

THE MEADOWS CHILDREN AND FAMILY WING

England & Wales · Charity number 1075129

Details

Status Registered

Legal form Other

Registered 1999-04-15

Register [View on the Charity Commission register](#)

Contact

Address Meadows Community Centre
299 Arbury Road
Cambridge
CB4 2JL

Phone 01223 508144

Email info@mcfw.co.uk

Activities

Objects: 1. TO EDUCATE FAMILIES AND THE PUBLIC IN BETTER STANDARDS OF CHILDCARE, AND IN THE IMPORTANCE OF SOUND RELATIONS BETWEEN PARENTS AND CHILDREN FOR THE MAINTENANCE AND ENRICHMENT OF FAMILY LIFE;2. THE RELIEF OF POVERTY AND THE PROVISION OF RECREATIONAL FACILITIES OR OTHER LEISURE TIME OCCUPATION IN THE INTERESTS OF SOCIAL WELFARE WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE OF PERSONS HAVING NEED OF THESE FACILITIES BY REASON OF THEIR YOUTH, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES.

Activities: To educate families and the public in better standards of childcare and in the importance of sound relations between parents and children for the maintenance of family life2) The relief of poverty and the provision of recreational facilities or other leisure time occupation in the interest of social welfare with the object of improving the conditions of life

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** CAMBRIDGESHIRE
- Cambridgeshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£147,216	£172,529	-	-
2024-03-31	£124,529	£177,943	-	-
2023-03-31	£221,351	£156,295	-	-
2022-03-31	£152,162	£186,681	-	-
2021-03-31	£201,349	£162,835	-	-

Trustees

Name	Role	Appointed
Sharon Louise Livermore	Chair	2020-11-19
Angelina Muller		2021-11-04
Claire Thompson		2021-11-04
Dr Zarah Jawad		2021-11-04
Junko Grant-Hotsuki		2015-07-28
Nicola Wallis		2022-11-29
Peninnah Sarah Serrano		2022-11-29
Petra Beranova		2013-11-29
Stacey May		2018-10-26

THE MEADOWS CHILDREN AND FAMILY WING

England & Wales - Charity number 1075129

Accounts

THE MEADOWS CHILDREN

AND FAMILY WING

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

REGISTERED CHARITY NO: 1075129

**THE MEADOWS CHILDREN AND FAMILY WING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

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Charity Number
1075129

Principal Address

Meadows Community Centre
299 Arbury Road
Cambridge
CB4 2JL

Independent Examiners

Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16a Lotfield Street
Orwell
Royston
SG8 5QT

BANKERS

National Westminster Bank plc

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

TRUSTEES

Trustees serving throughout the year unless otherwise stated were as follows:

S Livermore (Chair)	A Muller
P Beranova (Treasurer)	Z Jawad
J Grant-Hotsuki (Secretary)	N Wallis
C Thompson (Vice Chair)	A Hanley (resigned 26/2/25)
P Serrano	C Gee (appointed 26/2/25)
S May	S Kariolis (appointed 26/2/25)

The Trustees are re-elected annually at the AGM which was held on 26 February 2025

ADDRESS

The Meadows Community Centre
299 Arbury Road
Cambridge
CB4 2JL

Legal Status

The charity is registered with the Charity Commission, registration number 1075129. It was formed as an unincorporated association under a constitution adopted on 19th March 1997 (later amended in 1999 and 2004).

Objects

The objects of the charity are:

1. To educate families and the public in better standards of childcare, and in the importance of sound relations between parents and children for the maintenance and enrichment of family life.
2. The relief of poverty and the provision of recreational facilities or other leisure time occupation in the interests of social welfare with the object of improving the conditions of life of persons having need of these facilities by reason of their youth, poverty, or social and economic circumstances.

In planning our programme of activities each year, we have kept in mind the Charity Commission's general guidance on public benefit and prevention and the relief of poverty for public benefit. The trustees always ensure that the programme of activities we undertake is in line with our charitable objectives and aims.

Financial Review

The financial accounts for the year ended 31 March 2025 are set out on pages 4 to 8.

The charity has received support from Cambridge City Council, Cambridgeshire County Council, The Police and Crime Commissioner for Cambridgeshire and Peterborough, and Cambridgeshire Community Foundation, together with a number of other charitable trusts and grant making organisations. A full list of all grants received and details of expenditure are set out in notes 2 and 5 of the accounts. The Trustees are very grateful to all of these benefactors without whose help the project could not continue.

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

Achievements and Performance

We are delighted to have been able to offer the full range of support services to both local families and female survivors of domestic abuse throughout this year. We have continued to respond to needs in partnership with our beneficiaries, and we are very proud of the comprehensive package of person centered, informed trauma support that we offer to women and families which consists of:

Family Support

Twice weekly family support drop-ins

Life After Abuse

Freedom Programme Courses

Freedom Forever Courses

All About Me Courses

A weekly specialist domestic abuse drop in

A weekly therapeutic "Together" group

We also continue to provide phone support, outreach and advocacy for all our beneficiaries.

Please see our Annual General Report for full details on all our activities, achievements and performance.

We are extremely grateful to all our funders, without whom we could not provide such an amazing service, our passionate staff team and remain proud of all our women and families.

Reserves Policy

The Trustees aim to hold reserves sufficient to pay at least one month's operating costs so that an orderly closure of the project could be achieved should this be necessary.

As at 31 March 2025 we held a balance of £18,073 in unrestricted reserves, equivalent to around 6 weeks of general running costs.

Looking to the Future

Funding for the year to 31 March 2026 has been substantially secured with funding from Cambridge City Council, the Police & Crime Commissioner, Cambridgeshire Community Foundation, Ann Dowcra and many others helping to ensure the continuance of the charity's work.

On behalf of the Board of Trustees:



Chairperson

Date

28/08/2025

**THE MEADOWS CHILDREN AND FAMILY WING
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

I report on the accounts of the Meadows Children and Family Wing for the year ended 31 March 2025 which are set out on pages 4 to 8.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees 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.

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 REPORT

My examination was carried out in accordance with the 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 you as 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 130 of the Charities Act or
- the accounts do not accord with the accounting records

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



Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16a Lotfield Street
Orwell
Royston
SG8 5QT

Date: 28.08.2025

**THE MEADOWS CHILDREN AND FAMILY WING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

		Unrestricted funds	Restricted funds	Total	Total
	Note	2025 £	2025 £	2025 £	2024 £
INCOME FROM:					
Donations		4,990	-	4,990	3,959
Charitable activities	2	-	141,671	141,671	120,570
Investment Income		555		555	-
Total Income		<u>5,545</u>	<u>141,671</u>	<u>147,216</u>	<u>124,529</u>
EXPENDITURE ON:					
Raising funds	3	-	13,769	13,769	13,156
Charitable activities	4	12,773	145,987	158,760	164,787
Total Expenditure		<u>12,773</u>	<u>159,756</u>	<u>172,529</u>	<u>177,943</u>
Net income/(expenditure)		(7,228)	(18,085)	(25,313)	(53,414)
Transfer between funds		-	-	-	-
Net movement in funds		<u>(7,228)</u>	<u>(18,085)</u>	<u>(25,313)</u>	<u>(53,414)</u>
Reconciliation of funds					
Total funds brought forward		25,301	21,672	46,973	100,387
Total funds carried forward		<u>18,073</u>	<u>3,587</u>	<u>21,660</u>	<u>46,973</u>

**THE MEADOWS CHILDREN AND FAMILY WING
BALANCE SHEET
AS AT 31 MARCH 2025**

		Unrestricted funds	Restricted funds	Total	Total
	Note	2025 £	2025 £	2025 £	2024 £
Current assets					
Cash at bank and in hand		18,073	3,588	21,661	46,973
Net Assets		<u>18,073</u>	<u>3,588</u>	<u>21,661</u>	<u>46,973</u>
The funds of the charity					
Restricted income funds	6	-	3,588	3,588	21,672
Unrestricted income funds	7	18,073	-	18,073	25,301
		<u>18,073</u>	<u>3,588</u>	<u>21,661</u>	<u>46,973</u>

These financial statements were approved by the trustees on 28-8-2025 and signed on their behalf by:

SHARON LIVERMORE

Trustee name



Trustee signature

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

1. Principal Accounting Policies

The financial statements comply with applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" published in March 2005. A summary of the material accounting policies and estimation techniques adopted follows.

Basis of preparation

The Board prepares its annual financial statements on the basis of historical cost.

Fund accounting

The charity maintains general unrestricted fund representing unrestricted income that is expendable, at the discretion of the trustees, in the furtherance of the objects of the charity. Grant income for specified projects is accounted for within restricted funds.

Incoming resources

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt.

Expenditure

Expenditure is charged to the statement of financial activities on a cash basis and is allocated as follows:

Direct charitable expenditure relates to expenditure incurred in the fulfilment of the objects of the charity.

Management and administration costs relate to expenditure incurred in compliance with constitutional and statutory requirements.

2. Income from Charitable Activities

	Unrestricted funds	Restricted funds	Total	Total
	2025	2025	2025	2024
	£	£	£	£
Cambridge City Council	-	75,932	75,932	63,957
Police & Crime Commissioner for Cambridgeshire & Peterborough	-	25,470	25,470	25,470
CCF - Cambridge in Need	-	8,313	8,313	-
CCF - Learning and Skills Fund	-	5,114	5,114	-
Masonic Charitable Foundation	-	5,000	5,000	-
Allen Lane	-	5,000	5,000	-
CCF - Warwick & Dominey Fund	-	4,626	4,626	-
Other small grants £1,000 or less	-	3,911	3,911	2,000
CCF - La Doria Fund	-	2,960	2,960	-
Comic Relief	-	2,488	2,488	990
Rotary Club	-	1,500	1,500	-
Cambridge Aid	-	1,057	1,057	2,526
A Community Remembers Histon Road	-	300	300	500
The National Lottery Community Fund	-	-	-	22,243
Cambridgeshire County Council	-	-	-	2,884
	-	141,671	141,671	120,570

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

3. Fundraising activities

	Unrestricted funds	Restricted funds	Total	Total
	2025 £	2025 £	2025 £	2024 £
Salaries and NIC	-	13,454	13,454	12,779
Pension Contributions	-	300	300	290
Printing and Postage	-	15	15	87
	-	13,769	13,769	13,156

4. Charitable activities

	Unrestricted funds	Restricted funds	Total	Total
	2025 £	2025 £	2025 £	2024 £
Salaries and NIC	12,479	122,679	135,158	133,613
Pension contributions	-	2,569	2,569	2,614
Staff training	-	100	100	85
Travelling and volunteer expenses	-	3	3	38
Rent	-	14,809	14,809	17,594
Groceries	-	1,682	1,682	966
Resources and equipment	-	177	177	1,287
Special Projects	294	-	294	850
Emergency grants and payments to families	-	1,057	1,057	2,623
Office and IT expenditure	-	491	491	1,560
Stationery, printing and postage	-	266	266	956
Insurance	-	1,226	1,226	1,332
Phone costs	-	75	75	450
Accountancy fees	-	360	360	360
Professional fees and DBS	-	415	415	382
Bank charges	-	78	78	77
	12,773	145,987	158,760	164,787

5. Information regarding employees and trustees

	Total 2025 £	Total 2024 £
Gross wages	141,638	139,317
Employer's National Insurance	6,974	7,075
Pension Contributions	2,869	2,904
	151,481	149,296

The average number of employees was 7 (2024:7)

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

6. Restricted Funds

	Balance as at 1 April 2024	Income	Expenditure	Balance as at 31 March 2025
	£	£	£	£
Cambridge City Council	-	75,932	75,932	-
Police & Crime Commissioner for Cambridgeshire & Peterborough	-	25,470	25,470	-
Cambridgeshire County Council	12,799	-	12,799	-
CCF - Cambridge in Need	-	8,313	8,313	-
Other small funds £1,000 or less	5,230	2,911	8,141	-
CCF - Learning and Skills Fund	-	5,114	5,114	-
Masonic Charitable Foundation	-	5,000	5,000	-
Allen Lane	-	5,000	5,000	-
CCF - Warwick & Dominey Fund	-	4,626	4,626	-
ARM	3,249	-	3,033	216
Comic Relief	-	2,488	2,442	46
Rotary Club	-	1,500	1,500	-
Cambridge Aid	-	1,057	1,057	-
A Community Remembers Histon Road	394	300	694	-
One Stop	-	1,000	634	366
CCF - La Doria Fund	-	2,960	-	2,960
	<u>21,672</u>	<u>141,671</u>	<u>159,755</u>	<u>3,588</u>

Grants to support family drop ins and core activities:

Cambridge City Council, CCF Learning and Skills Fund, Comic Relief, One Stop
A Community Remembers Histon Road, Rotary Club, Other small funds

Grants to support life after abuse services:

Cambridge City Council, Police & Crime Commissioner for Cambridgeshire & Peterborough,
Cambridgeshire County Council, CCF Cambridge in Need, Masonic Charitable Foundation, Allen Lane
CCF Warwick & Dominey Fund, ARM, Other small funds.

Cambridge Aid awards were received for specific individuals in need and paid out in the form of emergency grants. Whilst the receipt and payment is processed through our bank account the funds are for families to spend within the terms of their individual award and do not form part of our normal charitable activities.

7. Unrestricted Funds

Balance at 1 April 2024	25,301
Unrestricted income	5,545
Expenditure	<u>(12,773)</u>
Balance at 31 March 2025	<u>18,073</u>

THE MEADOWS CHILDREN AND FAMILY WING

England & Wales - Charity number 1075129

Accounts

**THE MEADOWS CHILDREN
AND FAMILY WING**

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

REGISTERED CHARITY NO: 1075129

**THE MEADOWS CHILDREN AND FAMILY WING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

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BANKERS

National Westminster Bank plc

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024**

TRUSTEES

Trustees serving throughout the year unless otherwise stated were as follows:

S Livermore (Chair)	S May
P Beranova (Treasurer)	A Muller
J Grant-Hotsuki (Secretary)	Z Jawad
C Thompson (Vice Chair)	N Wallis
P Serrano	A Hanley (appointed 19/12/23)

The Trustees are re-elected annually at the AGM which was held on 19 December 2023

ADDRESS

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CB4 2JL

Legal Status

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Objects

The objects of the charity are:

1. To educate families and the public in better standards of childcare, and in the importance of sound relations between parents and children for the maintenance and enrichment of family life.
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Financial Review

The financial accounts for the year ended 31 March 2024 are set out on pages 4 to 8.

The charity has received support from Cambridge City Council, Cambridgeshire County Council, The Police and Crime Commissioner for Cambridgeshire and Peterborough, The National Lottery Community Fund, together with a number of other charitable trusts and grant making organisations. A full list of all grants received and details of expenditure are set out in notes 2 and 5 of the accounts. The Trustees are very grateful to all of these benefactors without whose help the project could not continue.

Funding from the Community Organisations Cost of Living Fund delivered by The National Lottery Community Fund helped us to reach more people through funding an additional Freedom Programme and 8 extra support hours per week. Thanks to the Government for making this possible.

Funding for the year to 31 March 2025 has been substantially secured, with the City and County Councils, the Police & Crime Commissioner and many others helping to ensure the continuance of the charity's work.

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024**

Achievements and Performance

We are delighted to have been able to offer the full range of support services to both local families and female survivors of domestic abuse throughout this year. We have continued to respond to needs in partnership with our beneficiaries, and we are very proud of the comprehensive package of person centered, trauma support that we offer to women and families which consists of:

Family Support

Twice weekly family support drop-ins

Life After Abuse

Freedom Programme Courses

Freedom Forever Courses

All About Me Courses

A weekly specialist domestic abuse drop in

A weekly therapeutic "Together" group

A number of specialist workshops.

We also continue to provide phone support, outreach and advocacy for all our beneficiaries.

Please see our Annual General Report for full details on all our activities, achievements and performance.

We are extremely grateful to all our funders, without whom we could not provide such an amazing service, our passionate staff team and remain proud of all our women and families.

Reserves Policy

The Trustees aim to hold reserves sufficient to pay at least one month's operating costs so that an orderly closure of the project could be achieved should this be necessary.

As at 31 March 2024 we held a balance of £25,301 in unrestricted reserves, equivalent to around 10 weeks of general running costs.

On behalf of the Board of Trustees:

Sharon Livermore

Chairperson
23 October 2024

**THE MEADOWS CHILDREN AND FAMILY WING
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024**

I report on the accounts of the Meadows Children and Family Wing for the year ended 31 March 2024 which are set out on pages 4 to 8.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees 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.

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
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BASIS OF INDEPENDENT EXAMINER'S REPORT

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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 130 of the Charities Act or
- the accounts do not accord with the accounting records

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



Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16a Lotfield Street
Orwell
Royston
SG8 5QT

Date: 23.10.24.

**THE MEADOWS CHILDREN AND FAMILY WING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**


		Unrestricted funds	Restricted funds	Total	Total
	Note	2024 £	2024 £	2024 £	2023 £
INCOME FROM:					
Donations		3,959	-	3,959	4,634
Charitable activities	2	-	120,570	120,570	216,717
Total Income		<u>3,959</u>	<u>120,570</u>	<u>124,529</u>	<u>221,351</u>
EXPENDITURE ON:					
Raising funds	3	-	13,156	13,156	12,026
Charitable activities	4	-	164,787	164,787	144,269
Total Expenditure		<u>-</u>	<u>177,943</u>	<u>177,943</u>	<u>156,295</u>
Net income/(expenditure)		3,959	(57,373)	(53,414)	65,056
Transfer between funds		-	-	-	-
Net movement in funds		<u>3,959</u>	<u>(57,373)</u>	<u>(53,414)</u>	<u>65,056</u>
Reconciliation of funds					
Total funds brought forward		21,342	79,045	100,387	35,331
Total funds carried forward		<u>25,301</u>	<u>21,672</u>	<u>46,973</u>	<u>100,387</u>

**THE MEADOWS CHILDREN AND FAMILY WING
BALANCE SHEET
AS AT 31 MARCH 2024**

		Unrestricted funds	Restricted funds	Total	Total
	Note	2024 £	2024 £	2024 £	2023 £
Current assets					
Cash at bank and in hand		25,301	21,672	46,973	100,387
Net Assets		<u>25,301</u>	<u>21,672</u>	<u>46,973</u>	<u>100,387</u>
The funds of the charity					
Restricted income funds	6	-	21,672	21,672	79,045
Unrestricted income funds	7	25,301	-	25,301	21,342
		<u>25,301</u>	<u>21,672</u>	<u>46,973</u>	<u>100,387</u>

These financial statements were approved by the trustees on 23.10.2024 and signed on their behalf by:

Trustee name
PETRA BERANOVA

Trustee signature


SHARON LIVERMORE



**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024**

1. Principal Accounting Policies

The financial statements comply with applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" published in March 2005. A summary of the material accounting policies and estimation techniques adopted follows.

Basis of preparation

The Board prepares its annual financial statements on the basis of historical cost.

Fund accounting

The charity maintains general unrestricted fund representing unrestricted income that is expendable, at the discretion of the trustees, in the furtherance of the objects of the charity. Grant income for specified projects is accounted for within restricted funds.

Incoming resources

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt.

Expenditure

Expenditure is charged to the statement of financial activities on a cash basis and is allocated as follows:

Direct charitable expenditure relates to expenditure incurred in the fulfilment of the objects of the charity.

Management and administration costs relate to expenditure incurred in compliance with constitutional and statutory requirements.

2. Income from Charitable Activities

	Unrestricted funds	Restricted funds	Total	Total
	2024	2024	2024	2023
	£	£	£	£
Cambridge City Council	-	63,957	63,957	61,990
Police & Crime Commissioner for Cambridgeshire & Peterborough	-	25,470	25,470	32,326
The National Lottery Community Fund	-	22,243	22,243	-
Cambridgeshire County Council	-	2,884	2,884	46,494
Cambridge Aid	-	2,526	2,526	5,569
Other small grants £1,000 or less	-	2,000	2,000	-
Groundworks Comic Relief	-	990	990	14,419
A Community Remembers Histon Road	-	500	500	-
Peoples Postcode Trust	-	-	-	24,685
Cambridgeshire Community Foundation - Innovate & Cultivate	-	-	-	14,520
Charles Hayward	-	-	-	7,000
Cambridgeshire Community Foundation - Fund for Cambridgeshire	-	-	-	6,750
Cambridgeshire Community Foundation - Arm Community Fund	-	-	-	2,964
	-	120,570	120,570	216,717

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024**

3. Fundraising activities

	Unrestricted funds	Restricted funds	Total	Total
	2024	2024	2024	2023
	£	£	£	£
Salaries and NIC	-	12,779	12,779	11,713
Pension Contributions	-	290	290	258
Printing and Postage	-	87	87	55
	-	13,156	13,156	12,026

4. Charitable activities

	Unrestricted funds	Restricted funds	Total	Total
	2024	2024	2024	2023
	£	£	£	£
Salaries and NIC	-	133,613	133,613	108,928
Pension contributions	-	2,614	2,614	2,043
Staff training	-	85	85	120
Travelling and volunteer expenses	-	38	38	71
Rent	-	17,594	17,594	13,147
Groceries	-	966	966	696
Resources and equipment	-	1,287	1,287	638
Summer trip to seaside	-	850	850	1,970
Emergency grants and payments to families	-	2,623	2,623	9,035
Office and IT expenditure	-	1,560	1,560	2,061
Stationery, printing and postage	-	956	956	434
Insurance	-	1,332	1,332	1,283
Phone costs	-	450	450	2,936
Accountancy fees	-	360	360	360
Professional fees and DBS	-	382	382	438
Bank charges	-	77	77	109
	-	164,787	164,787	144,269

5. Information regarding employees and trustees

	Total 2024	Total 2023
	£	£
Gross wages	139,317	116,043
Employer's National Insurance	7,075	4,598
Pension Contributions	2,904	2,301
	149,296	122,942

The average number of employees was 8 (2023:8)

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024**

6. Restricted Funds

	Balance as at 1 April 2023 £	Income £	Expenditure £	Balance as at 31 March 2024 £
Cambridge City Council	-	63,957	63,957	-
Police & Crime Commissioner for Cambridgeshire & Peterborough	-	25,470	25,470	-
The National Lottery Community Fund	-	22,243	22,243	-
Cambridgeshire County Council	41,289	2,884	31,374	12,799
Cambridge Aid	-	2,526	2,526	-
Groundworks Comic Relief	2,924	990	3,914	-
A Community Remembers Histon Road	-	500	106	394
Peoples Postcode Trust	14,799	-	14,799	-
Cambridgeshire Community Foundation - Innovate & Cultivate	4,481	-	4,481	-
Cambridgeshire Community Foundation - Fund for Cambridgeshire	6,750	-	6,750	-
Cambridgeshire Community Foundation - Arm Community Fund	2,223	-	2,223	-
ARM (Family fund/general)	3,349	-	100	3,249
Other small funds £1,000 or less	3,230	2,000	-	5,230
	<u>79,045</u>	<u>120,570</u>	<u>177,943</u>	<u>21,672</u>

Grants to support family drop ins and core activities:

Cambridge City Council, CCF Arm Community Fund, ARM Family Fund,

Grants to support life after abuse services:

Police & Crime Commissioner for Cambridgeshire & Peterborough, Cambridge City Council,
Peoples Postcode Trust, Cambridgeshire County Council, The National Lottery Community Fund
Groundworks Comic Relief, ARM Family Fund, A Community Remembers Histon Road

Cambridge Aid awards were received for specific individuals in need and paid out in the form of emergency grants. Whilst the receipt and payment is processed through our bank account the funds are for families to spend within the terms of their individual award and do not form part of our normal charitable activities.

7. Unrestricted Funds

Balance at 1 April 2023	21,342
Surplus for the year	3,959
Balance at 31 March 2024	<u>25,301</u>

THE MEADOWS CHILDREN AND FAMILY WING

England & Wales - Charity number 1075129

Accounts



the Meadows
children and
family wing



The Meadows Children and Family Wing

Annual General Meeting and Financial Report April 2022 – March 2023



'We acknowledge the grants we have received from the Fund for Cambridgeshire, Anglian Water, ARM, Outlook and Cambridgeshire Innovate and Cultivate Fund charitable funds managed by Cambridgeshire Community Foundation'



Registered Charity No 1075129

**The Meadows Children and Family Wing
299 Arbury Road, Cambridge CB4 2JL**

Agenda

1. Welcome and introductions.
2. Attendance and Apologies
3. Minutes of last AGM
4. Report from the Chairperson
5. Presentation of the Annual Report
6. Financial Report
7. Election of Trustees and Officers
8. A.O.B.
9. Date of next Management Committee Meeting



The Meadows Children and Family Wing has been operating since 1997. Following a consultation with local families and service providers, a programme of services was born to meet the identified needs of the local community and to fill the gaps in current provision. Our work focuses on working alongside local families and women providing family support and 'Life After abuse' support and activities.

The newly rebuilt Meadows Community Centre continues to offer a whole host of services to the community, from a café, meeting rooms and large halls.

Altogether we provide a Centre with a wealth of services and activities for the whole community. Our work has continued, developed, and grown to meet the needs of our local community, in line and in partnership with them.

Our Vision Statement

'To provide a fun, safe and stimulating environment where families can come and enjoy themselves together'

The Charities Objectives are:

- 1) To educate families and the public in better standards of childcare, and in the importance of sound relations between parents and children for the maintenance and enrichment of family life.
- 2) The relief of poverty and the provision of recreational facilities or other leisure time occupation in the interests of social welfare with the object of improving the conditions of life of persons having need of these facilities by reason of their youth, poverty or social and economic circumstances.

In planning our programme of activities each year, we have kept in mind the Charity Commission's general guidance on public benefit and prevention and the relief of poverty for the public benefit. The trustees always ensure that the programme of activities we undertake are in line with our charitable objectives and aims.

**The Meadows Children and Family Wing is a registered Charity.
that is governed by its Constitution dated 19th January 2004.**

The Meadows Children and Family Wing
Minutes of the Annual General Meeting 29th November 2022

- 1. Welcome and Introductions** – Michele warmly welcomed everyone to the AGM and explained due to lots of sickness apologies had been received from several people. With those in attendance agreement, Michele conducted the meeting.
- 2. Attendance:** Vickie Compton, Leanne Smith, Stacey May, Angelina Muller, Pearl Serano, Melissa Freeman, Kathy Murphy, Paul Ray, Margaret Hyde, Claire Thompson and Emma Carruthers.
- Apologies:** Sharon Doherty, Petra Jackman, Junko Grant-Hotsuki, Simon Kerrs, Sharon Livermore, Jo Hunt, Zahra Jaward, Nicola Wallis, Lynsey Dorrington, Christine Trevorrow and Suzie Buttress
- Staff in attendance:** Michele Wright, Julie Wentworth, Donna Raynor and Lynn Tumber
- 3. Minutes of the last AGM dated 4th November 2021** – these were read and approved as accurate by Kathy Murphy and seconded by Stacey May
- 4. Chairpersons Report** – Michele read the Chairs report
- 5. Presentation of the Annual Report** – Michele ensured everyone had received a copy prior to the meeting and had had an opportunity to read through it. Michele highlighted that the community support seen during the pandemic between beneficiaries has continued and how effective the WhatsApp group were and still are. Kathy said it is heartwarming how people, even with their own things going on, were still supporting others. Angelina asked what areas of the Charity's work need funding. Michele explained the financial position for the current year, the new funding relationships that were formed during the pandemic, that we will be charged VAT on rent in the new community centre, how we always need to seek funds and that what is required is multi year term funding. Julie explained how core funding does not go up in-line with the cost-of-living increases. Paul raised that Cambridge Aid can and would prefer to pay funds by Bacs payments straight into our bank account or can provide store cards as they are charged 75p per cheque by the bank. Melissa asked if the Freedom Courses will continue running in the new year, Michele explained the funding available for courses going forward. Claire asked about beneficiary rates comparing pre pandemic to post pandemic. Michele reported we are currently supporting, since April, 198 women under the DA services and 151 adults under the universal drop-ins which is higher than pre pandemic levels however the exact figures were not to hand for comparisons so Michele will gather these and feed back to Claire. Emma commented that the increase could also be due to the profile raising of our services with partner colleagues throughout the pandemic. Claire asked what the current financial position for the Charity is. Michele said that for the current financial year we have sufficient funding explaining how supportive funders had been around carry forward under spends brought about by the pandemic into this financial year. Paul asked about the £35,000 carried forward. Julie explained the £16,000 unrestricted, the reserves policy and £17,000 restricted grant funding. Paul commented that the project is running a very tight ship. Melissa enquired about the rent increase for 2022 – 2023. Michele explained the rent increase will not come into effect until April 2023 and how conversations are taking place around trying to agree a flat rate for the Wing as opposed to hourly with the project paying hourly for other rooms booked for courses. Claire asked if the flat rate rent for the wing is secured would that mean the wing would be rented out outside of these times by the Centre. Michele confirmed that it would however not to groups that would utilise our resources as per the current arrangement. Pearl enquired about the security of the new Centre, Michele talked through the layout and security of the building.
- 6. Presentation of the Annual Accounts 2021-2022** Julie talked through the accounts which have been independently examined highlighting the 19 funders that we had throughout the year and the amount of work that goes into funding applications. Julie invited any questions. There were none. The accounts were formally adopted, proposed by Paul and seconded by Angelina. Melissa asked Paul about the CAF funding levels. Paul explained the maximum is £300 to fill an oil tanker but the normal maximum is £200 with average awards being £150 with awards for debt relief order of around £90 pulling back some of the costs. Paul said for cooker applications these are best made to CLAS as they can cover the new connection and removal of the old cooker. Melissa highlighted Buttle UK as another option with grants up to £2,000 and Paul highlighted the Radley Charitable Trust.
- 7. Election of Officers and Trustees** – Michele said that Sharon is standing down as Chair but will continue as a co-opted member. The following elections took place.

Chairperson: Sharon Livermore	Nominated by Emma Carruthers	Seconded by Stacy May
Secretary: Junko Grant-Hotsuki	Nominated by Emma Carruthers	Seconded by Melissa Freeman
Treasure: Petra Jackman	Nominated by Claire Thompson	Seconded by Angelina Muller
Vice Chairperson: Claire Thompson	Nominated by Emma Carruthers	Seconded by Angelina Muller

Trustees: The following Trustees and co-opted members were nominated by Emma Carruthers and seconded by Paul Ray on mass - Pearl Serano, Angelina Muller, Stacy May, Zhara Jaward, Nicola Wallis, Leanne Smith, Michelle Ramsey

Co-opted members: Emma Carruthers and Sharon Doherty

8. A.O.B. Pearl said a big thank you to all staff for their marvelous work, which was applauded. Michele thanked all the staff team and Trustees.

9. Date of Next Meeting – This has been set for the 19th January 2023. Time to be confirmed.

10. Michele thanked everybody for attending the meeting and formally closed the annual general meeting

Signed as a true account by Chair of the management meeting:

Name:

Position:

Date:

Report from Chair of the Management Committee Sharon Livermore

The Meadows Children and Family Wing Charity have continued to offer invaluable support to the local community over the last year. The staff are truly dedicated to making a difference and this is shown in the feedback and positive changes that are experienced by the people who use their services.

The team have faced their own challenges this year, with the passing of one of their own, Vickie who was a much-loved Playworker, who I wanted to acknowledge for her hard work and commitment to The Meadows. The team did themselves proud in supporting each other in this challenging time, and something that I felt needed to be acknowledged too.

In January the move into the new Centre was a huge upheaval, with many challenges faced along the way. However, the outcome is extremely positive with the new Centre being welcoming and proving to be a great set up for the sessions that are delivered. I personally want to thank all the staff for carrying this relocation out in a professional manner, with minimal disruption to the services on offer.

This economic crisis has meant that services have been required more than ever, but due to the generosity of our funders, we have been able to deliver these vital services to reach and provide support to 364 adults who have in total between them 556 children.

Thank you to all the families, staff and generous funders who continue to support The Meadows Children and Family Wing Charity. It is YOU that makes all of this happen and YOU are all appreciated.

Our Management Committee

Trustees are elected yearly at our Annual General Meeting

The following trustees were elected on 29th November 2022

Chairperson: Sharon Livermore

Secretary: Junko Grant-Hotsuki

Treasure: Petra Jackman

Vice Chair: Claire Thompson

Trustees : Pearl Serano, Angelina Muller, Stacy May, Zhara Jawad, Nicola Wallis, Leanne Smith, Michelle Ramsey

I would like to take this opportunity to thank The Committee Members for the time and commitment they give. The trustees share their skills, experiences and expertise helping shape the future of the Meadows Children Wing Charity.

Through Trustees and Volunteers, who give many hours of ongoing commitment, we can ensure that these vital services are available to women and local families.



The Team

Project Manager and Course Facilitator - Michele Wright
Fundraiser / Development Worker and Course Facilitator – Lynn Tumber
Bookkeeper - Julie Wentworth
Administrator – Justina Gaikwad
Family Support Workers – Donna Rayner and Lina Davey
Play and creche workers – Rosa Apuzzo-Jeanes, Victoria Simpson, Samuel Wentworth, Justina Gaikwad.



Unfortunately, after battling cancer, we have lost our beloved friend and colleague Vickie on June 1st 2023. Vickie has been a part of the Meadows family for many years, firstly as a parent then going on to work with us for the past 5 years and we miss her terribly. Her positivity, kindness, selflessness and friendship leaves a huge hole in our hearts.

The wing won't be the same without her singing, dancing and laughing her way through the day. Vickie had a huge heart and her family and work were everything to her.

Our Service provision

Family Support Drop-ins for families with Pre-School aged children. Operating 50 weeks of the year
Tuesdays 9.30 a.m. – 12.30 p.m. and Fridays 9.30 a.m. – 12.00

Our family support workers always offer a warm welcome to local families offering them advice, guidance, and support within a safe friendly environment.

We work in close partnership with many organisations to provide additional services so families can gain and develop new skills.

We provide a community lunch on a Tuesday and a community breakfast on a Friday.

Our play worker facilitates positive play and learning activities for families to enjoy together, providing a wide range of activities used to encourage children and their parents to have fun together. **Open access**

All About Me course

This is a 6-week course with free crèche; the course is facilitated by a trained counsellor and family support worker. The course is a self-esteem, confidence building course which looks at individuals next steps for the future, sharing difficulties and learning new ways to move forward. **Referral only**

12-week Freedom Program / 10-week Freedom Forever Program

'An enlightening opportunity to develop different ways of thinking to protect yourself and your children from harm'
These programme's are open to any women who wishes to learn more about the reality of domestic abuse and how to move forward. The main aims of the Freedom and Freedom and Forever Programme are as follows:

To help women understand the effects of domestic abuse and to recognise which of these beliefs they have shared.

To illustrate the effects of domestic violence on children. To help women gain self-esteem and the confidence to improve the quality of their lives. To help women gain in practical life skills, information, knowledge and support enabling them to move forward with their lives. **Referral only**

Together

3 hours per week for 50 weeks of the year – this project was devised and bought to life completely from the women's, who attend our Freedom programme, expressed wishes and vision. A peer-to-peer group with women collectively designing, sharing their own skills / leading on / volunteering with activities / learning that they want e.g. Art therapy, knitting, singing, cooking. Lunch is provided for the women and children. During the school holidays the women undertake activities they have designed together with all their children. **Invitation only**

Specialist support session

2 hours per week for 50 weeks of the year – for women and children together, covering the whole range of family support, reparative work with children, parenting, safeguarding, debt, housing, and mental health concerns. With play, arts and crafts for women and children to learn and enjoy together, building upon enrichment and bonding between mother and child, role modelling, supporting and empowering women in their crucial parenting role.

Invitation only

Attendance numbers

Across *all* our activity provision we have supported **364 adults** who have in total between them **556 children**.

With **211 women** who have a total of **327 children** accessed support from our **Life After Abuse services**

83 women have attended our **Freedom Programme** this year with **17 children** cared for in our creches.

67 new families accessed our family support services.

And **99 new women** accessed and were supported under our **Life After Abuse services**.

In total we have been in contact with families and women **6,962** times either within face-to-face sessions, by phone or by messages.

35% of referrals to the Freedom programme were self-referrals.

Goodbye to our old home and Hello to The New Meadows Centre

We sadly said goodbye to the children and family wing at the Old Meadows Community Centre in March 2023, we had to shut for 2 weeks during the moving process in order to pack up the old wing and move into the new Centre, which is bright and spacious.

The new Centre is on 2 floors, with the Children and Family Wing based on the ground floor overlooking St Albans rec, the wing now has a spacious grassed garden area for the children, we have moved over the vegetable bed from the old Centre and have already produced our first harvest of fresh vegetables.

We have now welcomed new families and existing families back into the new Centre.

A massive thank you to all the centre staff for supporting us with the move.



Annual survey Comments

We asked families and women who attend the Family Support drop-ins and our Life After Abuse services what difference our support has the Meadows children and family wing made to you?

"I feel more confident"

"A chance to relax and talk to other parents"

"Parents and staff are so friendly, if you are a newcomer, you are welcomed so well and made to feel comfortable"

"I am more confident; I never went to groups with my older children"

"They are a lovely team, very friendly and always helpful"

"I feel less lonely"

"I feel like I'm doing a good job as a parent"

"Gives me more confidence with being a mum"

"I feel supported by staff and other families and enjoy the company, we have a good time"

"I live close by and feel that the family workers care about how I am doing. There is always good lunches and my toddler enjoys the parachute games"

"We like to attend the sessions because I can meet with other parents and socialise, learn new things and my child too."

Thank you!"

"My child enjoys it very much, he was very agitated/angry/bored and would cry a lot at home, by attending these sessions he is now enjoying himself very much and he has become happier at home, because he gets to enjoy himself, meet friends, take part in a range of activities that would not be available to him at home. The sessions also give me an idea of what I could do with him at home, that is different and would keep him entertained"

"My baby gets my full attention whilst I have no other jobs to do and nice to meet other parents"

"My boys love attending the sessions, it's nice for us to attend something nearby and meet local families. It was a real lifeline for me when my youngest was very small and it was hard to find somewhere that was safe and welcoming for us all"

"Friendly staff and other parents, a nice environment to attend and I feel more supported"

"It gives the children a chance to have free play and become independent"

- 100 % surveyed reported they have increased self-esteem / self-worth / confidence from attending.
- 100 % surveyed reported the support they had received from staff had improved their wellbeing.
- 100 % reporting their relationship with their child/ren is better as a result of attending the session with 87% having improved confidence in parenting.

"Coming to the group is and always has been a very positive experience for my family and myself. Always a great start to the day"

"What an amazing drop-in. Haven't come across a better group. All the girls are wonderful. My children love it. I took a gap due to work and my son really missed it. He is so happy to be back. Also helped me a lot with my mental health"

- 100% said they have felt less lonely / isolated since attending with 100% saying they have made new friends of which 86% reporting they now meet these new friends outside of the sessions.
- 98% reported that by attending the sessions they felt more involved and part of their local community.
- 100% reported that the group helps them feel better about themselves.

"I'm more confident, I never went to groups with my older 2"

"I feel less alone than at home. Something to get out to do"

"The staff do an amazing job making sure families feel helped, supported and safe."

"Staff are lovely and welcoming, always there for any help and support we have needed. My child absolutely loves coming here and has developed massively due to this group. Thanks for everything guys!"

Life After Abuse services feedback

"Learning and being empowered and growing in confidence."

"Confidence and insight"

"This project saved my mental health, before this my anxiety was at such a high, I didn't want to go out and live my life, I understand myself better"

"Not feeling alone and isolated in my experiences, to have a space to share and feel supported"

"Everyone's experience is different, yet by doing the course it provides acknowledgement of what has happened, a kind of reassurance that you're not alone or going mad"

"I'm looking forward to doing the Freedom Forever course and doing my best to move forward in life"

"I am very thankful for all the support I have received from doing these courses. I've got a greater sense of self confidence within myself."

"Being able to validate my feelings and experiences and giving me advice and support. Meeting other women who have experienced the same"

"The course is vital for getting me through recovery"

"The amount of support and the lovely ladies who are supportive"

"The support I get is invaluable and has given me a circle of friends during a time I felt very alone lots of support received with budgeting, food, child development, parenting, self-esteem and being part of a community"

- 100% women have reported that support received has better prepared them to cope with life moving forward.
- 100% reported receiving timely support that they had received support that had enabled them to make safe choices, recover and cope with everyday aspects of life
- 100% reported the support they have received has led to improvement in their family life

"Life changing support that is continuing to make a positive impact to my life"

"The DA drop in has really helped me in every way possible and the staff always go above and beyond to help/support all of us girls that attend."

"Thank you very grateful for the support, it is making a huge impact to my life"

- 100% of the women attending the course reported having increased life skills, knowledge and information enabling them to move forward positively in their recovery journey
- 100% said they now feel able to confidently access timely support for themselves and their children

"I'm now going out for dancing, started a self-defense course and closed off relationships"

"This course has helped me with lots of aspects. I feel I have changed as a person and know that I have support at the Meadows if I need it"

"I am so grateful that I was introduced to this service, it has/and is so valuable to me and many others"

- 100% women reported feeling hopeful about their future.
- 100% women reported they coped and built resilience to move forward with daily life
- 100% reported they have an increased awareness of domestic abuse and patterns of abuse that will enable them to live a life, going forward, free from abuse.
- 98% women reported having increased feelings of safety

“Amazing support during difficult times. Felt listened to and supported when I didn't have other/different organisations doing so. Held me up when I struggled”.

“I have found myself and my confidence”

- 98% reported improved health and well-being as a result of attending
- 100% of women reported increased levels of self-confidence and feeling better about themselves with increased self-worth and self-esteem as a result of attending
- 100% reported that following the course they knew how to protect themselves and their children from further harm
- 100% reported they have an increased awareness of domestic abuse and patterns of abuse that will enable them to live a life, going forward, free from abuse

“I am so grateful that I was introduced to this service, it has/and is so valuable to me and many others.”

“The course has been vital to improve my knowledge and more learning about an abusive relationship.”
“I am now able to avoid abuse and set boundaries”

- 95% reported since attending they feel less lonely and isolated
- 100% reported they have developed community support and safety networks that has reduced their isolation
- 98% reported having increased feelings of companionship

“I was new to Cambridge at the beginning. When I was joined with groups at the Meadows, I have made good relationships with the friends around the community that made my confidence grow”

“The impact this course has had on me is to know that I'm not alone, and that we women are incredible and wonderful”

“I needed this course for support and to meet others in the same position.

“Meeting these lovely warrior women was empowering”

23 women have been referred and attended our All About Me Confidence and self-esteem course where they look together at their next steps in life including volunteering, returning or entering into the workplace

“I'm going to pursue my purpose - return to self-employment in music therapy. Delighted for the support for my volunteering with music and singing in the groups - it is helping my confidence and feels good to give back to a place that has helped me so much.”

“It really has improved my life”

“I will start working in September as a teaching assistant and I am waiting for a DBS right now”

“Following this course, I want to live life abuse free and look at my life and decide what to do”

“I have started a new course



Support

We have continued to provide a nonjudgmental, fun and safe environment, in order to provide timely support, working in partnership alongside our partner agencies and organisations to offer families and women a warm welcome space to receive guidance and support throughout the week.

Summer trip

With funding received from Cambridgeshire County Council we were able to provide a summer day trip to the seaside for the women and children who access our life abuse services.

“We had a lovely day! It meant a lot to me as money is tight and it helped a great deal to do something nice with the kids, my youngest got to ride a donkey and that alone made his day, happy kids happy mum... thank you so much for inviting us today xx”

“Being a lone parent to a pre-schooler I wouldn't have been able to ever do this on my own”

“I have loved to spend time with the other families as well at Great Yarmouth as it is often just the 2 of us and it makes a nice change to be able to hang out with others”

“Thank you to everyone who made the arrangements and the funders who allowed this to happen it was so generously to give us spending money!”

Walk and Talk

With funding received from the North Cambridge City Area Committee provided funding to enable us to set up weekly healthy walks, in total 52 women and 73 children attended

“Getting outside for fresh air brakes up the day and is good for my mental health.”

“The Walk and Talk has motivated me to go out in my free time to walk amongst other friendly ladies. I don't think I am confident to walk around alone when I don't have my children. This opportunity is fantastic, and I look forward to it weekly.”

“It was good to be in a group. I wouldn't walk around Cambridge on my own as I would be too nervous / anxious. It is good to be with others and it improves my mood and energy levels. The thought of exercise is urghhh but doing it like this is easier and enjoyable.”

“The walk and talk really ‘bought me back to daily life’ when things were chaotic. Being part of a group, knowing it is ‘casual’, being mindful of your situation knowing that if I ‘dropped the ball’ the staff would be there to support me. Being outside and moving / walking I found serious things come to my mind naturally so I can talk easily to others about them”

“It is hard to have confidence to do any form of exercise but knowing the people running this made it accessible. A longer walk would be really good.”



Partnership working

To be able to provide joined up support for the families and women who attend our services we have worked in partnership with the following organisations.

Bobby scheme

Health partners including, Health Visitors, GP's, CAMH, Union House, Midwives

Cambridge Women's Aid

Cambridgeshire County Council Early Help Hub, Adult and Children's Social Care Social, VAWG

Local Education Providers

Citizens Advice Bureau

Little Bundles

Cambridgeshire Constabulary

Independent Domestic Violence Advisors

Besom in Cambridge

Cambridge Aid

Local housing authorities and housing associations

Cambridge Community Safety Partnership

Anglia Ruskin University Cambridge Law Clinic

Cambridge City Food Bank

Cambridge Sustainable food

Fitzwilliam museum

Kobe University - Japan

Other local Community Charities

Cambridge City Council

A BIG thank you to

A massive thank you to ***Kameo recruitment*** for donating Easter Eggs, The Kameo team collected easter eggs from local companies and donated them to charities.

With support from ***Cambridge City Foodbank and Cambridge Sustainable Food 120*** Christmas hampers and fruit and vegetable bags were given out to families. These went to households consisting of a total of **437** adults and children.

We celebrated with our last Christmas parties in the old Centre and the ***Meadows Centre staff*** worked their magic creating a marvelous Santa's grotto, Santa made sure that all our children received a gift.

Through our Facebook page people nominated and voted for our charity through ***The Movement for Good Cause*** which resulted in us receiving £1,000. Past and present families have used this platform to raise funds on their birthdays generating much needed donations.

Embrace provided us with Christmas presents for 30 children.

Besom's volunteers for supporting families with painting and decorating, garden clearance and so much more.

Fitzwilliam Museum for providing free rhyme time and activity sessions for our families.

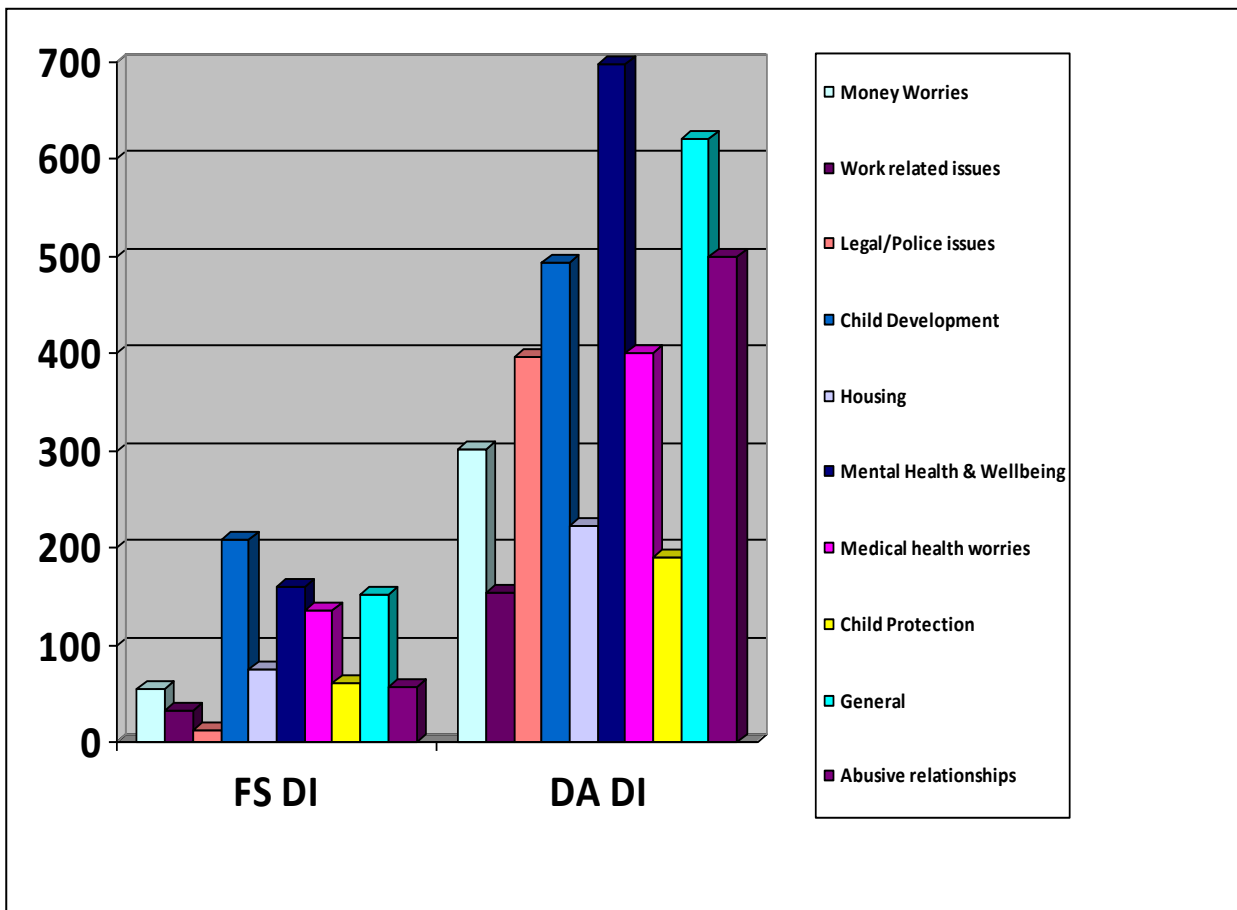
A massive thank you to all the ***Volunteers*** who have given us their time and shared their skills within the activity sessions, offering singing sessions and art activities.

Groundworks for inviting us along with The Red Hen project to open Tesco's 2000th Express store in the centre of Cambridge, Tesco kindly gave each charity £1,000.



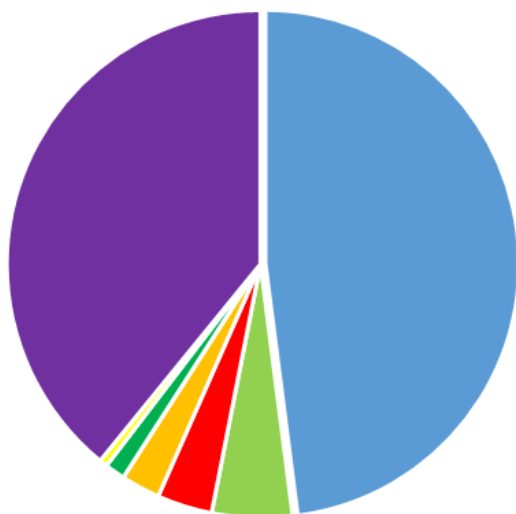
Types of Support sought within all our activities.

The chart below shows the rates and the types of support from all our service provision (Family Support drop-in (FS DI) / Domestic Abuse drop-in (DA DI))



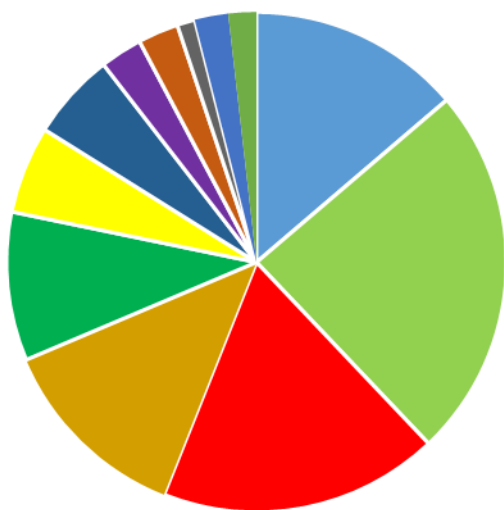
Money Matters for the year ending 31st March 2023

Expenditure - £156,295



- Staff costs (salaries, pension, training, travel) - £123,133
- Rent - £13,147
- Payments to families, vouchers and food boxes - £9,035
- Office, administration and IT equipment - £6,393
- Groceries, materials, special projects and equipment - £3,304
- Insurance - £1,283
- Money in bank at end of the year - £100,387

Income - £221,351



- Reserves at beginning of year - £35,331
- Cambridge City Council - Community Grants - £57,500 Area Committee £4,490
- Cambridgeshire County Council £46,494
- Police and Crime Commissioner Cambridgeshire & Peterborough - £32,326
- Peoples Postcode Trust £24,685
- CCF - Innovate & Cultivate £14,520
- Groundworks Comic Relief £14,419
- Charles Hayward £7,000
- CCF - Fund for Cambridgeshire £6,750
- CCF - ARM Community Fund £2,964
- Cambridge Aid (CAF) £5,569
- Donations £4,634

***Full set of End of year Accounts available on request**

A Huge thank you to all the funders that funded us this year as without their support we wouldn't be able to continue to grow from strength to strength and support local families and women within the community.

Cambridge City Council - Community Grants and Area Committee

*Police and Crime Commissioner Cambridgeshire and
Peterborough*

Cambridgeshire County Council

Charles Hayward Foundation

*Anglian Water, ARM, Outlook and Cambridgeshire
Innovate and Cultivate Fund
charitable funds managed by Cambridgeshire
Community Foundation.'*

Groundworks Comic Relief Community Fund (England)

Future plans

To continue sourcing funding for the continuation and furtherance of the Charity's work to provide this valuable and crucial resource for the local community.

To continue working alongside the increased number of beneficiaries we have seen throughout this last year, to meet increased needs and to support women and families, in a person centered, trauma informed and timely manner.

To continue using new, streamlined, and innovative ways of working that were developed throughout the health pandemic to enhance our service provision.

The Meadows Children and Family Wing

Registered Charity No 1075129

***The Meadows Children and Family Wing
299 Arbury Road
Cambridge
CB4 2JL***

Support staff - 07561 611326 / 07871 780921 fsw@mcfw.co.uk or familysupport@mcfw.co.uk

Life After Abuse - 07561611325 / 07871 780932 info@mcfw.co.uk

Admin - 07857 970388 admin@mcfw.co.uk

Fundraising fundraiser@mcfw.co.uk

Bookkeeper meadowsbookkeeper@gmail.com

Office - 01223 508144



THE MEADOWS CHILDREN

AND FAMILY WING

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

REGISTERED CHARITY NO: 1075129

**THE MEADOWS CHILDREN AND FAMILY WING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

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Statement of Financial Activities	4
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Notes to the financial statements	6-8

Charity Number

1075129

Principal Address

Meadows Community Centre
299 Arbury Road
Cambridge
CB4 2JL

Independent Examiners

Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
Waterbeach
Cambridge
CB25 9RQ

BANKERS

National Westminster Bank plc

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2023**

TRUSTEES

Trustees serving throughout the year unless otherwise stated were as follows:

S Livermore (Chair)	S May
P Beranova (Treasurer)	A Muller
J Grant-Hotsuki (Secretary)	Z Jawad
C Thompson (Vice Chair)	N Wallis (appointed 29/11/22)
M Ramsey	P Serrano (appointed 29/11/22)
L Smith (appointed 29/11/22)	

The Trustees are re-elected annually at the AGM which was held on 29 November 2022

S Doherty resigned as a trustee on 29 November 2022.

ADDRESS

To 31 March 2023

The Meadows Community Centre
1 St Catherines Road
Cambridge
CB4 3XJ

From April 2023

The Meadows Community Centre
299 Arbury Road
Cambridge
CB4 2JL

Legal Status

The charity is registered with the Charity Commission, registration number 1075129. It was formed as an unincorporated association under a constitution adopted on 19th March 1997 and amended on 30th March 1999.

Objects

The objects of the charity are:

1. To educate families and the public in better standards of childcare, and in the importance of sound relations between parents and children for the maintenance and enrichment of family life.
2. The relief of poverty and the provision of recreational facilities or other leisure time occupation in the interests of social welfare with the object of improving the conditions of life of persons having need of these facilities by reason of their youth, poverty, or social and economic circumstances.

Financial Review

The financial accounts for the year ended 31 March 2023 are set out on pages 4 to 8.

The charity has continued to receive support from Cambridge City Council, Cambridgeshire County Council, The Police and Crime Commissioner for Cambridgeshire and Peterborough together with a number of other charitable trusts and grant making organisations . A full list of all grants received and details of expenditure are set out in notes 2 and 5 of the accounts. The Trustees are very grateful to all of these benefactors without whose help the project could not continue. Funding for the year to 31 March 2024 has been substantially secured, with the City and County Councils, the Police & Crime Commissioner and many others helping to ensure the continuance of the charity's work.

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2023**

Achievements and Performance

We are delighted to have been able to offer the full range of support services to both local families and female survivors of domestic abuse throughout this year. Our activities have continue to evolve in response to needs, in partnership with our beneficiaries, and we are very proud of the comprehensive package of person centered, trauma support that we offer to women and families which consists of:

Family Support

2 x weekly family support drop-ins

Life After Abuse

9 x Freedom Programme Courses

3 x Freedom Forever Courses

3 x All About Me Courses

A weekly specialist domestic abuse drop in

A weekly therapeutic "Together" group

We also continue to provide phone support, outreach and advocacy for all our beneficiaries.

Please see our Annual General Report for full details on all our activities, achievements and performance.

We are extremely grateful to all our funders, without whom we could not provide such an amazing service, our passionate staff team and remain proud of all our women and families.

Reserves Policy

The Trustees aim to hold reserves sufficient to pay at least one month's operating costs so that an orderly closure of the project could be achieved should this be necessary.

As at 31 March 2023 we held a balance of £21,342 in unrestricted reserves, equivalent to around 10 weeks of general running costs.

On behalf of the Board of Trustees:

Trustee name

SHARON LIVERMORE

Trustee signature



**THE MEADOWS CHILDREN AND FAMILY WING
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2023**

I report on the accounts of the Meadows Children and Family Wing for the year ended 31 March 2023 which are set out on pages 4 to 8.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees 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.

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 REPORT

My examination was carried out in accordance with the 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 you as 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 130 of the Charities Act or
- the accounts do not accord with the accounting records

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



Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
Waterbeach
Cambridge
CB25 9RQ

Date: 20.09.2023

**THE MEADOWS CHILDREN AND FAMILY WING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

		Unrestricted funds	Restricted funds	Total	Total
	Note	2023 £	2023 £	2023 £	2022 £
INCOME FROM:					
Donations		4,635	-	4,634	1,572
Charitable activities	2	-	216,717	216,717	150,590
Total Income		<u>4,635</u>	<u>216,717</u>	<u>221,351</u>	<u>152,162</u>
EXPENDITURE ON:					
Raising funds	3	-	12,026	12,026	10,788
Charitable activities	4	-	144,269	144,269	175,893
Total Expenditure		<u>-</u>	<u>156,295</u>	<u>156,295</u>	<u>186,681</u>
Net income/(expenditure)		4,635	60,421	65,056	(34,519)
Transfer between funds		-	-	-	-
Net movement in funds		<u>4,635</u>	<u>60,421</u>	<u>65,056</u>	<u>(34,519)</u>
Reconciliation of funds					
Total funds brought forward		16,707	18,624	35,331	69,850
Total funds carried forward		<u>21,342</u>	<u>79,045</u>	<u>100,387</u>	<u>35,331</u>

**THE MEADOWS CHILDREN AND FAMILY WING
BALANCE SHEET
AS AT 31 MARCH 2023**

		Unrestricted funds	Restricted funds	Total	Total
	Note	2023 £	2023 £	2023 £	2022 £
Current assets					
Cash at bank and in hand		21,342	79,045	100,387	52,331
Current Liabilities					
Deferred Income		-	-	-	(17,000)
Net Assets		<u>21,342</u>	<u>79,045</u>	<u>100,387</u>	<u>35,331</u>
The funds of the charity					
Restricted income funds	6	-	79,045	79,045	18,624
Unrestricted income funds	7	21,342	-	21,342	16,707
		<u>21,342</u>	<u>79,045</u>	<u>100,387</u>	<u>35,331</u>

These financial statements were approved by the trustees on 20.09.2023 and signed on their behalf by:

Trustee name

SHARON LIVERMORE

Trustee signature



**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. Principal Accounting Policies

The financial statements comply with applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" published in March 2005. A summary of the material accounting policies and estimation techniques adopted follows.

Basis of preparation

The Board prepares its annual financial statements on the basis of historical cost.

Fund accounting

The charity maintains general unrestricted fund representing unrestricted income that is expendable, at the discretion of the trustees, in the furtherance of the objects of the charity. Grant income for specified projects is accounted for within restricted funds.

Incoming resources

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt.

Expenditure

Expenditure is charged to the statement of financial activities on a cash basis and is allocated as follows:

Direct charitable expenditure relates to expenditure incurred in the fulfilment of the objects of the charity.

Management and administration costs relate to expenditure incurred in compliance with constitutional and statutory requirements.

2. Income from Charitable Activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Cambridge City Council	-	61,990	61,990	64,000
Cambridgeshire County Council	-	46,494	46,494	3,000
Police & Crime Commissioner for Cambridgeshire & Peterborough	-	32,326	32,326	61,749
Peoples Postcode Trust	-	24,685	24,685	-
Cambridgeshire Community Foundation - Innovate & Cultivate	-	14,520	14,520	-
Groundworks Comic Relief	-	14,419	14,419	2,000
Charles Hayward	-	7,000	7,000	-
Cambridgeshire Community Foundation - Fund for Cambridgeshire	-	6,750	6,750	-
Cambridgeshire Community Foundation - Arm Community Fund	-	2,964	2,964	-
Cambridgeshire Community Foundation - Anglian Water	-	-	-	9,000
Cambridgeshire Community Foundation - Outlook Fund	-	-	-	3,339
HMRC Job Retention Scheme	-	-	-	1,414
Cambridge Aid	-	5,569	5,569	6,088
	-	<u>216,717</u>	<u>216,717</u>	<u>150,590</u>

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023**

3. Fundraising activities

	Unrestricted funds	Restricted funds	Total	Total
	2023	2023	2023	2022
	£	£	£	£
Salaries and NIC	-	11,713	11,713	10,510
Pension Contributions	-	258	258	228
Printing and Postage	-	55	55	50
	-	12,026	12,026	10,788

4. Charitable activities

	Unrestricted funds	Restricted funds	Total	Total
	2023	2023	2023	2022
	£	£	£	£
Salaries and NIC	-	108,928	108,928	141,220
Rent	-	13,147	13,147	11,133
Payments to families, food boxes and vouchers	-	9,035	9,035	9,183
Phone costs	-	2,936	2,936	1,389
Office and IT expenditure	-	2,061	2,061	626
Pension contributions	-	2,043	2,043	2,614
Summer trip to seaside	-	1,970	1,970	-
Insurance	-	1,283	1,283	1,226
Groceries	-	696	696	1,345
Resources and equipment	-	638	638	2,501
Stationery, printing and postage	-	434	434	1,234
Accountancy fees	-	360	360	300
Professional fees and DBS	-	352	352	2,650
Staff training	-	120	120	150
Bank charges	-	109	109	-
Memberships	-	86	86	60
Travelling and volunteer expenses	-	71	71	262
	-	144,269	144,269	175,893

5. Information regarding employees and trustees

	Total 2023 £	Total 2022 £
Gross wages	116,043	143,256
Employer's National Insurance	4,598	8,474
Pension Contributions	2,301	2,842
	122,942	154,572

The average number of employees was 8 (2022:9)

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023**

6. Restricted Funds

	Balance as at 1 April 2022	Income	Expenditure	Balance as at 31 March 2023
	£	£	£	£
Cambridge City Council	3,470	61,990	65,460	-
Cambridgeshire County Council	3,000	46,494	8,205	41,289
Police & Crime Commissioner for Cambridgeshire & Peterborough	-	32,326	32,326	-
Peoples Postcode Trust	-	24,685	9,886	14,799
Cambridgeshire Community Foundation - Innovate & Cultivate	-	14,520	10,039	4,481
Groundworks Comic Relief	-	14,419	11,495	2,924
Charles Hayward Foundation	-	7,000	7,000	-
Cambridgeshire Community Foundation - Fund for Cambridgeshire	-	6,750	-	6,750
Cambridgeshire Community Foundation - Arm Community Fund	-	2,964	741	2,223
Cambridgeshire Community Foundation - Outlook Fund	3,339	-	3,339	-
ARM (Family fund/general)	3,805	-	456	3,349
Cambridgeshire Community Foundation donation	1,800	-	1,800	-
Small funds £1,000 or less	2,860	-	-	2,860
Cambridge Aid	350	5,569	5,549	370
	<u>18,624</u>	<u>216,717</u>	<u>156,296</u>	<u>79,045</u>

Grants to support family drop ins and core activities:

Cambridge City Council, CCF Arm Community Fund, ARM Family Fund

Grants to support life after abuse services:

Police & Crime Commissioner for Cambridgeshire & Peterborough, The Peoples Health Trust, Cambridge City Council, Peoples Postcode Lottery, CCF Outlook Fund, Charles Hayward Foundation, Cambridgeshire County Council, Groundworks Comic Relief, ARM Family Fund

Cambridge Aid awards were received for specific individuals in need and paid out in the form of emergency grants. Whilst the receipt and payment is processed through our bank account the funds are for families to spend within the terms of their individual award and do not form part of our normal charitable activities.

We also received funding from Cambridgeshire County Council to take families on a day trip to the seaside.

7. Unrestricted Funds

Balance at 1 April 2022	16,707
Surplus for the year	4,635
Balance at 31 March 2023	<u>21,342</u>

**THE MEADOWS CHILDREN AND FAMILY WING
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2023**

I report on the accounts of the Meadows Children and Family Wing for the year ended 31 March 2023 which are set out on pages 4 to 8.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees 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.

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 REPORT

My examination was carried out in accordance with the 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 you as 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 130 of the Charities Act or
- the accounts do not accord with the accounting records

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



Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
Waterbeach
Cambridge
CB25 9RQ

Date: 20.09.2023

THE MEADOWS CHILDREN AND FAMILY WING

England & Wales - Charity number 1075129

Accounts



*the Meadows
children and
family wing*



The Meadows Children and Family Wing

Annual General Meeting Report April 2021 – March 2022



Supported by players of

Awarded funds from



Registered Charity No 1075129

The Meadows Children and Family Wing
1 St Catharine's Road, Cambridge CB4 3XJ

Agenda

1. Welcome and introductions
2. Attendance and Apologies
3. Minutes of last AGM – **to be approved by those present at the last AGM**
4. Report to read by the Chairperson Sharon Doherty
5. Presentation of the Annual Report - **and any questions**
6. Financial Report to be read by Julie Wentworth - **and any questions**
7. Election of Trustees and Officers
8. A.O.B.
9. Date of next Management Committee Meeting – **Thursday 19th January 2023 time TBC**



The Meadows Children and Family Wing has been operating since 1997.

Following a consultation with local families and service providers, a programme of services was born to meet the identified needs of the local community and to fill the gaps in current provision.

Our work focuses on working alongside local families and women providing family support and 'Life After abuse' support and activities

The Meadows Community Centre has a separate Youth Wing and the main building offers a whole host of services to the local community.

Altogether we provide a Centre with a wealth of services and activities for the whole community.

Our work has continued, developed, and grown to meet the needs of our local community, in line and in partnership with them.

Our Vision Statement

'To provide a fun, safe and stimulating environment where families can come and enjoy themselves together'

**The Meadows Children and Family Wing is a registered Charity
governed by its Constitution dated
19th January 2004.**

The Meadows Children and Family Wing

Minutes of the Annual General Meeting Thursday 4th November 2021

- 1. Welcome:** Sharon, the Chairperson, welcomed all and brief introductions took place.
- 2. Attendance:** Suzie Buttress, Simon Kerrs, Sharon Doherty, Junko Grant-Hotsuki, Jo Hunt, Zhara Jawad, Stacey May, Claire Thompson, Sharon Livermore, Julie Cornwell, Ro, Petra Jackman, Suzie Rodgers, Kathy Murphy, Maria David and Sally Page.
Apologies: Simon Humphries, Louise Walker, The Cog Wheel Trust, Lindsey Dorrington, Nicki Phillipson, Angelina Muller and Jackie Hanson
Staff in attendance: Michele Wright, Julie Wentworth, Donna Raynor and Lynn Tumber
- 3. Minutes of the last AGM dated 19th November 2020:** these were read and approved as an accurate account proposed by Sharon Doherty and seconded by Simon Kerrs
- 4. Chairpersons report:** Sharon read through her report
- 5. Presentation of the Annual General Report:** Sharon ensured all attendees had a copy of the report to hand. Sharon highlighted the parent / adult feedback running through the report saying how great it is to read these comments showing the impact of our work. Sharon drew everyone's attention to the levels of support being sought noting mental health concerns being the highest level and the staggering number of phone contacts that had been made throughout the year. Sharon read through all the names of the Charity's funders, giving sincere thanks to them all, saying that without their grants we could not provide our work
- 6. Annual Accounts:** The annual Accounts were presented by Julie Wentworth who gave a summary of the income and expenditure, explaining the increase in funding received through additional Covid-19 grants. In total we had 17 funders with Cambridge City Council being the largest funder for the universal family support drop-ins with The Police and Crime Commissioner Cambridgeshire and Peterborough along with other grant funders providing vital additional funding for our domestic abuse work. Julie highlighted the use of the Government Furlough scheme and the significant reduction in rent payments, due to lockdowns / home working, which grant funders kindly permitted us to repurpose to further support families throughout the challenging year or to carry forward into the next financial year. Julie explained the accounts have been independently reviewed and signed by an accountant, and that the trustees have reviewed and signed off the accounts in preparation to be submitted to the Charity Commission. Julie notified everyone that a full set of accounts are readily available for anyone to see. Julie asked for any questions on the accounts – none were asked.
- 7. Election of Officers and Trustees:** At this point in the meeting Sharon stood down as Chairperson with Michele taking over for the new election for the position of Chairperson
Chairperson: Sharon Doherty
Nominated by Petra Jackman Seconded by Claire Thompson
Sharon was congratulated on her appointment and resumed chairing the rest of the elections and meeting.
Secretary: Junko Grant-Hotsuki
Nominated by Stacey May Seconded by Sharon Doherty
Treasure: Petra Jackman
Nominated by Sharon Doherty Seconded by Sharon Livermore
Vice Chairperson: Claire Thompson
Nominated by Sharon Doherty Seconded by Petra Jackman
Trustees: The following Trustees were nominated by Sharon Doherty and seconded by Petra Jackman on mass
Trustees –
Sharon Livermore
Angelina Muller
Stacey May
Zhara Jawad
Michelle Ramsey
- 8. A.O.B.:** Michele gave thanks to Simon Kerrs and the students from Anglia Ruskin University for their support and the production of an evaluation report on our Domestic abuse work. Simon said we were very welcome, gave thanks for enabling the students to undertake this work and said they are still talking about it. Claire Thompson, Jo Hunt and Sally Page requested a copy of the report to be sent to them. There was no other business.
- 9. Date of next Management Committee meeting:** This was set for 6pm on Thursday 25th November 2021 via Zoom
- 10.** Sharon thanked everybody for attending and formally closed the annual general meeting.

Report from Chair of The Management Committee

Sharon Doherty

The Meadows Children and Family Wing Charity have carried out amazing support this year, to an excellent level. The staff have shown understanding and flexibility in the adjustments post Covid-19. We are offered a small glimpse into the commitment the staff offer the project in the way they have managed these adjustments. It is this commitment that makes the difference in each and every families life, the support is delivered in a professional manner with empathy and unconditional positive regard.

Due to the flexibility and generosity of our funders, staff were able to continue working remotely to support families during the tail end of the Covid-19 restrictions. Staff continued the walk and talk sessions and regular phone calls alongside WhatsApp groups, Zoom sessions and YouTube videos shared on our Facebook page and sent directly to families who don't access social media until around June 2021. This is when restrictions began to lift and, with a few numbers to begin with, staff were able to meet face to face with each other and families again. Staff continued to work in a hybrid fashion switching between face to face sessions while continuing remote work to ensure they reached as many families as possible.

Families reported the support they found most useful was the phone calls, because these calls for some broke the isolation of the restrictions. During this year staff contacted families via calls or WhatsApp messages 5236 times. The project was able to provide 120 Christmas hampers, along with smaller Christmas parties celebrations.

One message the project has portrayed throughout the pandemic is the importance of mental health and wellbeing, and as we come out of the pandemic this message is more critical than ever, in the small amount of time we have been face to face this year, we have had 167 new families coming for support and other local City residents who have been signposted to us for support during this difficult time.

Thank you to all of our families, our staff and all of the generous funders that have helped to make this happen – you are all truly amazing.

The Charities Objectives are:

- 1) To educate families and the public in better standards of childcare, and in the importance of sound relations between parents and children for the maintenance and enrichment of family life.
- 2) The relief of poverty and the provision of recreational facilities or other leisure time occupation in the interests of social welfare with the object of improving the conditions of life of persons having need of these facilities by reason of their youth, poverty or social and economic circumstances.

In planning our programme of activities each year, we have kept in mind the Charity Commission's general guidance on public benefit and prevention and the relief of poverty for the public benefit.

The trustees always ensure that the programme of activities we undertake are in line with our charitable objectives and aims.



Our Management Committee

Trustees are elected yearly at our Annual General Meeting

The following trustees were elected on 4th November 2021

Chairperson: Sharon Doherty

Secretary: Junko Grant-Hotsuki

Treasure: Petra Jackman

Vice Chairperson: Claire Thompson

Trustees – Sharon Livermore

Angelina Muller

Stacey May

Zhara Jawad

Michelle Ramsey

I would like to take this opportunity to thank The Committee Members for the time and commitment they give. The trustees share their skills, experiences and expertise helping shape the future of the Meadows Children Wing Charity.

Through Trustees and Volunteers, who give many hours of ongoing commitment, we can ensure that these vital services are available to women and local families.



The Team

Project Manager and Course Facilitator - Michele Wright

Fundraiser / Development Worker and Course Facilitator – Lynn Tumber

Bookkeeper - Julie Wentworth

Administrator – Justina Gaikwad

Family Support Workers – Donna Rayner and Lina Davey

Playworkers – Duncan Gaffney and Victoria Simpson

Crèche workers – Rosa Apuzzo-Jeanes, Victoria Simpson, Justina Gaikwad and Lauren Barnes

Our Service provisions

Family Support Drop-ins for families with pre-school aged children

Operating 50 weeks of the year

Tuesdays 9.30 a.m. – 12.30 p.m. and Fridays 9.30 a.m. – 12.00

Our family support workers always offer a warm welcome to local families offering them advice, guidance, and support within a safe friendly environment.

We work in close partnership with many organisations to provide additional services so families can gain and develop new skills.

We provide a community lunch on a Tuesday and a community breakfast on a Friday.

Our play worker facilitates positive play and learning activities for families to enjoy together, providing a good range of activities used to encourage children and their parents to have fun together. **Open access**

All About Me course

This is a 6-week course with a free crèche; the course is facilitated by a trained counsellor.

The course is a self-esteem, confidence building course which looks at individuals next steps for the future, sharing difficulties and learning new ways to move forward. **Referral only**

12-week Freedom Program / 10-week Freedom Forever Program

'An enlightening opportunity to develop different ways of thinking to protect yourself and your children from harm'

These programme's are open to any women who wishes to learn more about the reality of domestic abuse and how to move forward.

The main aims of the Freedom and Freedom and Forever Programme are as follows:

To help women understand the effects of domestic abuse and to recognise which of these beliefs they have shared.

To illustrate the effects of domestic violence on children. To help women gain self-esteem and the confidence to improve the quality of their lives

To help women gain in practical life skills, information, knowledge and support enabling them to move forward with their lives. **Referral only**

Together

2 hours per week for 50 weeks of the year – this project was devised and bought to life completely from the women's, who attend our Freedom programme, expressed wishes and vision. A peer-to-peer group with women collectively designing, sharing their own skills / leading on / volunteering with activities / learning that they want e.g. Yoga, art therapy, knitting, singing, cooking. During the school holidays the women undertake activities they have designed together with all their children. **Invitation only**

Specialist drop-in

2 hours per week for 50 weeks of the year – for women and children together, covering the whole range of family support, reparative work with children, parenting, safeguarding, debt, housing, and mental health concerns. With play, arts and crafts for women and children to learn and enjoy together, building upon enrichment and bonding between mother and child, role modelling, supporting and empowering women in their crucial parenting role.

Invitation only



Service provision during Covid lockdown and returning to face-to-face services

We started the financial year with some Covid restrictions still in place, we continued with a mixture of remote working, face to face sessions, walk and talks and zoom activities. As of June, we were able to reopen activities with restrictions in place, so we operated a booking in service, then slowly we were able to increase the numbers to sessions as restrictions were lifted. With the limited spaces permitted within sessions staff continued providing remote support, YouTube story links, zoom quizzes during the day and evenings and walk and talks. We would like to take this opportunity to sincerely thank all our funders for their understanding, flexibility and support throughout the health pandemic and permitting us to be flexible during this time enabling us to continue supporting women, families and children

Again due to restrictions in place our service provision was adapted to enable us to meet the needs of the families we were supporting and other local City residents who were signposted to us for support during this difficult time.

Christmas

With support from Cambridge City Foodbank, Cambridge City Council and Cambridge Sustainable Food **120** Christmas hampers and fruit and vegetable bags were given out to families. These went to households consisting of a total of **333** adults and children.

We were able to have smaller Christmas parties this year and Santa came along for a visit and all children received a gift. Cambridge Central Aid applications enabled us to provide an amazing **£2,975** in supermarket vouchers to families to help them purchase food and presents.



Additional Support

We have provided **39 food boxes** which were delivered to family's homes and **£500 of supermarket vouchers to those in need.**

We have promoted the Cambridgeshire County Council Household support fund to all our families and applied for this support for **16 families.**

Attendance numbers

As we returned to face-to-face sessions within the Meadows on 8th June 2021 under Covid safety practices we offered a booking system for families and women to attend face to face sessions and staff continued offering a mixture of remote homeworking / walk and chat / face to face / zoom sessions.

Across all our activity provision we have supported **357 adults** who have in total between them **440 children.**

167 new families accessed support from us during the year

In total we have been in contact with families **5,236** times either by the phone text or WhatsApp messages.

Annual survey Comments

We asked beneficiaries what difference has support from the Meadows made to you?

"A big, big difference, a staff member came to meetings with me and explained what forms I need to fill in but also helped to fill them in"

"Having someone to share with and then feeling lighter afterwards"

"A massive difference I don't feel so isolated, being able to discuss things I need a different perspective on"

"You feel supported that they are there when you need them, I'm less loneliness, before I felt like I didn't know what to do or where to go but now I do"

"I've only been coming for a couple of weeks but so far its flawless"

"It's been nice to have someone to talk to about different things"

"Me and extended family all had covid and I had no support network in place, but the meadows supported me through it all"

"I've had financial support with food, interaction with people and gets me out of the house to get support"

"I've never felt so welcome anywhere, I always feel great when I've been there and my children also like it there, the other ladies on the course are also really nice"

"My life has completely changed as staff wrote a support letter, so we were able to move"

"Life is easier, I have someone to turn to if I can't speak to anyone else"

"The fact that I can call up any time and will not be dropped from the service is really helpful as the support from other organisations stops after a certain time"

"During the lock down, you were like a lifeline to us, helping me to know where to get food and giving advice and support"

"I didn't have a bed and they got me money so I could buy one, I am also less lonely"

"They have been amazing, we have had an awful year, we both lost our jobs due to Covid, had 3 deaths in the family all whilst trying to look after our family. They helped us in every way, from a random text to see how we are to foodbank vouchers, help with Christmas food and presents. We are proud and hate to ask for help, but they made us feel ok, unjudged and in our darkest times just so helpful and caring! They are amazing! I can't think or put into words how lovely and helpful they are. I really don't think they know how much they have helped! So grateful"

"A bit more at ease and relaxed, it was all very tense especially when my daughter was self harming"

"It is huge support, it is a safe place where I can go and be myself, it gives me structure for the week and helps me to get up in the morning. I have depression and anxiety, so it is nice to be able to go and do craft activities and feel safe"

“It’s made me feel validated and that I wasn’t alone and there were people there for me”

“Knowing that support is available is reassuring, I felt that I was heard and any concerns I had they were there to try and help. The best support that I have had. They have more understanding of what I have been through than any of the other organisations”

“Just knowing what’s on offer in the area and how they always keep in touch”

“It is my life; it is like a family”

“It has made me feel supported and not alone in my situation, it makes me feel safer and the team are very understanding. Your friends don't always understand, but they always understand where you are coming from. No matter how many thousands of people they are supporting, they always make time for you”

“I've met so many women in the groups so that I now have friends and I am able to see the red flags in everyday life. This year has been really good, and I think that the Meadows has been partly responsible for that”

“By doing the courses I feel like I’m not alone”

“It made realise that what I had experienced was not normal”

“It helped me to close the door on the emotional stuff, a lot of which I didn't even know was still there. It changed things completely and empowered me. I have only positive things to say about the course”

“My anxiety has gone down a lot. I can sleep now, before I would wake about 3 in the morning and it has helped me to be assertive with different agencies. It has helped me to pick carefully about who I share with. I feel that I am able to point others to where to get support”

“The Freedom program helped to give me strength”

“I don't know where I would be without the support of everyone. It has been incredible to finally understanding and be able to move on and be the best parent I can”

“A big difference, if I need anything there is always someone there to give support”

“It’s made me think about my choices differently. I now look at things differently when thinking about going into a relationship I am more careful”

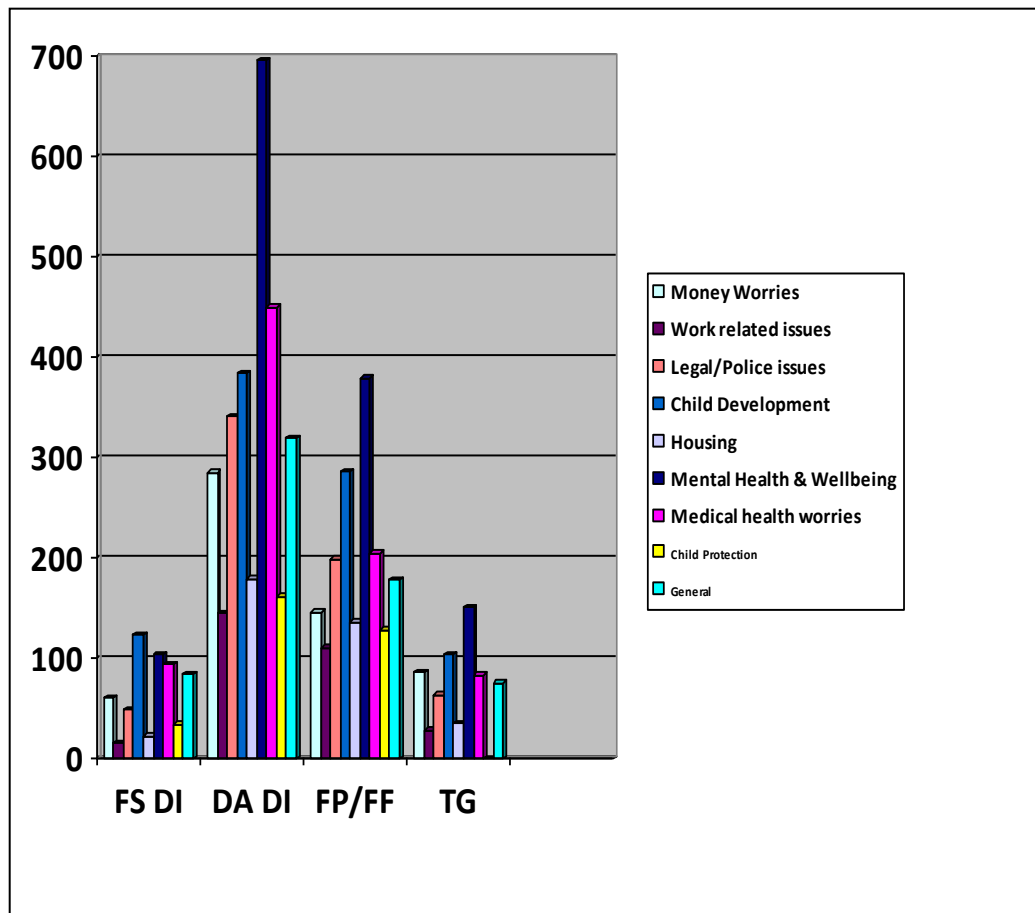
“It has had a huge impact, I have more confidence, it has made me realise that there were many people who have been through the same situation which really helped.

“Massive amount of help, I wouldn't have got through the last through years if it wasn't for the support”

“It has made me more aware of my situation and much stronger, great practical support, such a great help”

Types of Support sought within all our activities

The chart below shows the rates and the types of support from all our service provision (Family Support drop-in (FS DI) / Domestic Abuse drop-in (DA DI) / Freedom and Freedom Forever courses (FP/FF) / Together (TG)



Partnership working

To be able to provide joined up support for the families and women who attend our services we have worked in partnership with the following organisations

Bobby scheme
 Health partners including, Health Visitors, GP's, CAMH, Union House, Midwives
 Women's Aid
 Cambridgeshire County Council Early Help Hub, Adult and Children's Social Care Social
 Local Education Providers
 Citizens Advice Bureau
 Cambridgeshire Constabulary
 Domestic Abuse and Sexual Violence Partnership and Independent Domestic Violence Advisors
 Besom in Cambridge
 Cambridge Aid
 Local housing authorities and housing associations
 The Red Hen Project
 Cambridge Community Safety Partnership
 ARU Cambridge Law Clinic
 Cambridge City Food Bank and Cambridge Sustainable food
 Fitzwilliam museum
 Kobe University Japan
 Other local Community Charities
 Cambridge City Council

Referrals undertaken

- 71 x Foodbank vouchers
- 4 x FairBite referrals
- Provided 26 x Supermarket vouchers
- 13 families have received financial support from our own Emergency family fund
- 64 families have had applications for funding to Cambridge Aid for white goods/clothing
 - 33 x Christmas funding from Cambridge Central Aid
 - 5 x referrals to Cambridge Rape Crisis
 - 2 x referrals to Besom in Cambridge
 - 16 x Housing Support Fund applications

This year we have been part of 38 family's professional meetings including: Child In Need/Protection, Early Help Hub Team around the family

What beneficiaries told us they found helpful

- All of it
- Structure and routine
- Coming to the courses
- It being a safe place
- They go away and found out information that is useful
- Emotional support
- Reassurance
- Food vouchers and food boxes
- Craft packs and activities
- Lunch
- Kindness
- Non judgmental
- Support with debt and budgeting
- Looking for course further education / CV / applying for jobs
- Advice
- Consistency
- Check calls
- Funding to get items we needed
- Attendance at meetings
- Support letters
- Phone support
- The walk and chat
- To be able to call
- Just to be listened to

"It's been so great to have someone on the end of the phone just to bring some perspective to things or just to listen. I know I've not used the service as much as others, but I know it is there is a great comfort. Sometimes there is just no one else that gets it and can listen without judging or passing comment. It's amazing and I thank you all for being there!"

"That they know when you aren't ok, and they are really easily to talk to"

"The emotional support was crucial and fantastic"

"All the support is helpful, and someone is there if I need advice"

"Doing the freedom course and knowing that they were there if I needed them"

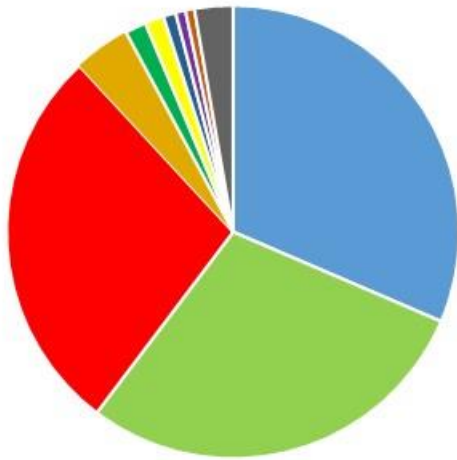
"I found it really helpful that I can just contact them"

"All of it, the phone conversations to talk things out, knowing that the drop in is there if I need it"

"If they are unable to help with something they always point you in the right direction to get the help"

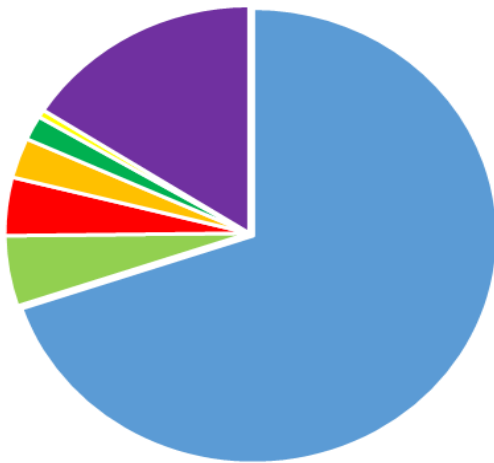
Money Matters for the year ending 31st March 2022

Income - £152,162



- Reserves at beginning of year - £69,850
- Cambridge City Council - Community Grants - £57,500 Area Committee £5,000, food/fuel £1,500
- Police and Crime Commissioner Cambridgeshire & Peterborough - £61,749
- CCF - Anglian Water £9,000
- CCF - Outlook £3,339
- Cambridgeshire County Council £3,000
- Comic Relief - £2,000
- Other donations - £1,572
- HMRC Job Retention Scheme - £1,414
- Cambridge Aid Essential Family Fund - £6,088

Expenditure - £186,681



- Staff costs (salaries, pension, training, travel) - £154,984
- Rent - £11,133
- Payments to families, vouchers and food boxes - £9,183
- Office, administration and IT equipment - £6,309
- Groceries, materials, special projects and equipment - £3,846
- Insurance - £1,226
- Money in bank at end of the year - £35,331

***Full set of End of year Accounts available on request**

A HUGE THANK YOU

To all our funders as without their support we wouldn't be able to continue to grow from strength to strength and support local families and women within the community.

Cambridge City Council - Community Grants and Area Committee

Police and Crime Commissioner Cambridgeshire and Peterborough

Cambridgeshire County Council

Peoples Postcode Lottery

Charles Hayward Foundation

Comic Relief Community Fund (England)

We acknowledge the grants we have received from Anglian Water Positive Difference, Outlook fund and Hopkins Homes, charitable funds managed by Cambridge Community Foundation

Future plans

To continue sourcing funding for the continuation and furtherance of the Charity's work to provide this valuable and crucial resource for the local community.

To continue working alongside the increased number of beneficiaries we have seen throughout this last year, to meet increased needs and to support women and families as we navigate through the aftermath of the health pandemic and the cost of living crisis, in a person centered and timely manner

To continue using new, streamlined, and innovative ways of working that were developed throughout the health pandemic to enhance our service provision.

We are moving

During February we will be relocating to the newly built Meadows Community Centre, we will have a new address as of February 2023

The Meadows Children and Family Wing – 299 Arbury Road, Cambridge, CB4 2JL

Registered Charity No 1075129

The Meadows Children and Family Wing

1 St Catharine's Road

Cambridge

CB4 3XJ

Office 01223 508144

Support staff - 07561 611326 / 07871 780921 fsw@mcfw.co.uk or familysupport@mcfw.co.uk

Life After Abuse 07561611325 / 07871 780932 info@mcfw.co.uk

Admin 07857 970388 admin@mcfw.co.uk

Fundraising fundraiser@mcfw.co.uk

THE MEADOWS CHILDREN

AND FAMILY WING

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

REGISTERED CHARITY NO: 1075129

**THE MEADOWS CHILDREN AND FAMILY WING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

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Balance Sheet	5
Notes to the financial statements	6-8

Charity Number
1075129

Principal Address

C/O 1 St Catharine's Road
Cambridge
Cambridgeshire
CB4 3XJ

Independent Examiners

Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
Waterbeach
Cambridge
CB25 9RQ

BANKERS

National Westminster Bank plc

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

TRUSTEES

S Doherty (Chair)	S May
P Beranova (Treasurer)	S Livermore
J Grant-Hotsuki (Secretary)	A Muller
C Thompson (Vice Chair)	Z Jawad
M Ramsey	

The Trustees are re-elected annually at the AGM which was held on 4 November 2021

G Goodfellow and E Carruthers stepped down at the AGM which was held on 4 November 2021

ADDRESS

1 St Catherine's Road
Cambridge
Cambridgeshire
CB4 3XJ

Legal Status

The charity is registered with the Charity Commission, registration number 1075129. It was formed as an unincorporated association under a constitution adopted on 19th March 1997 and amended on 30th March 1999.

Objects

The objects of the charity, for the benefit of children and families in Cambridgeshire, are:

1. To educate families and the public in better standards of childcare, and in the importance of sound relations between parents and children for the maintenance and enrichment of family life.
2. The relief of poverty and the provision of recreational facilities or other leisure time occupation in the interests of social welfare with the object of improving the conditions of life of persons having need of these facilities by reason of their youth, poverty, or social and economic circumstances.

Financial Review

The financial accounts for the year ended 31 March 2022 are set out on pages 4 to 8.

The Charity has continued to receive financial support from Charitable Trusts and grant giving organisations. A full list of all grants received, and details of expenditure are set out in notes 2 and 5 of the accounts. The Trustees are very grateful to all of these benefactors without whose help the project could not continue.

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

Achievements and Performance

Due to the continuing health pandemic this year it has been another challenging year for most but we are delighted to report that the Charity has been able to continue meeting increased demands for activities and services, supporting women, and their children, who are survivors of domestic abuse and local families throughout.

Many of our activities were provided remotely initially but gradually, throughout the year, we have been able to increase the face to face work, ending the year being open to a pre-covid level whilst still offering remote support to those requiring it.

Our Programme of charitable activities:

- Twice weekly family support drop-ins
- Weekly specialist domestic abuse drop-in
- The Freedom Programme
- The Freedom Forever Programme
- 'All About Me' Course
- Peer to Peer support group
- Outreach, phone support, advocacy and 1-1 support

Our support staff have continued to provide extensive practical and emotional support, guidance, advice, advocacy and skill development on areas including domestic abuse, relationships, child development, debt management, positive parenting, mental health and well-being. A full report of all our activities and achievements will be presented at the AGM.

Reserves Policy

The Trustees aim to hold reserves sufficient to pay at least one month's operating costs so that an orderly closure of the project could be achieved should this be necessary.

As at 31 March 2022 we held a balance of £16,707 in unrestricted reserves, equivalent to around 6 weeks normal operating expenses.

Looking to the Future

Funding for the year to 31 March 2023 has been substantially secured, with Cambridge City Council, Police and Crime Commissioner Cambridgeshire and Peterborough and many others helping to ensure the continuance of the charity's work with women, children and families in our community.

On behalf of the Board of Trustees:

Trustee name

Sharon DOHERTY

PETRA JACKMAN

Trustee signature



**THE MEADOWS CHILDREN AND FAMILY WING
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

I report on the accounts of the Meadows Children and Family Wing for the year ended 31 March 2022 which are set out on pages 4 to 8.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees 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.

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 REPORT

My examination was carried out in accordance with the 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 you as 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 130 of the Charities Act or
- the accounts do not accord with the accounting records

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



Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
Waterbeach
Cambridge
CB25 9RQ

Date: 15/9/22.

**THE MEADOWS CHILDREN AND FAMILY WING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

		Unrestricted funds	Restricted funds	Total	Total
	Note	2022 £	2022 £	2022 £	2021 £
INCOME FROM:					
Donations		1,572	-	1,572	552
Charitable activities	2	-	150,590	150,590	200,797
Total Income		<u>1,572</u>	<u>150,590</u>	<u>152,162</u>	<u>201,349</u>
EXPENDITURE ON:					
Raising funds	3	-	10,788	10,788	10,231
Charitable activities	4	-	175,893	175,893	152,604
Total Expenditure		<u>-</u>	<u>186,681</u>	<u>186,681</u>	<u>162,835</u>
Net income/(expenditure)		1,572	(36,091)	(34,519)	38,514
Transfer between funds		-	-	-	-
Net movement in funds		<u>1,572</u>	<u>(36,091)</u>	<u>(34,519)</u>	<u>38,514</u>
Reconciliation of funds					
Total funds brought forward		15,135	54,715	69,850	31,336
Total funds carried forward		<u>16,707</u>	<u>18,624</u>	<u>35,331</u>	<u>69,850</u>

**THE MEADOWS CHILDREN AND FAMILY WING
BALANCE SHEET
AS AT 31 MARCH 2022**

		Unrestricted funds	Restricted funds	Total	Total
	Note	2022 £	2022 £	2022 £	2021 £
Current assets					
Cash at bank and in hand		16,707	35,624	52,331	65,901
Accrued Income		-	-	-	4,399
Current Liabilities					
Creditors		-	-	-	(450)
Deferred Income		-	(17,000)	(17,000)	-
Net Assets		<u>16,707</u>	<u>18,624</u>	<u>35,331</u>	<u>69,850</u>
The funds of the charity					
Restricted income funds	6	-	18,624	18,624	54,715
Unrestricted income funds	7	16,707	-	16,707	15,135
		<u>16,707</u>	<u>18,624</u>	<u>35,331</u>	<u>69,850</u>

These financial statements were approved by the trustees on 15/09/22 and signed on their behalf by:

Trustee name

SARAH Doherty

Trustee signature



**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. Principal Accounting Policies

The financial statements comply with applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" published in March 2005. A summary of the material accounting policies and estimation techniques adopted follows.

Basis of preparation

The Board prepares its annual financial statements on the basis of historical cost.

Fund accounting

The charity maintains general unrestricted fund representing unrestricted income that is expendable, at the discretion of the trustees, in the furtherance of the objects of the charity. Grant income for specified projects is accounted for within restricted funds.

Incoming resources

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt.

Expenditure

Expenditure is charged to the statement of financial activities on a cash basis and is allocated as follows:

Direct charitable expenditure relates to expenditure incurred in the fulfilment of the objects of the charity.

Management and administration costs relate to expenditure incurred in compliance with constitutional and statutory requirements.

2. Income from Charitable Activities

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
Cambridge City Council	-	64,000	64,000	62,500
Police & Crime Commissioner Cambridgeshire & Peterborough	-	61,749	61,749	27,726
Cambridgeshire Community Foundation Anglian Water	-	9,000	9,000	-
Cambridge Aid	-	6,088	6,088	1,969
Cambridgeshire Community Foundation Outlook Fund	-	3,339	3,339	12,000
Cambridgeshire County Council	-	3,000	3,000	-
Groundworks Comic Relief	-	2,000	2,000	2,000
HMRC Job Retention Scheme	-	1,414	1,414	4,706
The Peoples Health Trust	-	-	-	8,799
The Big Lottery	-	-	-	47,994
Peoples Postcode Trust	-	-	-	18,959
Cambridgeshire Community Foundation Coronavirus Emergency Fund	-	-	-	4,944
ARM Family Fund	-	-	-	3,000
Cambridgeshire Community Foundation Hopkins Homes	-	-	-	2,500
Cambridgeshire Community Foundation Donation	-	-	-	1,800
Cambridge City Foodbank	-	-	-	1,000
Groundwork Tesco Bags of Help	-	-	-	500
Neighbourly Fund	-	-	-	400
	-	150,590	150,590	200,797

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

3. Fundraising activities

	Unrestricted funds	Restricted funds	Total	Total
	2022 £	2022 £	2022 £	2021 £
Salaries and NIC	-	10,510	10,510	9,967
Pension Contributions	-	228	228	214
Printing and Postage	-	50	50	50
	-	10,788	10,788	10,231

4. Charitable activities

	Unrestricted funds	Restricted funds	Total	Total
	2022 £	2022 £	2022 £	2021 £
Salaries and NIC	-	141,220	141,220	122,798
Rent	-	11,133	11,133	1,013
Payments to families, food boxes and vouchers	-	9,183	9,183	22,730
Office and IT expenditure	-	3,276	3,276	4,160
Pension contributions	-	2,614	2,614	2,067
Materials	-	2,271	2,271	2,420
Telephone	-	1,389	1,389	2,326
Groceries	-	1,345	1,345	41
Stationery, printing and postage	-	1,234	1,234	550
Insurance	-	1,226	1,226	1,110
Accountancy	-	300	300	300
Travelling and volunteer expenses	-	262	262	133
Equipment	-	230	230	152
Staff training	-	150	150	2,103
Memberships	-	60	60	60
Special projects	-	-	-	822
	-	175,893	175,893	162,785

5. Information regarding employees and trustees

	Total 2022 £	Total 2021 £
Gross wages	143,256	117,330
Employer's National Insurance	8,474	5,468
Pension Contributions	2,842	2,067
	154,572	124,865

The average number of employees was 9 (2021:9)

**THE MEADOWS CHILDREN AND FAMILY WING
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. Restricted Funds

	Balance as at 1 April 2021 £	Income £	Expenditure £	Balance as at 31 March 2022 £
Police & Crime Commissioner Cambridgeshire & Peterborough	-	61,749	61,749	-
Cambridge City Council	4,932	64,000	65,462	3,470
Peoples Postcode Trust	18,959	-	18,959	-
Cambridgeshire Community Foundation Anglian Water	-	9,000	9,000	-
Cambridgeshire Community Foundation Outlook Fund	9,073	3,339	9,073	3,339
Charles Hayward Foundation	7,000	-	7,000	-
Cambridge Aid	600	6,088	6,338	350
Groundworks Comic Relief	2,000	2,000	4,000	-
Cambridgeshire Community Foundation Hopkins Homes	2,500	-	2,500	-
HMRC Job Retention Scheme	-	1,414	1,414	-
ARM Family Fund	1,991	-	1,186	805
ARM (Cambridge Community Foundation)	3,000	-	-	3,000
Cambridgeshire County Council Innovate & Cultivate	-	3,000	-	3,000
Cambridgeshire Community Foundation Donation	1,800	-	-	1,800
Cambridge Childrens' Charity Week Fund	1,000	-	-	1,000
Charities Trust	1,000	-	-	1,000
Neighbourly Fund	400	-	-	400
Family Action	250	-	-	250
Barbara Ward Childrens Foundation	210	-	-	210
	<u>54,715</u>	<u>150,590</u>	<u>186,681</u>	<u>18,624</u>

Grants to support family drop ins and core activities

Cambridge City Council Community Grants and Area Committee, Barbara Ward and Childrens Charity Week, ARM Family Fund.

Grants to support the domestic abuse support:

Cambridgeshire Police and Crime Commissioner, The Peoples Health Trust, Cambridge City Council. Peoples Postcode Lottery, Outlook Fund, Charles Hayward Foundation, Hopkins Homes, Comic Relief

Emergency Covid Funding

HMRC Job Retention Scheme.

Cambridge Aid and Family Action grants were received for specific individuals in need and paid out in the form of emergency grants to service beneficiaries

In addition to the above we also received funding in advance for 2022-23 of £10,000 from Cambridge City Council and £7,000 from Charles Hayward Foundation. This has been recorded as deferred income in these accounts and will be recognised as income in the 2022-23 financial statements.

7. Unrestricted Funds

Balance at 1 April 2021	15,135
Surplus for the year	<u>1,572</u>
Balance at 31 March 2022	<u>16,707</u>

**THE MEADOWS CHILDREN AND FAMILY WING
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

I report on the accounts of the Meadows Children and Family Wing for the year ended 31 March 2022 which are set out on pages 4 to 8.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees 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.

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 REPORT

My examination was carried out in accordance with the 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 you as 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 130 of the Charities Act or
- the accounts do not accord with the accounting records

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



Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
Waterbeach
Cambridge
CB25 9RQ

Date: 15/9/22.

THE MEADOWS CHILDREN AND FAMILY WING

England & Wales - Charity number 1075129

Accounts



the Meadows
children and
family wing



The Meadows Children and Family Wing

Annual General Meeting Report April 2020 – March 2021



*'We acknowledge the grant we have received from the Outlook, Hopkins Homes and Covid emergency response funding
a charitable fund managed by Cambridgeshire Community Foundation'*



We support people and communities to thrive.

The National Lottery Community Fund

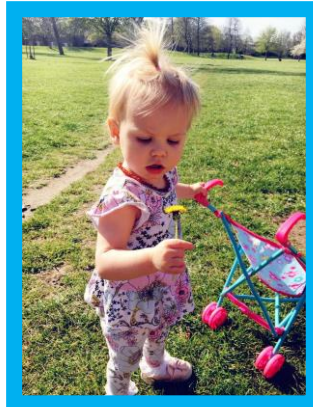


Registered Charity No 1075129

**The Meadows Children and Family Wing
1 St Catharine's Road, Cambridge CB4 3XJ**

Agenda

1. Welcome and introductions
2. Attendance and Apologies
3. Minutes of last AGM
4. Report from the Chairperson
5. Presentation of the Annual Report
6. Financial Report
7. Election of Trustees and Officers
8. A.O.B.
9. Date of next Management Committee Meeting



The Meadows Children and Family Wing has been operating since 1997. Following a consultation with local families and service providers, a programme of services was born to meet the identified needs of the local community and to fill the gaps in current provision. Our work focuses on working alongside local families and women providing family support and 'Life After abuse' support and activities

The Meadows Community Centre has a separate Youth Wing **and** the main building offers a whole host of services to the community from exercise to computer classes.

Altogether we provide a Centre with a wealth of services and activities for the whole community. Our work has continued, developed, and grown to meet the needs of our local community, in line and in partnership with them.

Our Vision Statement

'To provide a fun, safe and stimulating environment where families can come and enjoy themselves together'

**The Meadows Children and Family Wing is a registered Charity
that is governed by its Constitution dated
19th January 2004.**

The Meadows Children and Family Wing Minutes of the Annual General Meeting Thursday 19th November 2020

Attendance: Michelle Ramsey, Simon Kerss, Sharon Doherty, Junko Grant-Hotsuki, Jenny Allcock, Jo Hunt, Zhara Jawad, Stacey May, Claire Thompson, Szara Coote, Simon Humphrey.

Apologies: Zoe Smith, Rebecca Lubbock, Sharon Livermore, Elisha Randall, Emma Carruthers, Gemma Goodfellow, Sofia Karois, Eve Dziura, Petra Jackman

Staff in attendance: Michele Wright, Duncan Gaffney, Julie Wentworth, Donna Raynor and Lynn Tumber

1. Welcome - Sharon, the Chairperson, welcomed all and gave a brief introduction.

2. AGM presentation - Sharon ensured all attendees had a copy of the AGM report to hand. Claire did not have a copy so Michele Wright will email a copy

3. Minutes of the last AGM dated 15th November 2019 – these were read and approved as accurate by Sharon Doherty and seconded by Stacey May

4. Chairpersons Report - Sharon read through her report and then drew everyone's attention to the parent's feedback, reading through some. Sharon personally thanked all the staff and the parents for their feedback and attending the project. Sharon then read through all the names of the Charity's funders, giving sincere thanks to them all, stating that without their funding we would not be able to provide all our work.

5. Annual Accounts - The Annual Accounts were presented by Julie Wentworth who gave a summary of income and expenditure and notified attendees that the full sets of accounts are readily available for people to see. Julie explained the accounts have been independently reviewed and signed by an accountant, and that the trustees have reviewed and signed off the accounts in preparation to be submitted to the Charity Commission. Julie asked if there were any questions on the accounts. Zhara asked if the budget was in line with the previous years and whether there was an expectation to increase the budget in the next financial year. Julie explained the yearly financial position, the additional covid emergency funding that had been secured in this financial year, the change in usage of grants through the health pandemic and any carry forward funds that may be permitted. Zhara asked how this compare to last year's budget based on attendance number of families and if there is a trajectory of what it costs if more families attend next year. Michele explained that we are working, in comparison to last year, with the same number of families attending the family support drop-ins but the number of women for our domestic abuse activities have risen. Julie explained the cost per person this year will differ due to changes in budgets headings governed by the health pandemic giving an example of the Charity not paying full rent this year due to the lock downs.

6. Election of Officers and Trustees – At this point in the meeting Sharon stood down as Chairperson, with Michele taking over for the new election for the position of Chairperson

Chairperson: Sharon Doherty **Nominated by Claire Thompson** **Seconded by Jo Hunt**

Sharon was congratulated on her appointment and resumed chairing the rest of the elections and meeting.

Secretary: Junko Grant-Hotsuki **Nominated by Zhara Jawad** **Seconded by Stacy May**

Treasurer: Petra Jackman **Nominated by Stacy May** **Seconded by Jenny Allcock**

Vice Chairperson:

There were no formal offers for nomination. Claire Thompson enquired about the position and what it entails. It was agreed Michele will forward the details on and the position of vice chairperson can vote on at the next committee meeting

Trustees: The following Trustees and co-opted members were **nominated by Jo Hunt and seconded by Sharon Doherty on mass**

Trustees – Sharon Livermore, Emma Carruthers, Gemma Goodfellow, Stacy May, Claire Thompson, Michelle Ramsey

Co-opted members - Annie Laure-Wagstaff, Zahara Jawad, Jenny Allcock

Competition time – Everyone who wished to, showed, and talked about their mug. Sharon thanked everyone who entered saying it was very difficult to select a winner therefore each entrant will receive some fruit and vegetables

A.O.B.

Claire expressed her thanks to the Meadows Children and Family Wing for all the support and help they give to her and all families. Claire said without the MCFW she would never have made the contacts she has with others, becoming friends that will be lifelong.

Szara introduced herself briefly and said that, whilst doing so was completely out of her comfort zone, she wanted to attend to offer her support in any way she can to the Charity. Szara said she has never used our services but had heard about us from two separate people and that our reputation goes before us, therefor she wanted to attend, to introduce herself and offer any support.

Claire informed the group about a free course on gender and politics that she had heard about on the radio

Date of next committee meeting – this was set for Thursday 10th December at 5p.m.

Sharon thanked everybody for attending and formally closed the annual general meeting

Signed as a true account by Chair of the management meeting:

Name:

Position:

Date: 04/11/21

Report from Chair of The Management Committee

Sharon Doherty

The Meadows Children and Family Wing have carried out amazing work this year, all the staff have been flexible and consistent in their approach to the work this past year. With additional funding secured we were able to increase staff hours and enable staff to work remotely by providing staff with the necessary equipment to do so, we were able to reach the increased need of support during such a difficult time.

This effort offers us a valuable insight to the level of commitment the staff offer the project, and this commitment has made a difference to each family that we have been able to offer support to.

Due to the flexibility and generosity of our funders, staff were provided with resources to enable them to work from home which included laptops, printers, and mobile phones. This empowered staff to adapt quickly during the pandemic and aided to continue communication with families and each other.

The project was able to find new ways of reaching families during the lockdowns, creating WhatsApp groups, story time videos and interactive zoom sessions which included a live art class, keep fit sessions and weekly quizzes.

Staff were able to meet up with families between lockdowns offering walk and talk sessions and were able to keep in regular contact with families with phone calls.

Families reported the support they found most useful was the phone calls, because these calls for some broke the isolation of the lockdown.

With generous funding the project was able to provide 686 food boxes to families who were struggling financially or isolating, and we were able to have 62 special Christmas dinner boxes delivered.

One message the project has portrayed throughout the pandemic is the importance of mental health and wellbeing, handing out many wellbeing packs to families, and being able to provide staff consistent clinical supervision.

We will continue to apply and try to secure the much-needed funding to enable the continuation of the amazing work the project delivers.

Thank you to all of our families, our staff, trustees, volunteers and all of the generous funders that have helped to make this happen, throughout a worldwide pandemic – you are all truly amazing.

Future plans

To continue sourcing funding for the continuation and furtherance of the Charity's work to provide this valuable and crucial resource for the local community.

To continue working alongside the increased number of beneficiaries we have seen throughout this last year, to meet increased needs and to support women and families as we navigate through the aftermath of the health pandemic, in a person centered and timely manner

To continue using new, streamlined and innovative ways of working that were developed throughout the health pandemic whilst resuming in full all our face-to-face activities

The Charities Objectives are:

- 1) To educate families and the public in better standards of childcare, and in the importance of sound relations between parents and children for the maintenance and enrichment of family life.
- 2) The relief of poverty and the provision of recreational facilities or other leisure time occupation in the interests of social welfare with the object of improving the conditions of life of persons having need of these facilities by reason of their youth, poverty or social and economic circumstances.

In planning our program of activities each year, we have kept in mind the Charity Commission's general guidance on public benefit and prevention and the relief of poverty for the public benefit.

The trustees always ensure that the program of activities we undertake are in line with our charitable objectives and aims.

Our Management Committee

Trustees are elected yearly at our Annual General Meeting

The following trustees were elected on 20th November 2020

Chair – Sharon Doherty

Secretary – Junko Grant-Hotsuki

Treasurer – Petra Jackman

Trustees –Emma Curuthers, Gemma Goodfellow, Stacey May, Sharon Livermoore, Claire Thompson, Michelle Ramsey.

Coopted member – Zhara Javed, Annie Wagstaff, Jenny Allcock

I would like to take this opportunity to thank The Committee Members for the time and commitment they give. The trustees share their skills, experiences and expertise helping shape the future of the Meadows Children Wing Charity.

Having our volunteers who give many hours of ongoing commitment we can ensure that these vital services are available to women and local families.

Our Service Provision Pre Covid

Tuesday and Friday Family Support drop-ins

Family Support Drop-ins for families with pre-school aged children Operating 50 weeks of the year

Tuesdays 9.30 a.m. – 12.30 p.m. and Fridays 9.30 a.m. – 12.00 p.m.

Our family support workers always offer a warm welcome to local families offering them advice, guidance, and support within a safe friendly environment.

We work in close partnership with many organisations to provide additional services so families can gain and develop new skills.

We provide a community lunch on a Tuesday and a community breakfast on a Friday.

Our play worker facilitates positive play and learning activities for families to enjoy together, providing a good range of activities used to encourage children and their parents to have fun together. **Open access**

All About Me course

This is a 6-week confidence building course with a free crèche; the course is facilitated by a trained counsellor.

The course is a self-esteem, confidence building course which looks at individuals next steps for the future, sharing difficulties and learning new ways to move forward. **Referral only**

12 week Freedom Program / 10 week Freedom Forever Program

'An enlightening opportunity to develop different ways of thinking to protect yourself and your children from harm'

This Programme is open to any women who wish to learn more about the reality of domestic abuse.

The main aims of the Freedom and Together Programme are as follows:

To help women understand the effects of domestic abuse and to recognise which of these beliefs they have shared. To illustrate the effects of domestic violence on children. To help women gain self-esteem and the confidence to improve the quality of their lives

To help women gain in practical life skills, information, knowledge and support enabling them to move forward with their lives. **Referral only**

Together

2 hours per week for 50 weeks of the year with a free crèche – this project was devised and bought to life completely from the women's, who attend our Freedom programme, expressed wishes and vision. A peer-to-peer group with women collectively designing, sharing their own skills / leading on / volunteering with activities / learning that they want e.g. Yoga, art therapy, knitting, singing, cooking. During the school holidays the women undertake activities they have designed together with all their children. **Invitation only**

Specialist drop-in

2 hours per week for 50 weeks of the year – for women and children together, covering the whole range of family support, reparative work with children, parenting, safeguarding, debt, housing, and mental health concerns. With play, arts and crafts for women and children to learn and enjoy together, building upon enrichment and bonding between mother and child, role modelling, supporting and empowering women in their crucial parenting role. **Invitation only**

Service provision during Covid

During this unusual time that we all found ourselves in, we moved all our services to remote working, including joining the world of Zoom, Teams and YouTube. After sourcing the much-needed equipment, all support staff offered remote support from home throughout the lockdowns. We continued to support local families and with funders permitting us to utilise our awarded funding differently or permitted us to carry forward funding to use when restrictions were eased.

We would like to take this opportunity to sincerely thank all our funders for their understanding, flexibility and support throughout this time enabling us to continue supporting women, families and children

Our service provision was adapted to enable us to meet the needs of the families we were supporting and other local City residents who were signposted to us for support during this difficult time. Staff job roles changed, and we thank them all for giving 110% during this time, all support staff hours were increased to work in this new way of working and to meet increased beneficiaries needs

Family support services - were moved to zoom calls, telephone support and when permitted introduced walk and talks especially after running out of quiz questions. Staff took advantage of the beautiful open green spaces that Cambridge has to offer and met with families at St Albans rec, Cherry Hinton Hall, Milton country park we even enjoyed walks around the Cambridge science park; staff definitely met their daily steps quotas 😊.

Life after Abuse services – We saw an increase in need for domestic abuse support and moved all our courses to being run remotely. With secured funding and funders allowing us to adapt services we were able to increase the number of women we were able to support. The peer-to-peer support services and specialist support was moved to remote working and, as with the family support services, we introduced walks and talks, telephone support, meet ups and zoom classes which included quizzes, an exercise session and a techno art class.

Food boxes

During and following the lockdowns families contacted us as they were really struggling with getting food supplies for varying reasons including supply shortages in shops, families isolating, contracting covid, declines in mental health, and reductions in income including being moved onto the furlough scheme and being made unemployed

By securing funding from Big Lottery, Police and Crime Commissioner, ARM, Cambridge City Food bank and Cambridge City Council we were able to offer families much needed food boxes which were delivered by Cambridge Fruit and Veg Company

We ordered and had delivered **686** food boxes to families in need.

“It's really been helpful having the food boxes and having someone to talk to when everything has been shut down”.



“It's made things a bit easier having the food box and having someone to chat to.”



Volunteering

One heartwarming thing that we saw during this year was how families rallied, coming together, with many offering others emotional support and practical help including collecting food/prescriptions and we even had our very own giving / swapping WhatsApp group. We sent out information and shared resources on our Facebook page which included online courses/Food Hub locations and community support networks that were available. I would like to take this opportunity to say a special thanks to Zhara who ran a virtual marathon and raised over £600 for the charity, Abi who videoed an amazing story time with special effects and a fabulous thank you to Orla and Polly who made weekly videos of activities and cooking to share on Facebook.



Christmas

Was slightly different this year but we were able to send out **62** Christmas dinner boxes with all the trimmings with funding from The National Lottery Community Fund and Cambridge City Area Committee. With support from Cambridge City Foodbank, Cambridge City Council and Cambridge Sustainable Food **84** Christmas hampers and a family board game were delivered to local families.

The elves didn't let covid stop Christmas and our staff supported them in delivering gifts to **124** children. Cambridge Central Aid applications enabled us to provide supermarket vouchers to **13** families to help them purchase food and presents and with The Big Lottery funding, we were able to support another **38** families with supermarket vouchers to make Christmas a little cheerier.

Wellbeing packs

We delivered and posted **181** wellbeing packs to adults which included pamper items face packs / hot chocolate / colouring pens / mind wellbeing activity books. We would like to thank Megan from the Lenard Cheshire 'Can Do Project' who provided a fun interactive Zoom session, putting together 43 pamper packs and these were then posted out to women.



Family Emergency support

With funding secured from The National Lottery Community Fund, donation of money from ARM and Cambridge Central Aid funding we were able to support **54** families with emergency items i.e., cost of taxi to attend hospital / new beds / fridges / washing machines / essential clothing / food / fuel costs etc.

Activity packs

We worked in partnership with the Fitzwilliam Museum who kindly delivered **20+** activity art and craft packs to families and we shared their activity sessions on our Facebook page. We delivered and posted **76** children craft and cooking activity packs.



“A big difference, mentally it has helped. Not the same as face to face but still helpful.”

Walk and chat

We organized **38 walk and talks** with a total of **90 families** attending.



A huge thank you to all of our families who shared pictures with us over the year (**to too** many to share). We have shared the joys of new babies who have been born, activities and crafts you have tried at home, new kittens and bunnies that have joined your family, adventures you have been on around our beautiful open spaces, dinners you have created using foodbank food and the food boxes we sent out and vegetable gardens you have created at home. It was so lovely and a real privilege and kept us all going throughout this difficult time, thank you.

Attendance numbers

This year with Covid safety measures in place and with working a mixture of remote homeworking / walk and chat / face to face / zoom sessions

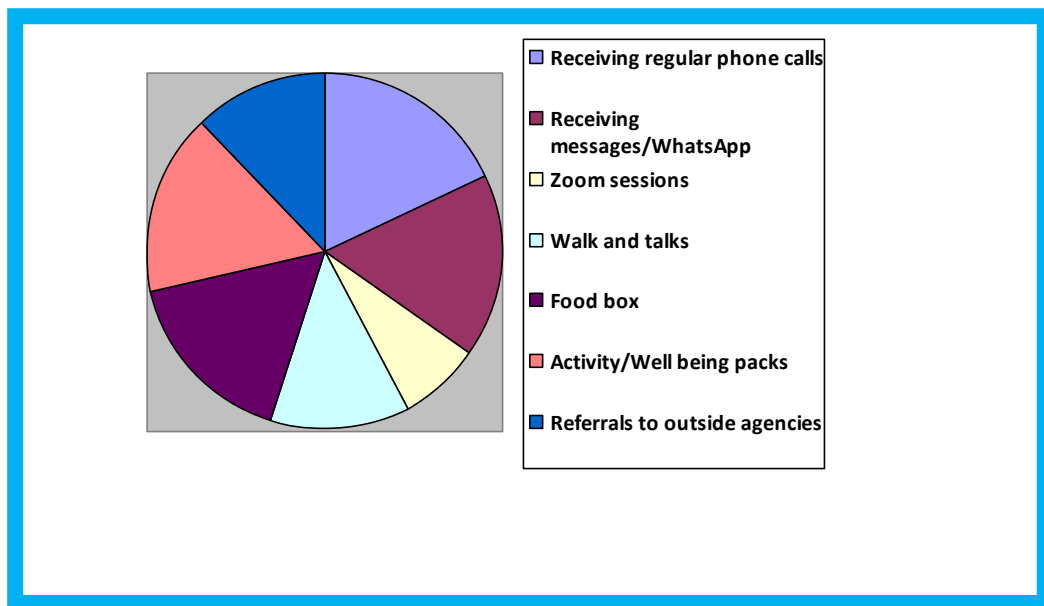
We have support **301 adults** who have in total between them **129 children aged 4 years or under** and **174 older siblings**.

In total we have been in contact with families **6,191** times either by the phone text or WhatsApp messages and a whopping **104 zoom sessions** were held by staff members including keep fit sessions / quizzes / story time / adult evening chat / activity sessions / art classes

“When they have called it’s been nice to have a chat, I can’t fault the support staff, they are brilliant”.

Annual survey

We collected feedback from families via sending out a survey via either text or WhatsApp message and 52 adults responded.



Family A - *“We have received numerous phone calls of support and guidance from all the staff and we have attended a family walk to discuss our current issues and great reassurance from the team in helping us in our situation. We attended a COVID safe inhouse meeting with support staff which was really nice to be back indoors, like a safe haven for myself and family. The support we have received as a family has been nothing short of impeccable and very much a life saver during what has and still is one of our toughest times we have endured as a family. From being in hospital throughout the year, my chronic illness was getting worse, being declared homeless and currently in temporary accommodation, the whole team have been there for myself and family. Like a much-needed safety net that without their continued support we would have all fallen apart. We are incredibly grateful for all the services the group offer, we have received so many... from Christmas presents for our children as we were unable to afford Christmas, funding for our boiler to be fixed during last year whilst we were in the middle of being declared homeless and all throughout the pandemic. The staff have always been available to help guide us through the most difficult of times”*

Family B - *“Our lives have been transformed so much with MCFW involvement. Isolated before it's helped me learn about other stories, carry less shame and be more open about my experience from a pragmatic approach. I've been able to assimilate my involvement with the relationship and have been able to become a stronger resilient mother for my daughter. I have healthier boundaries now and have discovered self-respect. It's impacted every area of my life. I now have a new job, better relationships with friends and family and am more trusting of myself. Thanks again”.*

Family C - *“The group has supported me through the toughest year of my life, helping me move my children's school, giving me advice. When my children were out of school we attended more of the groups and they were very accommodating and understanding to the girls, also supported me with challenges past the job description. Once I moved home my kids had been sleeping on mattresses on the floor, they provided vouchers so I could order a bed which was a relief and made such a difference and food packages, support phone calls and emotional support. MCFW is amazing and a lifeline for many. I can't rate it enough as it is the most supportive organisation that me and my family have ever had”.*

What else you have told us

“It's helped me having someone to talk to, de-stress and emotional support”.

“It is good to have someone there who is responsive and interested. I have asked for advice and the staff are very knowledgeable they are like an umbrella that directs you to the right services, unlike many other places that only know what their organisations does”.

“Massive, I have not had any contact from other agencies since December and the calls and messages have been so important to me, I can't stress enough how important it has been to have someone to talk to about everything”.

“Helped to talk to someone about all the worries, schooling, etc. Great to have re-assurance that I am not the only one struggling and that I'm doing ok”.

“It's really nice, there is not any other group like it that continues to give support”.

“Support to apply for a non-molestation order and application to National Centre for Domestic Violence.”

“It really helps to know someone is there”

“There is someone there looking out for you.”

“It's made me feel like I'm not isolated and that they are there when I need them”.

“I have really missed having the group, so phone calls take some of that away. I have the numbers and know that I can call if I need to someone to talk to”

“It has been lovely to know that the Meadows team are still available during lockdown. The continued support has helped with my mental wellbeing and not feeling lonely”

“It has made a very good difference to my life and my children's lives. It has made me more confident in myself and parenting. I have gained friends and got my social life back. X”

“Someone to talk to and trust, that are not going to judge you whatever situation you are in.”

"I don't feel alone to deal with difficult problems and difficult situations. The know-how of how to deal with the present life situation as a result of the past. I would describe the support as being a lifeline. The service and the team have been a God sent to me and my family. Thank you."

"The help was invaluable for me. I felt alone and didn't know what to do. My home life was deteriorating, and my daughters were in danger and the support helped me to make good decisions".

"Made me feel more confident to have support from all the staff".

"They've been amazing, knowing that the staff are there is really helpful."

"It's made a huge difference, stops the isolation, helps me not to go into depression spiral".

"It helped with anxiety around Covid and helped me not to feel isolated during lockdown along with practical support and just to have someone to talk to about problems".

"Group activities are therapeutic and a chance to meet new people who have been in similar situations, a place where you can feel safe and not judged. It gave me a social life. Activities were fun and informative".

"Support that I never want to lose, helpful to be in touch with people that understand what you are going through. It has kept my sanity really. I know that if I call staff and they will call me right back. If I need anything a food box or anything else I know that I can just call, and they will be there for me".

"It's been nice to have someone to message as it was hard to talk with my child being off school".

"Made us all so much happier, sleep much better with the amazing support. So thankful."

"Always helpful with listening to me rant, helping with any kind of debt that I have had. Helping to apply for help when I have needed something. Each staff member is kind and caring and patient and there to listen to any problem I may have, it's comforting to know that they are there if I ever need anything".

"I've received telephone calls from yourselves, that have helped me feel less isolated, nice conversations with caring staff, a kind ear when I have been worried about things and I've needed someone to talk to. Your support has made life a little easier for me to cope with leaving my old home, being in temporary accommodation during lockdown and moving to a new home. Which meant I could support my children better too. Thanks for all your support".

"The difference it has made to our lives is incredible and I am so grateful."

"I've really appreciated the food boxes; it has helped so much. I've had loads of support with emotional stuff and children challenges. The staff have kept me sane. Great to have someone I can call to say help me. I had to have an operation and staff set up a support group of other parents to support me whilst recovering. The packs and the zoom art were good, and it was good to see people. The zoom made me feel better. I'm so thankful to be in an area where there is so much support".

"When you have been through difficulties in life, it is nice to find people that understand what you are going through and if you have a breakdown, they don't say pull yourself together and get out of your pjs but help you find the first step to feeling better again."

"It was very helpful to me and helped me to keep in touch with other members etc. Nice to still keep in touch with family support workers too. The food boxes were gratefully received."

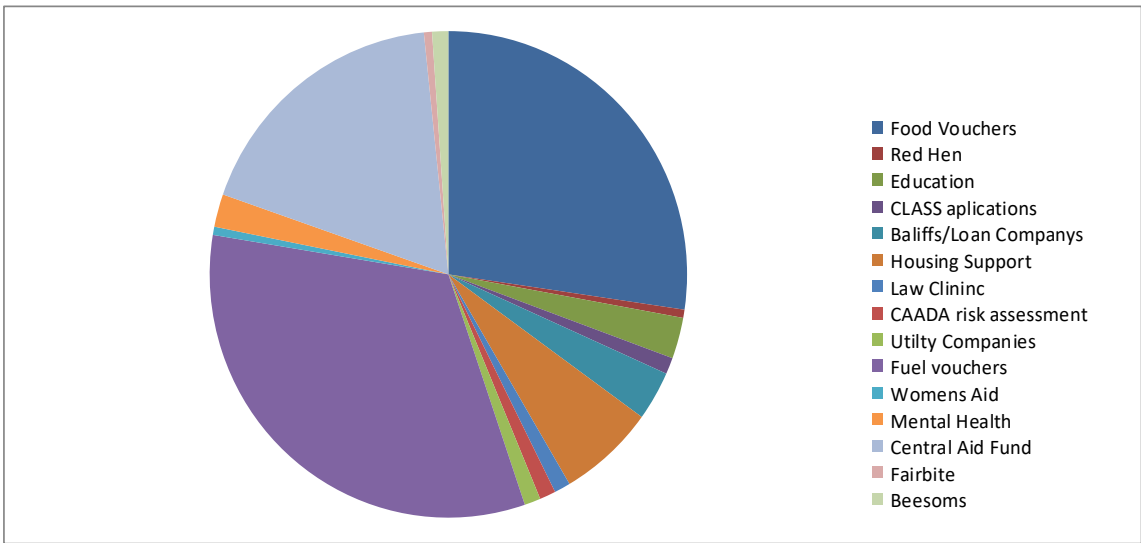
Feedback from the Freedom and Forever programme's

Woman A - *"I really appreciate the time and preparation that has gone into these programs, I wish I'd done it sooner. The ladies are always there to support and give advice. Thank you I just want to say thank you from the bottom of my heart! What you offer to us all in the group, and how you offer it, both with your unique and wonderful personalities and care is so comforting, nurturing and caring and supportive! You've helped me more than I feel I can express in words. Although topics of sessions are sometimes difficult, the group and environment you both help to create together is so powerfully uplifting, and a real boost to my own mental health, self-esteem and confidence! I've come so far, and I owe you both great thanks for allowing me to attend a space and providing the right environment where I felt able to grow in knowledge, self-awareness and understanding, but also where I could heal, make some wonderful friends, and feel better about myself around! I am forever grateful"*

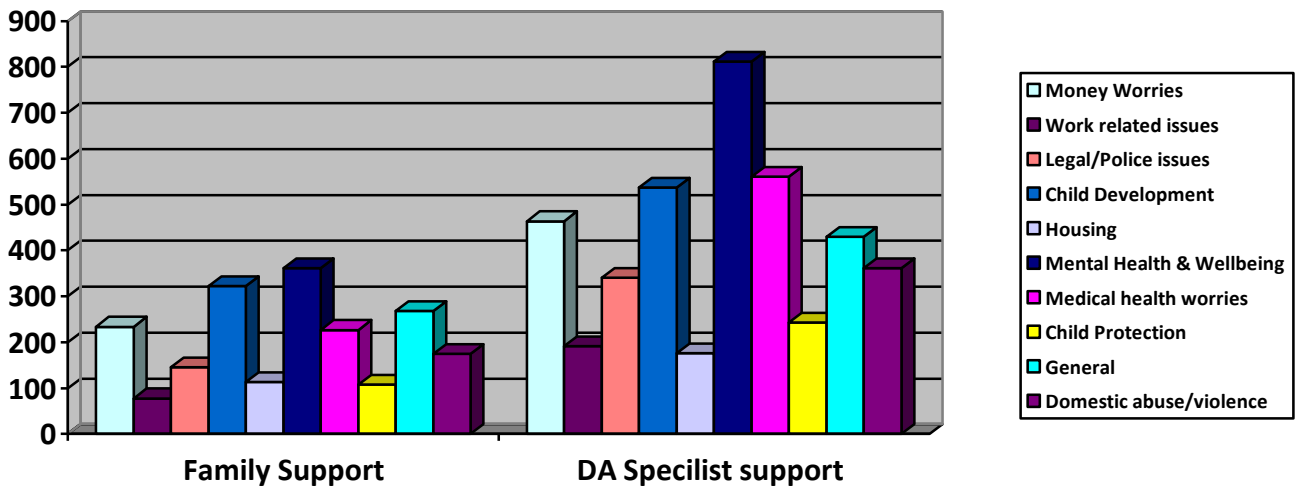
Woman B - *"The community support and confidentiality the group provides, along with the non/judgmental understanding, care and advice that is offered from both facilitators and members was invaluable. Attending the group and learning about abusive relationships and hearing other people's experiences allowed for me to not feel so alone in my journey or experience and has helped me to feel brave enough to be more honest about this with others. Just being in group, was like a breath of fresh air, seeing familiar smiling faces who get the struggles you are going through and who want to be there for you was so comforting. The group also offered a place for me to express my worries and concerns for moving forward and learning to trust myself again to make better decisions in relationships and helped me believe this was possible. It is such a valuable place for knowledge, understanding, friendship and support that I had so desperately needed".*

Woman C - *"I have a better understanding of abuse and how it might affect my children. I feel more connected with my kids as I better understand and listen to them. We spend more quality time together and I enjoy parenting more. I am planning to go to university as it is something I always wanted to do but I feel more confident now. I understand the importance of self-care and practice it daily".*

We have worked in partnership with many statutory and voluntary agencies and made referrals to the following agencies on behalf of families



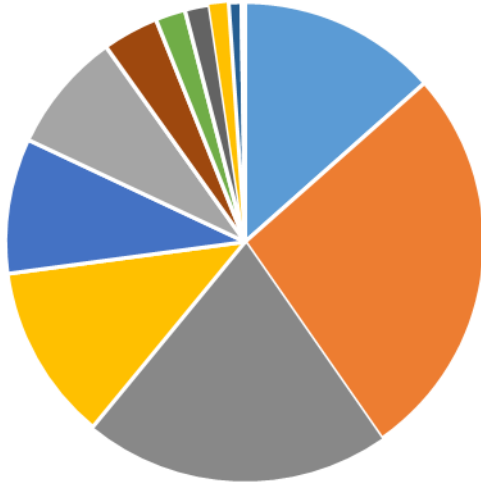
Types of Support



We have been part of 16 families Social Care and Early Help Hub plans during the year, we have kept families up to date with information by sending out broadcast messages and using our Facebook page. We have supported families in becoming part of research, working in partnership with Cambridge 2030 vision and Cambridge food bank, to shape services.

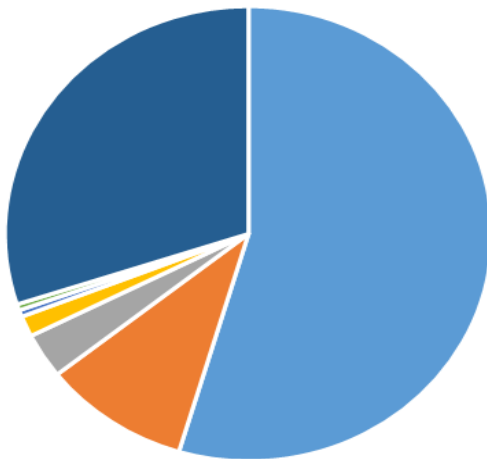
Money Matters for the year ending 31st March 2020

Income - £201,349



- Reserves at beginning of year - £31,336
- Cambridge City Council - Community Grants - £57,500 Area Committee £5,000
- The Big Lottery - £47,994
- Cambridgeshire Police and Crime Commissioner - £27,726
- CCF - Outlook £12,000, Covid £4,944, Hopkins Homes £2,500, other £1,800
- Peoples Postcode Lottery - £18,959
- The Peoples Health Trust - £8,799
- HMRC Job Retention Scheme - £4,706
- Small hardship grants - CAF £1969, Cam City Foodbank £1000, Tesco £500, Neighbourly fund £400
- ARM - £3,000
- Comic Relief - £2,000
- Other donations - £552

Expenditure - £162,835



- Staff costs (salaries, pension, training, travel) - £127,101
- Payments to families, vouchers and food boxes - £22,730
- Office, administration and IT equipment - £7,446
- Groceries, materials, special projects and equipment - £3,435
- Insurance - £1,110
- Rent - £1,013
- Money in bank at end of the year - £69,850

*Full set of End of year Accounts available on request

Partnership working

To provide better joined up support for the families who attend our program of services we have worked in partnership with the following organisation

Cambridgeshire &
Peterborough
Adult and Children's
Social Care Social

NHS Health
professionals
Health Visitors
GP's
CAMH
Midwives

Cambridgeshire
County Council
Early Help Hub
Family Workers

Cambridge Law Clinic

Cambridge Women's
Aid

Community Fire
Champions

Citizens Advice Bureau

IDVA
ISVA
YPIDVA
Cambridgeshire and
Peterborough Safer
Communities
Partnership

Cambridgeshire
Constabulary

Local Education
Providers

Other local
Community Charities

Local housing
authorities and
housing associations

Cambridge City Food
Bank

Besom

Bobby scheme

Our Funders

A HUGE THANK YOU

To all our funders as without their support we wouldn't be able to continue to grow from strength to strength and support local families within their community.

*Cambridge City Council - Community Grants and Area Committee
The National Lottery Coronavirus Community Fund
Police and Crime Commissioner Cambridgeshire and Peterborough*

*Peoples Postcode Trust
The Peoples Health Trust Active Communities Programme*

*Cambridge City Foodbank
Tesco Bags of Help Covid 19 Communities Fund
Neighbourly Micro grant Covid-19 Community fund
ARM Ltd*

Ground work UK/Comic Relief

*Grants received through Cambridge Community Foundation –
Outlook Fund
Cambridgeshire Coronavirus Community Fund
Hopkins Homes Building Communities Fund*



*the Meadows
children and
family wing*



Registered Charity No 1075129 since 1997

**The Meadows Children and Family Wing
1 St Catharine's Road,
Cambridge
CB4 3XJ**

Office 01223 508144

Support staff - 07561 611326 / 07871 780921

fsw@mcfw.co.uk

familysupport@mcfw.co.uk

Life After Abuse 07735 747311 / 07871 780932

info@mcfw.co.uk

Admin 07857 970388

admin@mcfw.co.uk

The Meadows Children and Family Wing



THE MEADOWS CHILDREN
AND FAMILY WING

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021
REGISTERED CHARITY NO: 1075129

THE MEADOWS CHILDREN AND FAMILY WING
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

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Statement of Financial Activities	4
Balance Sheet	5
Notes to the financial statements	6-8

Charity Number
1075129

Principal Address

C/O 1 St Catharine's Road
Cambridge
Cambridgeshire
CB4 3XJ

Independent Examiners

Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
Waterbeach
Cambridge
CB25 9RQ

BANKERS

National Westminster Bank plc

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2021**

TRUSTEES

S Doherty (Chair)	S May
P Beranova (Treasurer)	S Livermore
J Grant-Hotsuki (Secretary)	G Goodfellow
E Carruthers	C Thompson
M Ramsey	

The Trustees are re-elected annually at the AGM which was held on 19 November 2020

V Davey and E Pergande stepped down at the AGM which was held on 19 November 2020.

ADDRESS

1 St Catherine's Road
Cambridge
Cambridgeshire
CB4 3XJ

Legal Status

The charity is registered with the Charity Commission, registration number 1075129. It was formed as an unincorporated association under a constitution adopted on 19th March 1997 and amended on 30th March 1999.

Objects

The objects of the charity, for the benefit of children and families in Cambridgeshire, are:

1. To educate families and the public in better standards of childcare, and in the importance of sound relations between parents and children for the maintenance and enrichment of family life.
2. The relief of poverty and the provision of recreational facilities or other leisure time occupation in the interests of social welfare with the object of improving the conditions of life of persons having need of these facilities by reason of their youth, poverty, or social and economic circumstances.

Financial Review

The financial accounts for the year ended 31 March 2021 are set out on pages 4 to 8.

The charity has continued to receive support from the City Council, together with a number of other charitable trusts and grant making organisations. A full list of all grants received and details of expenditure are set out in notes 2 and 5 of the accounts. The Trustees are very grateful to all of these benefactors without whose help the project could not continue. Funding for the year to 31 March 2022 has been substantially secured, with the City Council and many others helping to ensure the continuance of the charity's work with families in our community.

**THE MEADOWS CHILDREN AND FAMILY WING
TRUSTEE'S REPORT
FOR THE YEAR ENDED 31 MARCH 2021**

Achievements and Performance

In normal times the Charity runs the following services:

Twice weekly family support drop-ins for families with pre-school aged children.

Courses to assist and support women at risk of domestic abuse and violence (Freedom Programme) - 12 weeks
Follow up courses for women who had already attended the Freedom Programme (Freedom Forever) - 10 weeks
Confidence building courses (All About Me) - 6 weeks

Weekly specialist drop in service for women affected by domestic violence.

Women led peer support and activity group for those affected by domestic abuse

Due to Covid19 and the restrictions this had on face to face meetings including the closure of the community centre for much of the year we were forced to change the way we delivered our services. We quickly came up with new ways of working and supporting our families and service users. We were able to provide support via telephone and on-line delivery platforms such as Whatsapp and Zoom. Our playworker delivered 2 weekly story sessions through Facebook and we have provided support including a number of courses, quizzes and support sessions over Zoom. When restrictions eased we met families and women outside through walk and talks and also in the Community Centre towards the end of 2020 before the most recent lockdown forced the centre to re-close.

Our family support workers continued to provide extensive support to a large number of families located in North Cambridge offering advice, guidance and support on many key areas such as child development, adult relationships, mental health and well being, medical issues and money concerns.

We were fortunate to receive additional emergency funding to support our work, and we thank all our funders for this money including the Big Lottery, Cambridgeshire Police and Crime Commissioner and the CCF. This funding enabled us to provide a high level of support during the pandemic including the supply of emergency food boxes, vouchers and payouts for families facing financial hardship.

Our Freedom Programme and Freedom Forever courses, together with the specialist drop in sessions are all run in small friendly groups and have helped women to be more aware of issues surrounding domestic violence and abuse so they recognise the signs and the impact this may have on both themselves and their children. It gives them the confidence and support to recognise and deal with the issues arising, and by meeting in small groups they are able to share experiences and provide support to each other. Our All About Me courses have enabled vulnerable women to gain confidence and improve their self esteem at an often difficult time in their lives. Whilst we were able to run a small number of courses over Zoom it cannot entirely replace face to face meetings. A number of our funders allowed us to carry over the funds to this financial year where we hope to restart our face to face courses and support sessions, albeit in a covid safe and managed way.

A full report of all our activities and achievements will be presented at the AGM.

Reserves Policy

The Trustees aim to hold reserves sufficient to pay at least one month's operating costs so that an orderly closure of the project could be achieved should this be necessary.

As at 31 March 2021 we held a balance of £15,135 in unrestricted reserves, equivalent to around 6 weeks normal operating expenses.

On behalf of the Board of Trustees:

SHARON LIVERMORE

Trustee name



Trustee signature

**THE MEADOWS CHILDREN AND FAMILY WING
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2021**

I report on the accounts of the Meadows Children and Family Wing for the year ended 31 March 2021 which are set out on pages 4 to 8.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees 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.

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 REPORT

My examination was carried out in accordance with the 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 you as 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 130 of the Charities Act or
- the accounts do not accord with the accounting records

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



Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
Waterbeach
Cambridge
CB25 9RQ

Date: 9.9.2021.

THE MEADOWS CHILDREN AND FAMILY WING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Total 2020 £
INCOME FROM:					
Donations		552	-	552	1,094
Charitable activities	2	-	200,797	200,797	125,857
Total Income		<u>552</u>	<u>200,797</u>	<u>201,349</u>	<u>126,951</u>
EXPENDITURE ON:					
Raising funds	3	-	10,231	10,231	10,654
Charitable activities	4	-	152,604	152,604	127,789
Total Expenditure		<u>-</u>	<u>162,835</u>	<u>162,835</u>	<u>138,443</u>
Net income/(expenditure)		552	37,962	38,514	(11,492)
Transfer between funds		-	-	-	-
Net movement in funds		<u>552</u>	<u>37,962</u>	<u>38,514</u>	<u>(11,492)</u>
Reconciliation of funds					
Total funds brought forward		14,583	16,753	31,336	42,828
Total funds carried forward		<u>15,135</u>	<u>54,715</u>	<u>69,850</u>	<u>31,336</u>

**THE MEADOWS CHILDREN AND FAMILY WING
BALANCE SHEET
AS AT 31 MARCH 2021**

		Unrestricted funds	Restricted funds	Total	Total
	Note	2021 £	2021 £	2021 £	2020 £
Current assets					
Cash at bank and in hand		15,135	50,766	65,901	31,124
Accrued Income		-	4,399	4,399	212
Current Liabilities					
Creditors		-	(450)	(450)	-
Net Assets		<u>15,135</u>	<u>54,715</u>	<u>69,850</u>	<u>31,336</u>
The funds of the charity					
Restricted income funds	6	-	54,715	54,715	16,753
Unrestricted income funds	7	15,135	-	15,135	14,583
		<u>15,135</u>	<u>54,715</u>	<u>69,850</u>	<u>31,336</u>

These financial statements were approved by the trustees on 9.9.2021 and signed on their behalf by:

SHARON LIVERMICEE

Trustee name



Trustee signature

THE MEADOWS CHILDREN AND FAMILY WING
 NOTES TO THE ACCOUNTS
 FOR THE YEAR ENDED 31 MARCH 2021

1. Principal Accounting Policies

The financial statements comply with applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" published in March 2005. A summary of the material accounting policies and estimation techniques adopted follows.

Basis of preparation

The Board prepares its annual financial statements on the basis of historical cost.

Fund accounting

The charity maintains general unrestricted fund representing unrestricted income that is expendable, at the discretion of the trustees, in the furtherance of the objects of the charity. Grant income for specified projects is accounted for within restricted funds.

Incoming resources

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt.

Expenditure

Expenditure is charged to the statement of financial activities on a cash basis and is allocated as follows:

Direct charitable expenditure relates to expenditure incurred in the fulfilment of the objects of the charity.

Management and administration costs relate to expenditure incurred in compliance with constitutional and statutory requirements.

2. Income from Charitable Activities

	Unrestricted funds	Restricted funds	Total	Total
	2021	2021	2021	2020
	£	£	£	£
Cambridge City Council Community Grants	-	57,500	57,500	60,500
The Big Lottery	-	47,994	47,994	-
Cambridgeshire Police and Crime Commissioner	-	27,726	27,726	-
Peoples Postcode Lottery	-	18,959	18,959	-
CCF Outlook Fund	-	12,000	12,000	-
Cambridge City Council Area Committee	-	5,000	5,000	4,000
CCF Coronavirus Emergency Fund	-	4,944	4,944	-
HMRC Job Retention Scheme	-	4,706	4,706	212
The Peoples Health Trust	-	8,799	8,799	11,000
ARM	-	3,000	3,000	2,500
CCF Hopkins Homes	-	2,500	2,500	-
Groundworks Comic Relief	-	2,000	2,000	-
Central Aid	-	1,969	1,969	825
CCF Donation	-	1,800	1,800	-
Cambridge City Foodbank	-	1,000	1,000	-
Groundworks Tesco	-	500	500	-
Neighbourly Fund	-	400	400	-
Cambs County Council Innovate & Cultivate	-	-	-	29,686
Educational Services	-	-	-	7,705
Hayward Foundation	-	-	-	7,000
Charities Trust	-	-	-	1,000
CCF Children's Charity	-	-	-	1,000
Family Action	-	-	-	250
Student Rag	-	-	-	180
	-	200,797	200,797	125,858

The comparatives have been restated to include £212 claimed in April 2020 from the HMRC Job retention

THE MEADOWS CHILDREN AND FAMILY WING
 NOTES TO THE ACCOUNTS
 FOR THE YEAR ENDED 31 MARCH 2021

3. Fundraising activities

	Unrestricted funds	Restricted funds	Total	Total
	2021 £	2021 £	2021 £	2020 £
Salaries and NIC	-	9,967	9,967	10,376
Pension Contributions	-	214	214	218
Printing and Postage	-	50	50	60
	-	10,231	10,231	10,654

4. Charitable activities

	Unrestricted funds	Restricted funds	Total	Total
	2021 £	2021 £	2021 £	2020 £
Salaries and NIC	-	112,831	112,831	98,968
Payments to families, food boxes and vouchers	-	22,730	22,730	976
Office and IT expenditure	-	4,160	4,160	283
Materials	-	2,420	2,420	3,838
Telephone	-	2,326	2,326	1,060
Staff training	-	2,103	2,103	-
Pension contributions	-	1,853	1,853	1,530
Insurance	-	1,110	1,110	1,091
Rent	-	1,013	1,013	17,352
Special projects	-	822	822	337
Stationery, printing and postage	-	550	550	545
Accountancy	-	300	300	300
Equipment	-	152	152	134
Travelling and volunteer expenses	-	133	133	256
Memberships	-	60	60	86
Groceries	-	41	41	1,033
	-	152,604	152,604	127,789

5. Information regarding employees and trustees

	Total 2021 £	Total 2020 £
Gross wages	117,330	104,980
Employer's National Insurance	5,468	4,364
Pension Contributions	2,067	1,748
	124,865	111,092

The average number of employees was 9 (2020:10)

THE MEADOWS CHILDREN AND FAMILY WING
 NOTES TO THE ACCOUNTS
 FOR THE YEAR ENDED 31 MARCH 2021

6. Restricted Funds

	Balance as at 1 April 2020 £	Income £	Expenditure £	Balance as at 31 March 2021 £
Cambridge City Council Community Grants	-	57,500	52,568	4,932
The Big Lottery	-	47,994	47,994	-
Cambridgeshire Police and Crime Commissioner	-	27,726	27,726	-
The Peoples Health Trust	2,382	8,799	11,181	-
Cambridge City Council Area Committee	-	5,000	5,000	-
CCF Coronavirus Emergency Fund	-	4,944	4,944	-
HMRC Job Retention Scheme	-	4,706	4,706	-
CCF Outlook Fund	-	12,000	2,927	9,073
Central Aid	425	1,969	1,794	600
ARM Family Fund	469	3,000	1,478	1,991
Barbara Ward Childrens Foundation	1,227	-	1,017	210
Cambridge City Foodbank	-	1,000	1,000	-
Groundworks Tesco	-	500	500	-
Peoples Postcode Lottery	-	18,959	-	18,959
Hayward Foundation	7,000	-	-	7,000
ARM (CCF)	3,000	-	-	3,000
CCF Hopkins Homes	-	2,500	-	2,500
Groundworks Comic Relief	-	2,000	-	2,000
CCF Donation	-	1,800	-	1,800
Cambridge Childrens' Charity Week Fund	1,000	-	-	1,000
Charities Trust	1,000	-	-	1,000
Neighbourly Fund	-	400	-	400
Family Action	250	-	-	250
	<u>16,753</u>	<u>200,797</u>	<u>162,835</u>	<u>54,715</u>

Emergency Covid Funding

The Big Lottery, CCF, Tesco, Police and Crime Commissioner, HMRC Job Retention Scheme.

Grants to support family drop ins and core activities

Cambridge City Council Community Grants and Area Committee, Student Rag, Barbara Ward and Childrens Charity Week, ARM.

Grants to support the domestic violence and confidence courses and specialist drop ins:

The Peoples Health Trust, Cambridge City Council Community Grants, Peoples Postcode Lottery Outlook Fund, Hayward Foundation, Hopkins Homes, Comic Relief

Central Aid and Family Action grants were received for specific individuals in need and paid out in the form of emergency grants

7. Unrestricted Funds

Balance at 1 April 2020	14,583
Surplus for the year	552
Balance at 31 March 2021	<u>15,135</u>

**THE MEADOWS CHILDREN AND FAMILY WING
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2021**

I report on the accounts of the Meadows Children and Family Wing for the year ended 31 March 2021 which are set out on pages 4 to 8.

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Teresa Reynolds FMAAT ATT
TJR Accounting Ltd
16 Mill Road
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Cambridge
CB25 9RQ

Date: 9.9.2021.