



CARAS

supporting diversity  
challenging adversity

Let's get together - Life's nicer that way

WELCOME TO THE LOVELY PLACE, COME AND HAVE SOME COFFEE AND TEA.  
KEEP SMILE AND STAY POSITIVE.

Welcome! Come and share, What we have is what you have. Spread the Love

WELCOME TO HERE I'M REALLY HAPPY  
bienvenue à ici, je suis vraiment content d'être ici

"STAY ALWAYS HAPPY AND MAKES OTHER PEOPLE HAPPY"

Please ask any questions

SVETIKI ATVYKE I NAMBUS

My home is your home. You will always have the right to stay, be loved, and be safe.

Take the time to have a cup of tea

HANK YOU for Being Here

Annual Report 2018

# Welcome!

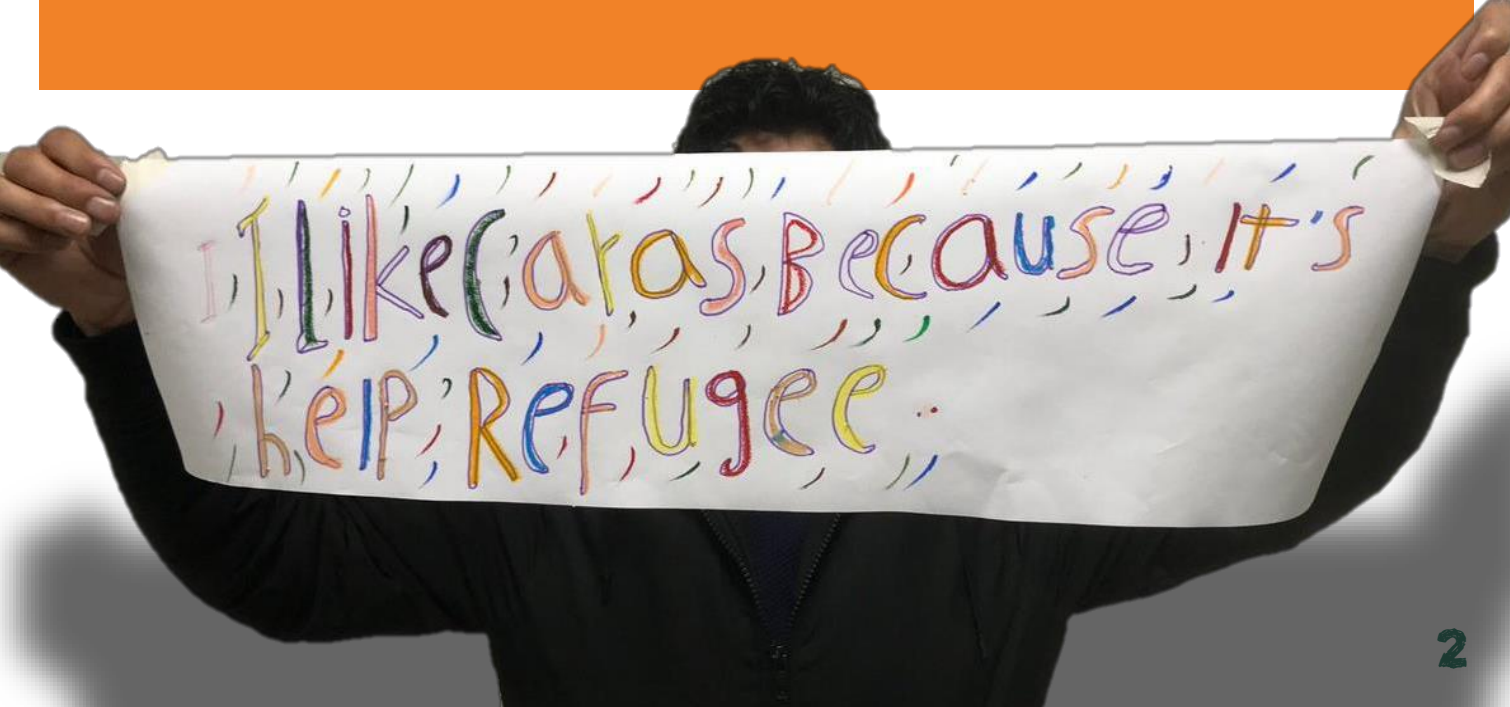
This annual report celebrates a year of growth and change. We have been able to increase our services to meet a wider range of need, doubling our provision for women, trialling a literacy group, adding another English class open to all, and piloting a computer skills programme. We have seen people grow and develop with more opportunity to learn, to be with friends, and to be part of a group where your voice matters - vital ingredients for a healthy community.

We are constantly amazed at the amount of support we get from incredible people and organisations donate their time to our activities in arts, drama, IT, music, yoga and learning to ride a bike, through to advocating for change at a national level. Thank you to all of our partners, friends and supporters who facilitate such exciting, empowering work.

CARAS goes from strength to strength - we are thrilled to have achieved two quality marks in the last year, gaining both bronze and silver awards from London Youth for our work with young people. We have been highly commended for our emphasis on youth leadership and our commitment to creating and maintaining a safe, inclusive environment for all. Not only that, women spoke at City Hall asking for more provision of ESOL in colleges, and young people have twice spoken in the Houses of Parliament, representing themselves at All Party Parliamentary Groups. Congratulations to everyone who has been part of this work!

We bid farewell to Carrie McAlinden, our ESOL Coordinator of two years. She brought a wealth of experience with her from her time teaching in Calais, using this to inspire volunteer teams and create imaginative, interactive, learner centred classes. We will miss her greatly, and wish her every success in her new work with refugees in Athens.

We welcome Laura Einstein as our new Chair of Trustees, and look forward to embracing our new three-year strategy with her clear guidance, the invaluable support of our board, and, of course, the unstinting efforts of our staff and volunteers.



I like Caras because it's  
help, refugee



# Some Key Facts

**413** refugees and people seeking asylum attended a CARAS service in the last 12 months. This is an increase of **38%** compared to last year. We have provided **1331** hours of services across **7** project areas, with new ESOL classes and a **50%** increase in Women's Group. We are **holistic** in our approach: **34%** of beneficiaries use more than one of our services. We are in **contact** with **119** organisations, foster carers, social workers and solicitors. We have a sustained **partnership** with over **30** local organisations. **7** staff and **145** volunteers are **committed** to making these services happen and all of our beneficiaries are **empowered** to decide on the direction these services take. We support refugees and people seeking asylum from **24** different countries. We are **inclusive**.

# Financials

	Unrestricted total	Restricted total	2017 total	2016 total
<b>Incoming resources</b>				
Donations and legacies	£42,522	£136,562	£179,084	£240,745
Other trading	£8,794		£8,794	
<b>Total incoming</b>	£51,316	£136,562	£187,878	£240,745
<b>Expenditure on charitable activities</b>				
Charitable activities	£20,970	£173,516	£194,486	£182,621
Expenditure on raising funds				£398
<b>Total resources expended</b>	£20,970	£173,516	£194,486	£183,019
<b>Net income for the year</b>	£30,346	-£36,954	-£6,608	£57,726
<b>Fund balances at 1 September 2016</b>	£15,741	£84,838	£100,579	£42,853
<b>Fund balances at 1st September 2017</b>	£46,087	£47,884	£93,971	£100,579

It's worth noting that two grant payments totalling just over £60,000 were delayed by several months, taking them into the following financial year. If these had arrived on time, we would have slightly exceeded our income of 2016.

# Our Projects





Women's Group is now twice a week and provides an opportunity for women to build friendships while participating in activities designed to improve English and increase skills, confidence and wellbeing. Workshops are held on topics such as diversity, equality and identity and how the UK education and health systems work. Training has been offered in IT, sewing and cycling. Women have cooked together and shared recipes. They have practiced yoga and meditation and been on outings to places such as the Museum of London and the local library. They have prepared posters on what it means to be a refugee woman in the UK, the issues they must face and their dreams and hopes for the future. A small group then talked through this presentation to employees at a large company in central London.



## hours of provision

## beneficiaries

17

volunteers

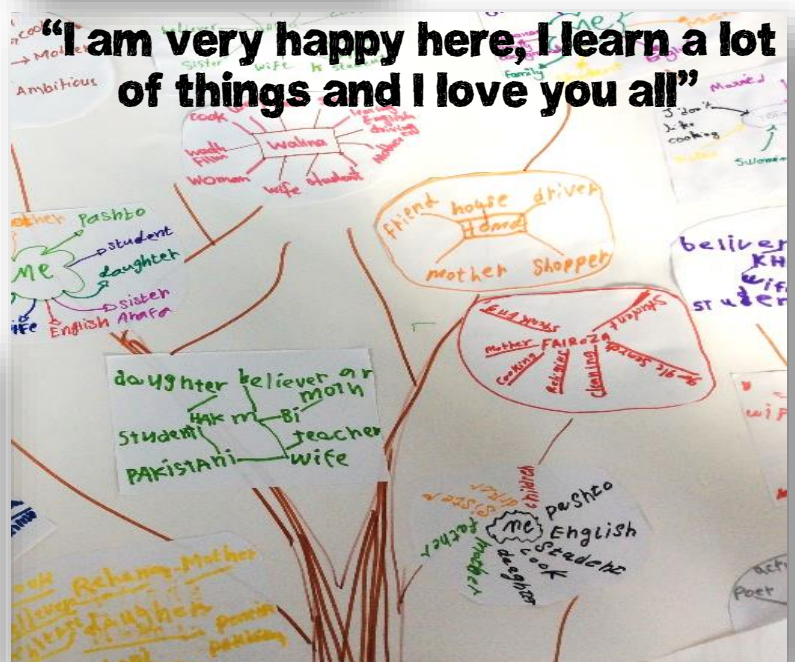
**£25,643**

**budget**

funded by:



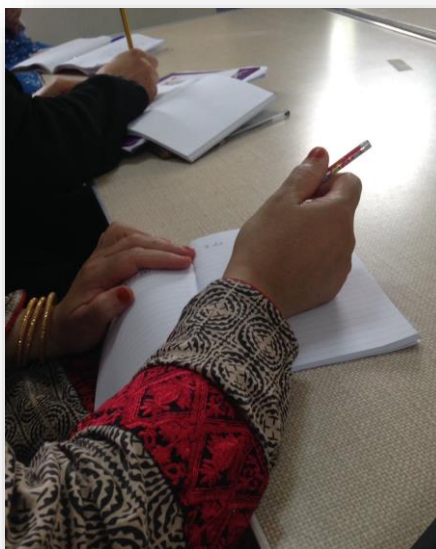
**"I am very happy here, I learn a lot of things and I love you all"**







# ESOL



**“The environment is great and full of positive things, and I want to come to CARAS all the time”**  
**Arafa, student**

Elias arrived in the UK in December 2017 as a very young unaccompanied child. He came to CARAS after being in the UK for just a few days. At that time, Elias spoke no English and was visibly nervous about being in a new place and around people he didn't know.

Elias joined our ESOL classes and youth club activities where he started to communicate in English and make friends.

Unfortunately, Elias has had a long wait for a school place and as of May 2018, is still waiting. This has taken a visible toll on his mental health and has left him feeling frustrated and disappointed.

Nevertheless, Elias has not lost his motivation to learn. He has attended 30 English classes at CARAS so far and also comes to youth club and trips. From starting with learning the alphabet and numbers, he is now able to read and write sentences, to have conversations using the vocabulary he knows and to express his feelings and opinions in English.

In addition to ESOL, Elias is receiving weekly support from a visitor to further help with his English and with getting around London and finding new activities, and casework. Both his foster carer and his social worker have acknowledged that our involvement has helped to move his school application along more quickly.

Elias has expressed that CARAS has been a huge help to him. Despite not having access to the opportunities that full-time education would offer him, Elias has been able to make friends and engage in new activities, and he has made great progress in English.

# 195

hours of provision

# 147

beneficiaries

# 32

volunteers

# £49,275

budget

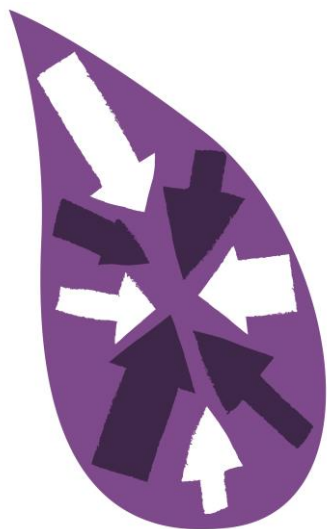
funded by:

The  
Henry Smith  
Charity

Sir Walter St John's  
Educational Charity



**“I feel I'm making a valuable contribution to the lives of refugees, and my colleagues make me feel valued!”** teacher



# Saturday Club



**“Everyone is equal here, people are very nice; they help. Everyone is very happy here”**

**Abdulnaeem**

Saturday Club continues to be our most popular project. The day starts with an English class and is followed by opportunities for 1:1 homework support, fun activities and workshops. It culminates in a meal together - cooked by volunteers and beneficiaries. It is a space in which beneficiaries can relax, have fun, enjoy a good meal and chat with friends and volunteers. The range of activities is exciting and engaging, with trips to museums, theatres, football matches, ice-skating - all of which help form relationships, offer new challenges and make London accessible. Beneficiaries take turns in leading various activities and the Youth Council have the final say in the recruitment of volunteers. This year we have achieved the Bronze and Silver London Youth Quality Mark in recognition of our Youth work.

# 260

hours of provision

# 186

beneficiaries

# 36

volunteers

# £24,000

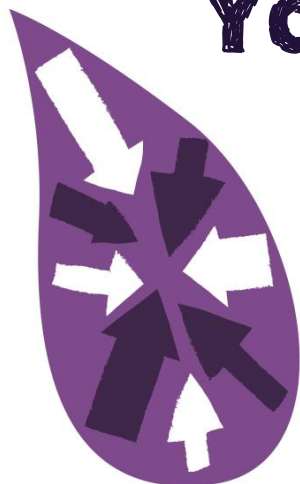
budget

funded by:





# Youth Club



**'I come here to get some education. I enjoy people who come here. Life in CARAS is really nice'**  
**Ameer**

William has arrived to the UK alone when he was only 14. His social worker was worried he might have been trafficked, so William was put on safety plan. This meant no social media or other contacts, no school place and very limited contact with groups. William had to stay at home most of the time, feeling lonely, isolated and not being able to access anything. His foster carer brought him to CARAS with his social worker's permission - this was the first place William had a chance to talk to other people outside his foster carer's home.

William was shy at the beginning - finding it difficult to join in with activities, often sad for not going to school. Youth Club volunteers have supported William with joining in with small games, keeping him safe in line with his safety plan, introducing him to other people. Soon William made friends from his own country, started meeting them outside of CARAS. Every week volunteers observed growth in confidence, being able to better express himself, smiling more and volunteering to help out when needed. With the help of the project coordinator, William found a sports club he could join in to foster his interest. He was also supported by caseworkers to find an education place. William still attends Youth club weekly, enjoying games in big groups, engaging with activities and bringing his new found friends along to the club!

**83**  
**hours of provision**  
**111**  
**beneficiaries**  
**11**  
**volunteers**  
**£2,476**  
**budget**  
**funded by:**



# Study Group



**77**  
**hours of provision**  
**160**  
**beneficiaries**  
**7**  
**volunteers**  
**£5,000**  
**budget**  
**funded by:**



Study Group is a supportive place for young people to receive assistance with all aspects of their studies. For many it provides an opportunity to learn while waiting for a school place. Learning is enriched by peer support and additional needs are often identified and addressed by staff and volunteers. For example, CARAS has often stepped in to work with a caseworker, key worker or school to speed up access to education along with ensuring any additional educational needs are met.



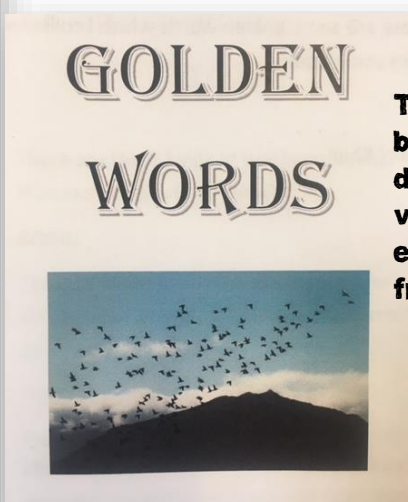
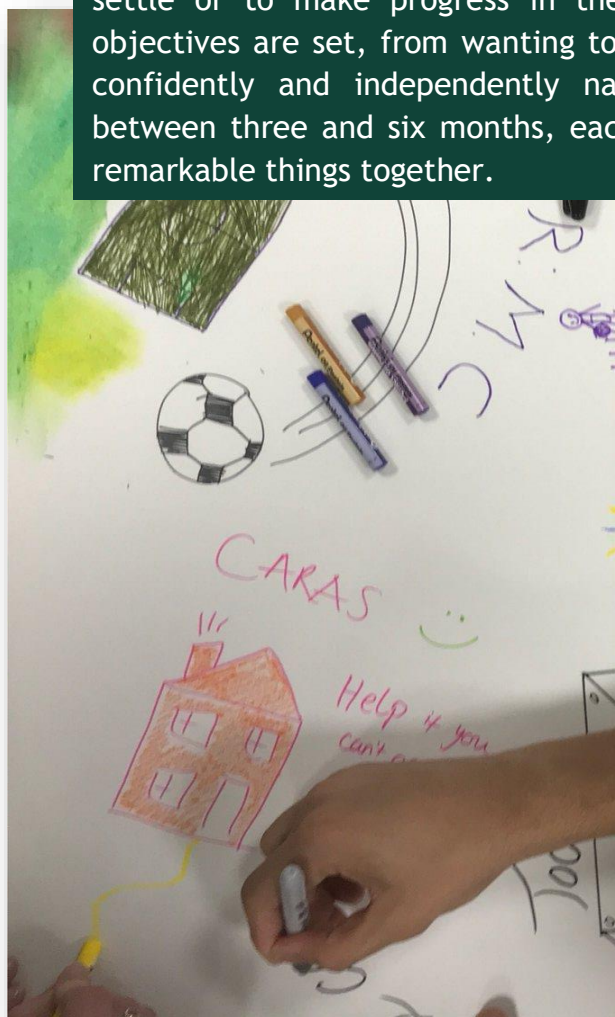
# One-to-One



When asked, how do you feel about the future?

**“I’m excited. I would like to learn more”**

Our targeted, one-to-one support for people who have identified a specific, achievable goal that will help them to settle or to make progress in their life. A wide range of objectives are set, from wanting to join the library through to confidently and independently navigating London. Lasting between three and six months, each pair have achieved some remarkable things together.



This booklet was created by a beneficiary and volunteer during the course of their visiting. It is a collection of empowering phrases translated from Pashto into English.



When asked to think back and compare how you felt before you began meeting your visitor, and now:

**“Before I wasn’t able to read and write. I’m very happy,  
[my visitor] helped me a lot”**

**123**

hours of provision

**23**

beneficiaries

**17**

volunteers

**£10,652**

budget





# Casework

**“People here love me. They loved me at the start and that helped me in everything.”**

Over the past year Casework has been an essential service at CARAS. 40% of all CARAS beneficiaries receive casework support. The majority of issues are related to housing, benefits, finding school places and issues with asylum claims. Having staff time committed to this has meant that team members are available to respond to the needs of beneficiaries as they arise.

Support falls into two categories:

1. ‘Problem? No, Problem!’ a weekly drop-in held to support beneficiaries with understanding letters, contacting other agencies and filling in forms. This is a space for beneficiaries to self-advocate and volunteers play a supportive role.
2. Intensive casework, which happens throughout the week, where issues are more complex and require immediate and consistent attention, often requiring a greater degree of advocacy on behalf of beneficiaries.

Some key highlights have been: a benefits decision appealed - £2150 backdated payments secured; a Freedom Pass gained for beneficiary with chronic health issues and disability; and a family housed in suitable accommodation after caseworkers supported the family to maintain communication with the housing solicitor, fill in forms and write letters to various governmental departments - this included appealing incorrect council tax bills of £1000.

**401**

hours of provision

**182**

beneficiaries

**7**

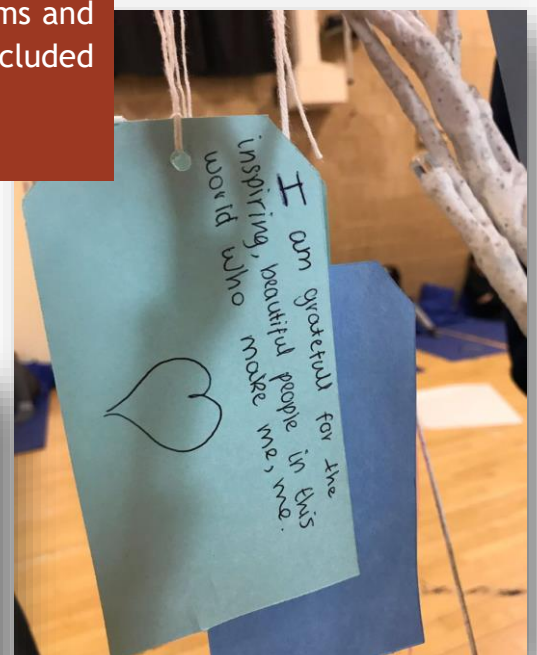
volunteers

**£17,000**

budget

**funded by public  
contributions  
through:**

**theBigGive**





# Family Activity Day



Family Activity Days are hosted for one day a week during the school holidays. They offer an exciting opportunity for parents to go out, free of charge, and enjoy creative, challenging and new experiences with their children.

Some parents share that they don't let their children play outside as much as they would like to, and as they themselves did as children, because they don't feel it's safe to in London. Working with Transition Town Tooting, a key partner helping us deliver brilliantly creative activities over the last year, we have access to the wonderfully welcoming community garden: one of the highlights of FAD this year. Playing in the long grass, weeding, planting, recognising fruit from home, sharing stories, lying down and being still: all of this contributed to a feeling of adventure and possibility. A giant mural was created over a series of FADs and had its grand unveiling in the garden - it's there now for all to see.

**“Another wonderful day of togetherness, some surprises, peace and feeling safe and welcome”**

**Resina, TTT and CARAS volunteer**



**37**

hours of provision

**115**

beneficiaries

**10**

volunteers

**£6375**

budget

**funded by:**

The Henry Smith Charity

THE DISPOSSESSED FUND





# Teaching & Training

**“I want to tell about my experience. Really, it is important that people know what it is like. Life is hard! Telling doctors how it was for me makes me feel good – they can be good doctors because they know about our problems”**

**Expert by experience**

110 medical students from St George's University attended refugee health sessions.

2 social work students from Kingston University undertook full-time placements supporting our casework and advocacy service.

4 medical students undertook five-week special study placements, exploring age assessment, refugee mental health, maternal health care, and health in immigration removal centres.

Teaching sessions were supported by a team of 9 'experts by experience': CARAS beneficiaries who are willing and able to share some of their experience as refugees in London.

# 22

hours of provision

# 120

beneficiaries

# 8

volunteers

# £+10,000

budget

funded by:

Kingston  
University  
London



**“This session is brilliant! Everyone should be made to do it. I learnt so much about a group I was worried about working with. I am reassured that language barriers can be overcome, there are organisations who can offer other support beyond addressing the medical needs that are in my power, and I understand better the interplay of health, mental health and environment. I want to learn more!”** Medical Student



# Thank you!

to our invaluable volunteers:

**A**bigail Johnsen – Afsaneh Dehrouyeah – Aisha Nahmmacher – Alex Goldsworthy –  
Alison Newberry – Alison Palmer – Amanda Batcheller – Amanda Nadeau – Ana  
Lisica – Aneesa Awan – Angela Morano Shaw – Anke Zeller – Aoife Kelly – Avalon  
Rousseau – Ayse Tary – **B**arbara Melamed – Bree Pall – **C**arol French – Caroline  
Gormley – Cristina Otermin Merino – **D**aisy Abboudi – Daniel Calvert – Daniel  
Mackenzie – Derek Knight – Diana Harvey – **E**laine Amoah – Elaine Kelly – Ellie  
Cusack – Emily Jones – Emily Reeves – Emma Djilali – Emma Jacobs – Emma  
Robertson – Evie Halliwell – **F**arah Elemara – Federica Pisano – Fiona Brown –  
Frank Morley – **G**abriella Smith – Georgina Grange-Bennett – Giulia Bisonni – **H**aidi  
Jenkin – Hanna Haile – Hannah Rae – Heather van Silver – Helen Thompson – Henna  
Charania – Hodan Buhari – Huma Ashrat – **I**sabel Straw – **J**ames Phillips – Jawad  
Al-Nawab – Jeannie Byabazaire Harvey – Jemeela Quraishi – Jenna Randall Hill –  
Jess Thomas – Jessica McMorrow – Jessie Kirk – Joseph Taylor – Joshua Harris –  
Julie Mallett – **K**ai Ming Man – Kate Manning – Keith McGuinness – Keridwen Jenkins  
– Kian Moosavi-shendi – Kitty Sadler – Koto Akiyoshi – Kwasi Owusu-Ankormah –  
**L**aura Einstein – Laura Saunders – Laurence Berube Cooley – Linn Aakvik – Liz Allen  
– Lizzie Radford – Lucina Al-Zoghbi – Lucy Ismail – Lucy O'Reilly – **M**aria Alphonso –  
Mary Brodrick – Mary Fisher – Matthew Howard – Megan Jenkins – Meritxell Garcia  
Saura – Michael Casey – Michael Comba – Michael de Roeck – Michou Gerits – Mike  
Bruce – Mohamed Mushfiq Malaffer – Mona Jamil – Muna Ahmed – **N**adia Mohamed  
Waked – Natalie Gordon – Navandeep Kaur Thumber – Nivethika Thayalacumar –  
Nusrat Khurram – **P**hoebe Gibson – Po Ling Chow – **R**abi Wilson – Raphaelle Conte  
– Resina Chowdhury – Richard Ofori Amanfo – Rick Hood – Rohma Butt – Rosie  
Spiegelhalter – **S**agal Warsama – Said el Dajani – Samara Goeieman – Sania Faizi –  
Sarah Edwards – Sarah Kelly – Sarah McGain – Sarah Penrhyn Jones – Sarah  
Ratcliffe – Siobhain Judd – Sophia Benedict – Starleisha Gabbidon – Susan Botros –  
Susanna Hudson – Szilvia Remenyik – **T**ahlia Seedy – Tamanna Ali – Tannaz  
Khamea – Tharshika Thayalacumar – Tom Brocket – **V**eronica Moody – Vicky  
Crome – Victoria Ratcliffe – Vikram Balan – **W**illiam Kilner – **Y**umna Mohamed –  
**Z**ara Iqbal





#### **Charity Name**

CARAS (Community Action for Refugees and Asylum Seekers) is a registered charity and a private limited company

#### **Registered Company Number**

6462487 (memorandum and articles of association incorporated on 3 January 2008; updated by special resolution 9 March 2016)

#### **Registered Charity Number**

1124376 (registered 6 June 2008)

#### **Registered and Principle Office**

25 Blakenham Road, Tooting, London, SW17 8NE

# **COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS**

Charity number: 1124376

Company registration number: 06462487

## **FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2018**

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# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

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# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 AUGUST 2018

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<b>Trustees</b>	Laura Einstein Jessica Thomas Amir Ahmed Tim Rawlings (resigned on 20/03/2018) Rosie Spiegelhalter Christopher Hands Ladan Hall (resigned on 19/06/2018) Rick Hood Suzanne Stevens Helen Gribble Haidi Jenkin Divnesh Moham (appointed on 19/06/2018)
<b>Charity number</b>	1124376
<b>Company number</b>	06462487
<b>Principal address</b>	25 Blakenham Road Tooting London SW17 8NE
<b>Registered office</b>	25 Blakenham Road Tooting London SW17 8NE
<b>Independent examiner</b>	Community360 Winsley's House High Street Colchester Essex CO1 1UG



# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## DIRECTORS REPORTS FOR THE YEAR ENDED 31 AUGUST 2018

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The Directors of CARAS present their report and the financial statements for the period year 1 September 2017 - 31 August 2018. The report has been prepared in accordance with the Charities Act 2011, based on guidance for charities with revenues less than £500,000

The financial statements have been prepared in accordance with the accounting policies set out in the attached financial statements and comply with the charitable company's memorandum and articles of association, applicable laws and 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 United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2015 or later.

### ***Structure, governance and management***

#### **Charity Information**

CARAS was incorporated on 3 January 2008. It is a registered charity (Charity Registration Number 1124376) and a company limited by guarantee and does not have a share capital. The Company Registration Number is 646248.

CARAS is located at 25 Blakenham Road, London SW17 8NE

#### **Directors**

CARAS directors bring a range of experience and expertise. The Board includes individuals with backgrounds in human resources, fundraising, law, finance, organizational development and technology. The Board recently added two beneficiaries from our youth programs to serve on the Board as Board Interns.

A key Director role is risk management. The Directors have assessed the major risks to which CARAS is exposed, in particular those relating to the specific operational areas of CARAS and its finances. The Directors believe that by monitoring reserve levels, by ensuring controls exist over key financial systems, reviewing quarterly financial statements, and by examining the operational and business risks faced by the charitable company, they have established effective systems to mitigate those risks. CARAS is an organization that works with young adults. Accordingly, CARAS has instituted all procedures required for safeguarding vulnerable beneficiaries.

# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## DIRECTORS REPORTS FOR THE YEAR ENDED 31 AUGUST 2018

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Directors are recruited from our pool of volunteers, word of mouth, and by advertising on websites for charities. Current Board members are:

Name	Appointed
1. Sue Stevens	AGM 2016
2. Ladan Hall	Re-elected 2015
3. Dr Chris Hands	Re-elected 2017
4. Dr Jess Thomas	Re-elected 2017
5. Rick Hood	Re-elected 2017
6. Amir Ahmed	AGM 2016
7. Helen Gribble	AGM 2016
8. Haidi Jenkin, Secretary	Board appointed Dec 2016 AGM 2017
9. Rosie Spiegelhalter	Board appointed Mar 2017
10. Tim Rawlings, Treasurer	AGM 2017
11. Laura Einstein, Chair	Dec-17 AGM 2018

### Management

The organization is led by a Managing Director. She supervises the Coordinators for our programmatic work: Youth services, adult services, ESOL, and Casework. CARAS depends on a cadre of loyal and energetic volunteers who assist staff and fill out the roles needed to provide services to our beneficiaries. CARAS also employs a fundraising manager, part-time finance manager and Volunteer Coordinator for recruitment and retention of volunteers.

### Objectives

CARAS is based in Tooting. Its principal activity is providing services and support to refugees and asylum seekers.

### Activities and Impact

CARAS' mission is to work together with young people, families and adults of refugee background to provide practical, educational and social help. We create supportive relationships, networks and well-informed services that enable people to access what they need to increase their wellbeing and safety.

CARAS' insight is that services are only as effective as people's ability to access them. We seek to address key barriers people from refugee background face to participating in the opportunities of our community: a lack of information about opportunities and services; low confidence to explore known opportunities; insufficient English language ability; uncertainty over immigration status; poor mental health; and a lack of outreach from established



# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## DIRECTORS REPORTS FOR THE YEAR ENDED 31 AUGUST 2018

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community activities. We know that two of the biggest difficulties faced by our beneficiaries are uncertainty about their future, and a lack of connection to others in their new community. These two factors coalesce to create situations where people experience poor mental health and very limited opportunities to reduce their isolation and boost their wellbeing.

In 2018 a record 438 refugees and people seeking asylum came to CARAS for support, 219 of them new referrals. This continues annual growth in recent years of 20-40%. CARAS offers holistic support, which means that we hope to effect an overall positive change for people through multiple interventions. We aim for refugees and asylum seekers to have a rich social world, the knowledge and skills they need to thrive, employment if they want it, and the services and benefits to which they are entitled. We aim to engage those who need it in substantial support, and this year of those referred to CARAS 70% (306) attended more than two sessions. 38% (165) came 10 or more times, and more than 20% (90) came to 25 or more sessions at CARAS this year.

### Challenges faced by refugees and asylum seekers

CARAS supports separated children seeking asylum (approximately 50% of beneficiaries), other young refugees not in care (25%) and refugee women and their families (25%). Almost all arrive without support networks in their community or an idea of where to start building one. Typically, people identify their main initial need as learning English. Newly arrived children often have to wait for several months in order to begin school. Without basic English lessons upon arrival their chances are greatly reduced of managing their transition, participating at school, and making friends. For adult refugees, there are very few entry level ESOL classes available. Crèche provision or women-only classes – vital to enabling many women to participate – are virtually non-existent. Beyond the crucial barrier of English, the refugees and asylum seekers we support face a complex variety of needs in an unfamiliar culture. Housing is ‘generally unacceptable’, falling below the Local Authority standards for UK homeless. Adults are not permitted to work and must subsist on welfare payments that guarantee destitution. Asylum seekers are five times more likely to have mental health needs than the general population, almost two-thirds will suffer from serious mental distress but are still less likely to receive mental health support. Mental health issues are caused both by pre-migration experiences and post-migration conditions.

We run activities 6 days a week:

- Youth club on Thursdays and Saturdays, featuring games, sports, cooking a shared meal, workshops and frequent trips
  - Women's drop-in on Tuesdays and Thursdays with crèche, featuring activities, workshops and frequent trips, and a separate weekly girls' group for 14-21-year olds
  - ESOL 5 days per week
  - Weekly sessions of study support, book club, IT training, and life skills workshops
  - Three sports sessions a week, including football training, swimming lessons and girls' only short courses
  - A problem-solving clinic providing support with practical problems around housing, welfare, schooling and employment
-

# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## DIRECTORS REPORTS FOR THE YEAR ENDED 31 AUGUST 2018

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- Family days each week of the school holidays, at which young 2-5 young people volunteer
- A CORAM fortnightly drop-in
- Community connections, in which a volunteer and a beneficiary meet each week for 2-6 months in order to work towards integration and learning goals

### The CARAS model

CARAS seeks to show people who have sought refuge in the UK that they have value, and indeed enormous potential. We do not believe in acting on behalf of someone capable of independent action. To this end, all of our activities aim to support people's ability to exercise assertiveness in individual and collective decision making, increase positive self-image and overcome stigma. This starts within CARAS: beneficiaries are involved in designing and improving projects and in our governance. CARAS is recognised by our partners for its best-practice model and inclusive approach to decision-making. In 2018 we received our Gold Quality Mark from London Youth.

More than 70 young refugees participated in volunteering, building benches and planters in Tooting, running their own public workshops to talk about local integration, creating welcome refugees displays for our neighbourhood, giving their skills and energy as volunteers at our weekly Family Activity Days during the school holidays. This has become a core programme, currently supported by Team London Thrive funding. In addition, young people have taken part in presentation, discussion and consultation with City Hall, contributing to the Mayor of London's strategic plan, as well as giving specific feedback on experiences of foster care and the rights of migrant children.

CARAS measures its success by the satisfaction of our beneficiaries and progress they make in gaining new skills. We receive regular feedback about our youth and adult services, about both the activity itself and the safe and welcoming environment we strive to create. We measure our success both by the participation rates, feedback and the "graduation" from our programs to other activities in the community. Over the next several years, we will develop a dashboard, and strive to amass data that will further inform the success of our programs.

### ***Public benefit***

The Directors are aware of the Charity Commission's guidance which sets out the requirements for charities to demonstrate that their aims and activities are for the public benefit. They are satisfied that the aims and activities of CARAS, namely providing support and services to refugees and asylum seekers, meet the public benefit test required by prevailing charity law.



# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## DIRECTORS REPORTS FOR THE YEAR ENDED 31 AUGUST 2018

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### ***Financial review***

The Directors reviewed and approved the financial report for 2018-19. The report appears to show a deficit of £9,357 that was offset by the use of unrestricted funds. In actuality, there is no deficit. This was a planned use of unrestricted funds to use toward our charitable purposes; the Board of Directors specifically planned to shift funds from our unrestricted accounts in creating our 2017-18 budget.

### ***Reserves policy and financial position***

#### *Reserves policy*

The Directors have set aside £40,000, which represents 3 months of salaries and core costs. These reserves are kept in a separate account and cannot be used without the approval of the Board of Directors

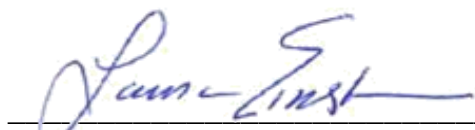
#### *Financial position*

Total funds at 31 March 2019 showed a balance of £164,000 in the operating budget (net of the reserve fund). Of this amount, £45,663 is unrestricted.

#### *Plans for future periods*

CARAS has an on-going fund-raising plan that will ensure the continuity of its programs and services and support the operating costs of the organization.  
The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:



Laura Einstein  
Chair

Date

# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 AUGUST 2018

	Note	Unrestricted Total £	Restricted Total £	2018 Total £	2017 Total £
<b><u>Incoming resources</u></b>					
Donations and legacies	2	25,057	184,204	209,260	179,084
Other Trading Activities	3	12,940	571	13,511	8,794
		621		621	-
<b>Total incoming resources</b>		<b>38,617</b>	<b>184,775</b>	<b>223,392</b>	<b>187,878</b>
<b><u>Expenditure on Charitable activities</u></b>					
Charitable activities	4	14,464	213,444	227,908	194,486
Expenditure on raising funds		-	-	-	-
<b>Total resources expended</b>		<b>14,464</b>	<b>213,444</b>	<b>227,908</b>	<b>194,486</b>
<b>Net incoming resources before transfers</b>		<b>24,153</b>	<b>(28,669)</b>	<b>(4,516)</b>	<b>(6,608)</b>
<b>Transfer between funds</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net income for the year</b>		<b>24,153</b>	<b>(28,669)</b>	<b>(4,516)</b>	<b>(6,608)</b>
<b>Fund balances at 1 September 2017</b>		<b>46,087</b>	<b>47,884</b>	<b>93,971</b>	<b>100,579</b>
<b>Fund balances at 31 August 2018</b>		<b>70,240</b>	<b>19,215</b>	<b>89,455</b>	<b>93,971</b>

Notes on pages 9 to 12 are part of these accounts



# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## BALANCE SHEET AS AT 31 AUGUST 2018

	Note	2018 £	2017 £
<b>Fixed Assets</b>			
Tangible Assets	8	5,462	7,334
<b>Current assets</b>			
Debtors	10	11,998	-
Cash at bank and in hand		136,614	93,431
		<u>148,612</u>	<u>93,431</u>
<b>Current liabilities</b>			
Creditors: amounts falling due within one year	9	64,619	6,794
<b>Net current assets</b>		<u>83,993</u>	<u>86,637</u>
<b>Total assets less total liabilities</b>		<u><u>89,455</u></u>	<u><u>93,971</u></u>
<b>Income funds</b>			
Unrestricted funds		70,240	46,087
Restricted funds		19,215	47,884
		<u><u>89,455</u></u>	<u><u>93,971</u></u>

For the year ended 31 August 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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 responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

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

The directors declare that they have approved the accounts above on:

Date

Date

# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2018

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### 1. Accounting Policies

#### **Basis of the preparation of the accounts**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on 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 Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

#### **Cash Flow**

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1 "Cash flow statements".

#### **Incoming resources**

Grants receivable are recognised in the accounts when conditions for their receipt are satisfied. Grants with conditions attached to their use are included in restricted funds. Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable.

#### **Resources expended**

All expenditure is accounted for on an accruals basis and is recognised when there is a legal or constructive obligation to pay. Expenditure has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to a particular heading they have been allocated to activities on a basis consistent with the use of the resources.

Costs classified as governance relate to the general running of the charity and include the operations of the Board of Trustees and addressing constitutional audit and other statutory matters.

Resources expended include attributable VAT, which cannot be recovered.

#### **Tangible fixed assets and depreciation**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each assets over its expected useful life as follows:

Equipment: 25% Straight Line Basis

# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2018

<b>2. Donations and legacies</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>2018</b>	<b>2017</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Fundraising	-	-	-	3,519
Donations and gifts	25,057	39,618	64,675	68,753
Grants	-	144,585	144,585	106,812
	<u>25,057</u>	<u>184,204</u>	<u>209,260</u>	<u>179,084</u>
<b>3. Other trading activities</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>2018</b>	<b>2017</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Education	12,940	571	13,511	8,794
	<u>12,940</u>	<u>571</u>	<u>13,511</u>	<u>8,794</u>
<b>4. Charitable Activities</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>2018</b>	<b>2017</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Depreciation	1,873	-	1,873	156
Destitution fund	-	161	161	25
Subscriptions and membership	984	1,627	2,611	1,832
Insurance	-	1,079	1,079	1,168
Office costs & admin	234	2,207	2,441	81
Payments	460	80	540	3,360
Wages	7,654	141,015	148,669	132,211
Professional Fees	190	15,654	15,844	9,450
Project Costs	1,089	40,121	41,210	31,224
Rent & Rates	1,688	10,176	11,864	12,880
Utilities	293	1,324	1,616	2,099
	<u>14,464</u>	<u>213,444</u>	<u>227,908</u>	<u>194,486</u>
<b>5. Charitable expenditure by project</b>	<b>Payroll</b>	<b>Rent and venue hire</b>	<b>Project costs</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Trading	6,642	630	600	7,872
Office	70,226	2,411	9,033	81,670
Youth Provision	23,766	10,950	26,242	60,958
Adult provision	13,777	3,086	6,400	23,263
Cross-generation provision	33,117	7,110	12,713	52,940
Other	3,249	-	-	3,249
Depreciation	-	-	1,873	1,872.50
	<u>150,777</u>	<u>24,187</u>	<u>54,988</u>	<u>231,824</u>



# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2018

### 6. Employees

	2018 £	2017 £
Wages and Salaries	150,787	132,211
	<b>150,787</b>	<b>132,211</b>

No staff were paid more than £60,000 per annum.

### 7. Trustees

None of the Trustees received any remuneration during the year.

### 8. Tangible Fixed Assets

	Equipment £	Total £
<b>Cost</b>		
As at 1 September 2017	7,490	7,490
Additions	-	-
As at 31 August 2018	<u>7,490</u>	<u>7,490</u>
<b>Depreciation</b>		
As at 1 September 2017	156	156
Charge for the year	1,873	1,873
At 31 August 2018	<u>2,029</u>	<u>2,029</u>
<b>Net book values</b>		
At 31 August 2018	<u>5,462</u>	<u>5,462</u>
At 31 August 2017	<u>7,334</u>	<u>7,334</u>

### 9. Creditors: amounts falling due within one year

	2018 £	2017 £
Trade creditors	385	1,828
Deferred Income	58,866	-
Taxation and Social Security	5,368	4,966
	<b>64,619</b>	<b>6,794</b>

### 10. Debtors

	2018 £	2017 £
Prepayments	2,154	-
Trade Debtors	9,844	-
	<b>11,998</b>	<b>-</b>

# COMMUNITY ACTION FOR REFUGEES AND ASYLUM SEEKERS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2018

### 11. Related Parties

There were no related parties within the year.

### 12. Going Concern

The charity is operating on a going concern basis

### 13. Comparative note for 2018 Statement of Financial Activity

	Note	Unrestricted Total £	Restricted Total £	2017 Total £
<b><u>Incoming resources</u></b>				
Donations and legacies	2	42,522	136,562	179,084
Other Trading Activities	3	8,794	-	8,794
Other		-	-	-
<b>Total incoming resources</b>		<b>51,316</b>	<b>136,562</b>	<b>187,878</b>
<b><u>Expenditure on Charitable activities</u></b>				
Charitable activities	4	20,970	173,516	194,486
Expenditure on raising funds		-	-	-
<b>Total resources expended</b>		<b>20,970</b>	<b>173,516</b>	<b>194,486</b>
<b>Net incoming resources before transfers</b>		<b>30,346</b>	<b>(36,954)</b>	<b>(6,608)</b>
<b>Transfer between funds</b>		-	-	-
<b>Net income for the year</b>		<b>30,346</b>	<b>(36,954)</b>	<b>(6,608)</b>
<b>Fund balances at 1 September 2016</b>		15,741	84,838	100,579
<b>Fund balances at 31 August 2017</b>		<b>46,087</b>	<b>47,884</b>	<b>93,971</b>