-	-
Training & capacity building	7,375	10,000	(16,958)	-	417
Research	-	10,000	(5,417)	-	
Human rights work	23,539	112,720	(85,576)	-	50,683
Relief grants	35,042	10,850	(22,965)	-	22,927
Memorial events in memory of A. Wetherfield	29,768	-	(2,438)	-	27,330
North East centre Fixed Assets reserve	349,070	-	(6,981)	-	342,089
	683,371	1,190,924	(1,100,057)	-	774,238
Designated funds:					
Fixed assets reserve	3,696,414	-	-	(2,516)	3,693,898
Working Capital Reserve	794,124	-	-	437,703	1,231,827
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	452,400	-	-	40,000	492,400
	5,469,750	13,170	(13,170)	475,187	5,944,937
General reserve (unrestricted fund)	2,013,818	8,307,722	(7,838,085)	(475,277)	2,008,178
Sub-total: Charity funds	8,166,939	9,511,816	(8,951,313)	-90	8,727,353

Notes to the financial statements for the year ended 31 December 2019

The capitalised expenditure on the North East centre (North East Centre fixed assets reserve) is considered restricted as the grant provided towards these costs, imposes specific condition that the building should continue to be used for the purpose of Freedom from Torture. The £6,842 (2018-£6,981) outgoing resources represents the depreciation on the building.

The Fixed assets reserve is an unrestricted fund designated by the Trustees. Its purpose is to reflect funds tied up in the charity's fixed assets (other than the North East centre held in restricted funds as above) after taking into account the bank loans which are part-financing them. When additional fixed assets are required, further funding will be sought if necessary.

The Long term donation is a fund set-up in response to a donor's wish that the £500k they gave be invested and any interest gained be used to help fund psychotherapy services over a sustained period. The intention of the donor was to provide long-term assistance but the Trustees have discretion to draw on it at times of great need. The charity plans to use these funds in the next 18 months to support fundraising.

The charity is putting aside £40,000 p.a. into a Major Building Repairs Reserve to fund major repairs to its freehold property in London and its leasehold property in Newcastle. Due to the nature of the costs covered it is not possible to anticipate the timing of the expenditure.

The working capital reserve represents the extent to which unrestricted funds are tied up in working capital (in particular where significant legacies are due but not received).

Notes to the financial statements for the year ended 31 December 2019

15. ANALYSIS OF ASSETS AND LIABILITIES BETWEEN FUNDS

	Unrestricted Funds			2019
	Restricted Funds	Designated Funds	General Reserve	Total
	£	£	£	£
Tangible and intangible fixed assets	335,247	4,158,132	-	4,493,379
Investments	-	-	17,171	17,171
Net current assets	543,853	2,239,564	1,997,631	4,781,048
Long term loan	-	(316,522)	-	(316,522)
	879,100	6,081,174	2,014,802	8,975,076

	Unrestricted Funds			2019
	Restricted Funds	Designated Funds	General Reserve	Total
	£	£	£	£
Tangible and intangible fixed assets	342,089	4,209,306	-	4,551,395
Investments	-	-	16,105	16,105
Net current assets	432,149	2,152,495	1,992,073	4,576,717
Long term loan	-	(416,864)	-	(416,864)
	774,238	5,944,937	2,008,178	8,727,353

16. TAXATION

Freedom from Torture is a registered charity and as such its income and gains are exempt from corporation tax to the extent that they are applied to its charitable objectives.

17. FINANCIAL INSTRUMENTS

	2019	2018
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	17,171	16,105
Debt instruments measured at amortised cost (= debtors less prepayments)	1,853,308	1,628,323
Carrying amount of financial liabilities		
Measured at amortised cost (= creditors less tax liabilities)	929,953	914,376

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY

Board of Trustees

Susan Berelowitz (Chair)	John Jacob Dalhuisen (from 12 March 2019)
Melanie Essex (Vice Chair)	Michael Johnson MB ChB DPH DRCOG
Andrew Farrell (Treasurer from 12 March 2019 and Vice-Chair from 18 March 2020)	Sarah Taylor Peace
Fiona Goudie PhD, AFBPsS	Seibatu Amara (from 15 October 2019)
Joanne Stubley MBBS, MRCPsych member (from 12 March 2019)	Sonali Naik QC
Simon Erskine (Interim Treasurer to 12 March 2019)	
Serge Eric Yamou (resigned 12 March 2019)	
Charles Middleton (resigned 19 June 2019)	
Raj Chada (Resigned 18 March 2020)	

Chief Executive

Sonya Sceats

Charity Registration Number

1000340

Registered Name

Freedom from Torture

Registered Office

111 Isledon Road, London N7 7JW

Scottish Charity Number

SC039632

Company Registration Number

2398586

Finance, Governance & Audit Committee

Andrew Farrell (Chair)
Sarah Taylor Peace (Vice Chair)
Susan Berelowitz

Policy Committee

Melanie Essex (Chair)
Sonali Naik (Vice Chair)
Susan Berelowitz
John Dalhuisen

Bankers

National Westminster Bank plc

95 High Street, Huntingdon Cambs PE29 3DT

Co-operative Bank plc

80 Cornhill, London EC3V 3NJ

Auditors

Moore Kingston Smith LLP

Devonshire House,
60 Goswell Road London EC1M 7AD

Solicitors

Howard Kennedy LLP

1 London Bridge, London SE1 9BG

Bates Wells & Braithwaite London LLP

10 Queen Street Place London EC4R 1BE

Clinical & Legal Governance Committee

Susan Berelowitz (Chair)
Fiona Goudie (Vice Chair)
Joanne Stubley
Michael Johnson

To protect the identities of survivors of torture and shield their loved ones from persecution, all names have been changed and models have been used in photographs.
All stories are true, as told by survivors of torture.

Registered charity: England 1000340, Scotland SC039632.

Office of the Immigration Services Commissioner registration number: N201600022.

111 Isledon Road, Islington, London, N7 7JW

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www.freedomfromtorture.org

Facebook: Freedom from Torture

Twitter: @FreefromTorture

Instagram: @freefromtorture

