



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

Annual Report 2020

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MESSAGE FROM THE CHAIR OF TRUSTEES

Sue Berelowitz

As we look back on 2020, many of us will still be reeling from the pain and disruption caused by the global COVID-19 pandemic. As the shock of the news and the isolation of that first lockdown descended, we knew our clients would likely be among those who felt the effects most deeply. Feelings of isolation within four walls can be very triggering for some survivors of torture. Meanwhile vital care, therapy, and support threatened to recede out of reach. We knew that speed of movement was key and within just 2 weeks of learning about the first lockdown restrictions, we had moved to a completely remote model of therapy, ensuring no client was left without support.

Life changed for everyone. As a charity we were suddenly operating in a new world. Our donors and supporters, as well as our clients, staff and volunteers, have all had to stop and assess their priorities. As a sector we face uncertain times for a long time to come.

Over the year, we have had to think on our feet, be thoughtful and creative and above all determined to stand firm with survivors. Amid a storm, our staff and volunteers have dug deep, staying strong to our values and turning obstacles to opportunity. The digital doors we opened, out of necessity at first, have since shown us new



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possibilities for offering service and support to more people in new ways. We are hugely grateful to and hugely proud of our teams and what they have achieved despite all they have faced.

A line in the sand was drawn in May 2020, with the murder of George Floyd under the knee of an American police officer – a state actor applying persistent deliberate force intentionally inflicting severe pain and suffering which led to his death – and the uprising that followed, have brought all of these issues into sharp relief for us at Freedom from Torture.

For 35 years, Freedom from Torture has borne witness to torture linked to racist oppression in many countries and we have helped many thousands of survivors to rebuild their lives and find their voice again. We are gravely concerned about the rise of hate and normalisation of extremist views in the context of populist authoritarianism sweeping the world right now. Values our parents and grandparents fought for over decades – equality, respect for human dignity and tolerance – are threatened, including in liberal democracies such as the US and here in the UK. The very concept of human rights is under attack.

At Freedom from Torture, we have a strong history of calling out injustice. But we must do more. One statement does not fix this. The novelist Ralph Ellison said that “some things are just too unjust for words”. So we call for action. It is time for the British government to show leadership and stand up to human rights abusers, even when they are allies or trading partners. And it must take concrete steps to address both structural and cultural problems in the Home Office and beyond that have let Black people down time and time again.

What keeps us strong is our heart. And at our very centre is survivor empowerment. The global political climate we are in now is harsher than ever – at best distracted and at worst hostile. We are a long way from our vision of a world free from torture, and while others look away we will keep fighting to get us closer to that world. This fight must be led by the experience and expertise of survivors. That is why, as we head into 2021, we are building a new directorate of survivor empowerment, with co-founder of Survivors Speak OUT, Kolbassia Haoussou MBE, at its helm.

As we set our strategy for the next four years, we will make sure all our plans, decisions and actions, are driven by survivors. Because we will never back down on this: it is not enough to treat the effects of torture. Torture is illegal; torture does not work; torture is always wrong. We are determined to build the movements and coalitions, to shape and strengthen political will, that will stop torture forever.

MESSAGE FROM THE CHIEF EXECUTIVE

Sonya Sceats

2020 was the most difficult year ever for torture survivors in the UK. Stories of hardship and intense anxiety flooded into our frontline staff as soon as COVID-19 restrictions were imposed. Survivors struggled to keep safe, feed themselves and their families and stay afloat mentally. The asylum system almost ground to a halt.

I am proud of the herculean efforts of our staff and volunteers to ease survivors' pain. We delivered more than 17,000 remote client sessions after the lockdown. In some weeks of the pandemic, we quadrupled our welfare spend so that survivors could meet their basic needs. We rolled out smart phones to help survivors access our own and other services. Our micro grants scheme helped hundreds more survivors via smaller charities supporting them across the UK.

Authoritarian leaders have exploited the pandemic to repress their populations and reduce constraints on their power. It is harder for torture survivors to escape. The number of asylum seekers reaching Britain plummeted last year. But the politics of hate against them escalated. Freedom from Torture joined with survivors to confront this politics, call out structural racism in our immigration system and defend the Rule of Law in Britain. We are delighted that our campaign against torture impunity led to two U-turns from the Prime Minister in early 2021.



All of this was made possible by the activism and incredible generosity of our supporters.

All of this was made possible by the activism and incredible generosity of our supporters. Together with our allies, we mobilised tens of thousands of people to campaign alongside survivors to raise asylum support rates, close unsafe army barracks accommodating asylum seekers and defeat UK government plans to decriminalise torture for British troops abroad. Our "Do What We Can" emergency appeal was among the most successful in our history. We are so grateful to everyone who contributed and to all the institutional funders who provided emergency grants to help us adjust to COVID-19.

We are determined to keep evolving Freedom from Torture to meet the challenges of this new world. Our

in-person services re-opened at the end of 2020 but we will embrace digital services to expand access and choices for survivors into the future. We will heed the call of Black Lives Matter to champion anti-racism and pass power to survivors in line with our long-standing commitment to survivor empowerment at Freedom from Torture and beyond. We will redouble our efforts to rebuild survivor-led movements to defend the torture ban and Britain's asylum system.

Our next strategy is taking shape now with survivors at the helm of the process. Thank you to all the survivors, donors, supporters and partners who are helping to shape it. We are a growing community of people committed to ending torture and ensuring that Britain remains a safe place for those who have suffered it.

Together we are unstoppable.





OUR MISSION VISION & VALUES

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.

Through this tumultuous year, our mission and core values have steered us through unprecedented change. We committed, in our 2019-2021 strategy, to work to significantly increase our impact. The critical challenges 2020 brought with it have called for some deep thinking about our ethos and how we adapt to deliver on our promise: to protect and heal more torture survivors in the UK and to prevent torture across the world.

Thanks to the dedication and spirit of our staff, volunteers and all those we work with, and thanks to the enduring generosity of our supporters, we were able to steer into uncharted territory with success.

WHAT WE STAND FOR

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

While 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 impact 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.

HOW WE HELPED SURVIVORS OF TORTURE

Torture attempts to break people to the point where they can't recover from the physical and mental wounds. Our work is to ensure that this doesn't happen. We support survivors so they can recover and live full lives.

In the response to COVID-19, we rapidly moved our services online and via telephone. We were aware that our clients were facing additional stresses and demands during this time, on top of the average stressors that the majority of the population were having to deal with. The social isolation caused by the lockdown was triggering for our clients, who were reminded of the loneliness of torture.

Our safeguarding referrals during this period revealed a range of concerns including domestic violence, physical and psychological abuse within Home Office accommodation, deteriorating mental health, the impact of parental mental health on parenting, and a significant reduction in access to usual coping mechanisms. This, combined with digital poverty, language barriers preventing access to health information, and reduced support networks, meant it was vital for us to be able to find ways to ensure we could provide a consistent service provision for our clients. So, we increased our support for survivors, offering more appointments in the immediate stages of the lockdown to our existing clients, and remained vigilant to any signs that our clients were experiencing a deterioration in their mental health, or any form of abuse or exploitation, so that our formal risk management and safeguarding procedures could be followed. We also held a 'safeguarding week' for clinicians which included specialist sessions on the safeguarding concerns most relevant to our clients.

We ensured all of our clients had access to a smart phone and had data, not only so they could access their therapy to continue their recovery, but also to enable them to maintain social contacts and have access to vital news services to keep informed about the public health situation. Those with mental health problems were more at

risk of deterioration caused by the lack of social contact during the lockdowns. Our clients face additional challenges in relation to social reintegration (including language barriers, poverty, and lack of familiarity with UK services), and so this provision ensured clients maintained social contacts.

We provided a total of 18,260 hours of therapy in 2020 and, despite the uncertainty during the year, welcomed 241 new clients for treatment. We were still able to offer therapy to the point of recovery: 268 clients were successfully discharged after completing their therapy with us. Despite the pandemic, we continued to roll out our radical new treatment model Pathways and prepared for our trailblazing shift towards survivor co-delivery of rehabilitation services.

Throughout the year we have continued to offer evidence based therapy that treats the difficulties caused by torture (for example PTSD). We offered individual trauma focused therapy (Cognitive Behavioural Therapy (CBT)), and Eye Movement Desensitisation and Reprocessing (EMDR)), family and couple systemic psychotherapy, and individual stabilisation (that helps survivors to manage

18,260

Hours of therapy
in 2020

268

clients were
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241

New clients
for treatment

180

MLR reports

their psychological difficulties such as flashbacks and nightmares. And we've had a positive response from our clients about our remote service offer during this period. We also introduced validated assessment and outcome tools so that we can be sure of the exact nature of our clients' difficulties that was so important to make treatment decisions, in collaboration with client wishes. The latest results show that our treatments are leading to effective change.

Our medico-legal report (MLR) service was adapted quickly this year to allow clients' assessments to happen remotely during lockdown in spite of the considerable challenges. It is crucial that survivors' scarring is documented by experts to prove their experiences, and sometimes the timing of this is critical. We were able to carry on with psychological assessments of clients' past and current mental health and, as the first lockdown eased, we brought in a model that meant remote assessments could continue where appropriate, while vital in-person scarring assessments were reintroduced.

The service now has an established hybrid system of assessing clients both remotely

and in-person. This rapid adaptation was crucial for us to keep offering survivors of torture the medical evidence they needed to further their asylum cases.

Over the course of 2020, we produced 180 MLR reports – an increase on last year's figures despite the pandemic. Some individuals received a grant of asylum following receipt of the remote psychological reports produced early on in the pandemic; others used their reports to argue that their previously failed asylum claims should be considered afresh. We now plan to make ongoing use of the systems established while working remotely, as they help us to offer clients and their legal representatives a service that's flexible and adaptable to individual needs. Our medico-legal report writing team have described this pioneering model in an article in the 'torture' academic journal.

Through our clinical services we have ensured that our vital work in supporting survivors' recovery has continued and that the conditions caused by the lockdown's were mitigated so that survivors were protected from these additional hardships as far as possible.



CASE STUDIES: CHANGING CONNECTIONS

HEALING THE SCARS OF TORTURE

Zoe Cricks is a Clinical Nurse Specialist and the Pain Management Coordinator at Freedom from Torture. She works with our clients to help them manage the physical pain they might be suffering with as a result of their torture. Usually, she'd do this in person. Last year, she adapted, like the rest of our organisation, to continue to offer these crucial services online.

Many people who have survived torture continue to experience physical as well as mental pain. Living with persistent pain can be a constant reminder of torture, and if it's unaddressed can really hinder people's quality of life – and future. The situation can be made worse if people are going without things that could help, like nutritious food, access to exercise, and a social network. For those forced to live in poverty, maybe in mouldy, damp accommodation, without a decent bed or heating, it can feel like all they have is their pain.

With professional medical and self-management support, through relaxation techniques, and movement and exercise classes, survivors can begin to improve their lives. Treating both the mental trauma and the physical pain helps rehabilitation massively.

"A number of our clients have existing health conditions, lots are on medications for PTSD and depression. GPs are working flat out at the moment, they're working really hard, but lots of people's prescriptions are running out, and it's very difficult to get hold of GPs."



Painting by Ronce,
Freedom from Torture client.

Treating both the mental trauma and the physical pain helps rehabilitation massively.

"Our clinicians and welfare team are working hard to try and link our clients up with local organisations and other people that can support them. We're sending out care packages that can last them for a while, but situations like this don't happen in a vacuum. Everything that was happening before is still going on, yet anxiety, PTSD, health conditions all appointments have stopped. We're doing everything that we can to help."



STAYING APART BUT STILL PULLING TOGETHER

Mohammed is one of our community development workers. He runs a football group for survivors in Glasgow. The all-male football team would usually meet every week, but when the country went into lockdown, Mohammed set up a WhatsApp group so everyone could stay connected. Thanks to Mohammed, who's been sending them exercises to do at home, the group has been able to keep up with their exercise as well as stay in touch even when they couldn't meet in person. Through the virtual group, he's been able to offer the holistic support he normally would in person, like helping them with translations when he can.

"Thankfully, just before the coronavirus crisis hit, Police Scotland had donated shorts and jackets, which we distributed just in time. We also bought football shoes and kits not long before, so most of the group have equipment they can use too."

"The Whatsapp group is really important so the group can keep building friendships. Some of the guys have lived in Glasgow for years, but others had just arrived in the UK by themselves and were having to do lockdown alone. It's important not only that we check in with them, but that these friendships can keep going, as they look out for each other."

HOW WE HELPED SURVIVORS NAVIGATE THE ASYLUM SYSTEM

Having already been through so much, many survivors 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 detention, and failures in accommodation and support often leave survivors living in desperate poverty.

Through the disruption of 2020, and against the backdrop of increased hostility from the Home Office, we have continued to support survivors to navigate the asylum system. Our specialist in-house Legal and Welfare Service (LAWS) received 2,142 referrals this year and we were able to support 568 clients.

Our clients continue to express the value that they place on this service. It makes a huge difference for them to know our skilled legal immigration and welfare advisors are able to work together with their own legal representatives to make sure their needs are met.

Abuse, bullying and conflict in asylum accommodation is a rife, and is a considerable source of distress for our clients. Our LAWS and clinical teams work with survivors to ensure that they are well equipped with the

skills to manage conflict where possible, and if necessary, where it isn't possible for them to keep themselves safe, to make the needed referrals so they can be moved to more suitable accommodation.

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HOW WE CREATED CHANGE THROUGH LEGAL CHALLENGE

Our Legal and Welfare service specialists were involved in two key strategic litigation cases this year. In other words, we're not just working with individuals to see their rights realised case by case. We're combining in-house legal expertise with our depth of experience in the issues that survivors of torture face again and again, so we can create systemic changes in areas where we know it's needed.

CASE STUDIES:

ANTI-SOCIAL BEHAVIOUR IN SUPPORT ACCOMMODATION: A BREACH OF CONDITIONS

Our client, a single mother with a small child, was experiencing abusive and anti-social behaviour in her asylum support accommodation. We alerted the Home Office accommodation provider and made relevant safeguarding referrals. We referred our client to a community care solicitor (Deighton Pierce Glynn (DPG)) and the Home Office offered to remedy the situation by moving the client to alternative accommodation, though she would have preferred to remain in the accommodation and instead for the perpetrator to be moved. Even though the Home Office offered this solution, our client was still granted permission to proceed to a full hearing. We provided a witness statement for the hearing as well as evidence detailing how our clients have been affected on some scale by the issue of anti-social behaviour in asylum support accommodation.

The Home Office settled the case one week before the scheduled hearing in December 2020. One of the main outcomes was that they agreed to amend the 'Breach of Conditions' policy on dealing with antisocial behaviour, harassment, verbal or physical abuse,

threatening behaviour or assault in asylum support accommodation (this covers anyone experiencing antisocial behaviour from someone outside their family, as behaviour of family members or intimate partners is covered by the Domestic Abuse policy).

We've remained involved in this case to comment and feedback on policy development.



RELOCATION DELAYS FOR PEOPLE SEEKING ASYLUM AND LIVING WITH DISABILITY: A HIGH COURT JUDGMENT

A number of our clients experience physical and mental health disabilities and have faced unreasonable delays in being relocated to suitable accommodation. This means they may be left in unsuitable accommodation for prolonged periods, which can clearly be distressing.

So we were keen to support a piece of strategic litigation brought by DPG regarding these unacceptable delays in relocation. We again provided a witness statement and wider evidence on the issue for the case.

In December 2020, the High Court handed down a judgment holding that delays in relocation in these cases is unlawful and discriminatory.

The findings of the case said that the Home Office's system for enforcing standards on its private sector contractor was "chaotic", their failure to know how the contract performed unlawful, and that their failure to monitor the provision of accommodation to those with disabilities a breach of duty.

The Judge rejected the submission by the Secretary of State that disability discrimination was justified on the grounds of immigration control, rejected suggestions that claimants' destitution was caused by their own "failure to travel" to accommodation offered, and highlighted that economic incentives in contracts with private accommodation contractors risks a negative impact on disabled people as their accommodation needs are "less profitable".

Finally the judge also found that the Home Office ignored evidence from those using services, and from NGOs, that the contracts are failing, allowing a situation to develop where people were left unable to meet their essential living needs for prolonged periods, and that a more constructive approach from the Secretary of State is needed to ensure the asylum support system wins confidence and respect.

HOW WE STOOD STRONG WITH TORTURE SURVIVORS THROUGH THE PANDEMIC

Against the stark backdrop of a worldwide backslide into authoritarianism and weakening commitment to the global torture ban, the global pandemic rolled in. It brought shifts in political priorities, as well as clear logistical barriers to our movement-building around the world. But we have not turned away. We've held strong to our values and redoubled our efforts to stand with survivors and speak out against torture.

While Donald Trump set the global bar low with his claim that “torture absolutely works”, he never stood alone, with other supporters of torture in power from Brazil to the Philippines. In the UK, we have seen the government abandon their moral and legal responsibilities in many different contexts this year, in ways that would have been unthinkable just a few years ago.

In the face of new obstacles this year, we have taken the opportunity to think deeply this year and plan how we will counter this backslide. We have pushed forward the process of reaching out to partner organisations with whom we believe we can make a difference. And we're building momentum back up with the expansion of our survivor activism work in the coming year, including the planned creation of a Survivor Empowerment Directorate.

When the Overseas Operations Bill reared its head, outlining a “presumption against prosecution” for torture and other crimes, we played a key role in energising opposition to the Bill, in parliament and nationwide. We knew that if it passed unchanged into law, it would effectively provide impunity for perpetrators in most cases of torture and other grave crimes after five years.

We worked with leading military and defence figures on a letter to the Prime Minister, which gained wide traction and impact. Members of Survivors Speak OUT (SSO – a national network of torture survivors who are former

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The sun's unrelenting rays had scorched my heart for so long and left it charred. Now it has been replaced by soft falling rain that has brought a new stronger heart beating within me.

Whenever I see the words "safeguarded", my heart leaps with joy and says, yes, that's what you are to me, Freedom from Torture, you make me feel like I'm always wearing an invisible sign that's boldly printed:

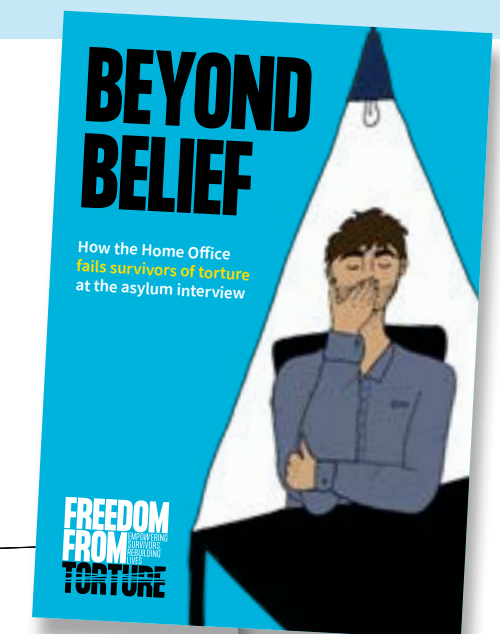
SAFELY GUARDED

clients of Freedom from Torture and who speak with authority on issues of torture, and life in the UK as asylum seekers and refugees who have survived trauma) drove much of the advocacy thinking, and spoke at key parliamentary events on the theme, including the Conservative Party Conference.

Over 14,000 of our supporters wrote to their MPs asking them to oppose the bill, and join them in taking a stand that torture should never go unpunished. By year-end, the government remained defiant but, thanks in part to our efforts, was under great pressure. 2021 saw an incredible U-turn, with Parliament voting for a government amendment to exclude torture, genocide and crimes against humanity from the scope of the presumption against prosecution in the Overseas Operations Bill.



In June 2020, we published **Beyond Belief**, a report detailing how torture survivors are failed by the asylum interview process. The report, like our 2019 publication *Lessons Not Learned*, confronted the Home Office culture of disbelief, and again called for change. During a cross-party parliamentary launch of the report, we highlighted parallels between the treatment of torture survivors and the acknowledged failures at the heart of the Windrush scandal. We inspired high-level commitments from the Home Office for improvements in the process.



01.

ASYLUM INTERVIEWS: A SHARED RESPONSIBILITY TO ESTABLISH THE FACTS

“The asylum interview is central to the process of gathering and assessing information, before deciding if international protection is needed. It is not the only means of gathering information, but a fair assessment of credibility is usually dependent on the quality of the interview.”²⁰

Asylum Policy Instruction on Asylum Interviews



While the pandemic has thrown up many challenges, 2020 has also seen new energy in pushing against the most unjust government proposals and practice.

This year we brought attention to the ethnic disparities in health and other areas that we see through our work. In June we joined forces with Black Lives Matter UK, Hope Not Hate, The Joint Council For The Welfare Of Immigrants and others to project a **Black Lives Matter** message onto the Houses of Parliament, which gained international coverage and was featured in the Times, the Independent, Vogue, the Daily Mail and the Washington Post to name but a few media outlets.

We campaigned to close the decommissioned army barracks in Kent and Wales where many people seeking asylum were being held in unacceptable conditions. After a COVID-19 outbreak in the barracks in January and February, we teamed up with the Royal

College of Psychiatrists and others and worked with ministers and the public to push for the closure. Our petition, at final count, got more than 45,000 signatures. By year-end, the government was forced to rethink the barracks policy, the facility in Wales has since closed and we hope the Kent barracks won't be far behind.

Our petition to close the decommissioned army barracks in Kent and Wales, at final count, got more than

**45,000
SIGNATURES**



In a year when the government introduced increasingly hostile policies for people seeking asylum, we pulled together with partner organisations Asylum Matters, British Red Cross, Refugee Action, Refugee Council and Scottish Refugee Council in the Asylum Reform Initiative, a newly-created coalition for change. Pooling our expertise with other leading organisations in our sector, we tackled new proposals flagged in 2020 for implementation in 2021, which look set to cut away at the very principles of seeking asylum in the UK.

We also led a campaign, beginning in April, to raise asylum support in the face of the pandemic. Joining forces with other organisations in the refugee, human rights and welfare rights sectors, we called for an uplift of £20 to asylum support, in line with the increase to Universal Credit.

We sent a letter to the Home Secretary that was signed by over 60 organisations, and ran a public petition that got over 21,000 signatures. We met with parliamentary allies on the Labour and SNP frontbench to discuss our campaign calls and exchanged several letters

with the Home Secretary and Chancellor of the Exchequer regarding the campaign call and the eventual minor 5% increase to support rates. We took an important leadership role in defining the campaign ask, generating support and collaboration from outside the sector and building public pressure.

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HOW WE EMPOWERED SURVIVORS

Survivor voices ran through all our activity this year, from our stance on anti-racism, to our expert opposition to the Overseas Operations Bill, to the increasing impact of our therapeutic work.

We are increasing our investment in our survivor activism work to make sure authoritative voices power the change we create. In 2021, we will welcome a Director for Survivor Empowerment to our senior management team. This new role, alongside increased representation of torture survivors among our Board, will add lived-experience authority at every level of the organisation.

Our survivor-led work has seen phenomenal growth in the past decade. It has been widely admired, and we hope will create a lasting legacy in the years to come. We know the model for building survivor-led work that we're developing with Survivors Speak OUT (SSO) is eagerly anticipated by other organisations embarking on the journey.

Much of the Survivor Activism team's work had to be delivered remotely this year, from creative workshops organised by Write to Life and Young Outspoken Survivors, to the core advocacy, campaigning and coalition-building work of SSO. It was a challenging pivot, but one which has laid the groundwork for remote working in future, which will open up new technological and geographic possibilities.

A new network, in development this year, may prove to be our greatest contribution yet to empowerment models within the UK migration sector. SSO worked with other self-led advocacy groups with lived experience to create a new movement of campaigners with lived experience of migration, seeking asylum, and refugee issues. The One Strong Voice network was launched at a successful remote event in December. They laid out their vision, mission and objectives and held meetings with key Home Office officials. We expect to see their number and their influence grow in 2021.



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CASE STUDIES:

THANK YOU LUCIE

Lucie volunteers as a receptionist and administrator with our Manchester team, where she can use her qualifications and experience in secretarial work and computer science to use for a cause she believes in.

She is also a refugee, and was a Freedom from Torture client herself.

Originally from the Democratic Republic of Congo, Lucie fled her home in fear of her life and, together with her two children, sought asylum in the UK. She was later granted refugee status and her husband has since joined her.

Lucie says: **"I have been a client of Freedom from Torture so I wanted to use my professional skills to support the noble purpose of defending human rights and providing therapy and support to survivors of torture."**

I've gained new skills, with training on how to work therapeutically through interpreters and online training. Volunteering here means I can use my skills and aid my professional development, including practising my English. At times I have helped the interpreters translate French and Lingala into English too."

Survivors are involved in every aspect of our services, whether it's being greeted at our centres by volunteers like Lucie, leading campaigns, or co-designing our services.

We put people with lived experience of torture at the heart of all we do. While 2020 was a year of change in many ways, one in which we adapted fast, it was also a time for us to stay steadfast in our mission. Our commitment to collaborate with, and be led by, survivors of torture is integral to that.



NO SURVIVOR LEFT BEHIND

Lockdown has posed critical problems for survivors of torture this year, as it has for millions across the UK. An important part of being able to heal and rebuild your life as a survivor is being able to continue personal learning and development.

So the team at our Glasgow centre were delighted to take a donation of 24 refurbished PCs from the Remade Network – a grassroots network of repair social enterprises tackling inequality who believe in reuse over buying new.

The PCs will be sent out to survivors with a handy 'Welcome to your new PC' guide, to help them get set up.

HOW OUR SUPPORTERS ROSE TO THE CHALLENGE WITH US THIS YEAR

Every year, survivors turn to us in moments where it might feel as if everyone else has turned away. As the UK went into a full lockdown in March 2020, we knew it would have a profound effect on survivors of torture.

Our supporters understood that too, showing incredible generosity. We are deeply grateful to all our supporters for coming together in the face of change this year, adapting with us to make sure we're still there for survivors. .

It's thanks to supporters that we can offer small cash grants of £30-£100 to people seeking refuge in the UK to pay for food, warm clothes and bus fares to meet solicitors. A little support can be life-changing for people like Seko, a hardworking father of two from the Democratic Republic of Congo (DRC), who was tortured for his atheist views for eight months. When he finally escaped to the UK he lived off £37.75 a week – until it was taken away with only three days' notice.

It's not easy to describe in words how painful it is to receive a letter telling you you'll be homeless in three days. So, with Seko's permission, we included an image of the letter he received when we launched our appeal in March.

Many survivors are already isolated and alone, suffering from the gaps in practical support the UK government lacks to provide. Our campaign highlighted the impact of the pandemic for survivors of torture in emails and social media posts. The appeal was low cost, simple and genuine. It felt tangibly real – because it was. Seko's story and the harsh, inhumane letter resonated with supporters across the UK and they responded with empathy, kindness and solidarity, donating an incredible £499,524.



CASE STUDIES:

THANK YOU JOANNA

“Our work as a local group has never been more urgent,” says Joanna, a volunteer with a local Freedom from Torture group in London.

The group has been putting a lot of energy into digitally adapting their meetings and activities, because they know the pandemic will severely impact our ability to fundraise, and so of course our services.

Although Joanna has just moved to Brussels, she's continuing her work with the group online.

“There is a long way to go for our immigration system to treat people with the respect, dignity and humanity they deserve. That's why it's so important to support survivors of torture.”



“There is a long way to go for our immigration system to treat people with the respect, dignity and humanity they deserve.”

THANK YOU MARK

Author Mark, who was once a client of ours, has just donated the rights of one of his books to support other survivors of torture.

Mark, who survived a year of imprisonment and torture and eight years of the Iran-Iraq war, came to the UK in 1989 where he had therapy with us and became a member of Write to Life, our creative writing group for survivors of torture.

With the group's support, he became a passionate writer and went on to pen an incredible 30 books, 25 novels and five plays.



“Write to Life gave me self-confidence and belief. I would never have found my voice without them. Once I had confidence, I was able to write.”

HOW WE REDESIGNED OUR SPECIAL EVENTS FOR SUCCESS IN 2020

In May, during the first six weeks of lockdown, we piloted and delivered our first online-only auction “You, Me and a Celebrity”. Top Ottolenghi chefs, as well as A-listers like Dame Helen Mirren, Thandiwe Newton and Prue Leith, who wouldn’t normally be able to support an event in person, offered online experiences from Q&As to coaching sessions.

It enabled us to build relationships and attract supporters in a new way. One high-profile supporter joined our literary committee as a direct result of hearing how passionate our celebrity supporters are about our work. And the auction raised almost **£15,000**.

We also delivered a series of “Surviving Lockdown” events – giving hundreds of supporters from around the country a unique opportunity to hear directly from our front-line workers about the struggles our clients are facing and the need for their continued support. For many people who can’t usually

attend our events, this gave them a unique insight, an opportunity to ask questions and a chance to understand the impact of their donations in helping survivors.

Our annual fundraising dinner took a quite different shape this year as we turned it into an exclusive “Meet the Patrons” event for donors. John McCarthy, Michael Palin and Fiona Shaw spoke about their support and commitment to Freedom from Torture and answered questions from the audience. With an entertaining mix of heartfelt sentiment and hilarious anecdote, this event exceeded our expectations and raised **£58,176**.

We ended the year on a high with an interactive literary festival, “The Resilience Readings”. Adapting our traditional literary evening to run online as a three-day event featuring celebrity speakers and author sessions, we attracted hundreds of new supporters. The stars of the show were members of Write to Life, who delivered

incredibly powerful, moving accounts of their journeys, inspired by the theme of Resilience. There was also a special performance from the amazing Sing for Freedom choir.

Running alongside the festival we launched our first-ever poetry competition to raise our profile as well as funds, and a unique literary auction supported by best-selling authors and artists including Margaret Atwood, Edmund de Waal, Ian McEwan, Anne Fine, Quentin Blake and Ken Follett.

As well as attracting a host of new supporters, The Resilience Readings also got fantastic media coverage including in Vogue, GQ and Tatler, and exceeded both our reforecast and original targets, raising **£56,500** the most our literary events have ever raised!

We attracted hundreds of new supporters. The stars of the show were members of Write to Life, who delivered incredibly powerful, moving accounts of their journeys, inspired by the theme of Resilience.



DOING WHAT WE CAN

In March, as COVID-19 was spreading rapidly in the UK and dominating the news cycle, survivors who were already living on just £5 a day were being pushed into even more threatening conditions.

We changed direction in our campaign planning, knowing we had to be responsive to the fact our supporters were likely to be distracted, facing worries and challenges themselves. We tested a different approach with the language and visuals we used, working with a local artist, reaching out to influencers and taking a more targeted approach to particular audiences. The result was Do What We Can, an emergency relief fund campaign. It was our most successful digital appeal to date, raising over £260,000 after GiftAid and match funding.

SMALL GRANTS SCHEME

With the enduring generosity of our supporters, we’ve been able to run a COVID small grants scheme this year, supporting charities who, like us, work with survivors of torture across the UK. In 2020, we distributed £20,000 across 14 charities, granting funds to charities that work with groups that are underrepresented within our own services, such as certain nationalities, single parents, older adults and people who identify as LGBTQIA+. This scheme has supported meaningful programmes and projects providing vital services to survivors of torture beyond our own services.

CASE STUDY:

THE COMFREY PROJECT

The Comfrey Project is a safe and welcoming community space for refugees and people seeking asylum who find themselves worlds away from home, family and friends after their journey to safety. They foster personal wellbeing, social integration and community health through activities like allotment gardening, cooking and crafts.

The Comfrey Project received a grant from us and is putting it to use providing emergency support during the pandemic to the survivors they work with.



One young woman from Nigeria, who is among the Comfrey Project clients receiving much-needed help through the grant, has been struggling with depression and a decline in her physical health. She is currently being treated for severe anaemia, but couldn't afford the travel costs to her various appointments at the hospital. Despite being physically exhausted, she would walk for over an hour to get there – once almost being hit by a car during a dizzy spell.

Thanks to your support, the Comfrey Project is able to provide her with funds to travel to her hospital appointments and therapy sessions, as well as supermarket vouchers for fresh fruit and vegetables to help her regain her health.

The Comfrey Project received a grant from us and is putting it to use providing emergency support during the pandemic.

THANK YOU TO OUR MAJOR FUNDERS

Freedom from Torture would not be able to continue without the generous support of our funders. This year more than ever, we are grateful to those funders who have given particular support through uncertain times.

The **Paul Hamlyn Foundation** is supporting our efforts in securing asylum and immigration reforms that will mean better treatment for people in these systems. We're achieving this through three interwoven work streams: the first aims to develop engagement with senior Home Office officials, exploring issues of leadership and culture through insight into the lived experiences of our shared clients. The second has created a programme of power-building among migration activism groups, which has culminated in the creation of One Strong Voice, a self-led activist group with lived experiences of the UK migration system. The third work stream continues to build public campaigning, media work and advocacy to sustain pressure on Home Office ministers and senior officials to deliver UK migration system reform.

The Paul Hamlyn Foundation also gave a generous donation towards expenditure generated by COVID-19.

The **Sigrid Rausing Trust** donates a core grant for our work at the global level to support new approaches and achieve greater impact in the fight to defend the torture ban, including through the development and promotion of survivor empowerment models.

The **Open Society Foundation**, through the New Executives Fund, has funded a programme of work that supports us in playing a leading role in the global fight against threats to the absolute torture ban.

This year more than ever, we are grateful to those funders who have given particular support through uncertain times.

The **Esmée Fairbairn Foundation** has provided multi-year donations to the Survivors Speak OUT network. The funding supports SSO in its lobbying and influencing work with the UK government, as well as building the self-sufficiency of SSO and supporting our youth activism group: Young Outspoken Survivors.

The Esmée Fairbairn Foundation also gave a generous unrestricted donation during the COVID-19 pandemic.

The **City Bridge Trust**, via the London Communities Response Fund, gave an emergency grant to support our IT costs for London-based staff as we transitioned to remote working in March 2020, and also supported our client relief fund, which enables clients to access essential items.

THANK YOU TO OUR SUPPORTERS

Everything Freedom from Torture has achieved in the past year depends upon the compassion and generosity of our supporters. Every single penny donated counts towards the rebuilding of lives and there are far too many to list here. However below are some of our donors who have made significant contributions and who have been happy to be listed in this report.

- Mr Julian Barnes
- Ms Caroline Bilbrough
- The Brook Trust
- The Chillag Family Trust
- Mr Alan Cristea
- Mr Sebastian Gibson
- Mr Duncan and Mrs Barbara Greenland
- Mrs Laura and Mr Graham Hazell
- Mrs Kate and Mr Marcus Hill
- Mr Charles Jaques
- The Wyn and Ken Lo Memorial Fund
- The Mercers' Company
- M&S on behalf of Dame Helen Mirren
- Dr Rajesh Munglani
- The Points Family Trust
- Mr Chris and Mrs Joyce Pountain
- The Bryan and Sirrka Sanderson Foundation
- Mr Alexei and Mrs Linda Sayle
- The Sheila Truman Trust
- The Bertha Foundation
- Professor Angela Vincent
- Mr Martin Wolf
- The Victoria Wood Foundation

Every single penny donated counts towards the rebuilding of lives.

STRATEGIC REPORT

While 2020 showed us all how we can come together to create hope in times of crisis, we're still only too aware that our values are under threat, with extremist views becoming normalised worldwide. And the full effects of the pandemic on all our work still remain to be seen. We know for certain that we are needed more than ever. As long as torture continues to be used across the globe we must stay standing, with survivors, and continue to fight against it.

While we've come up against cultural, political and logistical barriers to our movement-building in 2020, we know how vital it will be in 2021 to grow its momentum. We know there are people, organisations and decision-makers, globally and nationally, who share our commitment to humanity and justice. We will bring them together to stand against the backslide into authoritarianism and merciless territorialism.

We were determined in our stand against the Overseas Operations Bill this year, as we always are in the face of regressive legislation. Even when it seemed an impossible task, we fought on against the "presumption against prosecution" of torture and other grave crimes after five years.

Survivors Speak OUT voiced their concerns and knowledge at political committees and conferences, and representatives spoke to the public through film and the media. Thousands of our supporters wrote to their MPs. We worked with senior military and legal figures, as well as the UN High Commissioner for Human Rights, with significant impact. Finally, the House of Lords delivered a remarkable rebuff to the government, forcing a retreat on first torture impunity and then on other war crimes too.

We refused to press pause on our trailblazing work in establishing more effective and empowering models of torture rehabilitation this year, despite the pandemic. We continued to roll out our radical new treatment model, Pathways, and prepared for our shift towards survivor co-delivery of rehabilitation services. Meanwhile, we worked to turn challenge into opportunity, staying committed to in-person therapy where possible while embracing the possibilities of digital services to expand our reach.

Thanks to supporters, we distributed £20,000 across 14 charities through our small grants project in 2020. By offering support through fellow charities in this way, we've helped survivors of torture in communities we wouldn't otherwise have reached.

We're also proud of what has been a strong performance in fundraising and engagement for us this year. In the current climate it's a significant achievement to have finished the year above budget. Driven by over-performance in Trusts and Grants, Digital and Appeals, our budget was helped by an unexpected legacy, and we've also seen our net number of donors on file grow for the first time since 2014, while digital income increased by an incredible 350%.

Meanwhile, we have laid the foundation for the growth of the One Strong Voice network in 2021. At a successful remote launch event in December, they laid out their vision, mission and objectives. We look forward to witnessing the influence and impact of this network in the coming year.

By offering support through fellow charities, we've helped survivors of torture in communities we wouldn't otherwise have reached.

PLANS FOR THE FUTURE PERIOD

The voluntary sector is under unprecedented strain as a consequence of COVID-19. One in ten charities are expected to close within the year. The sector is facing a shortfall of at least £6 billion and charities that are slow to adapt, evolve and show their impact will face losing donations in the difficult years ahead.

Up to this point, Freedom from Torture has been resilient to this challenging hostile environment by remaining close to our core mission and values while we've adapted, embracing digital tools and finding new ways to keep supporting and standing with survivors and through pivoting to more agile and digitally focused activity.

In addition to this, we face an increasingly hostile political environment, with attacks on the torture ban worldwide and on the UK's refugee protection system. The need to deliver and demonstrate concrete impact for survivors of torture is greater than ever.

Given all this, our plans for future period are:

DIGITAL-FIRST CAMPAIGNING

Over the last year, we have all kept connected through digital technology, more than ever before. Even during an era of social distancing, we saw global movements rise up against racism, xenophobia, food poverty, and more. The potential for technology to accelerate social change has never been clearer.

We believe that a thriving anti-torture movement is essential if we're to realise our vision of a world free from torture. That's why we're embedding a digital-first campaigns approach in 2021. We will experiment, test and learn new approaches using modern tools and technology to engage supporters and potential supporters at scale. This digital-first approach will inform our offline campaigns activity, and vice versa.

BETTER MEASURING OUR IMPACT

Our external influencing teams in particular will be focusing on effectively demonstrating the impact of their work. We'll be looking at bringing in a comprehensive Monitoring, Evaluation and Learning framework and approach that's responsive, regularly identifies ways to improve, and is part of a bigger system.

The development of this system needs to align with our goals to disrupt power systems and take an anti-imperialist approach. We plan to bring in a partner to make sure the system is given the proper investment of time and resources so it's true to our values, meaningful and sustainable, and so we can continually equip staff with the tools and skills to develop and implement it.

REVIEWING OUR STRATEGY AND CREATING OUR NEW FOUR-YEAR PLAN

For the first time, survivors of torture are leading on our strategy review to shape our direction over the next four years. After a review of our current strategy, a forecast and exploration of challenges ahead and framework discussions, our subject experts will develop milestones, objectives and activities, with an overall strategy signed off by our Board in October.

BUILDING UP THE ASYLUM REFORM INITIATIVE

A key focus for us in 2021 will be working on the Together with Refugees campaign, which launched in May. We co-founded this with Asylum Matters, British Red Cross, Refugee Action, Refugee Council and Scottish Refugee Council.

As we face the critical challenges over the coming months, including the Government's New Plan for Immigration and Sovereign Borders Bill, we'll come together as a coalition and unite hundreds of civil society groups against such highly regressive reforms, sharing plans and strategising side by side so we can build long-term public and political support for our vision of a more humane, just and effective system.

REFRAMING REFUGEE ISSUES

Influencing public debate will be another key piece of work in our defence against the attack on the rights of people seeking asylum. We'll undertake research to find the words and narratives that can change hearts and minds and build support for people seeking asylum.

The words and messages we choose are powerful tools for persuasion. Drawing on expert international work on this subject, as well as media and communications output from migrant and refugee advocacy organisations in the UK, we plan to create a language guide to help the refugee and migrant advocacy sector think tactically, play to our strengths and win.

BUILDING ON OUR SUCCESS IN STRATEGIC LITIGATION

Our Legal and Welfare service specialists were involved in two key strategic litigation during 2020. In 2021 we'll place greater focus on combining our in-house legal expertise with our depth of experience in the issues that survivors of torture face again and again. This way, we can create deep and lasting systemic changes where we know they're needed.

CREATING OUR SURVIVOR DIRECTORATE

We plan to form a trailblazing Survivor Empowerment Directorate in 2021, led by a new Director of Survivor Empowerment, to bring survivor perspectives and voices onto our senior management team for the first time. Kolbassia Haoussou MBE, co-founder of Survivors Speak OUT, has now been appointed to this role, which will be key as we build coalitions with other organisations working with torture survivors in the UK and globally as well as driving survivor empowerment internally in our organisation. This directorate will both underpin and oversee the placing of survivor voices at the heart of everything we do.

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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

Of the funds raised in 2020, £0.25 in every £1 was used to raise 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: www.freedomfromtorture.org/what-you-can-do.

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**.

Complaints

'We received 46 complaints over the course of 2020, all of which were responded to individually and handled accordingly.'

Vulnerable adult fundraising

Freedom from Torture work in compliance with the Fundraising Regulator Code and the Charities (Protection and Social Investment) Act 2016, the DMA's guidelines for call centres, as well as the document by the Institute of Fundraising (IoF): Treating Donors Fairly: Fundraising with People in Vulnerable Circumstances.

All our fundraising staff receive training on regulatory fundraising compliance how to deliver against that in practice. For more information, please refer to our Vulnerable Adult Supporter Policy.

FINANCIAL REVIEW

The financial results for the year are set out in the Statement of Financial Activities. The financial results for 2020 were exceptional given the challenges brought by COVID-19. We were able to generate higher income than we had budgeted for, enabling the retention of a safe general reserve level, while increasing expenditure on charitable activities.

INCOME

Overall income grew significantly by £2.8m (28%), even though some fundraising activities were severely impacted by the pandemic and the lockdowns during the year.

Our fundraising teams were able to quickly and effectively adapt many planned activities, which more than compensated for drops in areas like community fundraising and challenge event income. Several activities moved to being virtual or digital based. We were able to generate much more income through online campaigns and appeals than in previous years. This helped drive an increase in income through our website of 180%.

We generated £760k through two COVID-19 related appeals to our supporters. In addition, our Christmas Appeal, generated over £400k.

Several Trust and Foundations gave support to help cope with the financial impact of COVID-19. This generous support was very important as it came very early in the pandemic, when

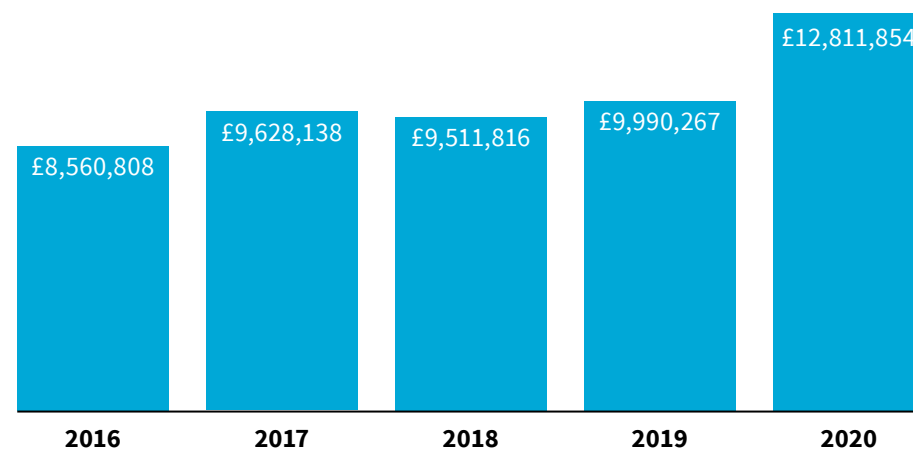
uncertainty about how stable our underlying income would be was very high. These grants and donations allowed the organisation time to review the situation.

The biggest single reason for our increased income was due to the notification of a legacy with the value of £2.3m. A legacy of this amount is unprecedented in the history of the organisation. In addition, we were also informed of another significant legacy of circa £1.5m that will be coming in the relatively near future. This is not included in our 2020 income. Both legacies are a mixture of property, cash and shares, which will need to be liquidated before the funds can be used. Trustees have decided that the funds, once received, will be used for developing infrastructure and long-term income generation to ensure Freedom from Torture can grow its services and influencing work in the future.

COVID 19 INCOME UPDATE

Although our income results for 2020 were very good, there are massive challenges facing the organisation. We have extremely loyal and generous supporters, most of whom have supported the organisation for more than 10 years, a strong legacy pipeline and close links with many trusts, foundations, and grant giving bodies. However, the economic outlook for 2021 and beyond is the most uncertain in living memory and even pre-COVID, many traditional fundraising channels were becoming less effective.

Income



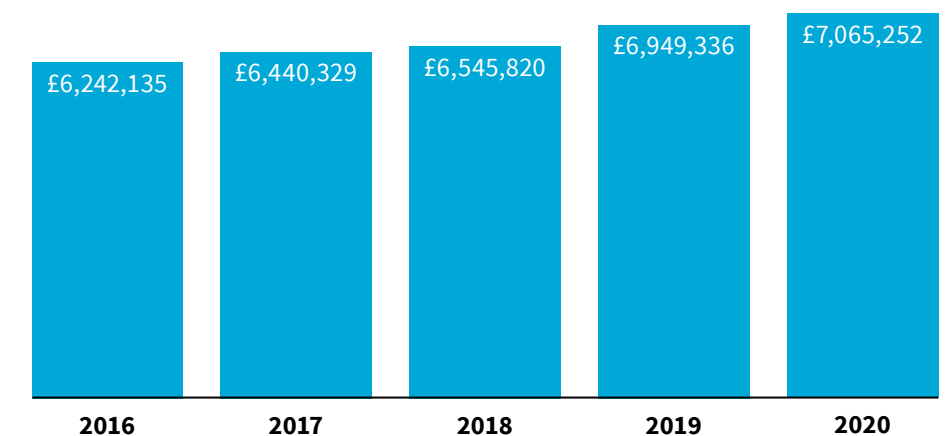
The environment we face means Freedom from Torture will need to change and develop its fundraising activities, a process that started in 2019 and continued in 2020 with increased investment in income generation, particular in the recruitment of new donors. We will continue to invest in new fundraising initiatives, with the knowledge that not all the initiatives will work. However, we believe that this strategy is the best way to achieve our mission and strategic goals.

EXPENDITURE

Pre the pandemic we had planned for some increases in charitable expenditure in 2020. However, because of the uncertainty the Senior Management Team and Trustees immediately implemented a set of cost control measures. We reduced charitable expenditure by £960k compared to budget.

The reductions were implemented in a targeted way that ensured our services and influencing work remained intact. The delivery of all services and influencing work moved to remote working, with therapeutic, legal and welfare services moving to a remote model. This saw the number of appointments with survivors increase compared to the previous year. In addition, we were able to provide much needed financial assistance to survivors of torture during the lockdowns. We expanded the scope, remit and amounts given through our emergency relief to survivors of torture. Plus, we gave support to other survivors of torture connected to the organisation, including former service users, medico-legal reports clients and volunteer survivor activists working with us. Finally, we were able to help other survivors receiving help from fellow NGOs in the UK by providing a small grants fund of £20k.

Charitable Expenditure



Even with the uncertainty caused by the pandemic, in 2020 Freedom from Torture was able to spend almost exactly match overall expenditure on delivering its services and influencing work as in 2019.

FIXED ASSETS

Total capital spend was £158k, of this £79k was on ICT equipment. This was to enable the move to remote working because of the pandemic. Most of the remainder was on fire doors, which needed to be replaced to comply with health and safety regulations.

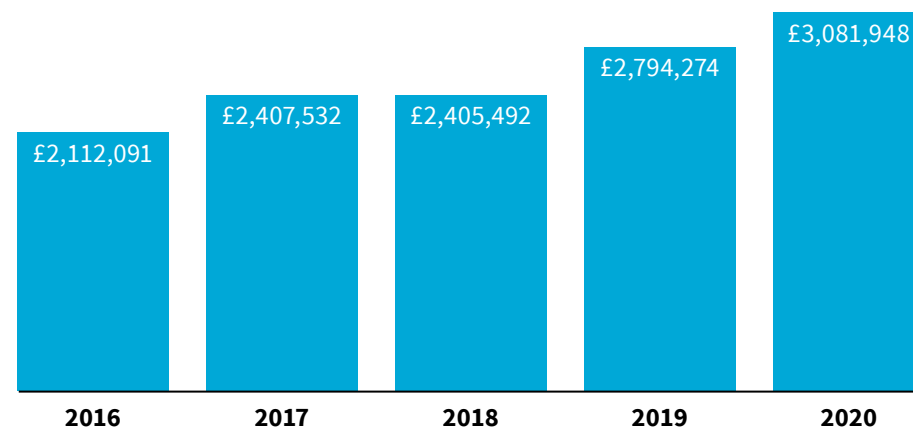
RESERVES AND INVESTMENT POLICY

It is the policy of the Trustees to maintain a 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, Governance and Audit Committee.

Fundraising costs



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 retains adequate levels of reserves to cover potential income shortfalls. The level of 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 reserves level is set to cover this scenario. In addition, the level of reserves 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 as shown on page XX which include a fixed assets reserve, long term donation, major building repairs and working capital reserve.

GENERAL RESERVE

The level of our General Reserve increased in 2020 by £545k. The organisation ended the year with a general Reserve of £2.56 million, which is slightly above the upper limit of 4 months operational costs specified in our reserves policy at (4.2 months). This is due to the excellent income results in 2020 and the cost control measures implemented during the pandemic.

Trustees have agreed to use some of the General Reserve in 2021, to ensure we achieve our strategic goals. The General Reserve will return to within the limits specified in our reserve policy in early 2021.

These reserves, coupled with strong income and control of expenditure, are ensuring that services and influencing work are being maintained during the COVID-19 lockdown and economic uncertainty. Trustees and the Senior Management Team will ensure that the use of any reserves over and above what is planned, will only be if required to protect short-term delivery of our strategic aims. Should income reduce as a result of the pandemic, or for other reasons, 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 2020 during the next financial year.

INVESTMENT POLICY

The Trustees consider that it is not prudent to invest any of the reserves long term. The investment policy is therefore to manage funds so as to obtain the best rate of interest on them.

Fund	Total
Designated Funds	£8,267,536
General Reserve	£2,561,262
Restricted Funds	£807,965
Total Funds	£11,636,763

Designated Funds	Designation	Use of fund	Value at Year-end
Fixed Assets Reserve	Property (two buildings owned by the charity, used as clinical centres) & ICT 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.	£3,701,294
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. Although it was planned to use the fund to invest in donor recruitment in 2020 and then replenish the fund over five years from 2021, this plan was not implemented because of the pandemic.	£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.	We placed £40k into the fund in 2020, as per our policy and drew down £30k to fund the replacement of some fire doors to our London Centre.	£542,400
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).	£3,497,030
TOTAL			£8,267,536

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. We have implemented many actions to reduce risk and to mitigate against its effects.

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 and clients; support for staff to be safely vaccinated; signage for all centres regarding: distancing, hand washing etc; local health and safety protocols in place; 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); addressing vaccine hesitancy in client populations; deployment of all relevant track and trace equipment and tools.

Risk 2

Reduced service efficacy due to over-reliance on remote working / lack of face-to-face appointments

Mitigation includes: Operational planning in place; plans to increase face-to-face offer as soon as easing allows; regular review of

business intelligence re: our offer; regular consultation with people who use our services regarding their needs. Upskilling of staff to deliver a wider range of interventions via our remote offer.

Risk 3

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

Mitigation includes: Regular scheduled risk assessments for all treatment clients, with consideration of interagency contacts; major incident response plan in place; suite of relevant policies agreed and regular review of these included in planning; risk management and suicide prevention training for all clinicians; annual safeguarding week; regular training for staff; dedicated safeguarding resource.

Risk 4

COVID causes serious disruption to our medico-legal reporting services.

Mitigation includes: Strategic and operational planning; review of medico-legal reporting services, including how to improve value for money and increase reports; advocacy with the Home Office.

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; ongoing risk assessment and strategic planning; iterative digital-first strategy in place.



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 (?) to the financial statements on page (?) 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. The governing body is the Board of Trustees (the Board) which met four times in 2020. The Trustees are also Directors of the company.

During 2020 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 were considered by the Board and the previous standing committees were replaced by the Performance Standards and Effectiveness Committee (4 meetings), the Finance Governance and Audit Committee (4 meetings), the Remuneration Committee (1 meeting) and the Fundraising and Influencing Working Group (4 meetings). This new governance structure will commence in 2021.

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.

In 2020 the Treasurer resigned from the Board for personal reasons and we are currently recruiting a replacement.

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 (?).

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 188 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

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 22 June 2021

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

OPINION

We have audited the financial statements of Freedom from Torture for the year ended 31 December 2020 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- » give a true and fair view of the state of the charitable company's affairs as at 31 December 2020 and of the 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 Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended) and regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

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 the financial

statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATED TO GOING CONCERN

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

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 charitable 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 or the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- » the parent charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- » the parent charitable company's 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 page [x], 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

This We have been appointed as auditor under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

EXPLANATION AS TO WHAT EXTENT THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- » We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are 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), the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.
- » We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.
- » We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.

- » We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- » Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

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.
- » Obtain sufficient appropriate audit evidence regarding the financial information of the entities or business activities within the charitable company to express an opinion on the consolidated financial statements. We are responsible for the direction, supervision and performance of the charitable company audit. We remain solely responsible for our audit report.

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



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 29 July 2021

Statement of financial activities

Incorporating Income and Expenditure Account for the year ended 31 December 2020

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2020 £	Total funds 2019 £
Income from:					
Donations and legacies	2	10,653,213	769,442	11,422,655	8,665,431
Charitable activities	4	260,578	737,568	998,146	900,817
Other trading activities (incl. fundraising)	3	367,373	-	367,373	400,741
Investments		23,680	-	23,680	23,278
Total		11,304,844	1,507,010	12,811,854	9,990,267
Expenditure on:					
Raising funds	5	3,081,948	-	3,081,948	2,794,274
Charitable activities		5,487,107	1,578,145	7,065,252	6,949,336
Total	6	8,569,055	1,578,145	10,147,200	9,743,610
Net gains/ (losses) on investments	9	(2,967)	-	(2,967)	1,066
Net income		2,732,822	(71,135)	2,661,687	247,723
Net movements in funds		2,732,822	(71,135)	2,661,687	247,723
Reconciliation of funds:					
Total funds brought forward		8,095,976	879,100	8,975,076	8,727,353
Total funds carried forward		10,828,799	807,965	11,636,763	8,975,076

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 2020

(Company limited by guarantee – registered no. 2398586)

	Notes	2020 £	2019 £
Fixed Assets			
Tangible assets	8	4,320,300	4,468,811
Intangible assets	8	22,092	24,566
Investments	9	14,204	17,171
		4,356,596	4,510,548
Current Assets			
Debtors	10	4,246,073	1,911,658
Short-term deposits		621,307	1,211,815
Cash at hand and in bank		3,477,618	2,390,512
		8,344,998	5,513,985
Creditors:			
amounts falling due within one year	11	(850,819)	(732,934)
Net current assets		7,494,179	4,781,051
Total assets less current liabilities		11,850,775	9,291,599
Creditors:			
amounts falling due after one year	12	(214,012)	(316,522)
Net assets		11,636,763	8,975,076
Funds	14		
Unrestricted funds:			
Designated funds		8,267,536	6,081,174
General reserve		2,561,262	2,014,802
		10,828,798	8,095,976
Restricted income funds:		807,965	879,100
		11,636,763	8,975,076

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 22nd June 2021



Manraj Sandhu, Treasurer

Cash flow statement for the year ended 31 December 2020

	2020	2019
	£	£
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	746,220	482,648
Cash flows from investing activities:		
Dividends and interest from investments	23,680	23,278
Purchase of property, plant and equipment	(167,193)	(239,575)
Net cash (used in)/provided by investing activities	(143,513)	(216,297)
Cash flows from financing activities:		
Repayments of borrowing	(100,908)	(96,882)
Interest paid	(5,200)	(8,749)
Net cash (used in)/provided by financing activities	(106,108)	(105,631)
Change in cash and cash equivalents in the reporting period	496,599	160,712
Cash and cash equivalents at the beginning of the reporting period	3,602,327	3,441,615
Cash and cash equivalents at the end of the reporting period	4,098,925	3,602,327

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

	2020	2019
	£	£
Net income / (expenditure)	2,661,687	247,723
Adjustments for:		
Depreciation charges	306,524	280,172
Amortisation charges	11,654	17,420
Dividends and interest from investments	(23,680)	(23,278)
Interest paid	5,200	8,749
(Gains)/Losses on investments	2,967	(1,066)
(Increase)/decrease in debtors	(2,334,415)	(161,837)
Increase in creditors	116,283	114,766
Net cash provided by/(used in) operating activities	746,220	482,649
Analysis of cash and cash equivalents		
Cash in hand	3,477,618	2,390,512
Notice deposits (one year)	621,307	1,211,815
	4,098,925	3,602,327

The accompanying notes are an integral part of these accounts.

Notes to the financial statements for the year ended 31 December 2020

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 3 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 Reserve 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 2020

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, 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 in note 14. 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 2020

2. DONATIONS AND LEGACIES

	2020 Unrestricted funds	2020 Restricted funds	2020 Total funds
	£	£	£
Trusts & foundations	392,686	737,791	1,130,477
Companies	20,214	-	20,214
Individuals:			
Committed donations (excluding Gift Aid)	2,362,361	-	2,362,361
Major donations (excluding Gift Aid)	914,481	25,250	939,731
Other donations (excluding Gift Aid)	1,919,120	6,401	1,925,521
Gift aid tax claimable	956,025	-	956,025
Legacies	4,088,326	-	4,088,326
Total	10,653,213	769,442	11,422,655

	2019 Unrestricted funds	2019 Restricted funds	2019 Total 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

Notes to the financial statements for the year ended 31 December 2020

Income from trusts and foundations included the following:

Donor	Purpose	£
Paul Hamlyn Foundation	Human Rights Work	140,000
Sigrid Rausing Trust	Core work	120,000
Open Society Foundation	Human Rights Work	95,865
Esme Fairbairn Foundation	Survivor activism / Survivors Speak Out	45,000
City Bridge Trust/London Communities Response	ICT costs and COVID-19 relief	41,318
BBC Children in Need	London Centre: Children, Young People & Families	36,000
The Tolkien Trust	COVID-19 Relief	30,000
Trust for London	UK Policy Work including SSO Survivor Activism	30,000
Stanley Thomas Johnson Foundation	COVID-19 Relief	24,979
Islington Council	Capital Expenditure	22,500
Paul Hamlyn Foundation	COVID-19 Relief	20,000
Unbound Philanthropy	Human Rights Work	19,500
Barrow Cadbury Trust	UK Policy work / Survivors Speak Out	19,000
Joseph Rowntree Charitable Trust	Human Rights Work	17,500
Zephyr Charitable Trust	Training and Capacity Building	15,000
RS Macdonald Charitable Trust	Scotland centre: Children and Young People	15,000
Philip King Charitable Trust	Legal Advice and Welfare Service	15,000
The Three Oaks Trust	West Midlands Centre: Interpreting costs	10,000
BBC Children in Need	Scotland Centre: Children and Young People	10,000
The Volant Trust	Scotland Centre: Supporting Women and Girls	10,000
The Evan Cornish Foundation	North West Centre: Therapeutic Support	10,000
M & C Trust	Child psychotherapy	8,000
Delves Charitable Trust	Legal Advice and Welfare Service	8,000
Unbound Philanthropy	COVID-19 Relief	6,000
Persula Foundation	Write to Life	6,000
29th May 1961 Charitable Trust	West Midlands Centre:- Therapeutic Support	5,000
Birmingham District Nursing Charitable Trust	West Midlands Centre:- Therapeutic Support	5,000
Trust for London/London Communities Response	COVID-19 - London Centre Client Relief	5,000
Scottish Refugee Council	COVID-19 Scotland Centre Client Relief	5,000
DG Charitable Trust	Scotland Centre: Therapeutic Support	5,000
The Harrop Green Charitable Trust	North West Centre: Therapeutic Support	5,000
The Beatrice Laing Trust	Natural Growth Project	5,000
Barbour Foundation	North East Centre: Core Support	5,000
The Patrick and Helena Frost Foundation	Write to Life	5,000
The Netherdale Trust	Scotland Centre: Therapeutic Support	3,750
D'Oyly Carte Charitable Trust	London Centre: Art Therapy	3,500
BBC Children in Need	COVID-19 Relief	3,000
Manchester Guardian Society Charitable Trust	North West Centre: Therapeutic Support	3,000
Eleanor Rathbone Charitable Trust	North East Centre: Core Support	2,500
The Ratcliff Foundation	West Midlands Centre: Therapeutic Support	2,000

Notes to the financial statements for the year ended 31 December 2020

Donor	Purpose	£
The Hugh Fraser Foundation	Scotland Centre: Therapeutic Support	2,000
Rainford Trust	North West Centre: Therapeutic Support	2,000
London Churches Refugee Fund	London Centre: Client Relief	1,650
Homelands Charitable Trust	Family therapy	1,500
William Howarth Charitable Settlement	North West Centre: Therapeutic Support	1,500
JTH Charitable Trust	Scotland Centre: Therapeutic Support	1,250
George Henry Collins Char Trust	West Midlands Centre:- Therapeutic Support	1,000
The Ericson Trust	London Centre: Children, young people and families	1,000
Gordon Fraser Charitable Trust	Scotland Centre: Therapeutic Support	1,000
The Inchcape Foundation	Scotland Centre: Therapeutic Support	1,000
Souter Charitable Trust	North West Centre: Therapeutic Support	1,000
The Sutasoma Trust	Natural Growth Project	1,000
Scottish Refugee Council	Scotland Centre: Printing Recipe Book	938
Miss KM Harbinson's Charitable Trust	Scotland Centre: Therapeutic Support	700
The Trace Charitable Trust	Child psychotherapy	540
Lillie C Johnson Trust	West Midlands Centre:- Therapeutic Support	500
The Brian Shaw Memorial Trust	West Midlands Centre:- Therapeutic Support	500
The Westward Trust	West Midlands Centre:- Therapeutic Support	400
Ian Fleming Charitable Trust	Scotland Centre: Therapeutic Support	400
RKT Harris Charitable Trust	Scotland Centre: Therapeutic Support	250
Catherine Cookson Charitable Trust	Physical Therapy	250

At the end of 2020 there were 9 open residuary legacies with an estimated total value of £1,556,438 which had not met the conditions for recognition as income during the year (2019 – 20 open legacies with an estimated total of £275,326). In addition, there are 4 estates with an estimated total value of £34,500 which will be released on the expiration of life trusts.

Notes to the financial statements for the year ended 31 December 2020

3. OTHER TRADING ACTIVITIES (INCL. FUNDRAISING)

	2020	2019
	£	£
Raffles	135,829	122,990
Fundraising events	57,366	244,423
Christmas cards	46,319	17,201
HMRC - Furlough grant	123,685	
Sundry	4,174	16,127
	367,373	400,741

4. INCOME FROM CHARITABLE ACTIVITIES

2020	2020 Unrestricted funds	2020 Restricted funds	2020 Total funds
	£	£	£
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	367,943	367,943
United Nations	-	34,380	34,380
Scottish Government	-	50,000	50,000
Scottish Government (Corra Foundation)	-	97,028	97,028
Others	-	188,217	188,217
Sub-total government and public bodies	-	737,568	737,568
Fees for medico-legal reports	258,227	-	258,227
Training fees & Others	2,351	-	2,351
Total	260,578	737,568	998,146

2019	2019 Unrestricted funds	2019 Restricted funds	2019 Total funds
	£	£	£
Grants from government and public bodies:			
National Lottery Community Fund (see below)	-	385,194	385,194
Scottish Government	-	35,000	35,000
Others	-	143,410	143,410
Sub-total government and public bodies	-	563,604	563,604
Fees for medico-legal reports	321,536	-	321,536
Training fees & Others	15,677	-	15,677
Total	337,213	563,604	900,817

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 2020

Freedom from Torture was grateful to receive five grants from the National Lottery Community Fund in 2020 as follows:

	Restricted funds
	£
Helping Adult Torture Survivors Recover to Rebuild Their Lives Manchester: ID 10259774	93,094
Holistic Rehabilitation to help Survivors of Torture Rebuild their Lives Birmingham ID 0010286404	95,667
Healing Neighbourhoods Scotland – Integrating Survivors of Torture ID 0010295140	112,641
Holistic Support for Torture Survivors London ID 0010249444	41,541
Third Sector Communities Recovery Fund	25,000
	367,943

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

Freedom from Torture was grateful to receive seven grants from the from the grant giving bodies below in 2020:

		Restricted funds
		£
Scottish Government via Corra Foundation	COVID Recovery Wellbeing Grant	97,028
Scottish Government Promoting Equality and Cohesion Fund	Core and Healing Neighbourhoods	50,000
Mayor of London – Young Londoners Fund	Supporting survivors of torture aged 10-21 based in London	48,000
Manchester City Council – Our Manchester Fund	Supporting survivors of torture in Manchester	19,800
Ministry of Justice	Supporting survivors of torture in Birmingham	96,350
Newcastle City Council	Supporting survivors of torture in Newcastle	4,299
The United Nations Voluntary Fund for Victims of Torture	Supporting survivors of torture in London	34,380
		349,857

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 2020

5. COST OF RAISING FUNDS

	2020	2019
	£	£
Direct Marketing	1,791,603	1,623,922
Legacies	105,459	117,196
Trusts and Corporate	311,699	197,724
Events	118,125	154,348
Local Groups	102,954	72,355
Community	86,003	112,647
Major Donors	278,357	260,095
Grants	104,652	138,201
Cost of raising voluntary income	2,898,851	2,676,488
Cost of activities for generating funds	183,097	117,786
Total cost of raising funds	3,081,948	2,794,274

6. ANALYSIS OF TOTAL EXPENDITURE

2020	Staff costs	Other direct costs	Support costs	Total 2020
	£	£	£	£
Raising funds:				
Donations and legacies	1,018,381	1,382,476	497,994	2,898,851
Trading activities	39,862	124,335	18,900	183,097
	1,058,243	1,506,811	516,894	3,081,948
Charitable expenditure:				
Activities in furtherance of our objects:				
Medical/therapy/casework	3,670,470	112,857	1,123,734	4,907,061
Education/training/info	419,173	10,858	173,448	603,479
Human rights work	860,599	182,707	326,598	1,369,904
Relief grants	15,844	162,792	6,172	184,808
	4,966,088	469,214	1,629,952	7,065,252
Support costs	736,372	1,410,473	(2,146,845)	-
Total expenditure	6,760,701	3,386,496	-	10,147,200

Notes to the financial statements for the year ended 31 December 2020

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/info	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 resources expended	6,223,460	3,520,151	-	9,743,610

All expenditure on raising funds was unrestricted (2019 – the same); of the charitable activities expenditure £5,389,759 was unrestricted (2019 - £5,594,736) and £1,578,144 was restricted (2019 - £1,354,601).

During 2020 Freedom from Torture gave £174,976 in relief grants to survivors of torture (2019 - £194,587). This includes grants totalling £20,000 given to other NGOs providing direct assistance to survivors of torture. Freedom from Torture gave £154,876 directly to individual survivors of torture and their dependents. Of this, £123,221 was for emergency assistance, smart phones and mobile phone credit, to enable remote access to Freedom from Torture's service while the COVID-19 prevented face to face therapy at our centres. In addition, clients attending treatment appointments prior to the pandemic, were reimbursed £31,754 for their travel to/from their appointments.

Net incoming resources are stated after charging:

	Total 2020	Total 2019
	£	£
Auditor's remuneration:		
Audit fee – statutory accounts	13,050	10,750
Audit fee – non audit services	920	895
Operating lease rentals - Land and buildings	46,162	128,550

Notes to the financial statements for the year ended 31 December 2020

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 £	2020 Total allocated £
Raising funds:						
Donations and legacies	263,714	8,540	109,986	53,002	62,753	497,995
Trading activities	10,008	324	4,174	2,012	2,382	18,900
	273,722	8,864	114,160	55,014	65,135	516,895
Charitable expenditure:						
Activities in furtherance of our objects:						
Medical/therapy/casework	595,075	19,270	248,185	119,601	141,603	1,123,734
Education/training/info	91,849	2,974	38,307	18,460	21,856	173,446
Human rights work	172,950	5,600	72,132	34,760	41,155	326,597
Relief grants	3,269	106	1,363	657	778	6,173
	863,143	27,950	359,987	173,478	205,392	1,629,950
Total	1,136,865	36,814	474,147	228,492	270,527	2,146,845

	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/info	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

The basis of allocation of costs in all cases is the proportion of direct staff time spent on each function. Senior management includes the Chief Executive's office.

Notes to the financial statements for the year ended 31 December 2020

7. STAFF COSTS AND TRANSACTIONS WITH TRUSTEES

	2020 £	2019 £
Salaries (including temporary staff)	5,561,817	5,150,102
Interpreters	403,860	354,476
Social security	465,562	417,707
Pension contributions	313,956	286,743
Life assurance contributions	15,506	14,432
	6,760,701	6,223,460

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 £0 (2019 - £227) 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:

	2020	2019
£60,001 - £70,000	1	2
£70,001 - £80,000	3	2
£80,001 - £90,000	-	-
£90,001 - £100,000	1	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 £463,745 (2019 – £447,387)

All the employees in the above categories participated in the pension scheme. Contributions made for them amounted to £24,074 (2019 – £21,770).

The Trustees act in a voluntary capacity and received no remuneration. 3 Trustees (2019 – 3) received reimbursement of expenses totalling £188 during the year (2019 – £1,571). There were no other related party transactions in the year (2019 – £nil).

Staff costs included ex-gratia, redundancy and payment in lieu of notice costs of £61,094 (2019 - £23,035).

Notes to the financial statements for the year ended 31 December 2020

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

	2020	2019
Medical, therapeutic and casework	72	71
Interpreters services including admin	10	10
Education, training and information	9	9
Human rights work	16	14
Support	14	14
Fundraising	23	22
Total full-time equivalent (salaried staff)	144	140
Interpreters self employed	8	8
Total full-time equivalent (all staff)	152	148
Total on payroll, full-time and part-time	183	183

During the year the charity was fortunate also to have the services of around 49 (2019 - 107) part-time volunteers. Most worked in the medical, therapeutic and casework area.

Notes to the financial statements for the year ended 31 December 2020

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 01.01.20	5,419,752	435,331	877,250	7,611,688
Additions	-	-	82,210	158,013
At 31.12.20	5,419,752	435,331	959,460	7,769,701
Depreciation:				
At 01.01.20	1,620,588	100,083	739,291	3,142,877
Charge for the year	105,722	6,705	68,049	306,524
At 31.12.20	1,726,310	106,788	807,340	3,449,401
Net book values:				
At 31.12.19	3,799,164	335,248	137,959	4,468,811
At 31.12.20	3,693,442	328,543	152,120	4,320,300

Database software	Intangible Fixed Assets
Cost:	£
At 01.01.20	640,831
Additions	9,180
At 31.12.20	650,011
Amortisation:	
At 01.01.20	616,265
Charge for the year	11,654
At 31.12.20	627,919
Net book values:	
At 31.12.19	24,566
At 31.12.20	22,092

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 2020

9. INVESTMENTS

At the end of 2020 the charity held listed investments comprising of shares valued at £14,204 (2019 – £17,171) which had been donated by supporters. The main holding is Scottish Investment Trust Plc £12,250 (2019 – £14,602).

	2020	2019
	£	£
Market value at beginning of year	17,171	16,105
Unrealised investment gain/(loss)	(2,967)	1,066
Market value at end of year	14,204	17,171

In addition to the investments described above the charity retained the shares comprising its £100 (2019-£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 (2019-£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

	2020	2019
	£	£
Trade debtors (medico-legal report fees)	404,082	309,576
Bad debts provision	(39,863)	(27,033)
Tax recoverable on Gift Aid donations	214,702	218,802
Legacies	3,537,469	1,312,302
Sundry debtors	68,584	39,661
Prepayments	61,099	58,350
	4,246,073	1,911,658

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Bank loan repayable within one year	101,776	100,174
Trade creditors	420,233	337,809
Inland Revenue: PAYE and NI contributions	127,115	119,503
Staff salaries and pensions	-	227
Other accruals	201,695	175,221
	850,819	732,934

See details of bank loan below in note 12.

Notes to the financial statements for the year ended 31 December 2020

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

	2020	2019
	£	£
Between one and two years	112,189	101,788
Between two and five years	101,823	214,734
	214,012	316,522

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:

	2020	2019
	£	£
Up to one year	36,178	88,311
Between one and five years	20,484	50,289
	56,662	138,600

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 2020

14. MOVEMENTS IN FUNDS

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

2020	Brought forward at end 2019	Incoming during 2020	Outgoing during 2020	Transfers & investm. gains 2020	Carried forward at end 2020
	£	£	£	£	£
Restricted funds:					
Medico-legal work	82,541	33,128	(115,669)	-	-
Psychological therapy – Adults	-	148,447	(148,447)	-	-
Psychological therapy – CYPF*	85,019	153,466	(184,209)	-	54,276
Group work – Adults	1,416	16,822	(18,155)	-	83
Group work – CYPF	21,662	9,321	(26,816)	-	4,167
Welfare advice and care	6,000	29,214	(32,406)	-	2,808
North West centre	12,949	157,336	(148,778)	-	21,507
Scotland centre	115,334	264,251	(255,566)	-	124,019
North East centre	4,958	27,870	(30,120)	-	2,708
West Midlands centre	80,446	242,425	(237,509)	-	85,362
Yorkshire and Humberside hub	3,667	4,282	(7,949)	-	-
Survivors writing group – Write 2 Life project	750	13,694	(9,777)	-	4,667
Training & capacity building	6,666	15,000	(10,417)	-	11,249
Research and Information	-	5,000	(5,000)	-	-
Human rights work	118,515	384,365	(337,732)	-	165,148
Relief grants	501	2,390	(2,891)	-	-
Memorial events in memory of A. Wetherfield	3,429	-	-	-	3,429
North East centre Fixed Assets reserve	335,247	-	(6,705)	-	328,542
	879,100	1,507,011	(1,578,146)	-	807,965
Designated funds:					
Fixed assets reserve	3,743,064	-	-	(41,770)	3,701,294
Working Capital Reserve	1,278,898	-	-	2,218,132	3,497,030
Long term donation	526,812	13,170	(13,170)	-	526,812
Major building repairs	532,400	-	-	10,000	542,400
	6,081,174	13,170	(13,170)	2,186,362	8,267,536
General reserve (unrestricted fund)	2,014,802	11,291,673	(8,555,883)	(2,189,330)	2,561,262
Sub-total: Charity funds	8,975,076	12,811,854	(10,147,200)	(2,968)	11,636,763

* Children, young people and families

Notes to the financial statements for the year ended 31 December 2020

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)	-	-
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

Notes to the financial statements for the year ended 31 December 2020

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 the Medical Foundation. The £6,705 (2019-£6,842) 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.

Notes to the financial statements for the year ended 31 December 2020

15. ANALYSIS OF ASSETS AND LIABILITIES BETWEEN FUNDS

	Unrestricted Funds			2020
	Restricted Funds	Designated Funds	General Reserve	Total
	£	£	£	£
Tangible and intangible fixed assets	328,542	4,013,850	-	4,342,392
Investments	-	-	14,204	14,204
Net current assets	479,423	4,467,698	2,547,058	7,494,179
Long term loan	-	(214,012)	-	(214,012)
	807,965	8,267,536	2,561,262	11,636,763

	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

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. ANALYSIS OF CHANGES IN NET DEBT

	Brought forward at end 2019	Cashflow	Carried forward at end 2020
	£	£	£
Cash	3,602,327	496,598	4,098,925
Loans falling due within one year	(100,174)	(1,602)	(101,776)
Loans falling due after more than one year	(316,522)	102,510	(214,012)
	3,185,631	597,506	3,783,137

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY

Board of Trustees

Susan Berelowitz (Chair)	Michael Johnson
Melanie Essex (Vice Chair)	Rasha Obaid (Appointed 17 May 2021)
Fiona Goudie	Sarah Taylor Peace
Joanne Stubley	Seibatu Amara
John Jacob Dalhuisen	Sonali Naik
Javier Rodriguez Alarcon (Appointed 17 May 2021)	Raj Chada (Resigned 18 March 2020)
Mahesh Wickramasinghe (Appointed 17 May 2021)	Andrew Farrell (Treasurer, resigned 6 October 2020)
Manraj Sandhu (Treasurer, appointed 17 May 2021)	

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

Manny Sandhu (Chair)
Sarah Taylor Peace (Vice Chair)
Javier Rodriguez Alarcon
Susan Berelowitz

Performance, Standards and Effectiveness Committee

Melanie Essex (Chair)
Michael Johnson
Fiona Goudie
Joanne Stubley
Seibatu Amara

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

Remuneration Committee

Sarah Taylor Peace (Chair)
Manny Sandhu
Sue Berelowitz
Melanie Essex

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

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111 Isledon Road, Islington, London, N7 7JW

Tel: 020 7697 7777

www.freedomfromtorture.org

Facebook: Freedom from Torture

Twitter: @FreefromTorture

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