



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 Jawad, 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.

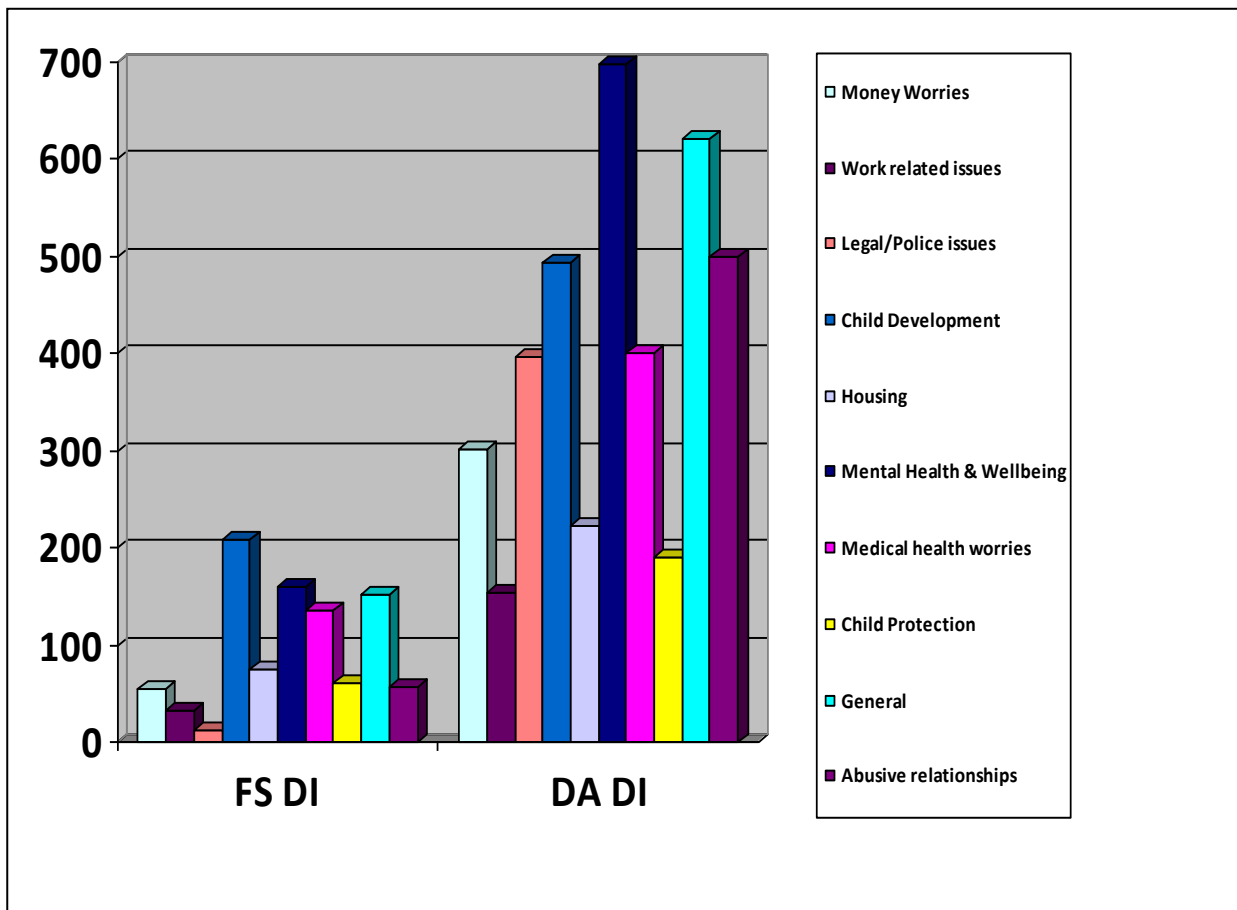
A massive thank you to all the **Volunteers** who have given us their time and shared their skills within the activity sessions, offering singing sessions and art activities.

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.



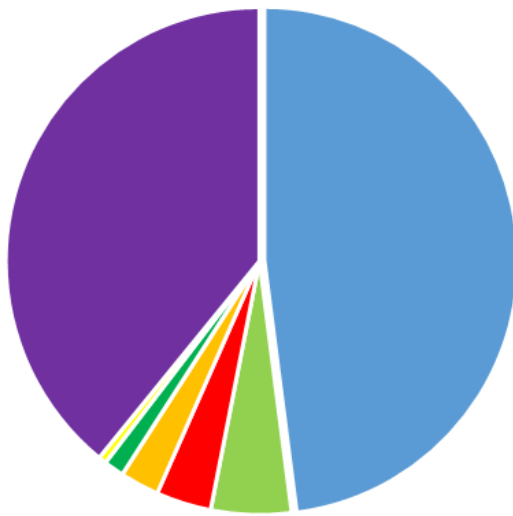
Types of Support sought within all our activities.

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))



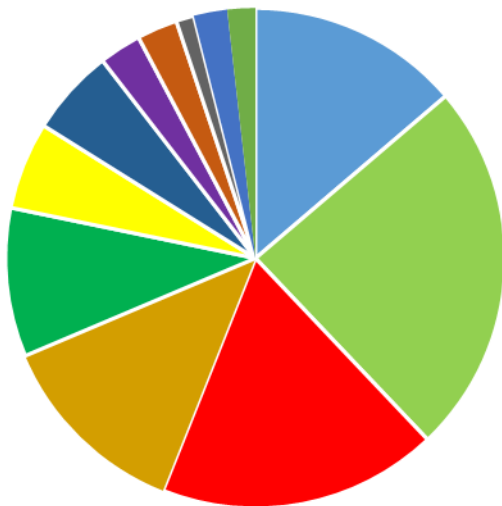
Money Matters for the year ending 31st March 2023

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
- Cambridge City Council - 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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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	Restricted funds	Total	Total
	2023	2023	2023	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
	-	216,717	216,717	150,590

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	<u>4,635</u>
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**

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