



ESCAPE

Family Support

Annual Report
2019/20



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in People**

Health &
Wellbeing
Award



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IN PEOPLE**

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Chair's Report

It doesn't seem like a year since I wrote my last Chair's Report for 2018/2019. Life moves on so fast and things change rapidly. But some things are constant – the need for ESCAPE to provide support to families and carers in Northumberland is just as strong as it was when the Charity was first created twenty-five years ago.

ESCAPE remains the only specialist service provider in the County to provide support to the families and carers of people who misuse substances. Without ESCAPE, many of those people would be isolated and totally unsupported with all the consequences that brings.

Some of the support ESCAPE provides is specifically for individuals, some of it is for families, some support is needed in a crisis, some is short-term, some stretches over a long period. Some people's needs change over time, some need steady and continuing support. Some of what we offer provides training and help in improving skills, some helps people cope with life a little better. We draw upon the feedback that we receive from our partner organisations, recipients of services and volunteers to ensure that everything we do is of a high standard and that it responds to people's needs.

Our aim is, and always has been, to be there for people when they need it. Securing funding for our Charity to enable us to meet this aim is a constant pressure and one which has become a bigger challenge as each year passes. Our Chief Executive has always managed to draw in sufficient funds year on year to keep ESCAPE afloat, but this has meant we have had to balance the services we can offer according to the means we have available. 2019/2020 has been no exception.

I wish to thank our funders from the public, private and charitable sectors and individuals for their generosity during the last year. The grants and donations we have received range from modest sums to sizeable blocks of money. Every penny is much appreciated. The staff, volunteers and carers have done a sterling job throughout 2019/2020 and I wish to take this opportunity to thank them.

The last month of the year, March 2020, brought an unexpected challenge to ESCAPE and the whole UK population – the Coronavirus pandemic. Little did we know in March what a profound and lasting impact the virus would have. We closed down our HQ building, but we did not close down our services which continued, but just in a different way. No staff were furloughed; all staff started working from home. 2020/2021 will be a very interesting year.

I hope you find this Report interesting, informative and illuminating.

Jackie L M Axelby

Chair

ESCAPE Family Support Ltd

Our Objectives and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are now:

- i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;
- ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and
- iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

The Need for Our Services

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 320,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south-east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

There has been no new national Alcohol Strategy since 2012. The Government's Alcohol Strategy 2012 aims to achieve:

A change in behaviour so that people think it is not acceptable to drink in ways that could cause harm to themselves or others and achieve a reduction in:

- * The amount of alcohol-fuelled violence
- * The number of adults drinking above the NHS guidelines
- * The number of people "binge drinking"
- * The number of alcohol-related deaths
- * The numbers of 11-15 year olds drinking alcohol and the amounts consumed.

Alcohol-specific death rates remained highest in the North-East region in 2018. For deaths registered in 2018, regional age-standardised rates of alcohol-specific deaths range from 7.6 deaths per 100,000 people in the East of England to 15.8 deaths in the North-East. For the fifth consecutive year, the North-East had the highest rate of any English region; prior to 2014, the North-West tended to have the highest rate (ONS).

The Government's Drug Strategy 2017 aims to:

- * Reduce Demand - Building confidence and resilience among children, young people and others with a more targeted approach for vulnerable individuals.
- * Restricting Supply - Ensuring the legal framework remains effective, while tackling the production and distribution of drugs. Taking a smarter approach to drug-related offending.
- * Building Recovery - Achieving better outcomes for those in recovery, through increased transparency, better structures, a more integrated system and stronger governance.
- * Global action - Shaping international policy and practice by providing global leadership and working with our international partners.

Since records began in 2001, there has been a 29% rise in drug poisoning deaths in England, a 75% rise in the North-East and 68% in Northumberland. For the same period for drug misuse deaths, there has been a 50% rise in England, a 126% rise in the North-East and a 54% rise in Northumberland. The North-East and Northumberland have significantly higher numbers of drug poisoning and substance misuse deaths than England. The North-East's rate of drug poisonings per 100,000 population are significantly higher than the England rate (NE 12.1, England 6.7). (Substance Misuse Update to Health and Wellbeing Overview and Scrutiny Committee, Northumberland County Council 3rd December 2019).

Experts blame drastic cuts to drug and alcohol treatment services across the North-East for the rise in deaths. They claim that figures provided to Freedom of Information requests show that of the region's councils that responded, £35.7million was being spent on helping those struggling with addiction in 2013, but this has dropped by a quarter to £27.2million in 2019 (UKAT).

The number of drug-related deaths in Northumberland rose by 20% in 2018 and more than 40% over the past decade. The Office for National Statistics data shows that between 2016 and 2018, there were 91 deaths related to drug poisoning in the county, up from 77 in 2015-17 and 54 in 2008-2010 respectively. This was the fourth highest total in the North-East region, although the county's age-standardised mortality rate, which takes into account the population and its age profile, was the third lowest. These data mirror the national and regional trends, with drug deaths in England and Wales reaching the highest number and highest annual increase since records began in 1993.

At the end of 2018, there were 1521 people in treatment in Northumberland: 473 people were in treatment for an alcohol use disorder; 31% were in the 40-49 age group and 28% were 50-59 years of age; 59% of service users were male and 41% were female. During this same period, there were 1048 people in treatment for a drug use disorder: 37% were aged 30-39 and 33% 40-49 years of age; 70% were male and 30% were female, (Substance Misuse Update to Health and Wellbeing Overview and Scrutiny Committee, Northumberland County Council 3rd December 2019).

It is clear that with at least three family members affected by a loved one's drug or alcohol use (Adfam) this means that there are at least 4563 people significantly affected by a loved one's substance use who are resident in Northumberland. It is therefore essential that ESCAPE Family Support continues to provide specialist family support services to those affected by addiction in Northumberland.

In addition, it is very important to ensure that families and carers, partners and friends are included in a client's treatment journey as this support can make all the difference to a successful outcome. 18% of individuals coming into treatment live with children, and so it is very important that appropriate working practices are in place to safeguard those at risk from hidden harm. An important part of the individual's treatment journey is to ensure that they and their families, friends and children are supported in building and maintaining effective relationships with each other.

Susan Kennedy Centre – our Ashington Headquarters



ESCAPE Family Support

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children and wider family members who are affected and struggling to cope.

We are currently providing drug and alcohol counselling and support only to those clients who are self or family-funded and who pay for this service as they do not wish to, or are not able to, access the local commissioned service.

ESCAPE's confidential support services are person-centred, tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups.

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard ever since; this achievement includes successful joint assessment against the new more robust Gold standard along with the new Health and Wellbeing Award in February 2019 demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social.

ESCAPE has worked with 542 beneficiaries during 2019/20, including 96 children, whose lives have been negatively impacted by a family member's substance use. Our current caseload for the Family Team is 339. Of these, 72 are receiving Tier 1 support (advice and information), 99 are receiving Tier 2 interventions (group activities and respite with 168 carers receiving Tier 3 services (intensive interventions).



Recognition



A 12 month review of Investor in People Standard in February 2020 was very positive and showed:

- ESCAPE had inspirational leadership that built trust and commitment; there was a strong expression that leaders were inspiring trust and confidence.
- A robust approach to measuring its progress in managing and developing people using survey data and other metrics to see how well processes were working.
- There was a strong 'value-base' in the organisation which made people feel good about working at ESCAPE. Cultural values - those shared beliefs amongst ESCAPE's people, were strong and built good teams and individual motivation.
- Despite financial constraints, the organisation still invested in its people development and wellbeing using creative ways to support its people.
- There was an open culture that let ideas thrive and people feel empowered. ESCAPE made its people feel respected and encouraged to put forward ideas and take on responsibilities.
- Staff were particularly well supported in psychological and social wellbeing. Given the nature of the work done by ESCAPE's people, these aspects of wellbeing were particularly important.

We are very proud of our people and the feedback above from our 12 month Review report:

Investor in People Insights Assessment and Health and Wellbeing Review Report February 2020.

Our work and the contribution we make is also recognised and valued by key Northumberland organisations and agencies, as evidenced in feedback we have received:

*“ESCAPE Family Support offers an excellent service to the carers it supports, providing a range of very useful and tailored interventions to families and carers who are coping with the loneliness and stigma often attached to caring for someone with an addiction. Kinship carers especially appreciate the support and activities available to themselves and the children they care for”. **Debra Dodds, Operations Manager, Self-Directed Support, Prevention and Carers, Northumbria Healthcare***

“As Alcohol Specialist Nurses employed by the Northumbria Healthcare NHS Foundation Trust, we witness the devastating impact alcohol addiction has not only on the individual but their nearest and dearest.

For those who are still lucky enough to have support, family members will often voice feelings of total desperation, utter despair and complete isolation.

ESCAPE Family Support are an invaluable service, offering the bespoke care and support families of Northumberland really need. The referral process is seamless, and we are always confident that families will be contacted in good time, listened to and given appropriate support”

Linda Sample – Advanced Alcohol Specialist Nurse, Northumbria Healthcare NHS Foundation, Nov 2019.



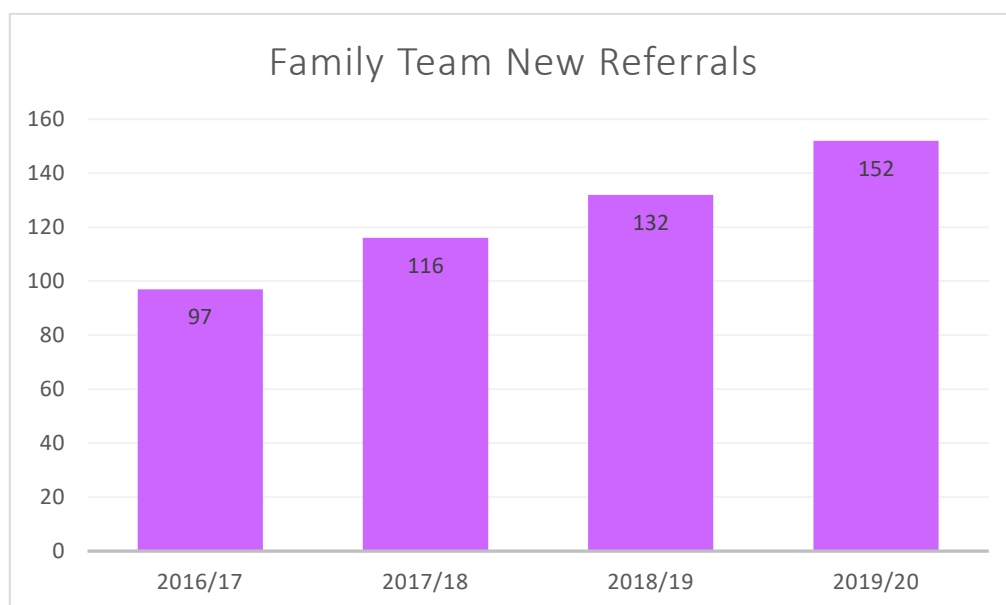
Family and Carer Support Services

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

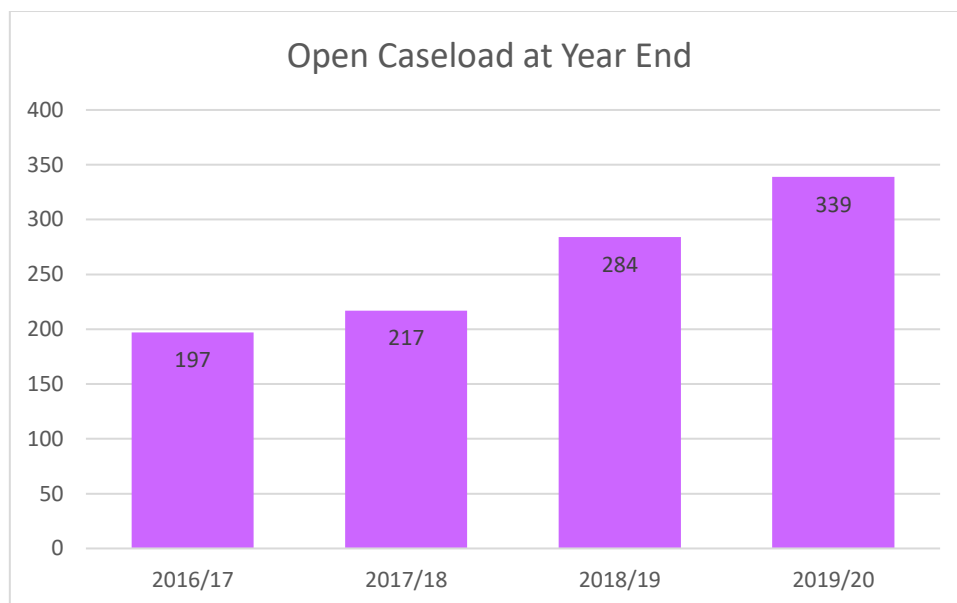
The service is supported through grants from Northumbria Healthcare Trust, Public Health at Northumberland County Council, Blyth Town Council, Greggs Foundation, Tudor Trust, National Lottery Awards for All, Barbour Foundation, Hospital of God at Greatham, Hadrian Trust, R W Mann Trust, Joicey Trust, Souter Charitable Trust, Local Giving Magic Little Grants, The Alchemy Foundation, The Percy Hedley 1990 Trust and the Freemasons of Northumberland.

ESCAPE's Family Team delivers a range of services to the families and carers of substance users who include parents, grandparents, partners, siblings and children including 24/7 helpline, crisis support, telephone support, advice, information, advocacy, comprehensive carer assessments, personalised care plans, 1-1 support, counselling, family therapy, support groups, personal learning opportunities, arts and respite opportunities and support to help family members work together. The team also provides specific support for kinship carers; for those with a family member involved in the criminal justice system; and for those bereaved by substance use. We continue to work with family members whether their loved one is in treatment or not. The Family Team continue to offer a range of support where multiple complex issues occur, including children's safeguarding, domestic violence and offending.

The family team received 152 new referrals during 2019/20 (up 15.15% on 2018/19).

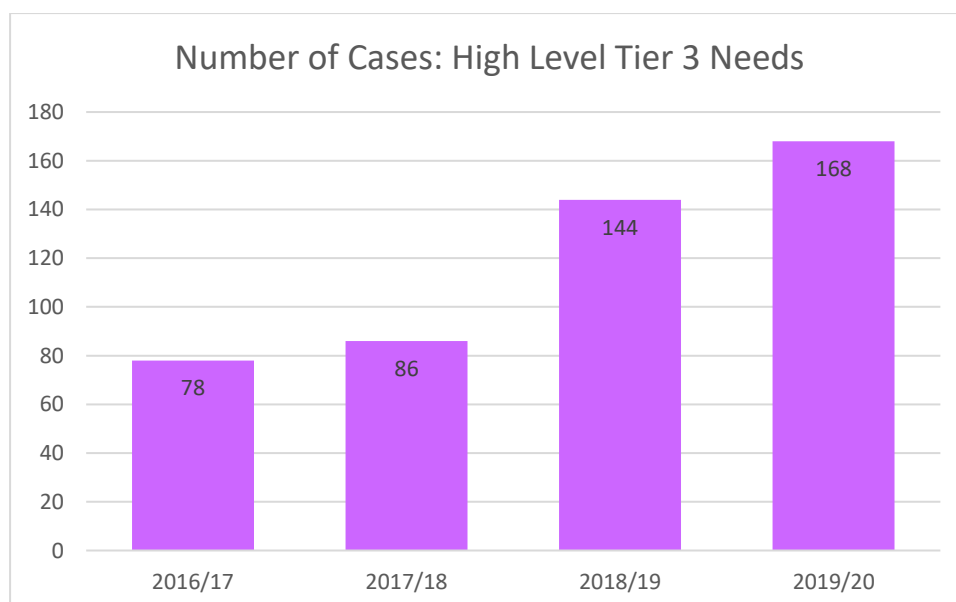


The family team had an open caseload of 339 on 31 March 2020 (up 19.37 % on 31/03/19).

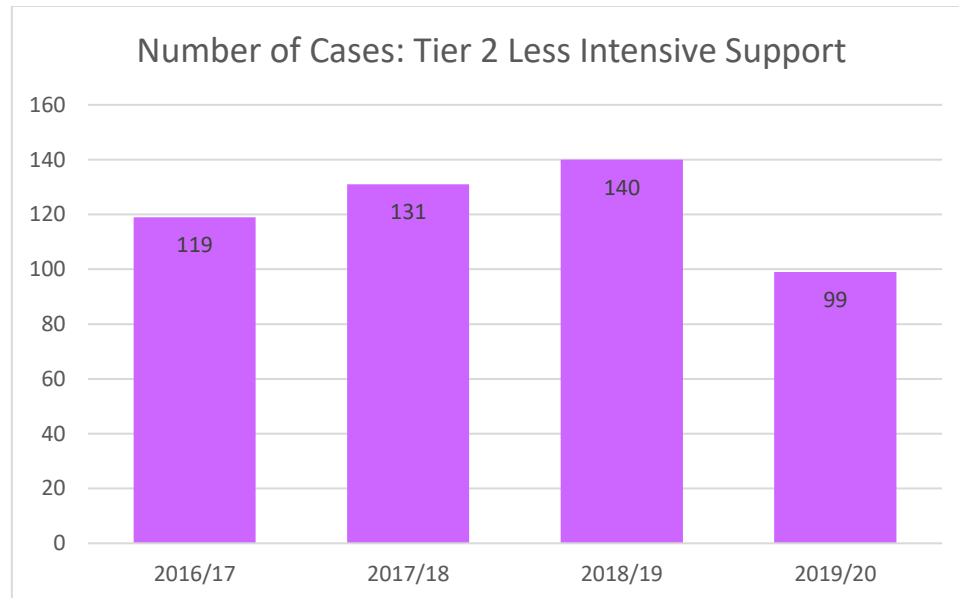


Of the 339 open cases, 168 (up 16.66 % on 31/03/19) have high level Tier 3 needs.

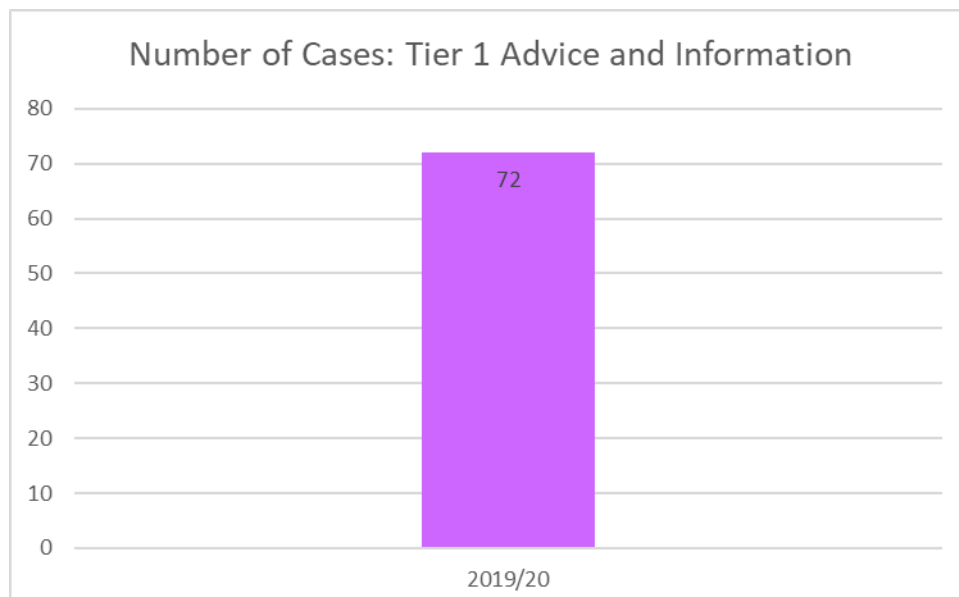
Intensive support, educational interventions and/or counselling.



There are 99 cases (down 29.29 % on 31/03/19) sitting within Tier 2 less intensive support, (Group interventions and Respite). However, we have split this cohort further and introduced a Tier 1 for Advice and Information – please see further chart below.



We have introduced a new category and have 72 cases sitting in Tier 1 (Advice and Information)



Our Family Service Interventions in Numbers

During 2019/20, the team have worked with a total of 542 beneficiaries, including 96 children, whose lives have been negatively impacted by a family member's substance use.

Interventions	Number Delivered 2018/19	Number Delivered 2019/20	% Change
Helpline Calls	288	293	+ 1.74 %
Brief Interventions	494	498	+ 0.81 %
Counselling Sessions	95	180	+ 89 %
Family Therapy Hours	152	0	-100 %
CRAFT 1-1 Sessions	1,560	1,584	+ 1.5 %
CRAFT Group Sessions -6 Programmes in 2019/20	23	39	+ 69 %
CRAFT Maintenance Group Sessions	16	26	+ 62.5 %
Complementary Therapy Sessions	133	60	-54.89 %
Coffee Mornings/Mutual Aid Groups	23	24	+4.34 %
Art Group Sessions	27	24	-11.11 %
Kinship Group Sessions	16	16	No change
Family Respite Breaks – No. of Beneficiaries	93	90	-4%
Pamper/Wellbeing Events	4	3	-25 %
Family Fun Days	4	2	-50 %
Drop In Sessions run at external partner venues in Hadston House, No.28 Hexham and Berwick Hospital	0	23	N/A

We had no available funding to deliver Family Therapy this year. There is still a need for this programme and further funds are required to resume delivery of this service.

Complementary Therapies have been reduced this year as staff are on a waiting list for external Acupuncture Supervision and Covid-19 restrictions have prevented delivery of other interventions during Feb/March.

Final bookings for the caravan had to be cancelled due to Covid-19 so numbers attending the caravan are slightly down.

One of our Pamper/Wellbeing Events was cancelled due to Covid-19 lockdown.

Carer Consultation and Feedback

ESCAPE undertook carer consultation during the year. Please see below beneficiary feedback on our services:

Overall 69% felt their role as a carer had impacted on their physical and/or mental health.

70% reported they had accessed primary health care as a direct result of caring for a loved one with an addiction.

Overall, 57% of carers felt engaging with ESCAPE had helped with reducing their need to access primary health care services.

54% of carers identified being financially disadvantaged due to being a carer of someone with an addiction.

The feedback highlights that carers feel ESCAPE has reduced the demands they place on primary care services by increasing their skill base and support. Overall 57% of respondents felt ESCAPE had reduced their need for primary care. Carers reported:

- Reduced Depression
- Reduced Stress
- Developing own self-care skills
- Knowing someone is there to talk to
- Reduced visits to GP/practice nurse/mental health team
- Respite activities/therapies helped reduce anxiety
- Improvement in physical ailments
- No medication/reduced medication

3 main themes emerged from carer feedback that focused on: the need for specialist support in this area for families; the lack of available support; and the level of despair carers can feel when this is not available.

Some feedback quotes from Carers:

What difference has ESCAPE Family Support made for you?

"A massive difference in understanding my daughter's problems and how I can support her"

"Couldn't have coped without support from ESCAPE"

"Someone there to listen to me – the support has been invaluable"

"Supportive, confidential, made me feel better about myself"

"Huge difference when things were really bad. Like a lifeline"

"Relief to have space to myself, have health check and look after myself"

"Information and help when I needed it for my grandson"

"Given me confidence to make a big decision"

"Can't praise ESCAPE enough. Only people I could trust"

"A big difference. At the time my son was going through a bad time. My doctor referred me to ESCAPE. It was the best thing she ever did. It helped me, but also helped me with my son".

"Made me grow and become more confident, 1-2-1 sessions were invaluable, improved my wellbeing, met people in similar situations"

"Support from ESCAPE was tremendous. Disappointed that there is no longer a base in Blyth. My daughter is now 3 years sober!"

"Daughter has turned life around, lives down the road with partner and baby; life is good"

"Elaine has been fabulous, always there for you when you need her."

"Debs gave us a lot of insight dealing with teenagers"

"Sarah was really good, very helpful and understanding"

"15 year old daughter looks forward to coming to see Elaine"

"Thank God ESCAPE was there for me. Debs Humble was fab"

"My son has been off drugs for 1 to 2 years now he's working fulltime and I believe that it had a lot to do with the support from ESCAPE"

"Daughter is 2 years 7months alcohol free!!"

"Son not in a good place at the moment so I am pleased to have the helpline number"

"Used the caravan and that was fab"

"ESCAPE made a massive difference to us, legal advice was invaluable. Kindness - toys for Xmas – can't thank ESCAPE enough for their support"

"Helped me to get hooked into grandparents plus"

"Met someone at ESCAPE, another mother in same situation and are now best of friends"

"It saved my life, felt supported"

"Quite a bit, I lost my son due to alcohol. He drank after coming out of rehab and had a seizure. It helped having someone to talk to"

"How vital these services are and its bad that the cuts to support is happening"

Community Reinforcement Approach & Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

We ran six CRAFT courses during 2019/20 as follows:

- 3rd April-5th May 2019 started with 6 and completed with 6.
- 23rd April-4th June 10 invited with 6 completers.
- 15th August – 12th September 2019 started with 8 and completed with 8 (North)
- 20th August-17th September 2019 10 invited and 4 completers
- 21st January- 3rd March 2020 started with 12 with 10 completers
- 17th February – 30th March 2020 with 5 people. This could only be run until 11th March due to the COVID-19 lockdown and was completed 1-1 via telephone.

51 people were invited and began the programmes; there were 39 completions.

77% of our CRAFT participants rated CRAFT course delivery and content as excellent, 15% rating it very good with a further 8% rating it as good.

Pre and post-score ratings for happiness, confidence, attitudes, coping skills and wellbeing for CRAFT attendees are:

Average score was 36.4 points prior to course

Average score was 50.1 points post course

This was a 37.5% improvement in scores

A key Stakeholder view on our CRAFT Programme supporting families in Berwick:

"ESCAPE hosted a series of workshops in the Berwick Centre to help those that care for people who have issues with alcohol or substance misuse. We were delighted that we were able to facilitate this as there is a huge need in the north of the county for this type of support. We spoke to some of those that had participated and they said the support they had received was first class. They felt valued, plus the advice and guidance they were given will ensure they have the strategies in place to help them cope with the issues they face on a daily basis. The participants felt they had benefited greatly from the expertise provided by ESCAPE." **Lesley Bruce, Education Lead - Employability & Berwick Locality, Learning and Skills Service, Education and Skills, Northumberland County Council**

CRAFT significantly reduces stress and anxiety and increases overall happiness. See below some comments from participants that show us how people feel after completing CRAFT:

"I would advise all carers to give the CRAFT course a go, it showed me how to think about my reactions and take stock, not to react at the wrong times. It's good to share with others what you are going through and it's not the people you would necessarily think would attend."

"The CRAFT course allowed me to reflect on my communication and actions, listen carefully, experiment with strategies described. It made my xxxxx more aware of the impact of his behavior on the family. Very positive way to access information, made me feel I was not alone."

"Helped with family situations. ESCAPE was there every step of the way to help cope with anxiety and difficult situations"

"Family have had a lot of support from different organisations but found CRAFT at ESCAPE to be extremely helpful at coping with situations"

"Helped me to put things in place (coping strategies)"

*"A lot of difference:
CRAFT with Elaine, a huge help"*

"Biggest help I've ever had, group chat/supporting each other"

"I would recommend the CRAFT course to anyone, it taught me patience and to have time for me. EXCELLENT."

*"This has been a very rewarding course.
I felt I was at the end of my tether when I started but now feel*

*"CRAFT was great support,
partner has detoxed and is
now 7 1/2 months sober"*

"I had no expectations of CRAFT. I was just desperate for help, advice and support - CRAFT delivered. It showed me I am not alone, I have changed the way I respond to issues, and I am stronger than I think. A huge thankyou to Deb and everyone at ESCAPE. I cannot thank you enough, you have truly saved my life."

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role. All parents

raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves and building their self-esteem, confidence and belief in themselves.

During 2019/20 we successfully ran three Teen Triple P programmes, with 27 starters and 21 successful completions as follows:

- | | |
|-------------------------------|-------------------------------------|
| ➤ April to July 2019, | 9 began the course and 7 completed |
| ➤ September to December 2019, | 8 began the course and 6 completed |
| ➤ January – March 2020 | 10 began the course and 8 completed |

Many of the referrals for Teen Triple P programme come from the early help team and children's social workers. A snapshot of feedback received about the programmes from parents is below:

What have you gained from attending the Teen Triple P Programme?

- *Strategies to calmly handle situations, meeting new people and knowing you are not alone*
- *More confidence with XX, realising we are not the only ones dealing with it*
- *Confidence, understanding how to deal with teens, coping*
- *Plenty of options for problem solving*
- *Learnt I'm not alone and about strategies to help with my teenage daughter's behaviours*

How has Teen Triple P made a difference within your family?

- *Everyone is a little calmer and listens to each other a little more*
- *Putting things into place, a much happier place*
- *Things have been calmer and not as stressful*
- *Yes, more positive*
- *Sticking to rules, listening to my child and finding time for each other*

Would you recommend Teen Triple P to others? And why?

- *I would recommend it to others because you learn new things and I felt calmer after sessions*
- *Yes I would, because it's helping with the home life*
- *Yes, you learn a lot, it's a good laugh and also very positive strategies*
- *Yes, very helpful and learnt some new things*
- *The group was interesting and helpful, the people leading the group were very friendly and approachable*
- *Great at explaining and understanding, course was amazing*
- *Nice atmosphere with lovely tutors and lovely people sharing experiences without judging*
- *If given the opportunity, do it, the girls who do group are fantastic*
- *Great being in a group with people going through the same stuff*

Respite Project

We have provided respite breaks at our caravan at Berwick Holiday Centre since the late 1990s. Our caravan needed replacing and we really appreciated the support provided by Northumberland County

Council. That, along with part exchange of our old caravan, enabled us to purchase a new caravan. We held an opening event on 10th June 2019 which was well attended by carers, volunteers, staff, trustees and external partners. This new caravan will enable us to provide respite breaks for carers for many years to come. 90 individuals benefited from respite breaks during 2019/20.



Opening the new caravan: our Chair, Jackie Axelby, with Veronica Jones and Debra Dodds from Northumberland County Council.



Recovery Support Service

We now only provide paid counselling for a small number of people who need support as they are struggling with their alcohol or drug use and do not meet the threshold for the commissioned treatment system or who prefer to access self or family-funded support at ESCAPE instead.

Some feedback from people who accessed the recovery service:

"Massive help and support"

"At the time it meant I had someone to get information and understanding from that I didn't want to discuss with friends"

"When I first started coming it saved my life really, as I was really bad."

I can be 'me' and not judged"

"Counselling was great. ESCAPE is so supportive"

"Amazing support, wouldn't of got through without ESCAPE"

Volunteering and Peer Mentoring Project

The Tudor Trust continued to fund this project by funding our Volunteer/Peer Mentor Coordinator salary and some running costs for the project until 31st October 2019. When the Coordinator took up a post elsewhere, the role of Volunteer Coordinator was amalgamated with that of the Training Officer, making volunteer recruitment, training and coordination a seamless process provided by one Coordinator. This has been a major success.

We have an amazing pool of volunteers who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

The focus of ESCAPE's volunteering service this year has continued to be on developing and consolidating the peer mentor and befriender programme. Training programmes delivered to volunteers were as follows:

- Befriender Core Training (25th April – 30th May). 11 attended and 9 completed
- Peer Mentoring Level 2 (6th June-11th July). 9 attended and 9 completed.
- Level 3 in Family Dynamics began 12th September 2019 completed with 8.
- Volunteer Development Session, July 2019 with 23 attending and completed
- Introduction to Mental Wellbeing, July 2019 with 23 attending and completed
- GPDR training 13th November 2019 with 8 attending and completed

We recruited and trained 13 new volunteers through the Coalfields project and also advanced the skills of 7 volunteers who were already supporting our work.

Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, complementary therapies, befriending, mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

Volunteers from TT Electronics based in Bedlington carried out PAT testing on all electrical items at Susan Kennedy Centre again this year. Many thanks to Phil Storey and his team who undertook this work on ESCAPE's behalf.

The skills and experiences that people bring are varied and wide-ranging, as are their reasons for volunteering.

Our volunteers completed a total of 19 wellbeing wheels. The scores are highlighted in the table below:-

Area	None of the time (1)	Rarely (2)	Some of the time (3)	Often (4)	All of the time (5)
Environmental Needs Eg. The building, offices, facilities and equipment	0	0	0	4	15
Physical Needs Eg. Temperature, food, refreshments, physical access, toilet facilities	0	0	0	3	16
Social Needs Eg. Connecting with others within the organisation	0	0	1	3	15
Mental & Emotional Needs Eg. Safety, influence, responsibility, control of own work, recognition, attention	0	0	0	1	18
Education and Learning Needs Eg. Achievement, stretch/challenge, role development/changes	0	0	0	4	15
Support Needs Eg. Catch-ups, Line Management, Supervision, Access to information, advice and guidance (internal and external)	0	0	0	4	15
Work-Life Balance Needs Eg. Flexibility, workload, privacy, boundaries (own and others)	0	0	0	2	17

In summary, feedback received was very positive with overall 99.2% of responses scoring 4 or more in each of the areas and a further 83.5% scoring 5. Feedback from staff and volunteers support a strong sense of wellbeing experienced at ESCAPE.

We currently have 37 volunteers and peer mentors who have again made a significant contribution to provision this year providing 13,239 hours of work. This is in effect the equivalent of 7.45 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

Our Values

We held an event to explore and reinforce ESCAPE's values on 16th December 2019. Volunteers, carers and staff attended this event. Feedback from groups outlining how they view ESCAPE and its values is below:

Group one – Volunteers

'Coming to ESCAPE, a person can expect a warm welcome, whilst being treated with respect in a confidential, non-judgemental manner. '

"ESCAPE can help you build the skills in order to improve confidence and empower you to better cope with personal difficulties whilst offering education and learning opportunities with the possibility of volunteering positions."

"ESCAPE is a safe place where you can expect to feel comfortable and given encouragement and the tools to better yourself and your situation. You meet lots of lovely people in the process too."

Group two – Staff

"We are unique in what we do."

"A confidential place to come – to be listened to and talk when ready and we are friendly, non-judgemental and supportive."

"We welcome everyone; we recognise that nobody is perfect and that anything is possible"

Group Three – Carers

"ESCAPE is a support system"

"Helps you get your life back in order"

"Gives you tools to cope with home life"

"Mutual support and clarity"

"ESCAPE is non-judgemental"

"Staff are always approachable"

"Referrals – they signpost you to other helpful agencies"



Training Project

The costs of this project were covered from reserves from 01/04/2019 until 01/07/2019 until we secured project funding from Awards for All.

We deliver a robust programme of training for volunteers, peer mentors and befrienders and beneficiaries to expand and enhance skills, build confidence and ensure delivery of good quality services. The programme includes ESCAPE's OCN-accredited Support Skills Level 2 and Family Dynamics Level 3, Peer Mentoring Level 2; Referral and First Assessment training, Safeguarding, Group Facilitation Skills, Overdose Awareness, Drug and Alcohol Awareness, Team Work, Communication, Strengthening Families Programme, Teen Triple P Programme, Understanding Teenagers and Wellbeing Workshops. Two staff members have been trained to deliver Adverse Childhood Experience (ACE) training to adults and young people thanks to funding from Northumbria Healthcare NHS Trust. This training helps address childhood trauma and will be an integral part of our service delivery ongoing as we strive to address the underlying reasons that can lead to self-medication through the use of drugs or alcohol and drive addictions.

We were proud to receive this feedback from our external verifier at One Awards:

"I just wanted to thank you for the inspirational work from yourselves and your learners. It is so good to see how you are supporting learners and how hard you are all working to make positive changes in their lives. Seeing all the excellent work and understanding the back stories really made my day, so thank you, and keep up the good work!"

Jean Sinclair, External Verifier, One Awards

We also work with external providers who offer a range of courses to develop and enhance our volunteers' skills including: Fire Safety, First Aid, Safeguarding and Mental Health Awareness. This year volunteers and peers completed a variety of in-house training including: Accredited Family Dynamics, Befriender and Peer Mentoring Training.

- Befriender Core Training (25th April – 30th May). 9 Volunteers
- Peer Mentoring Level 2 (6th June-11th July). 9 completers.
- 28th June Drug Awareness Course (4)
- Volunteer Development Session, July 2019 morning with 23 attending and completed
- Introduction to Mental Wellbeing, July 2019 afternoon with 23 completing
- 12th July Alcohol withdrawal & Overdose (5)
- 2 further volunteers gaining experience through attending the CRAFT programme
- Level 3 in Family Dynamics began 12th September 2019 and completed with 8.
- Volunteer trained in CRAFT 5th and 6th March 2020 through PROPS North East.
- GDPR training 8 completed on 14th November
- Carers and volunteers were involved in ESCAPE values activities on 16th December
- Art canvas project started 13th Feb on Escape Values, approx. 10 canvases on-going

Training, education and activities provided to support beneficiaries included: Community Reinforcement Approach and Family Training (CRAFT) Confidence & Assertiveness, Understanding Teenagers, Wellbeing Events addressing, mental, emotional and physical health, Sleep Hygiene, Drug and Alcohol Awareness and Overdose Prevention, Harm Reduction and external NHS Health Trainer sessions.

- Easter Family Fun Event took place on Monday 15th April
- 10th June. During Carers' week we provided pamper sessions and a trip to the opening of the new caravan took place at Berwick upon Tweed. Carers and volunteers attended the events
- 10th July Drug Awareness, Glendale Middle school (42)
- 16th July Drug Awareness at Hadston Community Centre
- 18th Nov, 2nd Dec, 6th Jan and 20th Jan completed Hadston House Drop- ins
- No28, Hexham Drop- ins completed 2nd April, 13th May, 11th and 25th July,
- Summer Family Fun Event took place on Thursday 1st August
- Family Halloween Event took place 31st October and was well attended
- Wellbeing activity near Christmas involving Art and Crafts which was enjoyed by all
- 25 CRAFT Maintenance groups took place
- Christmas Meal/Event for West Clients: The Falcon, Prudhoe- 18th December 12.30
- Coffee morning bi-weekly, Art project bi-weekly

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings.

We have worked in partnership with other organisations to develop satellite bases providing drop-in sessions, counselling and 1-1 support at Hadston House, Berwick Hospital and No.28 in Hexham. We will be working with AIM Northeast to provide drop-in sessions, 1-1 support and mutual aid groups at Briardale House in Blyth during the coming year.

We worked in partnership with Jennie Clark, Fitness Instructor, to deliver dance and fitness classes for our beneficiaries in November and December 2019 as we received a Magic Little Grant through the partnership between Localgiving and the Postcode Community Trust. The Postcode Community Trust is a grant-giving charity funded entirely by players of People's Postcode Lottery. Localgiving is the UK's leading membership and support network for local charities and community groups. Our project received £500 to provide physical activities for carers.

The Future

The charity will continue to work to consolidate and maintain existing service provision. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. A new Family Champions Programme to deliver more mutual aid for carers and a pilot project to develop our work to address the needs of Young People will also commence thanks to the new funding from National Lottery Reaching Communities Fund. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.
- Providing a small self-funded counselling service which complies with appropriate quality standards to address problems associated with substance misuse.
- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans for the coming year have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1. Introducing and embedding a new, stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.
2. Piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

Over recent years, ESCAPE has been asked to work more and more with children around the impact of their parents' substance use on the child or young person. As well as the programmes, family therapy, Family Events and respite breaks that children and young people can access through ESCAPE, we completed a small amount of impact work with young people during 2018/19 due to referrals received and continued this during 2019/20. This 1-1 work can vary depending on the needs of the child.

Referrals linked to the impact of a family member's drug or alcohol use has continued this year. Due to lack of provision in Northumberland for this specialised work, we approached the National Lottery to gain funding to pilot a Young Persons Project. This was successful and funding was obtained which will begin in April 2020 and run until March 2023.

This will give us a dedicated worker to work with Young People referred to us and allow us to identify needs and develop a package of interventions to support them.

The gap between needs and provision has widened over recent years and this is becoming apparent by the number of referrals we receive, along with approaches by a range of professionals and workers for advice and guidance.

The children we currently work with in the family setting have strongly articulated their views on the need for further support from ESCAPE for children and young people. They have told us that they enjoy family activities but would like further activities for them specifically. We have had the opportunity to pilot a number of different interventions with children and young people, for example the Strengthening Families Programme and group sessions tailored to children and young people that were run when their parents were in attendance at a CRAFT programme. In line with our model of support for adults, it has become apparent that children and young people would also benefit from ongoing mutual support and guidance as well as more targeted and structured interventions for their individual needs. Two of our staff team have been trained to deliver Adverse Childhood Experience Training to adults and young people and this will form part of the work of the new pilot programme.

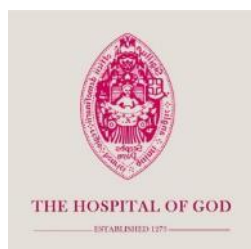
A focus on our two priority areas, as identified above, will enable us to:

- reach and support more families
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'

Peer Mentor Art Work



Thanks to our Funders:





Supported by players of



Awarded funds from



The Percy Hedley 1990 Charitable Trust

Summary Accounts

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2020

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Income from:					
Donations and legacies	6	5,989	1,550	7,539	4,260
Charitable activities					
Grants and statutory funding	7	4,435	97,412	101,847	163,821
Other trading activities	8	8,041	-	8,041	6,040
Investments	9	66	-	66	33
Total income		18,530	98,962	117,492	174,154
Expenditure on:					
Raising funds	10	203	5	207	1,866
Charitable activities					
Operation of the charity	11	29,604	144,720	174,324	180,365
Total expenditure		29,807	144,724	174,531	182,231
Net income/(expenditure) and net movement of funds		(11,276)	(45,762)	(57,038)	(8,077)
Reconciliation of funds					
Total funds brought forward		286,027	264,311	550,339	558,416
Total funds carried forward		274,751	218,549	493,300	550,339

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

Contact

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NE63 0SF

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Helpline: 07702833944

ESCAPE FAMILY SUPPORT LIMITED

A company limited by guarantee

REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2020

Charity number 03256554

Company number 03256554

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Purposes and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are:

- i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;
- ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and
- iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

Our aims, objectives and activities are reviewed annually. This involves evaluating what we have achieved and the outputs and outcomes of our work in the aforementioned 12 months. The success of key activities and benefits these bring to our beneficiaries are appraised. This ensures that that our aims, objectives and activities continue to focus on our specified purposes, facilitates continuous service improvement and prevents mission drift.

ESCAPE FAMILY SUPPORT LIMITED

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE

The information below which provides a summary of achievements and performance over this financial period should be read in conjunction with the attached Financial Statements.

How our activities deliver public benefit:

Our main activities and people we try to assist are outlined below. All our charitable activities are focused on relieving poverty, sickness and distress, the provision of support to vulnerable families, treatment and prevention of substance misuse is undertaken to advance our charitable purposes for the public benefit of Northumberland.

Who needs, used and benefited from our services?

Our funding and resources continue to focus our main service provision to residents of Northumberland. Northumberland has a population of over 320,000 people, many scattered thinly in relatively isolated towns and settlements across expanses of countryside, whilst a significant concentration live in the south east of the county in declining economic communities. The county of Northumberland is a unitary authority. People in parts of Northumberland suffer extremes of poverty with low average incomes in three of the county's previous six district areas, with demonstrable inequalities of income across the county. In common with other areas of the U.K., Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population.

The number of drug related deaths in Northumberland rose by 20% in 2018 and more than 40% over the past decade. The Office for National Statistics data shows that between 2016 and 2018, there were 91 deaths related to drug poisoning in the county, up from 77 in 2015-17 and 54 in 2008-2010 respectively. This was the fourth highest total in the North East region, although the county's age-standardised mortality rate, which takes into account the population and its age profile, was the third lowest. These mirror the national and regional trends, with drug deaths in England and Wales reaching the highest number and highest annual increase since records began in 1993.

Alcohol-specific death rates remained highest in the North East region in 2018. For deaths registered in 2018, regional age-standardised rates of alcohol-specific deaths range from 7.6 deaths per 100,000 people in the East of England to 15.8 deaths in the North-East. For the fifth consecutive year, the North-East had the highest rate of any English region; prior to 2014, the North-West tended to have the highest rate (ONS).

Since records began in 2001, there has been a 29% rise in drug poisoning deaths in England, a 75% rise in the NE and 68% in Northumberland. For the same period for drug misuse deaths, there has been a 50% rise in England, a 126% rise in the North East and a 54% rise in Northumberland. The North-East and Northumberland have significantly higher numbers of drug poisoning and substance misuse deaths than England. The North-East's (NE) rate of drug poisonings per 100,000 population are significantly higher than the England rate (NE 12.1, England 6.7). (Substance Misuse Update to Health and Wellbeing Overview and Scrutiny Committee, Northumberland County Council 3rd December 2019).

Experts blame drastic cuts to drug and alcohol treatment services across the North-East for the rise in deaths. They claim that figures provided to Freedom of Information requests show that of the region's councils that responded, £35.7million was being spent on helping those struggling with addiction in 2013, but this has dropped by a quarter to £27.2million in 2019 (UKAT).

ESCAPE FAMILY SUPPORT LIMITED

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE - continued

At the end of 2018, there were 1521 people in treatment in Northumberland: 473 people were in treatment for an alcohol use disorder; 31% were in the 40-49 year age group and 28% were 50-59 years of age; 59% of service users were male and 41% were female. During this same period, there were 1048 people in treatment for a drug use disorder: 37% were aged 30-39 and 33% 40-49 years of age; 70% were male and 30% were female, (Substance Misuse Update to Health and Wellbeing Overview and Scrutiny Committee, Northumberland County Council 3rd December 2019).

It is clear that with at least three family members affected by a loved one's drug or alcohol use (Adfam) this means that there are at least 4563 people significantly affected by a loved one's substance use who are resident in Northumberland. It is therefore essential that ESCAPE Family Support continues to provide specialist family support services to those affected by addiction in Northumberland.

There has been no new national Alcohol Strategy since 2012. The Government's Alcohol Strategy 2012 aims to achieve:

- * A change in behaviour so that people think it is not acceptable to drink in ways that could cause harm to themselves or others;
and achieve a reduction in:
- * The amount of alcohol-fuelled violence
- * The number of adults drinking above the NHS guidelines
- * The number of people "binge drinking"
- * The number of alcohol-related deaths
- * The numbers of 11-15 year olds drinking alcohol and the amounts consumed.

The Government's Drug Strategy 2017 aims to:

- * Reduce Demand - Building confidence and resilience among children, young people and others with a more targeted approach for vulnerable individuals.
- * Restricting Supply - Ensuring the legal framework remains effective, while tackling the production and distribution of drugs. Taking a smarter approach to drug-related offending.
- * Building Recovery - Achieving better outcomes for those in recovery, through increased transparency, better structures, a more integrated system and stronger governance.
- * Global action - Shaping international policy and practice by providing global leadership and working with our international partners.

In addition, it is very important to ensure that families and carers, partners and friends are included in a client's treatment journey as this support can make all the difference to a successful outcome. 18% of individuals coming into treatment live with children, and so it is very important that appropriate working practices are in place to safeguard those at risk from hidden harm. An important part of the individual's treatment journey is to ensure that they and their families, friends and children are supported in building and maintaining effective relationships with each other.

ESCAPE has worked with 542 beneficiaries during 2019/20, including 96 children, whose lives have been negatively impacted by a family member's substance use. Our current caseload for the Family Team is 339 carers. Of these, 72 are receiving Tier 1 support (advice and information), 99 are receiving Tier 2 interventions (group activities and respite with 168 carers receiving Tier 3 services (intensive interventions).

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE - continued

Since 1995, ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children and wider family members who are affected and struggling to cope.

We are currently providing drug and alcohol counselling and support only to those clients who are self or family- funded and who pay for this service as they do not wish to, or are not able to, access the local commissioned service.

ESCAPE's confidential support services are person centred, tailored to the needs of each individual to help them identify their priorities, achieve their goals and improve their own lives. Wherever possible and appropriate, we mediate between the family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use. We deliver impartial and stand-alone services but also work in partnership with statutory and voluntary agencies and groups.

ESCAPE is led by a strong board including people who have relevant personal experience and have encountered problems similar to our client group. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold in January 2010. We are proud to have retained the Gold standard ever since; this achievement includes successful joint assessment against the new more robust Gold standard along with the new Health and Wellbeing Award in February 2019 demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social. A 12 month review of Investor in People Standard in February 2020 was very positive and showed:

- ESCAPE had inspirational leadership that built trust and commitment; there was a strong expression that leaders were inspiring trust and confidence.
- A robust approach to measuring its progress in managing and developing people using survey data and other metrics to see how well processes were working.
- There was a strong 'value-base' in the organisation which made people feel good about working at ESCAPE. Cultural values - those shared beliefs amongst ESCAPE's people, were strong and built good teams and individual motivation.
- Despite financial constraints, the organisation still invested in its people development and wellbeing using creative ways to support its people.
- There was an open culture that let ideas thrive and people feel empowered. ESCAPE made its people feel respected and encouraged to put forward ideas and take on responsibilities.
- Staff were particularly well supported in psychological and social wellbeing. Given the nature of the work done by ESCAPE's people these aspects of wellbeing were particularly important.

We are very proud of our people and the feedback above from our 12 month Review report:

Investor in People Insights Assessment and Health and Wellbeing Review Report February 2020.

ESCAPE FAMILY SUPPORT LIMITED

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE - continued

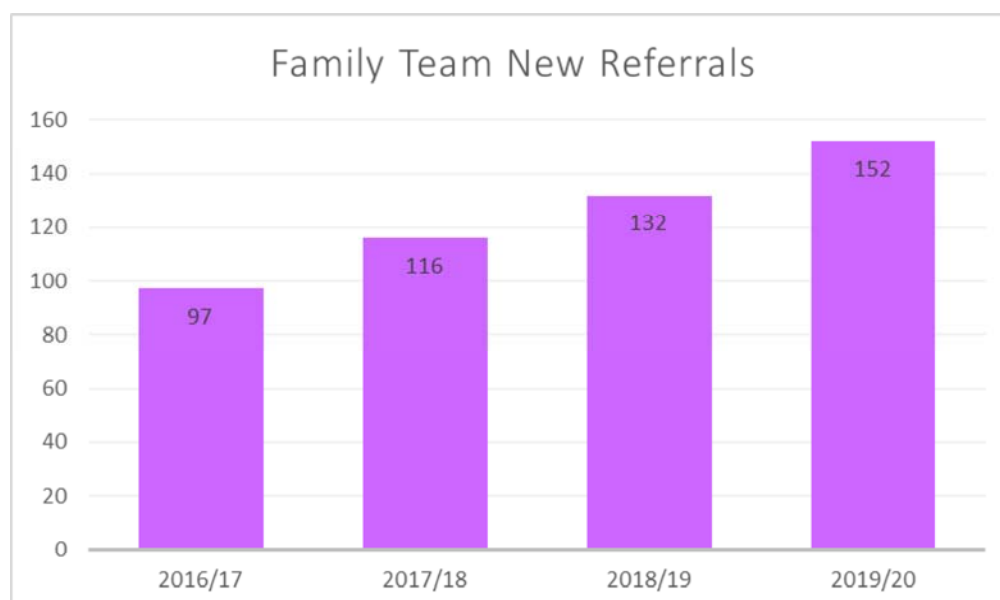
ESCAPE Family and Carer Services:

ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

The service is supported through grants from Northumbria Healthcare Trust, Public Health at Northumberland County Council, Blyth Town Council, Greggs Foundation, Tudor Trust, National Lottery Awards for All, Barbour Foundation, Hospital of God at Greatham, Hadrian Trust, R W Mann Trust, Joicey Trust, Souter Charitable Trust, Local Giving Magic Little Grants, The Alchemy Foundation, The Percy Hedley 1990 Trust and the Freemasons of Northumberland.

ESCAPE's Family Team delivers a range of services to the families and carers of substance users who include parents, grandparents, partners, siblings and children including 24/7 helpline, crisis support, telephone support, advice, information, advocacy, comprehensive carer assessments, personalised care plans, 1-1 support, counselling, family therapy, support groups, personal learning opportunities, arts and respite opportunities and support to help family members work together. The team also provides specific support for kinship carers; for those with a family member involved in the criminal justice system; and for those bereaved by substance use. We continue to work with family members whether their loved one is in treatment or not. The Family Team continues to offer a range of support where multiple complex issues occur, including children's safeguarding, domestic violence and offending.

The family team received 152 new referrals during 2019/20 (up 15.15% on 2018/19).



ESCAPE FAMILY SUPPORT LIMITED

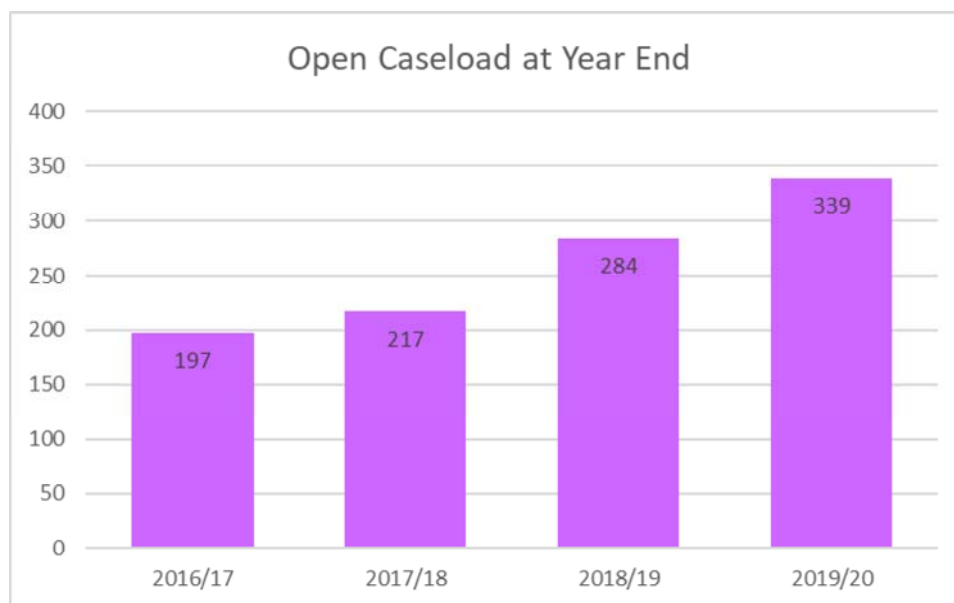
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TRUSTEES ANNUAL REPORT

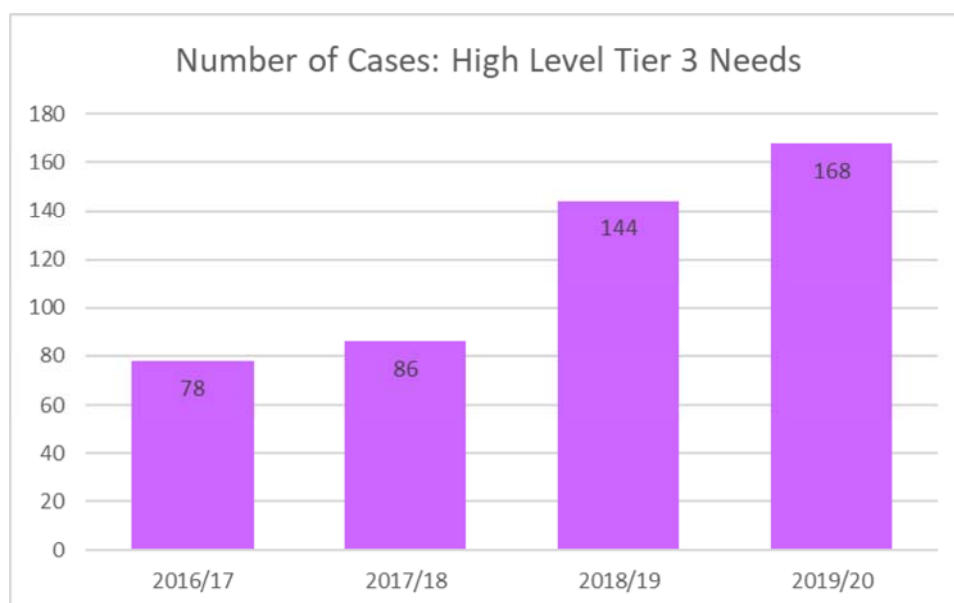
For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE - continued

The family team had an open caseload of 339 on 31 March 2020 (up 19.37 % on 31/03/19).



Of the 339 open cases, 168 (up 16.66 % on 31/03/19) have high level Tier 3 needs. Intensive support, educational interventions and/or counselling.



ESCAPE FAMILY SUPPORT LIMITED

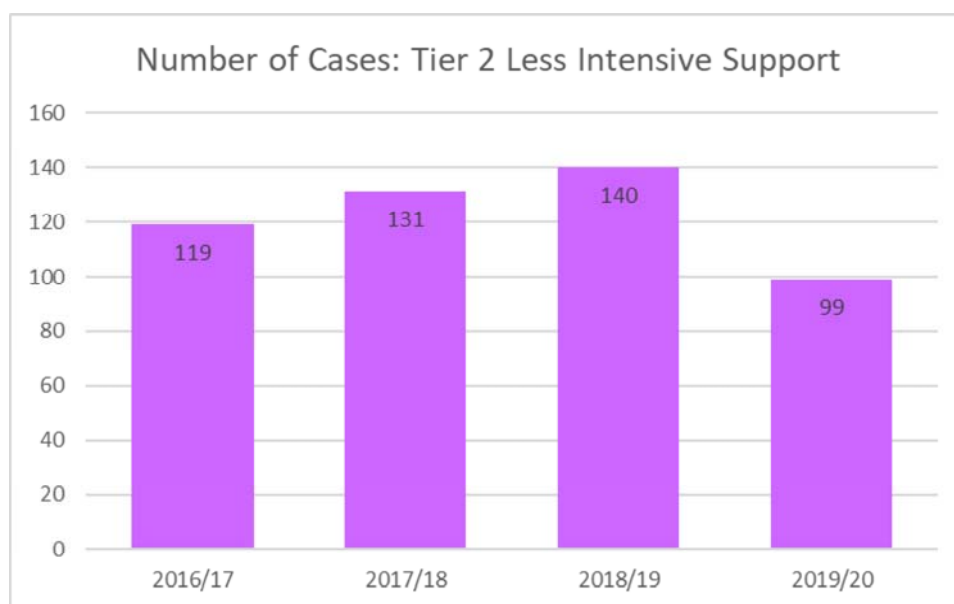
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TRUSTEES ANNUAL REPORT

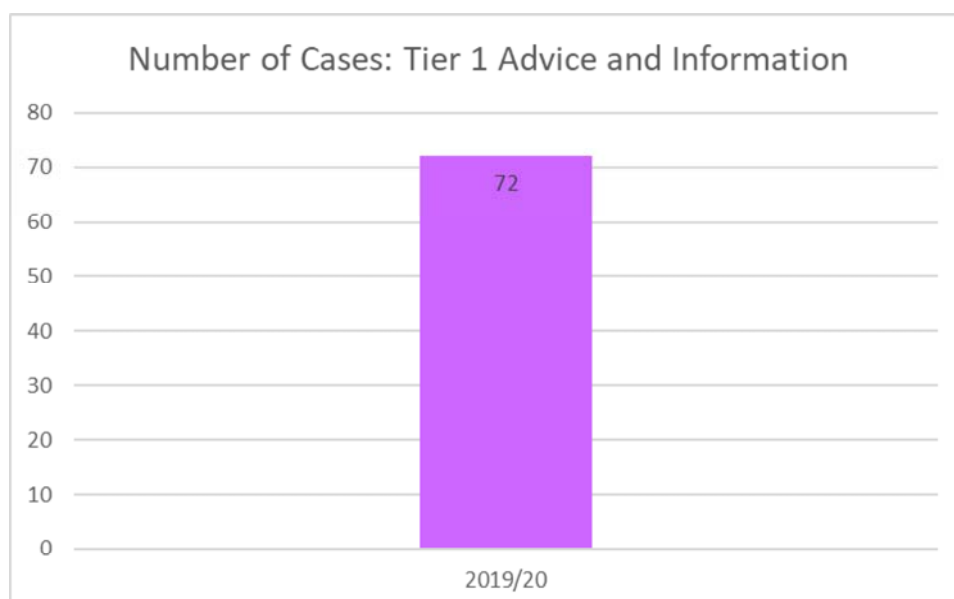
For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE - continued

There are 99 cases (down 29.29 % on 31/03/19) sitting within Tier 2 less intensive support, (Group interventions and Respite). However, we have split this cohort further and introduced a Tier 1 for Advice and Information – please see further chart below.



We have introduced a new category and have 72 cases sitting in Tier 1 (Advice and Information)



ESCAPE FAMILY SUPPORT LIMITED

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE - continued

During 2019/20, the team have worked with a total of 542 beneficiaries, including 96 children, whose lives have been negatively impacted by a family member's substance use.

Our Family Service Interventions in Numbers

Interventions	Number Delivered 2018/19	Number Delivered 2019/20	% Change
Helpline Calls	288	293	+ 1.74 %
Brief Interventions	494	498	+ 0.81 %
Counselling Sessions	95	180	+ 89 %
Family Therapy Hours	152	0	-100 %
CRAFT 1-1 Sessions	1,560	1,584	+ 1.5 %
CRAFT Group Sessions -6 Programmes in 2019/20	23	39	+ 69 %
CRAFT Maintenance Group Sessions	16	26	+ 62.5 %
Complementary Therapy Sessions	133	60	-54.89 %
Coffee Mornings/Mutual Aid Groups	23	24	+4.34 %
Art Group Sessions	27	24	-11.11 %
Kinship Group Sessions	16	16	No change
Family Respite Breaks – No. of Beneficiaries	93	90	-4%
Pamper/Wellbeing Events	4	3	-25 %
Family Fun Days	4	2	-50 %
Drop In Sessions run at external partner venues in Hadston House, No.28 Hexham and Berwick Hospital	0	23	N/A

We had no available funding to deliver Family Therapy this year. There is still a need for this programme and further funds are required to resume delivery of this service.

Complementary Therapies have been reduced this year as staff are on a waiting list for external Acupuncture Supervision & Covid-19 restrictions have prevented delivery of other interventions during Feb/March.

Final bookings for the caravan had to be cancelled due to Covid-19 so numbers attending the caravan are slightly down.

One of our Pamper/Wellbeing Events was cancelled due to Covid-19 lockdown.

ESCAPE FAMILY SUPPORT LIMITED

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE - continued

ESCAPE undertook carer consultation during the year. Please see below beneficiary feedback on our services:

Overall 69% felt their role as a carer had impacted on their physical and/or mental health.

70% reported they had accessed primary health care as a direct result of caring for a loved one with an addiction.

Overall, 57% of carers felt engaging with ESCAPE had helped with reducing their need to access primary health care services.

54% of carers identified being financially disadvantaged due to being a carer of someone with an addiction.

The feedback highlights that carers feel ESCAPE has reduced the demands they place on primary care services by increasing their skill base and support. Overall 57% of respondents felt ESCAPE had reduced their need for primary care. Carers reported:

- Reduced Depression
- Reduced Stress
- Developing own self-care skills
- Knowing someone is there to talk to
- Reduced visits to GP/practice nurse/mental health team
- Respite activities/therapies helped reduce anxiety
- Improvement in physical ailments
- No medication/reduced medication

3 main themes emerged from carer feedback that focused on: the need for specialist support in this area for families; the lack of available support; and the level of despair carers' can feel when this is not available.

Some feedback quotes from Carers:

What difference has ESCAPE Family Support made for you?

"A massive difference in understanding my daughter's problems and how I can support her"

"Couldn't have coped without support from ESCAPE"

"Someone there to listen to me – the support has been invaluable"

"Supportive, confidential, made me feel better about myself"

"Huge difference when things were really bad. Like a lifeline"

"Relief to have space to myself, have health check and look after myself"

"Information and help when I needed it for my grandson"

"Given me confidence to make a big decision"

ESCAPE FAMILY SUPPORT LIMITED

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

ACHIEVEMENT AND PERFORMANCE - continued

Carer Quotes - continued

"Can't praise ESCAPE enough. Only people I could trust"

"A big difference. At the time my son was going through a bad time. My doctor referred me to ESCAPE. It was the best thing she ever did. It helped me, but also helped me with my son".

"Made me grow and become more confident, 1-2-1 sessions were invaluable, improved my wellbeing, met people in similar situations"

"Support from ESCAPE was tremendous. Disappointed that there is no longer a base in Blyth. My daughter is now 3 years sober!"

"Daughter has turned life around, lives down the road with partner and baby; life is good"

"Elaine has been fabulous, always there for you when you need her."

"Debs gave us a lot of insight dealing with teenagers"

"Sarah was really good, very helpful and understanding"

"15 year old daughter looks forward to coming to see Elaine"

"Thank God ESCAPE was there for me. Debs Humble was fab"

"My son has been off drugs for 1 to 2 years now he's working fulltime and I believe that it had a lot to do with the support from ESCAPE"

"Daughter is 2 years 7months alcohol free!!"

"Son not in a good place at the moment so I am pleased to have the helpline number"

"Used the caravan and that was fab"

"ESCAPE made a massive difference to us, legal advice was invaluable. Kindness - toys for Xmas – can't thank ESCAPE enough for their support"

"Helped me to get hooked into grandparents plus"

"Met someone at ESCAPE, another mother in same situation and are now best of friends"

"It saved my life, felt supported"

"Quite a bit, I lost my son due to alcohol. He drank after coming out of rehab and had a seizure. It helped having someone to talk to"

"How vital these services are and its bad that the cuts to support is happening"

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ACHIEVEMENT AND PERFORMANCE - continued

Community Reinforcement and Family Training (CRAFT)

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the user's substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

We ran six CRAFT courses during 2019/20 as follows:

- 3rd April-5th May 2019 started with 6 and completed with 6.
- 23rd April-4th June, 10 invited with 6 completers.
- 15th August – 12th September 2019 started with 8 and completed with 8 (North)
- 20th August-17th September 2019, 10 invited and 4 completers
- 21st January- 3rd March 2020 started with 12 with 10 completers
- 17th February – 30th March 2020 with 5 people. This could only be run until 11th March due to the COVID-19 lockdown and was completed 1-1 via telephone.

51 people were invited and began the programmes; there were 39 completions.

77% of our CRAFT participants rated CRAFT course delivery and content as excellent, 15% rating it very good with a further 8% rating it as good.

Pre and post-score ratings for happiness, confidence, attitudes, coping skills and wellbeing for CRAFT attendees are:

Average score was 36.4 points prior to course

Average score was 50.1 points post course

This was a 37.5% improvement in scores

CRAFT significantly reduces stress and anxiety and increases overall happiness. See below some comments from participants that show us how people feel after completing CRAFT:

"This has been a very rewarding course. I felt I was at the end of my tether when I started but now feel much happier and able to cope."

"I would advise all carers to give the CRAFT course a go, it showed me how to think about my reactions and take stock, not to react at the wrong times. It's good to share with others what you are going through and it's not the people you would necessarily think would attend."

"The CRAFT course allowed me to reflect on my communication and actions, listen carefully, experiment with strategies described. It made my xxxxx more aware of the impact of his behavior on the family. Very positive way to access information, made me feel I was not alone."

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ACHIEVEMENT AND PERFORMANCE - continued

Community Reinforcement and Family Training (CRAFT) – Carer Quotes continued

“I would recommend the CRAFT course to anyone, it taught me patience and to have time for me. EXCELLENT.”

“I had no expectations of CRAFT. I was just desperate for help, advice and support - CRAFT delivered. It showed me I am not alone, I have changed the way I respond to issues, and I am stronger than I think. A huge thankyou to Deb and everyone at ESCAPE. I cannot thank you enough, you have truly saved my life.”

“A lot of difference, CRAFT with Elaine, a huge help”

“Helped with family situations. ESCAPE was there every step of the way to help cope with anxiety and difficult situations”

“CRAFT was great support, partner has detoxed and is now 7 1/2 months sober”

“Biggest help I’ve ever had, group chat/supporting each other”

“Helped me to put things in place (coping strategies)”

“Family have had a lot of support from different organisations but found CRAFT at ESCAPE to be extremely helpful at coping with situations”

A key Stakeholder view on our CRAFT Programme supporting families in Berwick:

ESCAPE hosted a series of workshops in the Berwick Centre to help those that care for people who have issues with alcohol or substance misuse. We were delighted that we were able to facilitate this as there is a huge need in the north of the county for this type of support. We spoke to some of those that had participated and they said the support they had received was first class. They felt valued, plus the advice and guidance they were given will ensure they have the strategies in place to help them cope with the issues they face on a daily basis. The participants felt they had benefited greatly from the expertise provided by ESCAPE.

Lesley Bruce, Education Lead - Employability & Berwick Locality, Learning and Skills Service, Education and Skills, Northumberland County Council

ACHIEVEMENT AND PERFORMANCE - continued

Teen Triple P Programmes

Teen Triple P is an initiative of the Parenting and Family Support centre at the University of Queensland. This programme is designed to support parents/carers in their parenting role.

All parents raising teenagers find it easier when they get support, as raising teenagers can be challenging and this can be made less stressful if parents don't have to do it on their own. Throughout the programme, parents learn strategies to promote positive behaviour and strategies to manage misbehaviour, and also the importance of looking after themselves building their self-esteem, confidence and belief in themselves.

During 2019/20 we successfully ran three Teen Triple P programmes, with 27 starters and 21 successful completions as follows:

- | | |
|-------------------------------|-------------------------------------|
| ➤ April to July 2019, | 9 began the course and 7 completed |
| ➤ September to December 2019, | 8 began the course and 6 completed |
| ➤ January – March 2020 | 10 began the course and 8 completed |

Many of the referrals for Teen Triple P programme come from the early help team and children's social workers.

A snapshot of feedback received about the programmes from parents is below:

What have you gained from attending the Teen Triple P Programme?

- *Strategies to calmly handle situations, meeting new people and knowing you are not alone*
- *More confidence with XX, realising we are not the only ones dealing with it*
- *Confidence, understanding how to deal with teens, coping*
- *Plenty of options for problem solving*
- *Learnt I'm not alone and about strategies to help with my teenage daughter's behaviours*

How has Teen Triple P made a difference within your family?

- *Everyone is a little calmer and listens to each other a little more*
- *Putting things into place, a much happier place*
- *Things have been calmer and not as stressful*
- *Yes, more positive*
- *Sticking to rules, listening to my child and finding time for each other*

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Would you recommend Teen Triple P to others? And why?

- *I would recommend it to others because you learn new things and I felt calmer after sessions*
- *Yes I would, because it's helping with the home life*
- *Yes, you learn a lot, it's a good laugh and also very positive strategies*
- *Yes, very helpful and learnt some new things*

Any other feedback

- *The group was interesting and helpful, the people leading the group were very friendly and approachable*
- *Great at explaining and understanding, course was amazing*
- *Nice atmosphere with lovely tutors and lovely people sharing experiences without judging*
- *If given the opportunity, do it, the girls who do group are fantastic*
- *Great being in a group with people going through the same stuff*

Respite Project

We have provided respite breaks at a caravan at Berwick Holiday Centre since the late 1990's. Our caravan needed replacing and we really appreciated the support provided by Northumberland County Council. That, along with part exchange of our old caravan, enabled us to purchase a new caravan. We held an opening event on 10th June 2019 which was well attended by carers, volunteers, staff, trustees and external partners. This new caravan will enable us to provide respite breaks for carers for many years to come. 90 individuals benefited from respite breaks during 2019/20.

Recovery Support Service

We now only provide paid counselling for a small number of people who need support as they are struggling with their alcohol or drug use and do not meet the threshold for the commissioned treatment system or who prefer to access self or family-funded support at ESCAPE instead.

Some feedback from people who accessed the recovery service:

"Counselling was great. ESCAPE so supportive"

"At the time it meant I had someone to get information and understanding from that I didn't want to discuss with friends"

"When I first started coming it saved my life really, as I was really bad. I can be 'me' and not judged"

"Massive help and support"

"Amazing support, wouldn't of got through without ESCAPE"

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VOLUNTEERING AND PEER MENTORING PROJECT:

The Tudor Trust continued to fund this project by funding our Volunteer/Peer Mentor Coordinator salary and some running costs for the project until 31st October 2019. When the Coordinator took up a post elsewhere, the role of Volunteer Coordinator was amalgamated with that of the Training Officer, making volunteer recruitment, training and coordination a seamless process provided by one Coordinator. This has been a major success.

We have an amazing pool of volunteers who are invaluable in supporting us in running the charity and the Susan Kennedy Centre and who also help us provide direct support to individuals and groups.

The focus of ESCAPE's volunteering service this year has continued to be on developing and consolidating the peer mentor and befriender programme. Training programmes delivered to volunteers were as follows:

- Befriender Core Training (25th April – 30th May). 11 attended and 9 completed
- Peer Mentoring Level 2 (6th June-11th July). 9 attended and 9 completed.
- Level 3 in Family Dynamics began 12th September 2019 completed with 8.
- Volunteer Development Session, July 2019 with 23 attending and completed
- Introduction to Mental Wellbeing, July 2019 with 23 attending and completed
- GDPR training 13th November 2019 with 8 attending and completed

We recruited and trained 13 new volunteers through the Coalfields project and also advanced the skills of 7 volunteers who were already supporting our work.

Volunteers continue to support us with cleaning, gardening, administration, caretaking, counselling, complementary therapies, befriending, mentoring, group facilitation, catering, community fundraising, bid writing, CEO post and helpline cover.

Volunteers from TT Electronics based in Bedlington carried out PAT testing on all electrical items at Susan Kennedy Centre again this year. Many thanks to Phil Storey and his team who undertook this work on ESCAPE's behalf.

"As Alcohol Specialist Nurses employed by the Northumbria Healthcare NHS Foundation Trust, we witness the devastating impact alcohol addiction has not only on the individual but their nearest and dearest.

For those who are still lucky enough to have support, family members will often voice feelings of total desperation, utter despair and complete isolation.

ESCAPE Family Support are an invaluable service, offering the bespoke care and support families of Northumberland really need. The referral process is seamless, and we are always confident that families will be contacted in good time, listened to and given appropriate support"

Linda Sample – Advanced Alcohol Specialist Nurse, Northumbria Healthcare NHS Foundation, Nov 2019.

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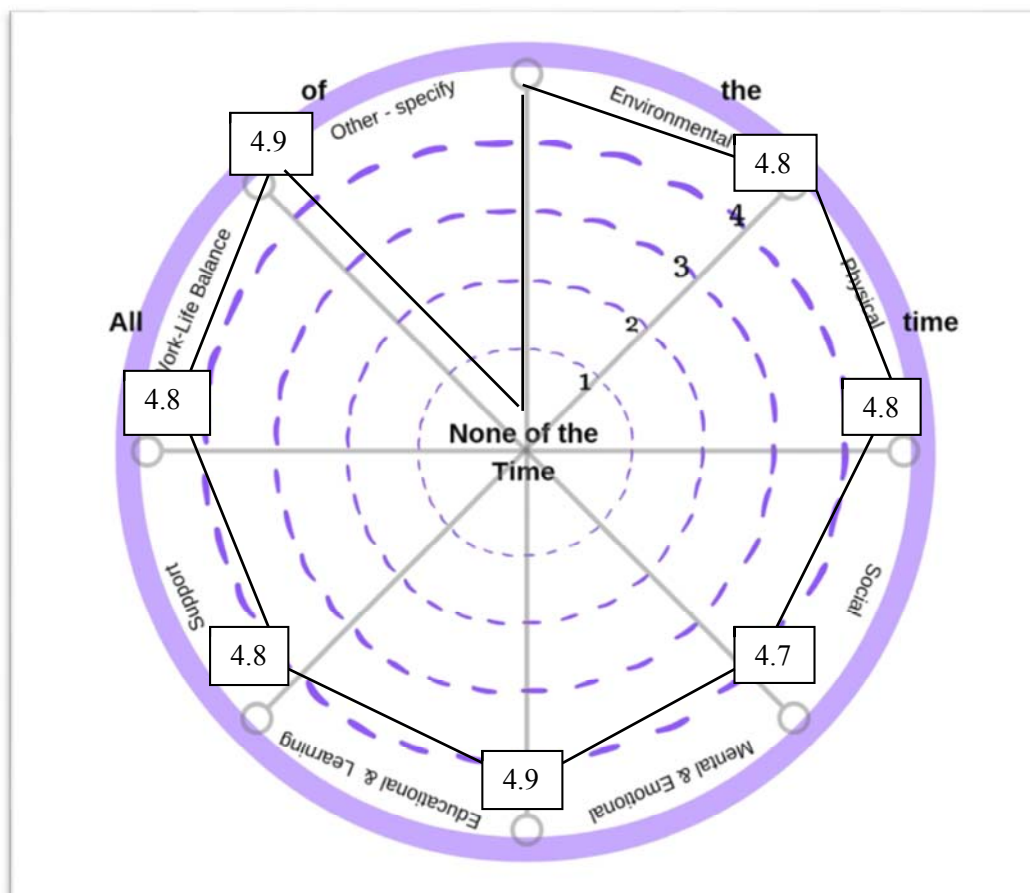
ACHIEVEMENT AND PERFORMANCE**VOLUNTEERING AND PEER MENTORING PROJECT - continued:**

The skills and experiences that people bring are varied and wide-ranging, as are their reasons for volunteering.

A total of 19 wellbeing wheels were completed. The scores are highlighted in the table below:-

Area	None of the time (1)	Rarely (2)	Some of the time (3)	Often (4)	All of the time (5)
Environmental Needs Eg. The building, offices, facilities and equipment	0	0	0	4	15
Physical Needs Eg. Temperature, food, refreshments, physical access, toilet facilities	0	0	0	3	16
Social Needs Eg. Connecting with others within the organisation	0	0	1	3	15
Mental & Emotional Needs Eg. Safety, influence, responsibility, control of own work, recognition, attention	0	0	0	1	18
Education and Learning Needs Eg. Achievement, stretch/challenge, role development/changes	0	0	0	4	15
Support Needs Eg. Catch-ups, Line Management, Supervision, Access to information, advice and guidance (internal and external)	0	0	0	4	15
Work-Life Balance Needs Eg. Flexibility, workload, privacy, boundaries (own and others)	0	0	0	2	17

Average Scores of Feedback Given:



The above diagram outlines high average scores across all areas of the well being wheel. The 'other' box remains blank due to individuals seeing this box as an option and choosing not to score this or provide feedback, often noting "not applicable".

Individual Feedback on each of the areas:

Environmental Needs	1. The building is light and airy, easy to work in. I struggle with the front door but I know it is being mended. 2. Excellent facilities 3. The building is a safe place, a relaxed, comfortable environment with different rooms for various needs 4. I think the building and room is always presentable and is a nice environment for services 5. All relevant needs are met 6. Always clean and tidy and safe 7. I feel the environment is calm and comfortable and facilities are great 8. Full equipment needed is there, building clean, welcoming etc 9. Have no problems 10. The environment is well maintained and welcoming 11. Building is always well maintained and gardens 12. Sometimes difficult to get recordings done due to lack of
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	computers= lack of funding = lack of rooms for client due to renting 13. Nice place to be 14. The building and facility is always clean and well kept 15. It is a relaxing comfortable environment with space for privacy 16. Building is lovely space to work and feels very welcoming
Physical Needs	1. All good 2. Great facilities, Very Welcoming 3. Sometimes the rooms can be too hot or too cold but in general they are ok. Food and refreshments are always available when needed 4. There are always refreshments available. Good facilities in toilets etc, with sanitary products etc. 5. Everything I need is there 6. It's always warm and facilities are clean 7. Excellent all round 8. Everything is easily accessible to all staff/volunteers 9. Everything's fine 10. Everyone's needs are met 11. Well catered for 12. Fine-no problems 13. Always comfortable, well fed 😊 14. Refreshments are always provided 15. All fine 16. Always refreshments and facilities are good standard
Social Needs	1. All good 2. Great opportunity to meet people 3. On the whole connection with others in the organisation is good, but during my time at ESCAPE sometimes there is a lack of communication 4. I think this (score of 3) is because I am only currently in one day a week and 1-1 work 5. Always have chances to connect 6. Everyone is easy to talk to 7. I am really connected with my peers and facilitators 8. Everyone is very friendly 9. Feel like I can talk to everyone 10. Easy talking staff members 11. Meet some lovely people and made some lovely friends 12. Fine plus wellbeing days, team meetings etc 13. A lot of nice people 14. Everyone interacts well, comfortable and easy 15. All very approachable 16. Many opportunities to connect through case meetings, group supervision, wellbeing checks, wellbeing and celebration days

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Mental & Emotional Needs	1. All good 2. Excellent support 3. I feel that ESCAPE has always been supportive of these needs. Safety is priority and well being is acknowledged. 4. I always feel safe and valued and get recognised for what I do 5. Always well supervised and someone available 6. I feel safe and welcomed 7. I always had support when needed and always recognised 8. I always feel very safe when coming to ESCAPE 9. No problems 10. Everything is ok 11. Always have the time to listen to me 12. Fine for the most part 13. Attention to detail 14. Always receive recognition and support in everything we do 15. All work well 16. Always feels a safe place to work, recognised for achievements and in control of work load
Education and Learning Needs	1. All good 2. Excellent range of opportunities 3. There is always opportunities to do courses to challenge ourselves and develop our skills 4. I'm always offered opportunities to come to wellbeing days etc and any training opportunities that come up 5. Opportunities to do courses etc 6. I've enjoyed training and took a lot from it 7. I developed in each course I did and met targets 8. I have completed lots of education here and thankful for the opportunities 9. Accessed a lot of training at ESCAPE 10. Courses are always entertaining 11. Started at Level 2 and moved on to do Level 3 12. Fine-just had ACE training, fantastic opportunity, thrilled to be given the chance 13. Courses are well run 14. The course are well delivered and easy to follow 15. Very well catered for 16. Opportunities for development and always learning and supporting others to learn too

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Support Needs	1. All good 2. Very supportive and very clear information 3. Regular catch-ups and supervisions are carried out. Help and advice is available if and when needed. 4. I feel I get a god amount of information and advice when I need it. Could do with more supervision internally although I do have external supervision also 5. Regular catch ups and updates 6. Had supervision and will be kept informed 7. Great support 8. My support needs are always met and I feel like I can approach staff at anytime about any concerns 9. Received a lot of advice and guidance 10. Everybody is well supported 11. Always well informed 12. Fine, there when needed 13. Always someone there for us 14. Staff are approachable and easy to talk too 15. Well organised 16. Yes support always there and know can access this whenever needed
Work-Life Balance	1. All good 2. Continuing to work on this 3. ESCAPE has always been flexible and accommodating to fit around my home life/work etc. Privacy and boundaries are always acknowledged. 4. I have always found ESCAPE to be flexible and accommodate to this 5. Flexible and appreciative of boundaries 6. They understand my living situation 7. I haven't ever felt overwhelmed with work 8. Flexibility is always there, fitted round everyday life/work etc 9. It is balanced 10. A healthy balance 11. Works to the best of my ability 12. Flexibility excellent 13. Excellent 14. Everyone is considered and very flexible 15. All works well 16. Excellent work life balance

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Other feedback provided	I feel as though everything in ESCAPE is good and couldn't be improved Everything is where it should be, to be able to access what you need, boundaries etc always in place and you have the support that you need ESCAPE has always made me feel very welcomed and always asked about my feeling on things that is happening within ESCAPE Impact of small team and demands on service means at times we are stretched beyond capacity occasionally.
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In summary feedback received was very positive with overall 99.2% of responses scoring 4 or more in each of the areas and a further 83.5% scoring 5. Feedback from staff and volunteers support a strong sense of wellbeing experienced at ESCAPE.

We currently have 37 volunteers and peer mentors who have again made a significant contribution to provision this year providing 13,239 hours of work. This is in effect the equivalent of 7.45 full time workers. The combined mix of skills and experience that these people contribute to the organisation brings an added value that is much broader than a single person in a paid post.

Aside from the personal learning journey of volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug and alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.

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ACHIEVEMENT AND PERFORMANCE - continued

We held an event to explore and reinforce ESCAPE's values on 16th December 2019.

Volunteers, carers and staff attended this event. Feedback from groups outlining how they view ESCAPE and its values is below:

Group one – Volunteers

'Coming to ESCAPE, a person can expect a warm welcome, whilst being treated with respect in a confidential, non-judgemental manner. '

"ESCAPE can help you build the skills in order to improve confidence and empower you to better cope with personal difficulties whilst offering education and learning opportunities with the possibility of volunteering positions."

"ESCAPE is a safe place where you can expect to feel comfortable and given encouragement and the tools to better yourself and your situation. You meet lots of lovely people in the process too."

Group two – Staff

"We are unique in what we do."

"A confidential place to come – to be listened to and talk when ready and we are friendly, non-judgemental and supportive."

"We welcome everyone; we recognise that nobody is perfect and that anything is possible"

Group Three – Carers

"ESCAPE is a support system"

"Helps you get your life back in order"

"Gives you tools to cope with home life"

"Mutual support and clarity"

"Referrals – they signpost you to other helpful agencies"

"Staff are always approachable"

"ESCAPE is non-judgemental"

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ACHIEVEMENT AND PERFORMANCE - continued

TRAINING PROJECT

The costs of the project were covered from reserves from 01/04/2019 until 01/07/2019 until we secured project funding from Awards for All.

We deliver a robust programme of training for volunteers, peer mentors and befrienders and beneficiaries to expand and enhance skills, build confidence and ensure delivery of good quality services. The programme includes ESCAPE's OCN-accredited Support Skills Level 2 and Family Dynamics Level 3, Peer Mentoring Level 2; Referral and First Assessment training, Safeguarding, Group Facilitation Skills, Overdose Awareness, Drug and Alcohol Awareness, Team Work, Communication, Strengthening Families Programme, Teen Triple P Programme, Understanding Teenagers and Wellbeing Workshops. Two staff members have been trained to deliver Adverse Childhood Experience (ACE) training to adults and young people thanks to funding from Northumbria Healthcare NHS Trust. This training helps address childhood trauma and will be an integral part of our service delivery ongoing as we strive to address the underlying reasons that can lead to self-medication through the use of drugs or alcohol and drive addictions.

We were proud to receive this feedback from our external verifier at One Awards:

"I just wanted to thank you for the inspirational work from yourselves and your learners. It is so good to see how you are supporting learners and how hard you are all working to make positive changes in their lives. Seeing all the excellent work and understanding the back stories really made my day, so thank you, and keep up the good work!"

Jean Sinclair, External Verifier, One Awards

We also work with external providers who offer a range of courses to develop and enhance our volunteers' skills including: Fire Safety, First Aid, Safeguarding and Mental Health Awareness.

This year volunteers and peers completed a variety of in-house training including: Accredited Family Dynamics, Befriender and Peer Mentoring Training.

- Befriender Core Training (25th April – 30th May). 9 Volunteers
- Peer Mentoring Level 2 (6th June-11th July). 9 completers.
- 28th June Drug Awareness Course (4)
- Volunteer Development Session, July 2019 morning with 23 attending and completed
- Introduction to Mental Wellbeing, July 2019 afternoon with 23 completing
- 12th July Alcohol withdrawal & Overdose (5)
- 2 further volunteers gaining experience through attending the CRAFT programme
- Level 3 in Family Dynamics began 12th September 2019 and completed with 8.
- Volunteer trained in CRAFT 5th and 6th March 2020 through PROPS North East.
- GDPR training 8 completed on 14th November
- Carers and volunteers were involved in ESCAPE values activities on 16th December
- Art canvas project started 13th Feb on Escape Values, approx. 10 canvases on-going

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TRAINING PROJECT - continued

Training, education and activities provided to support beneficiaries included: Community Reinforcement Approach and Family Training (CRAFT) Confidence & Assertiveness, Understanding Teenagers, Wellbeing Events addressing, mental, emotional and physical health, Sleep Hygiene, Drug and Alcohol Awareness and Overdose Prevention, Harm Reduction and external NHS Health Trainer sessions.

- Easter Family Fun Event took place on Monday 15th April
- 10th June. During Carers' week we provided pamper sessions and a trip to the opening of the new caravan took place at Berwick upon Tweed. Carers and volunteers attended the events
- 10th July Drug Awareness, Glendale Middle school (42)
- 16th July Drug Awareness at Hadston Community centre
- 18th Nov, 2nd Dec, 6th Jan and 20th Jan completed Hadston House Drop- ins
- No28, Hexham Drop- ins completed 2nd April, 13th May, 11th and 25th July,
- Summer Family Fun Event took place on Thursday 1st August
- Family Halloween Event took place 31st October and was well attended
- Wellbeing activity near Christmas involving Art and Crafts which was enjoyed by all
- 25 CRAFT Maintenance groups took place
- Christmas Meal/Event for West Clients– The Falcon Prudhoe- 18th December 12.30 – 2.30
- Coffee morning bi-weekly, Art project bi-weekly

Partnership Work

We regularly attend meetings and participate in partnership work within the Northumberland Carers Strategic Partnership, Northumberland Drug and Alcohol Steering Group, Wansbeck and Cramlington Hospitals Alcohol Development Group, and Regional Carers of Substance Users Forum. We are a valued partner in these settings.

We have worked in partnership with other organisations to develop satellite bases providing drop-in sessions, counselling and 1-1 support at Hadston House, Berwick Hospital and No.28 in Hexham. We will be working with AIM Northeast to provide drop-in sessions, 1-1 support and mutual aid groups at Briardale House in Blyth during the coming year.

We worked in partnership with Jennie Clark - Fitness Instructor to deliver dance and fitness classes for our beneficiaries in November and December 2019 as we received a Magic Little Grant through the partnership between Localgiving and the Postcode Community Trust. The Postcode Community Trust is a grant-giving charity funded entirely by players of People's Postcode Lottery. Localgiving is the UK's leading membership and support network for local charities and community groups. Our project received £500 to provide physical activities for carers.

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TRUSTEES ANNUAL REPORT

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FINANCIAL REVIEW

Reserves policy

The Trustees have considered the charity's requirements for reserves in relation to the principal risks to the organisation. Whilst most of the charity's funds are spent in-year, it has always held a contingency reserve on deposit. The charity aims to hold between 6 and 12 months' operating costs in unrestricted reserves.

We hold these reserves for the following reasons:

1. The need to fund a deficit in the operational budget should insufficient grant funding be raised within the current financial year.
2. To give the trustees time to raise funds for the forthcoming financial year.
3. Emergency funding is available should we need it i.e. unexpected large repair bills etc.
4. To cover any unforeseen day-to-day operational costs, e.g. employing temporary staff to cover a long-term sickness absence.
5. We have no planned commitments that will not be met by future income. Any matched income ESCAPE needs to provide would be minimal and has never previously exceeded £2,000.
6. The need to fund short-term deficits in a cash budget, eg money may need to be spent before a funding grant is received.
7. To prevent cashflow problems.

The amount of reserves we hold is reported to the board each month within the Current Accounts summary.

The staffing for the organisation and the operational budget is set and agreed by the board each year in Quarter 4 for the forthcoming financial year.

We always review the budget against income already secured and keep enough unrestricted reserves to cover the projected deficit for the forthcoming financial year.

Uncertainty over future income is and always has been our greatest risk so we try to hold a minimum of six months reserves. Funding bids submitted can take six months for results to be known and we may need time to downsize should insufficient funding be raised.

The Charity Commission recommends small charities hold between four to six months unrestricted reserves. We are holding more than that at present at 8.3 months operating costs.

Our annual budget is currently £186,000. for 2021/22. We have secured £91,000 towards this and expect to retain our grant from NHCT of £25,000. This leaves us with a starting deficit of £95,000 at worst or £70,000 at best. Therefore, our current reserves more than cover the projected deficit should we fail to raise any funds in 2021/22 which is unlikely.

Holding 8.3 months reserves can be a drawback as some Charitable Trusts will not fund a charity that holds more than six months reserves. Others will not fund a charity with turnover greater than 150k per annum. Keeping appropriate reserve levels in line with funder expectations can be a fine balancing act. Some funders will not make grants if you have less than three months reserves.

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FINANCIAL REVIEW –continued

Reserves policy -continued

The budget for 2020/21 is £184,846 and therefore the minimum unrestricted cash reserves target is £92,423 to be retained in reserves plus tangible fixed assets. Unrestricted cash reserves funds of £129,968, designated unrestricted funds of £11,169 and £2,642 of restricted cash funds apply at 31st March 2020. The charity also has £346,429 fixed assets.

The charity continues to work in an area of limited resources and insecurities over funding and is working hard to secure its core funding until 31st March 2021. Having expended £62,308 more than incoming resources during 2019/20 in order to sustain essential services for beneficiaries and retain the optimum skilled paid staff team to undertake the work of the charity, it was imperative to secure significant funds for April 2020 onwards. The charity has worked hard to this end and been successful in securing £248,510 from National Lottery which covers almost 50% of the charity's running costs for the next three years, commencing 1st April 2020 through to 31st March 2023.

As of 31st March 2020, £122,170 has been raised to date towards the budget of £184,846 for 2020/21, leaving the charity with a deficit of £62,676 to raise. Trustees are confident that this is a realistic, achievable target for the charity.

Principal Funding Sources

Principal funding sources for the charity during 2019/20 were Public Health at Northumberland County Council, Northumbria Healthcare Trust, Blyth Town Council, Greggs Foundation, Tudor Trust, National Lottery Awards for All, Barbour Foundation, Hospital of God at Greatham, Hadrian Trust, R W Mann Trust, Joicey Trust, Souter Charitable Trust, Local Giving Magic Little Grants, The Alchemy Foundation, The Percy Hedley 1990 Trust and the Freemasons of Northumberland.

Our thanks go to all of the funders who supported us this year and ensured sustainability of the charity.

COVID STATEMENT

The charity is entering 2020/21 with almost 50% of its funding secured for the next three years with a deficit of £62,676 to raise for 2020/21. The charity did not furlough any staff during March. We locked down on 16th March 2020 and put in place all necessary measures to enable staff to fulfil their roles and continue service provision from home. Beneficiaries will continue to receive 1-1 support, counselling and other interventions via telephone, online video and social media platforms. Volunteers will continue to support the operations of the charity from their own homes. We anticipate that this pandemic will increase the needs of our beneficiaries. Everyone involved with the charity is determined to ensure that vulnerable families and individuals in Northumberland continue to have access to a quality service that meets their needs.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

RISK STATEMENT

Governance

Following a trustee skills audit and analysis, recruitment was undertaken and Holly Madin was welcomed to the board. Further recruitment of at least one more trustee will take place in 2020/21.

Operational

Trustees have considered local need, sustainability of existing service provision and staffing levels; it was agreed that the current highly skilled team needed to be retained during 2020/21 and beyond.

Financial

Sustainability of the charity is a high priority. Securing National Lottery funding commencing 1st April 2020 and lasting until 31st March 2023 covers 50% of our organisational budget and contributes significantly to financial viability of the charity for the next three years.

The board has established two working groups to strengthen its governance and aid sustainability – A Fundraising and Marketing Group and a Financial Review Implementation Group. Their work is ongoing.

External Risks

Trustees recognise that the last ten years of austerity and central government cuts to local authority and public health budgets have negatively impacted on opportunities for the charity to obtain statutory funding. This situation is expected to continue. The charity has responded by reassessing its priorities and activities to ensure funds are targeted at the highest areas of need and by seeking funds to March 2023.

Potential external risks to information and cyber security have been mitigated by the engagement of an ISO 27001:2013 accredited ICT Maintenance and Information Security provider that provides quality antivirus and malware protection with systems maintained by highly skilled Information Security engineers through both onsite and remote support.

Compliance with Law and Regulation

The charity utilises the services of an employment law solicitor to ensure compliance with employment law. The work of the Financial Review Implementation Group includes self-assessment against Charity Commission guidelines and models of best practice.

FUTURE PLANS

The charity will continue to work to consolidate and maintain existing service provision. The focus of our work will continue to be to relieve the poverty, sickness and distress of carers and families affected by substance use including children and young people and to advance education and training within communities. A new Family Champions Programme to deliver more mutual aid for carers and a pilot project to develop our work to address the needs of Young People will also commence thanks to the new funding from National Lottery Reaching Communities Fund. All of our activity will contribute towards the work outlined within the aforementioned National Drug and Alcohol Strategies.

Strategies we utilise to fulfil these objectives include:

- Concentrating upon restricting the harm correlated to substance misuse for the families, carers, children and friends of substance users and the wider communities of Northumberland.
- Providing a small self-funded counselling service which complies with appropriate quality standards to address problems associated with substance misuse.

ESCAPE FAMILY SUPPORT LIMITED

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

FUTURE PLANS - continued

- Working in partnership with other organisations to establish and secure a holistic range of services corresponding to the needs of all service beneficiaries.

All plans for the coming year have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees. Our plans are based around the two key priorities that have been identified:

1. introducing and embedding a new, stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.
2. piloting and introducing a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

Over recent years, ESCAPE has been asked to work more and more with children around the impact of their parents' substance use on the child or young person. As well as the programmes, family therapy, Family Events and respite breaks that children and young people can access through ESCAPE, we completed a small amount of impact work with young people during 2018/19 due to referrals received and continued this during 2019/20. This 1-1 work can vary depending on the needs of the child.

Referrals linked to the impact of a family member's drug or alcohol use has continued this year. Due to lack of provision in Northumberland for this specialised work, we approached the National Lottery to gain funding to pilot a Young Persons Project. This was successful and funding was obtained which will begin in April 2020 and run until March 2023. This will give us a dedicated worker to work with Young People referred to us and allow us to identify needs and develop a package of interventions to support them.

The gap between needs and provision has widened over recent years and this is becoming apparent by the number of referrals we receive, along with approaches by a range of professionals and workers for advice and guidance.

The children we currently work with in the family setting have strongly articulated their views on the need for further support from ESCAPE for children and young people. They have told us that they enjoy family activities but would like further activities for them specifically. We have had the opportunity to pilot a number of different interventions with children and young people, for example the Strengthening Families Programme and group sessions tailored to children and young people that were run when their parents were in attendance at a CRAFT programme. In line with our model of support for adults, it has become apparent that children and young people would also benefit from ongoing mutual support and guidance as well as more targeted and structured interventions for their individual needs. Two of our staff team have been trained to deliver Adverse Childhood Experience Training to adults and young people and this will form part of the work of the new pilot programme.

A focus on our two priority areas, as identified above, will enable us to:

- reach and support more families
- build a stronger and connected network of support across the county
- support people, including young people, to 'give back' and 'help others in similar situations'

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

ESCAPE Family Support Ltd is a charitable company controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, and complies with the Companies Act 2006 and SORP. Incorporated on September 30th 1996 and registered as a Charity on July 18th 1997, the Company was established under a Memorandum of Association, which established the objectives and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The directors of the company are also charity trustees for the purposes of Charity law and under the company's Articles are known as Members of the Management Committee, usually referred to as the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the longest serving members of the Management Committee (the Board) retire on rotation at each Annual General Meeting and, being eligible, can stand for re-election.

The Management Committee (the Board) seeks to ensure that it has the requisite skills available to it and that the groups which the Charity serves are reflected in the make-up of the trustee body. An annual skills audit is undertaken and training is provided as necessary to existing and all new trustees covering:

- The duties and obligations of the Management Committee (the board)
- The main documents which set out the operational framework for the charity including the Memorandum and Articles
- Resourcing and the current financial position as set out in the latest published accounts
- Future plans and objectives

Monthly full team meetings inform the future planning and strategic thinking of the management committee (the board) and are open to staff, volunteers and peer mentors. In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity.

The Management Committee (the board) has seven members who meet six times a year for formal board meetings and who are responsible for the strategic direction, policy and governance of the charity. The Management Committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the Chief Executive. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

The charity is committed to working in partnership with other organisations and works closely with, and is represented on, Northumberland's Drug and Alcohol Steering Group and the Carers Strategy Group. More widely it works closely with bodies that impact on recovery from substance misuse and provide mutual aid to support recovery. Representatives regularly attend steering and special interest groups which impact on health and crime-related programmes and strategies are discussed, analysed, and learning disseminated. We share knowledge, experience and best practice, assisting communities and organisations with identified need, which have heard of our work and wish to replicate it in some form. We circulate external evaluations of our work to partners and funders to share findings and knowledge.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

STRUCTURE, GOVERNANCE AND MANAGEMENT - continued

Close working partnerships have been developed with Community Mental Health Teams, Adult and Children's Social Services, Carers Northumberland, Northumberland Recovery Partnership, Relate, Cygnus, BRIC, Northumberland CVA, Northumberland CAB, Northumberland Domestic Abuse Service and other Community Groups. The charity initially achieved the Investors in People Gold Standard in 2010 and was successful in retaining Gold standard in January 2013, February 2017 and again in February 2019. Investors in People Health and Wellbeing Standard was achieved in 2011 and retained in 2014, 2017 and again in February 2019.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03256554 (England and Wales)

Registered Charity number

1063500

Registered office

Susan Kennedy Centre
63 Southview
Ashington
Northumberland
NE63 0SF

Trustees

T Devine
D Brown
J L M Axelby
A Steward
J Murphy
S J Murphy
H Madin

Company Secretary

T Devine

Independent examiner

Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle Upon Tyne
Tyne And Wear
NE1 8AF

Solicitors

Helen Kay
HMK Legal Ltd
Clavering House
Clavering Place
Newcastle upon Tyne
NE1 3NG

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 20

REFERENCE AND ADMINISTRATIVE DETAILS -continued

Solicitors

Cuthbertsons
3 Stanley Street
Blyth
Northumberland
NE24 2BS

TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENT

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

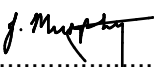
Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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.

Approved by order of the board of trustees on 17th December 2020 and signed on its behalf by:


.....

J Murphy - Trustee

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2020

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2020, which are set out on pages 33 to 44.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

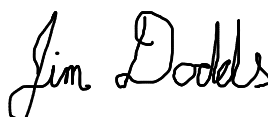
Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 17th December 2020



ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2020

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
<u>Income from:</u>					
Donations and legacies	6	5,989	1,550	7,539	4,260
Charitable activities					
Grants and statutory funding	7	4,435	97,412	101,847	163,821
Other trading activities	8	8,041	-	8,041	6,040
Investments	9	66	-	66	33
Total income		18,530	98,962	117,492	174,154
<u>Expenditure on:</u>					
Raising funds	10	203	5	207	1,866
Charitable activities					
Operation of the charity	11	29,604	144,720	174,324	180,365
Total expenditure		29,807	144,724	174,531	182,231
Net income/(expenditure) and net movement of funds		(11,276)	(45,762)	(57,038)	(8,077)
<u>Reconciliation of funds</u>					
Total funds brought forward		286,027	264,311	550,339	558,416
Total funds carried forward		274,751	218,549	493,300	550,339

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 35 to 44 form an integral part of these accounts.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

Charity Number 1063500
Company Number 03256554**BALANCE SHEET**

As at 31 March 2020

	Notes	£	Total 2020 £	£	Total 2019 £
<u>Fixed assets</u>					
Tangible assets	18		349,610		336,521
<i>Total fixed assets</i>			349,610		336,521
<u>Current assets</u>					
Debtors	19	1,268		-	
Cash at bank and in hand	19	143,785		215,018	
<i>Total current assets</i>		145,052		215,018	
Creditors: amounts falling due within one year	20	(1,362)		(1,200)	
<i>Net current assets</i>			143,690		213,818
<i>Total assets less current liabilities</i>			493,300		550,339
<i>Total net assets or liabilities</i>			493,300		550,339
<u>Funds of the charity</u>					
Unrestricted income funds			274,751		286,027
Restricted income funds			218,549		264,311
<i>Total funds</i>			493,300		550,339

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 35 to 44 form an integral part of these accounts.

These financial statements were approved by the Board on: 17th December 2020

and are signed on its behalf by:

Janet Murphy
Trustee



ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

ESCAPE Family Support Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

3.7 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.8 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.9 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

All expenditure is accounted for on an accrual basis. Expenditure on charitable activities includes the costs of work and other activities undertaken to further the purposes of the charity and their associated support costs.

ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

4.6 Pensions

The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a reducing balance basis:

Property and property improvements	5% Straight line - property improvements only
Office and Computer Equipment	25 % Straight Line
Caravan	10 % Straight Line
Motor vehicles	25 % Straight Line

5.2 Debtors

Debtors are measured at their recoverable amounts, being the amount the charity anticipates it will receive in settlement of the debt.

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
6 Donations and legacies				
Donations and grants	5,756	1,550	7,306	4,260
Other	233	-	233	-
	<u>5,989</u>	<u>1,550</u>	<u>7,539</u>	<u>4,260</u>
7 Charitable activities				
<u>Grant income</u>				
Hadrian Trust	-	1,000	1,000	1,000
Strengthening Families	-	-	-	2,350
Garfield Weston Foundation	-	-	-	20,000
Greggs Foundation	-	15,000	15,000	16,000
Big Lottery Awards for All	-	10,000	10,000	-
Sir James Knott Foundation	-	-	-	7,500
Building Better Opportunities ESF & BIG Grant	-	-	-	12,488
RW Mann Trust	-	1,000	1,000	1,000
JH Burn Trust	-	200	200	150
Arts Council England	-	-	-	533
Hospital of God at Greatham	-	1,800	1,800	1,800
Tudor Trust	-	-	-	22,000
The Barbour Foundation	-	-	-	5,000
Joicy Trust	-	-	-	3,000
Souter Charitable Trust	-	-	-	3,000
Local Giving Magic Little Grants	-	500	500	-
The Alchemy Foundation	-	500	500	-
The Percy Hedley 1990 Trust	-	500	500	-
Barbour Foundation	-	5,000	5,000	-
Freemasons of Northumberland	-	500	500	-
<u>Statutory income</u>				
Blyth Town Council	-	4,000	4,000	3,000
Northumbria Healthcare Trust	-	27,000	27,000	25,000
Northumberland County Council	-	30,412	30,412	40,000
<u>Other income</u>				
Gain on sale of tangible fixed assets	4,435	-	4,435	-
	<u>4,435</u>	<u>97,412</u>	<u>101,847</u>	<u>163,821</u>
8 Other trading activities				
Fundraising events	2,784	-	2,784	2,937
Shop income	122	-	122	363
Room hire	3,675	-	3,675	2,440
Other sales	1,460	-	1,460	300
	<u>8,041</u>	<u>-</u>	<u>8,041</u>	<u>6,040</u>

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

Analysis of income continued

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
9 Income from investments				
Bank interest	66	-	66	33
	<u>66</u>	<u>-</u>	<u>66</u>	<u>33</u>

Income was £117,492 (2019: £174,154) of which £18,530 was unrestricted or designated (2019: £3,863) and £98,962 was restricted (2019: £170,291)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
10 Raising funds				
Fundraising costs	203	5	207	1,866
	<u>203</u>	<u>5</u>	<u>207</u>	<u>1,866</u>

11 Charitable activitiesDirect costs

Staff costs	10,744	93,182	103,926	93,213
Training costs	275	4,347	4,622	183
Respite costs (caravan)	4,651	-	4,651	4,357
Travel costs	-	2,287	2,287	-
Volunteer costs including travel	158	1,690	1,848	8,481
Client costs	320	1,100	1,419	1,200
Helpline and outreach	155	1,486	1,641	1,747

Support costs

Utilities	2,555	2,945	5,500	13,145
General running costs	124	116	240	17
Insurance	339	6,398	6,736	5,056
Repairs and renewals	1,256	1,215	2,471	1,795
Cleaning	237	222	459	894
Telephone	277	1,064	1,341	1,576
Internet and ICT costs	2,988	2,875	5,862	7,607
Stationery and copying	418	4,726	5,144	4,977
Sundry	5	29	34	48
Refreshments	32	298	330	509
Professional fees	347	1,620	1,967	9,734
Bank charges	60	-	60	60
Depreciation	4,483	17,652	22,135	24,566

Governance costs

Trustees meeting costs	18	270	288	-
Independent examiner's fees for reporting on the accounts	162	1,200	1,362	1,200
	<u>29,604</u>	<u>144,720</u>	<u>174,324</u>	<u>180,365</u>

ESCAPE Family Support Limited

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

Analysis of expenditure on charitable activities continued

Expenditure on charitable activities was £174,531 (2019: £182,231) of which £29,807 was unrestricted or designated (2019: £20,726) and £144,724 was restricted (2019: £161,505)

12 Fees for examination of the accounts

	2020 £	2019 £
Independent examiner's fees for reporting on the accounts	1,362	1,200
	<u>1,362</u>	<u>1,200</u>

There were no other fees paid to the examiner (2019: £nil)

13 Analysis of staff costs and the cost of key management personnel

	2020 £	2019 £
Salaries and wages	92,463	81,645
Social security costs	6,942	6,029
Pension costs (defined contribution pension plan)	4,068	2,984
Other employee benefits	452	362
	<u>103,926</u>	<u>91,020</u>

No employee received remuneration above £60,000 (2019: nil)

The key management personnel of the charity, comprise the trustees and the Chief Executive. The total benefits of the key management personnel of the charity were £5,000. (2019: £3,000)

14 Staff numbers

The average monthly head count was 5 staff (2019: 5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2020 Number	2019 Number
The parts of the charity in which the employee's work		
Charitable activities	3.5	3.5
	<u>3.5</u>	<u>3.5</u>

15 Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The employer's pension costs represent contributions payable by the charity to the fund and amount to £4,068). There was £0 outstanding as at 31 March 2020.

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

16 Transactions with trustees

One trustee received a payment in connection with her role as Chief Executive. No remuneration or benefits were paid for her role as trustee (2019: £nil). No other trustees were paid or received any other benefits. (2019: £nil)

Name	Remuneration £	Pension £	Other £	Total 2020 £	Total 2019 £
Janet Murphy	-	-	5,000	5,000	3,000

Trustees' expenses

The following detail the expenses incurred by the trustees.

	2020 £	2019 £
Travel	1,103	1,585
	<u>1,103</u>	<u>1,585</u>

Transaction(s) with related parties

The following detail the related party transactions in the reporting period.

Name of the trustee or related party	Relationship to charity	Description of the transaction	£
Trustee Stephen Murphy	Works for a supplier to the charity, Vital Services North East Limited	IT support contract	5,155

The charity undertook an arm's length process to ensure they chose the best provider, Stephen Murphy was not part of the decision making process.

17 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

	Freehold property	Office and computer equipment	Caravan	Motor vehicles	Total
	£	£	£	£	£
18 Tangible fixed assets					
Cost					
At 1 April 2019	341,147	28,969	25,033	1,000	396,149
Additions	-	3,690	32,035	-	35,725
Disposals	-	-	(25,033)	(1,000)	(26,033)
At 31 March 2020	341,147	32,659	32,035	-	405,841
Depreciation					
Basis	SL	SL	SL	SL	
Rate	5%	25%	10%	25%	
At 1 April 2019	12,714	21,381	25,033	500	59,628
Depreciation charge for year	12,714	6,218	3,204	-	22,136
Disposals	-	-	(25,033)	(500)	(25,533)
At 31 March 2020	25,428	27,599	3,204	-	56,231
Net book value					
At 31 March 2019	328,433	7,588	-	500	336,521
At 31 March 2020	315,719	5,060	28,831	-	349,610
19 Debtors and prepayments (receivable within 1 year)					
			2020	2019	
			£	£	
Debtors			1,268	-	
			1,268	-	
19 Cash at bank and in hand					
			2020	2019	
			£	£	
Short term deposits			65,782	65,749	
Cash at bank			77,221	148,432	
Cash in hand			781	836	
			143,785	215,018	
20 Creditors and accruals (payable within 1 year)					
			2020	2019	
			£	£	
Accruals					
Independent examination of accounts			1,362	1,200	
			1,362	1,200	

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

21 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 Analysis of charitable funds**Analysis of movements in unrestricted funds**

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Unrestricted funds					
General unrestricted fund	142,148	18,530	(25,323)	(3,392)	131,963
Designated funds					
Unrestricted fixed assets	133,261	-	(4,483)	3,392	132,170
Contingency	10,618	-	-	-	10,618
Totals	286,027	18,530	(29,807)	-	274,751

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Unrestricted fixed assets	The current value of unrestricted fixed assets.
Contingency	Contingency to cover one off costs and potential redundancies.

Analysis of movement in restricted funds

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Restricted fixed assets					
Susan Kennedy Centre refurbishment	202,142	-	(12,714)	-	189,428
Restricted office and computer equipment	2,038	2,412	(2,088)	-	2,362
Caravan upgrade	-	28,500	(2,850)	-	25,650
Restricted funds					
Client Activities	90	1,000	(881)	-	209
Susan Kennedy Centre	2,468	3,000	(5,468)	-	-
Peer Mentor Coordinator	9,870	1,550	(11,420)	-	-
Family Support	23,127	21,510	(44,637)	-	-
Training Officer salary	515	12,000	(12,515)	-	-
Helpline /Outreach	352	1,800	(1,536)	-	616
Volunteer costs	-	4,700	(4,416)	-	284
Centre running costs	11,184	-	(11,184)	-	-
Centre management costs	12,525	22,490	(35,015)	-	-
Totals	264,311	98,962	(144,724)	-	218,549

ESCAPE Family Support Limited

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2020

22 Analysis of charitable funds continued

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Susan Kennedy Centre assets	The balance of restricted funds that paid for the refurbishment of the Susan Kennedy Centre.
Restricted office and computer equipment	The balance of the restricted funds that paid for restricted office and computer equipment.
Caravan upgrade	Restricted for the caravan upgrade.
Client Activities	Restricted for client activities delivery.
Susan Kennedy Centre	Restricted for the Susan Kennedy Centre running costs.
Peer Mentor Coordinator	Restricted to salary of Peer Mentor coordinators post.
Family Support	Restricted to Family Support, project staff salary and project costs.
Training Officer salary	Restricted to training, project cost and office salary.
Helpline /Outreach	Restricted to helpline delivery costs.
Volunteer costs	Restricted to volunteer expenses.
Centre running costs	Restricted to centre running costs.
Centre management costs	Restricted to management costs.

Grant funding received during 2019/20 has been expended within the financial year other than the following exceptions were small amounts have been carried forward into 2020/21.

Client Activities	Carry forward from Local giving Magic Little Grant restricted for physical activity.
Helpline /Outreach	Carry forward from Hospital of God of Gretham restricted grant.
Volunteer costs	Carry forward from Barbour Trust restricted grant.

23 Capital commitments

As at 31 March 2020, the charity had no capital commitments (2019 -£nil)

24 Analysis of net assets between funds

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Tangible fixed assets	-	132,170	217,440	349,610	336,521
Cash at bank and in hand	132,057	10,618	1,109	143,785	215,018
Other net current assets/(liabilities)	(95)	-	-	(95)	(1,200)
	131,963	142,788	218,549	493,300	550,339



ESCAPE FAMILY SUPPORT LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2020

I report on the financial statements of ESCAPE Family Support Limited for the year ended 31 March 2020, which are set out on pages 33 to 44.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ('the Charities Act') and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jim Dodds
Connected Voice Business Services Ltd
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 17th December 2020

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