



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2023		31	March	2024

## Section A Reference and administration details

Charity name

Family Matters York

Other names charity is known by

Registered charity number (if any) 1088274

Charity's principal address

St Chad's Church, Campleshon Road, York

Postcode

YO23 1EY

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mrs Jill Ross	Co-Chair		
2	Mrs Joanna Bloss	Co-Chair		
3	Mr Howard Landon		1 April 2023 – 14 August 2023	
4	Mr Luke Hale			
5	Dr Linsay Cunningham			
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20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Peter Taylor	36 Alwyne Grove, York YO30 5RT

### Name of chief executive or names of senior staff members (Optional information)

Mrs Kath Weston

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Trust Deed
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointment by trustees meeting in accordance with Declaration of Trust

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

The objectives of the organisation are the advancement of public education in matters concerning marriage, parenting, family life and relationships, with a view to strengthening and enriching family life. The charity continues to work actively towards its objectives.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

In setting the objectives and planning the activities for the year, the trustees have given careful consideration to the Charity Commission's general guidance on public benefit at the trustees' meetings.

The following activities for the public benefit in York and the surrounding area have been undertaken this year:

- Six different parenting courses exploring parenting in the early years, the primary years, and the teenage years; parenting children with additional needs; handling anger in the family; and supporting child emotional wellbeing. All of these courses have taught parents how to recognise problem areas, to reflect on their practice, and to use tools and strategies to improve communication or the handling of difficult situations and to enrich family life.
- The delivery of a mentoring service (called Reconnect) supporting couple relationships, through which client couples meet with a support couple over five sessions. Couples learn from the experience of their mentors and are shown, through role play and examples, how they can strengthen their relationship. Topics discussed include love languages and the importance of showing affection; how to recognise the causes of conflict and ways to manage it more effectively; and strategies for improving communication.
- A number of events aimed at couples in committed relationships which provide information and prompt private discussion between two partners on the following topics: commitment, connection, collaboration and cherishing each other.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

### Summary of the main achievements of the charity during the year

This financial year has seen some staffing changes with the departure of the General Manager in October 2023. We were grateful to have the services of an interim manager while we recruited for a new permanent Charity Manager, who started in March 2024. The team also moved office in September 2023 and we have been made to feel very welcome at St Chad's Church in York.

In total this year we have served 251 individuals. This has been achieved through the following:

- 17 parenting courses (3 of which were delivered online), covering 6 different topic areas, which directly benefitted 181 parents (we estimate that for every parent who attends a further 3 people were impacted, making a total of 543 indirect beneficiaries).
- Six couples embarking on our Reconnect mentoring service.
- Four *Time Out for Couples* events attended by a total of 58 individuals.

Our provision continues to be well received and to make impacts on local families. Eighty-three per cent of parents who attended our parenting courses over this financial year reported an improvement in their relationship with their children, and 92% felt more confident in their parenting since starting on one of our courses.

We invite all participants to provide feedback to inform the development of our provision and to understand our impact. Here is a selection of participants own words about the difference made by attending our courses and events:

*'Things are calmer – we're more consciously topping up our son's self-esteem and checking in on ourselves and our own anger in response to his anger outbursts.'* (Parent)

*'I am more aware of what is going on and better able to understand my children's behaviour.'* (Parent)

*'We communicate a lot better with the skills learnt on the course which has eased family life.'* (Parent)

*'My youngest teen is communicating more openly and says we "get her" now.'* (Parent)

*'I now see us very much as a team, making decisions that are best for us and not individuals. We are happier and more in love.'* (Couple)

*'We have become more open and honest and listening to each other. The relationship has improved.'* (Couple)

*'Less phone time. More couple time. More listening, less judgement.'* (Couple)

This year has been an important one for programme development, in our work with parents and couples. After launching the *A Mind of Their Own* parenting workshop on emotional wellbeing in March 2023, we have run it successfully a further two times. It has also been expanded to form a three-week course following service user and facilitator feedback about needing more time to cover topics in depth. Over the course of the year, we have partnered with a York school and a multi-academy trust (which runs six primary and secondary schools across the city) to offer taster

sessions of two of our parenting courses, immediately followed by the respective full course. The taster sessions were limited to school parents, but the full courses were open to anyone living in the York area. This enabled us to respond to schools' concerns about some of their families' support needs and to ensure our provision remained accessible to all. We continue to work collaboratively with a number of schools and churches to meet the needs of their communities.

Regarding our offer to couples, we have developed and launched a new resource for couples wanting to invest in their relationship. We wanted to make it easier for couples to engage with our support and were aware that our Reconnect mentoring programme of five sessions seemed, to some, like a big step. To help bridge this gap we now provide single session events called *Time Out for Couples*. These evening events provide an opportunity for couples to sit together at a private table and discuss the ideas presented from the front (a mixture of spoken and video content). We successfully ran our first event in June 2023 with three further sessions throughout Autumn 2023 and January 2024.

In August 2023 we launched our new branding and website. We worked hard with a graphic designer through Spring 2023 to develop a visual representation of our charity's identity, reflecting our aims of supporting people to feel more connected with one another and providing them with the tools to strengthen their relationships. We have also worked to increase our online presence and level of engagement on our social media channels.

We have had the valuable support of many volunteers throughout the year through their roles facilitating parenting courses, mentoring couples, and in administration. Some of our services would struggle to run without our dedicated volunteers. This year saw the development of the role of the 'Parenting Co-Facilitator', which is designed as an intermediate step towards becoming a lead Parenting Facilitator. The full facilitator training is costly and an investment worth making if our volunteer facilitators are committed to the role. However, we wanted to offer volunteers the option of trying the role first, through the co-facilitator role. Our Parenting Support Lead delivered the first co-facilitator training in February 2024.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

It is the current policy of the charity to maintain unrestricted funds at a level which equates to at least three months' unrestricted expenditure. This provides sufficient funds to cover management and administration and support costs. Unrestricted funds were maintained at least to this level throughout the year.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

From April 2023-March 2024 our principal sources of funds were:

- Grants – awards from The National Lottery Community Fund, York Common Good Trust, The Albert Hunt Trust and the Feoffees of St Michael's Spurriergate.
- Gifts from regular donors.
- Gifts from donor churches.
- Donations from service users.

## Section F



## Other optional information

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Joanna M Bloss	Jill R Ross
Position (eg Secretary, Chair, etc)	Co Chair	Co chair
Date	14 11 24	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Family Matter York

No 1088274

## Receipts and payments accounts

CC16a

For the period  
from

01/02/2023

To

31/03/2024

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
General Income	12,033	-	-	12,033	11,679
Grants	23,000	-	-	23,000	53,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>35,033</b>	<b>-</b>	<b>-</b>	<b>35,033</b>	<b>64,679</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>35,033</b>	<b>-</b>	<b>-</b>	<b>35,033</b>	<b>64,679</b>
<b>A3 Payments</b>					
Staff Costs	44,080	-	-	44,080	43,794
Office Rent	2,100	-	-	2,100	1,652
Parenting Facilitators	1,435	-	-	1,435	3,259
Marketing	700	-	-	700	700
Professional fees	839	-	-	839	1,186
Office Costs	2,543	-	-	2,543	1,620
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>51,697</b>	<b>-</b>	<b>-</b>	<b>51,697</b>	<b>52,211</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>51,697</b>	<b>-</b>	<b>-</b>	<b>51,697</b>	<b>52,211</b>
<b>Net of receipts/(payments)</b>	<b>- 16,664</b>	<b>-</b>	<b>-</b>	<b>- 16,664</b>	<b>12,468</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>- 16,664</b>	<b>-</b>	<b>-</b>	<b>- 16,664</b>	<b>12,468</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Accounts	32,480	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>32,480</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Jill Ross	Jill Ross	14/11/2024	
	Joanna Bloss	Joanna Bloss	14/11/2024	





Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
Family Matters York

On accounts for the year  
ended

31 March 2024

Charity no  
(if any)

1088274

Set out on pages

7,8

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2024**.

Responsibilities and  
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and 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.

*\* Please delete the words in the brackets if they do not apply.*

Signed:

Date:

14/11/24

Name:

Peter Taylor

Address:

36 Alwyne Grove

York

YO30 5RT

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**