

SOUTHAMPTON FAMILY TRUST

England & Wales · Charity number 1095732

Details

Other names	SOUTHAMPTON COMMUNITY FAMILY TRUST, SCFT
Status	Registered
Legal form	Charitable company
Company number	04559853
Registered	2003-01-31
Register	View on the Charity Commission register

Contact

Address	93 Ethelburt Avenue Southampton SO16 3DF
Phone	07745 977959
Email	info@sftrust.org.uk
Website	www.sftrust.org.uk

Activities

Objects: THE ADVANCEMENT IN THE UNITARY AUTHORITY AREA KNOWN AS SOUTHAMPTON AND THE SURROUNDING AREA OF PUBLIC EDUCATION IN MATTERS CONCERNING INTERPERSONAL RELATIONSHIPS AND LIFE SKILLS AND STRENGTHENING AND ENRICHING FAMILY LIFE MARRIAGE PARENTING AND RELATIONSHIPS AND THE DOING OF ALL SUCH THINGS BEING CHARITABLE IN LAW AS ARE INCIDENTAL OR CONDUCIVE TO THE ATTAINMENT OF THESE OBJECTS

Activities: Southampton Family Trust supports families and children in Southampton, especially those struggling with deprivation, isolation, emotional and mental health issues and/or domestic abuse.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- **Area of benefit:** SOUTHAMPTON AND SURROUNDING AREA
- Southampton City

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£60,519	£50,854	-	-
2023-10-31	£28,531	£59,613	-	-
2022-10-31	£54,695	£49,564	-	-
2021-10-31	£67,570	£42,982	-	-
2020-10-31	£53,201	£42,932	-	-

Trustees

Name	Role	Appointed
Paul Finn	Chair	2016-07-12
Ben Clark		2019-08-09
Janet Johnston		2025-12-02
Janice Finn		2016-07-12
John Richard Deagle		2025-09-30

SOUTHAMPTON FAMILY TRUST

England & Wales - Charity number 1095732

Accounts



SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Report and Financial Statements

For the Year Ended 31 October 2024

Company Number: 04559853

Charity Number: 1095732

SOUTHAMPTON FAMILY TRUST LTD
(A company limited by guarantee)

Company Registration No. 04559853
Charity Registration No. 1095732

Report and Financial Statements

For the year ended 31 October 2024

SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Company number: 04559853

Charity number: 1095732

Contents

	Page
Legal and Administrative Details	1 - 2
Report of the Trustees	3 - 6
Independent Examiners Report	7
Balance Sheet	8
Statement of Financial Activities	9
Notes to the Accounts	10 - 14

SOUTHAMPTON FAMILY TRUST LTD

Company number: 04559853

(A company limited by guarantee)

Charity number: 1095732

Legal and Administrative Details

Report of the Trustees for the year ended 31 October 2024

The trustees present their report and independently examined financial statements for the year ended 31 October 2024.

Reference and Administrative Information

Charity Name:	SOUTHAMPTON FAMILY TRUST LTD
Charity registration number:	04559853
Company registration number:	1095732

Registered Office:	93 Ethelburt Avenue Southampton Hampshire SO16 3DF
--------------------	--

Main operational address:	93 Ethelburt Avenue Southampton Hampshire SO16 3DF
---------------------------	--

Trustees

Graham Salmon	Chair
Alison Jane Sweeney	
Paul Finn	
Janice Finn	
Ben Clark	

Secretary

Helen Savage

Structure, Governance and Management**Governing Document**

SOUTHAMPTON FAMILY TRUST LTD is a charitable company limited by guarantee, incorporated on 10 Oct 2002 and registered as a charity on 31 Jan 2003.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and Appointment of Trustees

Trustees are normally, but not exclusively, recruited from supporters of the charity who are all supportive of our aims and practically involved in the work of the charity. We try to keep a balance of skills and backgrounds to enable the efficient functioning of the group.

Report of the Trustees**Objectives and Activities****Our objectives:**

1. The advancement in the Unitary Authority area known as Southampton and the surrounding area ("the area of benefit") of public education in matters concerning interpersonal relationship and life skills and strengthening and enriching family life marriage parenting and relationships and the doing of all such things being charitable in law as are incidental or conducive to the attainment of these Objects and without prejudice to the generality of the foregoing.
2. By developing long term cultural changes to raise public awareness of the importance of life skills and thus promoting better relationships in the community generally.
3. By offering every couple contemplating marriage or committed relationship, preparation and short courses that give them help with such issues as communication conflict resolution agreeing personal values and budgeting.
4. By giving on-going support for marriage and relationships generally including (but not exclusively) mentoring, step-family support and specialist sources of help when needed.
5. By conducting dialogue with local schools and those involved with post-16 education to help children and adults to learn life skills and values to empower them to make better relationship decisions.
6. By parenting networks so that every parent has the opportunity of relevant parenting support for children from baby to toddler stages acquiring and/or improving skills through the primary school age group and up to and including teenage years.
7. By creating a directory of support services for couples in difficulty and families in crisis so that people are enabled to know where they can go to obtain help with their relationship.

Our methods

- Selection of facilitators (parenting and couple support) on criteria linked to experience, openness to continuous enrichment, interpersonal skills, and a specified level of availability
- Training of facilitators, (which is carried out by qualified trainers and teachers or by experienced qualified volunteers in the use of inventories and facilitation of effective couple dialogue)
- Delivery of evidence based parenting courses
- Highlighting opportunities for the community to support family stability and health
- Identifying initiatives and agencies currently operating in this field
- Resourcing current gaps
- Preparing and delivering courses in a group format and in couple to couple sessions.
- Developing healthy relationship and parenting programmes
- Developing partnerships with other agencies
- Providing information and access to key services
- Exchanging information with other groups
- Development in the application of Prepare Enrich Inventories
- Partnership with local churches

Public Benefit

Southampton Family Trust continues to meet the public benefit requirement and has regard to the Charities Commission guidance on public benefit where relevant.

Southampton Family Trust continues to grow in terms of influence and activity. A significant proportion of work remains in the areas of couple support and parenting. The trust continues to build up its work in other relationship areas, including domestic abuse awareness and the impact of mental health and trauma. Over the year Southampton Family Trust's work has reached over 400 Southampton residents, with additional indirect benefit to their extended families.

Summary and Main Achievements 2023/24

Southampton Family Trust has continued to deliver parenting courses and couple support throughout 2023/24.

Southampton Family Trust continues to provide services to Southampton families largely online. Online courses have been very popular, numbers attending have increased significantly and the attendee retention rate is excellent. Some parents with social anxiety/mental health issues, who would not have considered face to face, have felt able to attend online. An additional benefit is that online courses are less resource intensive than face to face courses, so we are able to deliver more support at less cost. We plan to deliver a mixture of face to face and online courses going forward.

The charity is very thankful for continued support from its funders. Regular giving has been sustained this year, and larger funders have generously continued to fund our work.

Couple support has continued and is being delivered face to face or online (depending on the couple's wishes). We continue to see a high number of referrals. In order to relieve pressure on the waiting list, we continue to run a series of group couple support online modules called "Building Relationships".

Children in Need continue to fund the Strengthening Families course. We delivered three of these courses this year. The courses were online but there was a face to face meet up at the end of each course when all the families and facilitators went bowling. Again, these have been successful. They are popular and well attended.

Here is some feedback from the parents who did the Strengthening Families course this year.

What was the best thing about the course?

"I can't thank SFT enough, the course myself and E attended was fun and informative and everyone was friendly and welcoming."

"The best thing has been realising that I am not on my own. All the kids are in a similar situation and I am not alone."

"I am not alone"

"The same, I am not alone. Also I've had some good information about ways to approach behaviour."

(A company limited by guarantee)

Charity number: 1095732

"I was excited that I am not the only one. I am not on my own."

"Really good fun, great atmosphere. I have done other courses which can be a bit boring. This one had great games. My daughter looked forward to it. It was very friendly."

"Knowing you are not alone. It can feel that it is just you going through it. Having people to share knowledge with has been good. I learnt a lot which I did not know before. I loved both the parents and the kids sessions."

Yellow Door (Southampton based charity providing support to anyone at risk from or affected by domestic abuse and/or sexual violence) and Southampton Family Trust (in partnership), continue to receive funding from the Office of the Police and Crime Commissioner to co-deliver Building Respectful Families. This is a course designed to support families where there is child or adolescent to parent violence. We have delivered two courses this year.

We have continued to run courses for parents of children with neurodivergence. These courses are highly oversubscribed which reflects the needs of parents. This year we ran three x 8 week courses for parents of children with ADHD. Here is some feedback from the parents on one of the ADHD courses.

What was the best thing about the course?

"Thank you for running this course, it's been invaluable... You've all been amazing."

"It's been great hearing others experiences and knowing you're not alone in the issues faced. It's been lovely, insightful and very helpful, thank you."

"It was good to know you're not on your own. Everyone is experiencing the same things, exchanging ideas & suggestions, what works well and what doesn't."

"Helpful listening to other people, getting tips, and I'm not alone."

"I've learnt a lot about ADHD & helpful tips. It's been good to hear from others – everyone is very friendly."

"I've really enjoyed the course. It's nice to know I'm not the only one who's in this position. It's been nice to hear everyone else and how they have ways to cope with children. Also I would like to thank you both [facilitators]."

Southampton Family Trust has continued to benefit from being a member of PIPPA (Prevention and Intervention and Public Protection Alliance) and receives referrals onto parenting courses from domestic abuse agencies.

All courses at Princess Anne Maternity Hospital continue not to take place due to hospital COVID restrictions.

(A company limited by guarantee)

Charity number: 1095732

Financial Review

Southampton Family Trust raised £60,519.12 (2023: £28,531.38) and spent £50,854.37 (2023: £59,613.79). We have continued to be able to meet all our financial commitments throughout the year and we are very grateful for the regular and faithful giving of our donors, our funders and the agencies which commission our services. Our reserves are sufficient to meet liabilities.

Funding was received this year from:

- Children in Need
- Office Police and Crime Commissioner
- National Lottery

Serious Incidents

There were no serious incidents to report. Discussion by the trustees has been built into our annual calendar and will also be addressed on an as needs basis. There is a Serious Incident Policy.

Reserves Policy

SFT's level of reserves was agreed upon by the Trustees after examining the charity's requirements for reserves in the light of the main risks to the organisation. This amount is set on the basis that SFT wishes to have 3 months "running costs" in reserve. In the event of an unexpected significant drop in unrestricted income, we can run the office for a further 3 months, make redundancy payments and finish off all courses which have already started in order to provide continuity of support for parents. Restricted income in respect of courses not yet started will be returned to the funder if the charity cannot continue

SFT's Reserves Policy provides that SFT will maintain reserves of £12,000 (unrestricted funds).

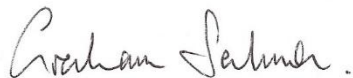
The Trustees declare that they have approved the Report and Financial Statements above.

Signed on behalf of the Charity's trustees

Name: Graham Salmon

Position: Chair

Signature:



Date: 17th July 2025

Name: Paul Finn

Position: Trustee

Signature:



Date: 17th July 2025

(A company limited by guarantee)

Charity number: 1095732

SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Company No. 04559853

Charity No. 1095732

**Independent Examiner's Report to the Trustees of Southampton Family Trust Ltd
on the accounts for the year ended 31 October 2024**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 October 2024 set out on pages 7 to 15.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the directions given by the Charity Commission (under section 145(5)(b)) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention which gives me cause to believe that:

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

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

**Carole Taylor F.C.A.****Independent Examiner**

Smith Newmans, 2 Wessex Business Park, Colden Common, Winchester, Hampshire,
SO21 1WP.

Date: 28/07/2025

BALANCE SHEET AS AT 31 OCTOBER 2024

	<u>Note</u>	<u>2024</u>	<u>2023</u>
		<u>£</u>	<u>£</u>
<u>Fixed Assets</u>	7	258.46	251.40
<u>Current Assets</u>			
Inventory stock		150.00	0.00
Debtors	8	1594.05	2550.66
Cash at bank and in hand:			
Current Account		22930.29	13254.01
Deposit Account		12152.79	12036.50
Direct plus account		7320.86	5160.86
Petty Cash		50.50	0.50
		<u>42454.44</u>	<u>30451.87</u>
		44198.49	33002.53
<u>Liabilities</u>			
Creditors: Amounts falling due within one year:			
Accruals and sundry creditors		7361.66	5823.39
Payments received on account for contracts or performance related grants		0.00	0.00
		<u>7361.66</u>	<u>5823.39</u>
<u>Net Current Assets</u>		36836.83	27179.14
<u>Total Assets less Current Liabilities</u>		<u>37095.29</u>	<u>27430.54</u>
<u>Funds of the Charity</u>			
Unrestricted Funds		24217.18	24028.54
Restricted Funds	6	12878.11	3402.00
		<u>37095.29</u>	<u>27430.54</u>

For the year ending 31/10/2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

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

These accounts are prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

The notes on pages 4 to 6 form part of these accounts

The above financial statements were approved by the directors on 17th July 2025 and signed on their behalf by:

Signed 

Name...Graham Salmon.....

SOUTHAMPTON FAMILY TRUST LTD
STATEMENT OF FINANCIAL ACTIVITIES
(Including Income and Expenditure
Account) **YEAR ENDED 31ST OCTOBER**
2024

Company No: 04559853
Charity No: 1095732

		Note Unrestricted		RestrictedTotal		2023
Income		£	£	£	£	
Income from:						
Donations						
Gifts and Donations Income		19,789.99	-	19,789.99	15,409.74	
Gift Aid Tax Recoverable		1,460.54	-	1,460.54	1,988.18	
Charitable Activities						
Grants	5	-	17,814.00	17,814.00	-	
Commissioned Courses		21,203.30	-	21,203.30	10,826.96	
Other Course Income		135.00	-	135.00	270.00	
Investments						
Interest Received		116.29	-	116.29	36.50	
		<u>42,705.12</u>	<u>17,814.00</u>	<u>60,519.12</u>	<u>28,531.38</u>	
Expenditure						
Expenditure on:						
Commissioned Course Expenses		1,151.49	-	1,151.49	2,158.36	
Other Course Expenses		2,017.46	6,108.48	8,125.94	16,297.64	
Gifts and Donations		275.00	-	275.00	409.10	
Insurance		405.01	-	405.01	399.18	
Payroll Expenses	3	35,441.48	-	35,441.48	32,446.01	
Postage and Delivery		-	-	-	18.14	
Printing and Stationery		58.96	-	58.96	303.44	
Independent Examination		240.00	-	240.00	594.00	
Professional Fees		-	-	-	108.00	
Subscriptions		709.28	-	709.28	580.88	
Rent		2,077.00	-	2,077.00	4,824.00	
Rates		12.14	-	12.14	210.85	
Telephone		219.59	-	219.59	210.72	
Team building and Training		420.62	78.00	498.62	79.31	
Advertising and promotion		43.05	-	43.05	32.55	
Books, DVDs and reference materials		70.20	-	70.20	-	
Other Office Expenses		306.75	-	306.75	302.14	
Computer & software		270.00	-	270.00	23.40	
Website		440.00	-	440.00	364.67	
Depreciation		384.16	-	384.16	251.40	
Loss on disposal of assets		125.70	-	125.70	-	
Materials, admin and support costs		<u>(2,151.41)</u>	<u>2,151.41</u>	<u>-</u>	<u>-</u>	
		<u>42,516.48</u>	<u>8,337.89</u>	<u>50,854.37</u>	<u>59,613.79</u>	
Net Income/(expenditure) for the year		188.64	9,476.11	9,664.75	(31,082.41)	-
Transfers between funds	6	-	-	-	-	
Net movement of funds		<u>188.64</u>	<u>9,476.11</u>	<u>9,664.75</u>	<u>(31,082.41)</u>	
Reconciliation of funds:						
Total Funds brought forward		24,028.54	3,402.00	27,430.54	58,512.95	
Total Funds carried forward		<u>24,217.18</u>	<u>12,878.11</u>	<u>37,095.29</u>	<u>27,430.54</u>	

1) BASIS OF PREPARATION

a) Basis of Accounting

The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006.

The financial statements have also been prepared in accordance with the Statement of Recommended Practice (SORP) : Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

b) Fund Accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for particular purposes (There are no such funds to date)
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor

c) Public benefit

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

d) Going Concern

The Trustees regularly review the financial position of the organisation, and based on the level of reserves, the continuing levels of funding and capacity to manage expenditure, they consider that Southampton Family Trust is a going concern.

2) ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a) INCOME

Recognition of Income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources:
- it is more likely than not that the trustees will receive the resources
- the monetary value can be measured with sufficient reliability

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP)

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP)

Tax reclaims on donations and gifts

Gift Aid recoverable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

Support Costs

The charity has incurred expenditure on support costs.

b) EXPENDITURE AND LIABILITIES

#

Liability Recognition

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

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Redundancy cost

The charity made no redundancy payments during the reporting period.

Deferred income

No material item of deferred income has been included in the accounts

Creditors

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

c) ASSETS

Tangible Fixed Assets

Assets that can be used by the charity for more than one year and costing above £500 are capitalised. Assets are valued at cost less depreciation

Computer Equipment is depreciated on a straight line basis over 4 years.

Stocks and work in progress

Stock of inventories used for charitable activities is valued at the lower of cost and net realisable value.

Debtors

SOUTHAMPTON FAMILY TRUST LTD
NOTES FORMING PART OF THE FINANCIAL
STATEMENTS FOR THE YEAR ENDED 31
OCTOBER 2024

Company No: 04559853
Charity No: 1095732

3) PAID EMPLOYEES

	<u>2024</u>	<u>2023</u>
	£	£
Gross Pay	35,284.03	32,316.16
Employers National Insurance	-	-
Employers Pension	<u>157.45</u>	<u>129.85</u>
	<u><u>35,441.48</u></u>	<u><u>32,446.01</u></u>

The charity employs 4 part time members of office staff who work across all areas of the charity.

Helen Savage, as CEO, has responsibility for directing major activities and resources of the charity. During the year to 31 October 2024 she received remuneration of £17,520 and £2,100 for acting as a course facilitator (2023: £18,950 Total).

No employee received more than £60,000.

No redundancy payments were made by the charity during the year .

4) TAXATION

As a charity, Southampton Family Trust, is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

5) GRANTS RECEIVED

	<u>2024</u>		<u>2023</u>	
	£	£	£	£
	<u>Unrestricted</u>	<u>Restricted</u>	<u>Unrestricted</u>	<u>Restricted</u>
BBC Children In Need	-	8884.00	-	-
National Lottery Community Fund	-	8,930.00	-	-
	<u>0.00</u>	<u>17814.00</u>	<u>0.00</u>	<u>0.00</u>

6) CHARITY FUNDS

6.1 Details of material funds held and movements during the CURRENT reporting period

	<u>At 1 Nov</u>	<u>Incoming</u>	<u>Outgoing</u>	<u>Transfer</u>	<u>At 31 Oct</u>
	<u>2023</u>	<u>resources</u>	<u>resources</u>	<u>of funds</u>	<u>2024</u>
	£	£	£		£
Restricted funds:					
(i) Children In Need - 3	78.00	-	78.00	-	-
(ii) National Lottery funding - ADHD & ASD	-	8,930.00	-	-	8,930.00
(iii) Children In Need - 5	1,644.00	8,884.00	6,579.89	-	3,948.11
(iv) Cash for Kids	1,680.00	-	1,680.00	-	-
Total restricted funds	<u>3,402.00</u>	<u>17,814.00</u>	<u>8,337.89</u>	<u>-</u>	<u>12,878.11</u>
Unrestricted funds:					
General fund	24,028.54	42,705.12	42,516.48	-	24,217.18
Total funds	<u><u>27,430.54</u></u>	<u><u>60,519.12</u></u>	<u><u>50,854.27</u></u>	<u><u>-</u></u>	<u><u>37,095.29</u></u>

6.2**Details of material funds held and movements during the PREVIOUS reporting period**

	<u>At 1 Nov</u> <u>Oct 2022</u> £	<u>Incoming</u> <u>resources</u> £	<u>Outgoing</u> <u>resources</u> £	<u>Transfer</u> <u>of funds</u>	<u>At 31</u> <u>2023</u> £
Restricted funds:					
(i) Children In Need - 3	78.00	-	-	-	78.00
(ii) National lottery	-	-	-	-	-
(iii) Children In Need - 5	10,346.60	-	8,702.60	-	1,644.00
(iv) Cash for Kids	<u>1,680.00</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>1,680.00</u>
Total restricted funds	12,104.60	-	8,702.60	-	3,402.00
Unrestricted funds:					
General fund	46,408.35	28,531.38	50,911.19	-	24,028.54
Total funds	<u>58,512.95</u>	<u>28,531.38</u>	<u>59,613.79</u>	<u>-</u>	<u>27,430.54</u>

(i) BBC Children In Need agreed further funding in September 2016 for Strengthening Families work. At the end of the grant period it was agreed that funds could be carried forward to fund future first aid training

(ii) A grant from The National Lottery Community Fund was awarded on 26.09.2024 to fund one years costs of delivering courses for parents of children with ADHD and Autism.

(iii) BBC Children In Need agreed further funding in April 2021 for Strengthening Families work for a further 3 years.

(iv) A grant of £1680 from Cash for kids was awarded in October 2022 for one years funding of essential items for 48 young people, to help with the cost of living crisis.

7) FIXED ASSETS

		<u>Computer</u> <u>Equipment</u> £
Cost	At 1 November 2023	1005.60
	Additions during the year	516.92
	Disposals	<u>-502.80</u>
	At 31 October 2024	1019.72
Depreciation	At 1 November 2023	754.20
	Charge for the year	384.16
	Disposals	<u>-377.10</u>
	At 31 October 2024	761.26
Net Book Value	At 31 October 2024	<u>258.46</u>
	At 31 October 2023	<u>251.40</u>

8) DEBTORS (recoverable within one year)

	<u>2024</u> £	<u>2023</u> £
Trade Debtors	-	-
Prepayments and accrued Income	304.05	705.66
Other debtors	1290.00	1845.00
	<u>1594.05</u>	<u>2550.66</u>

2) TRUSTEE REMUNERATION AND RELATED PARTY DISCLOSURES

None of the Trustees have been paid any remuneration or received any other benefits from an employment with the charity. No trustee expenses have been incurred.

There have been no related party transactions in the year.

10) POST BALANCE SHEET EVENTS

There are no material post balance sheet events that need to be disclosed and no contingent liabilities to be made at the year end.

SOUTHAMPTON FAMILY TRUST

England & Wales - Charity number 1095732

Accounts



SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Report and Financial Statements

For the Year Ended 31 October 2023

Company Number: 04559853

Charity Number: 1095732

SOUTHAMPTON FAMILY TRUST LTD
(A company limited by guarantee)

Company Registration No. 04559853
Charity Registration No. 1095732

Report and Financial Statements

For the year ended 31 October 2023

SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Company number: 04559853

Charity number: 1095732

Contents

	Page
Legal and Administrative Details	1 - 2
Report of the Trustees	3 - 6
Independent Examiners Report	7
Balance Sheet	8
Statement of Financial Activities	9
Notes to the Accounts	10 - 13

SOUTHAMPTON FAMILY TRUST LTD

Company number: 04559853

(A company limited by guarantee)

Charity number: 1095732

Legal and Administrative Details

Report of the Trustees for the year ended 31 October 2023

The trustees present their report and independently examined financial statements for the year ended 31 October 2023.

Reference and Administrative Information

Charity Name:	SOUTHAMPTON FAMILY TRUST LTD
Charity registration number:	04559853
Company registration number:	1095732

Registered Office:	93 Ethelburt Avenue Southampton Hampshire SO16 3DF
--------------------	--

Main operational address:	93 Ethelburt Avenue Southampton Hampshire SO16 3DF
---------------------------	--

Trustees

Graham Salmon	Chair
Alison Jane Sweeney	
Paul Finn	
Janice Finn	
Ben Clark	

Secretary

Helen Savage

SOUTHAMPTON FAMILY TRUST LTD

Company number: 04559853

(A company limited by guarantee)

Charity number: 1095732

Structure, Governance and Management

Governing Document

SOUTHAMPTON FAMILY TRUST LTD is a charitable company limited by guarantee, incorporated on 10 Oct 2002 and registered as a charity on 31 Jan 2003.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and Appointment of Trustees

Trustees are normally, but not exclusively, recruited from supporters of the charity who are all supportive of our aims and practically involved in the work of the charity. We try to keep a balance of skills and backgrounds to enable the efficient functioning of the group.

Report of the Trustees**Objectives and Activities****Our objectives:**

1. The advancement in the Unitary Authority area known as Southampton and the surrounding area ("the area of benefit") of public education in matters concerning interpersonal relationship and life skills and strengthening and enriching family life marriage parenting and relationships and the doing of all such things being charitable in law as are incidental or conducive to the attainment of these Objects and without prejudice to the generality of the foregoing.
2. By developing long term cultural changes to raise public awareness of the importance of life skills and thus promoting better relationships in the community generally.
3. By offering every couple contemplating marriage or committed relationship, preparation and short courses that give them help with such issues as communication conflict resolution agreeing personal values and budgeting.
4. By giving on-going support for marriage and relationships generally including (but not exclusively) mentoring, step-family support and specialist sources of help when needed.
5. By conducting dialogue with local schools and those involved with post-16 education to help children and adults to learn life skills and values to empower them to make better relationship decisions.
6. By parenting networks so that every parent has the opportunity of relevant parenting support for children from baby to toddler stages acquiring and/or improving skills through the primary school age group and up to and including teenage years.
7. By creating a directory of support services for couples in difficulty and families in crisis so that people are enabled to know where they can go to obtain help with their relationship.

Our methods

- Selection of facilitators (parenting and couple support) on criteria linked to experience, openness to continuous enrichment, interpersonal skills, and a specified level of availability
- Training of facilitators, (which is carried out by qualified trainers and teachers or by experienced qualified volunteers in the use of inventories and facilitation of effective couple dialogue)
- Delivery of evidence based parenting courses
- Highlighting opportunities for the community to support family stability and health
- Identifying initiatives and agencies currently operating in this field
- Resourcing current gaps
- Preparing and delivering courses in a group format and in couple to couple sessions.
- Developing healthy relationship and parenting programmes
- Developing partnerships with other agencies
- Providing information and access to key services
- Exchanging information with other groups
- Development in the application of Prepare Enrich Inventories
- Partnership with local churches

Public Benefit

Southampton Family Trust continues to meet the public benefit requirement and has regard to the Charities Commission guidance on public benefit where relevant.

Southampton Family Trust continues to grow in terms of influence and activity. A significant proportion of work remains in the areas of couple support and parenting. The trust continues to build up its work in other relationship areas, including domestic abuse awareness and the impact of mental health and trauma. Over the year Southampton Family Trust's work has reached over 400 Southampton residents, with additional indirect benefit to their extended families.

Summary and Main Achievements 2022/23

Southampton Family Trust has continued to deliver parenting courses and couple support throughout 2022/23.

Southampton Family Trust continues to provide services to Southampton families largely online. Online courses have been very popular, numbers attending have increased significantly and the attendee retention rate is excellent. Some parents with social anxiety/mental health issues, who would not have considered face to face, have felt able to attend online. An additional benefit is that online courses are less resource intensive than face to face courses, so we are able to deliver more support at less cost. We plan to deliver a mixture of face to face and online courses going forward.

The charity is very thankful for continued support from its funders. Regular giving has been sustained this year, and larger funders have generously continued to fund our work.

Couple support has continued and is being delivered face to face or online (depending on the couple's wishes). We continue to see a high number of referrals. In order to relieve pressure on the waiting list, we created a series of group couple support online modules.

Four online Feelings Affect Behaviour (FAB) courses were delivered in 2022/23. This online course remains popular and well attended. Here is some feedback from parents who attended one of the FAB courses.

"It's been brilliant. Taking away the importance of staying calm, using I messages, helping our daughter become aware of her physical changes and talking to her about the anger river. Going to help her to take time reflect after she has been angry"

"Really benefitted from listening to other parent's contributions. It's been great having space on a Friday morning to sit and talk together - a bit of therapy. Ruth and Kathy [the facilitators] have been so positive, friendly and approachable. I am going to use the work book with my son."

"It's been so useful especially the various techniques such as i messages and positive ways to communicate. The latest videos are really helpful."

"I am keeping calm now - once you lose it then you've lost! Explain the consequences to your child."

(A company limited by guarantee)

Charity number: 1095732

"Using the image of the Anger River with my child but also learning that I need to get out of the anger river myself too! "

Children in Need continue to fund the Strengthening Families course. We delivered three of these courses this year. The courses were online but there was a face to face meet up at the end of each course when all the families and facilitators went bowling. Again, these have been successful. They are popular and well attended.

Yellow Door (Southampton based charity providing support to anyone at risk from or affected by domestic abuse and/or sexual violence) and Southampton Family Trust (in partnership), continue to receive funding from the Office of the Police and Crime Commissioner to co-deliver Building Respectful Families. This is a course designed to support families where there is child or adolescent to parent violence. We ran three Building Respectful Families courses with Yellow Door this year.

We have continued to run courses for parents of children with ADHD and/or autism. These courses continue to be highly oversubscribed. This year we ran one x 4 week course for parents of children with ADHD, two x 4 week course for parents of children with autism, two x 8 week course for parents of children with autism and one x 8 week course for parents of children with ADHD. Two of these courses were run in addition to those planned because of high demand. Here is some feedback from the parents on one of the autism courses.

"It has been good having time out with others – knowing I'm not alone" Will focus more on self care."

"So much information- learnt how to recognise signs of anxiety and how to help prevent meltdowns"

"Good to meet others in the same situation- helpful in every way"

"Learnt loads- great handout booklets which you don't get on all courses- been really important to dedicate time to learn and meet others. You guys [the facilitators] are good at what you do...non judgemental- really enjoyed it thank you"

"Thank you so much...great course ...it has helped me through the process of coming to terms with it all...i know it is real and I have to deal with it....grief and sadness...the course has heled me through it."

"Thank you – its been incredibly useful- my takeaway is self awareness- looking at my on state of mind and how important my reactions are and how they can change a situation with my son"

"Good not to feel alone and also to lean about resources that can help. Thank you."

Southampton Family Trust has continued to benefit from being a member of PIPPA (Prevention and Intervention and Public Protection Alliance) and receives referrals onto parenting courses from domestic abuse agencies.

All courses at Princess Anne Maternity Hospital continue not to take place due to hospital covid restrictions.

Financial Review

Southampton Family Trust raised £28,531.38 (2022: £54,695.75) and spent £59,613.79 (2022: £49,564.47). The amount raised was less because we wished to use funds brought forward from 2021/22. We do not wish to hold large sums in reserve which could be used to benefit families.

(A company limited by guarantee)

Charity number: 1095732

We have continued to be able to meet all our financial commitments throughout the year and we are very grateful for the regular and faithful giving of our donors, our funders and the agencies which commission our services. Our reserves are sufficient to meet liabilities.

Funding was received this year from:

- Children in Need
- Office Police and Crime Commissioner

Serious Incidents

There were no serious incidents to report. Discussion by the trustees has been built into our annual calendar and will also be addressed on an as needs basis. There is a Serious Incident Policy.

Reserves Policy

SFT's level of reserves was agreed upon by the Trustees after examining the charity's requirements for reserves in the light of the main risks to the organisation. This amount is set on the basis that SFT wishes to have 3 months "running costs" in reserve. In the event of an unexpected significant drop in unrestricted income, we can run the office for a further 3 months, make redundancy payments and finish off all courses which have already started in order to provide continuity of support for parents. Restricted income in respect of courses not yet started will be returned to the funder if the charity cannot continue

SFT's Reserves Policy provides that SFT will maintain reserves of £12,000 (unrestricted funds).

The Trustees declare that they have approved the Report and Financial Statements above.

Signed on behalf of the Charity's trustees

Name: Graham Salmon

Position: Chair

Signature:

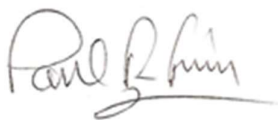


Date: 11th July 2024

Name: Paul Finn

Position: Trustee

Signature:



Date: 11th July 202

Independent Examiner's Report to the Trustees of Southampton Family Trust Ltd on the accounts for the year ended 31 October 2023

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 October 2023 set out on pages 7 to 15.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the directions given by the Charity Commission (under section 145(5)(b)) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention which gives me cause to believe that:

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

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

Carole Taylor

Carole Taylor F.C.A. Independent Examiner

Smith Newmans, 2 Wessex Business Park, Colden Common, Winchester, Hampshire, SO21 1WP.

Date: 17 July 2024

SOUTHAMPTON FAMILY TRUST LTD BALANCE

Company No: 04559853

Charity No: 1095732

SHEET AS AT 31 OCTOBER 2023

	<u>Note</u>	<u>2023</u>	<u>2022</u>
		£	£
<u>Fixed Assets</u>	7	251.40	502.80
<u>Current Assets</u>			
Inventory stock			0.00 60.00
Debtors	8	2550.66	2329.83
Cash at bank and in hand:			
Current Account			
13250.00 Deposit Account			33367.7
12036.50 Direct plus account			12500
5160.86			18000.86
			0.5
Petty Cash	0.50	30451.87	63869.06
		33002.53	66258.89
<u>Liabilities</u>			
Creditors: Amounts falling due within one year:			
Accruals and sundry creditors	5823.39		8248.74
Payments received on account for contracts or performance related grants	0.00		-
		5823.39	8248.74
<u>Net Current Assets</u>		27179.14	58010.15
<u>Total Assets less Current Liabilities</u>		27430.54	58,512.95
<u>Funds of the Charity</u>			
Unrestricted Funds		24028.54	46408.35
Restricted Funds	6	3402.00	12104.6
<u>27430.54</u>			<u>58512.95</u>

For the year ending 31/10/2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

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

These accounts are prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

The notes on pages 4 to 6 form part of these accounts

The above financial statements were approved by the directors on 11th July and signed on their behalf by:

Signed 

Name Graham Salmon

Director of SCFT

SOUTHAMPTON FAMILY TRUST LTD
STATEMENT OF FINANCIAL ACTIVITIES
(Including Income and Expenditure Account)
YEAR ENDED 31ST OCTOBER 2023

Company No: 04559853

Charity No: 1095732

	<u>Note</u>	<u>Unrestricted</u> <u>£</u>	<u>Restricted</u> <u>£</u>	<u>Total</u> <u>£</u>	<u>2022</u> <u>£</u>
<u>Income</u>					
Income from:					
Donations					
Gifts and Donations Income		15,409.74	-	15,409.74	22,790.89
Gift Aid Tax Recoverable		1,988.18	-	1,988.18	1,687.17
Charitable Activities					
- UP-United parents			-	-	-
Grants			-	-	10,574.39
Commissioned Courses			-	10,826.96	16,298.60
Contributions to office costs			-	-	3,342.01
Other Course Income Investments			-	270.00	-
Interest Received	36.50		-	36.50	2.69
		<u>28,531.38</u>	<u>-</u>	<u>28,531.38</u>	<u>54,695.75</u>
<u>Expenditure</u>					
Expenditure on:					
Commissioned Course Expenses		2,158.36	-	2,158.36	6,372.52
UP-United parents		-	-	-	-
Other Course Expenses		11,074.54	5,223.10	16,297.64	10,100.84
Gifts and Donations		409.10	-	409.10	236.99
Insurance		399.18	-	399.18	320.88
Payroll Expenses	3	32,446.01	-	32,446.01	27,197.93
Postage and Delivery		18.14	-	18.14	10.50
Printing and Stationery		303.44	-	303.44	358.71
Independent Examination		594.00	-	594.00	336.00
Professional Fees		108.00	-	108.00	-
Subscriptions		580.88	-	580.88	332.66
Rent		4,824.00	-	4,824.00	2,330.00
Rates		210.85	-	210.85	-
Telephone		210.72	-	210.72	183.10
Team building and Training		79.31	-	79.31	42.30
Advertising and promotion		32.55	-	32.55	-
Virgin money expenses		-	-	-	-
Other Office Expenses		325.54	-	325.54	482.18
Website		364.67	-	364.67	1,008.46
Depreciation		251.40	-	251.40	251.40
Materials, admin and support costs		(3,479.50)	3,479.50	-	-
Net Income/(expenditure) for the year		(22,379.81)	(8,702.60)	(31,082.41)	5,131.28
Transfers between funds	6	-	-	-	-
Net movement of funds		<u>(22,379.81)</u>	<u>(8,702.60)</u>	<u>(31,082.41)</u>	<u>5,131.28</u>
Reconciliation of funds:					
Total Funds brought forward		46,408.35	12,104.60	58,512.95	53,381.67
Total Funds carried forward		<u>24,028.54</u>	<u>3,402.00</u>	<u>27,430.54</u>	<u>58,512.95</u>

1) BASIS OF PREPARATION

a) Basis of Accounting

The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006.

The financial statements have also been prepared in accordance with the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

b) Fund Accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for particular purposes (There are no such funds to date)
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor

c) Public benefit

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

d) Going Concern

The Trustees regularly review the financial position of the organisation, and based on the level of reserves, the continuing levels of funding and capacity to manage expenditure, they consider that Southampton Family Trust is a going concern.

2) ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a) INCOME

Recognition of Income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources:
- it is more likely than not that the trustees will receive the resources
- the monetary value can be measured with sufficient reliability

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP)

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP)

Tax reclaims on donations and gifts

Gift Aid recoverable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

Support Costs

The charity has incurred expenditure on support costs.

b) EXPENDITURE AND LIABILITIES

#

Liability Recognition

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

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Redundancy cost

The charity made no redundancy payments during the reporting period.

Deferred income

No material item of deferred income has been included in the accounts

Creditors

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

c) ASSETS

Tangible Fixed Assets

Assets that can be used by the charity for more than one year and costing above £500 are capitalised.

Assets are valued at cost less depreciation

Computer Equipment is depreciated on a straight line basis over 4 years.

Stocks and work in progress

Stock of inventories used for charitable activities is valued at the lower of cost and net realisable value.

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently they are measured at the cash or other consideration expected to be received.

SOUTHAMPTON FAMILY TRUST LTD
NOTES FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023

Company No: 04559853
Charity No: 1095732

3) PAID EMPLOYEES

	<u>2023</u>	<u>22</u>
	£	£
Gross Pay	32,316.16	27,83.97
Employers National Insurance	-	- 13.96
Employers Pension	129.85	197.93
	<u>32,446.01</u>	

The charity employs 3 part time members of office staff who work across all areas of the charity.

Helen Savage, as CEO, has responsibility for directing major activities and resources of the charity. During the year to 31 October 2023 she received remuneration of £16,290 and £2660 for acting as a course facilitator (2022: £15,430 Total).

No employee received more than £60,000.

No redundancy payments were made by the charity during the year .

4) TAXATION

As a charity, Southampton Community Family Trust, is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

5) GRANTS RECEIVED

	<u>2023</u>		<u>2022</u>	
	£	£	£	£
	<u>Unrestricted</u>	<u>Restricted</u>	<u>Unrestricted</u>	<u>Restricted</u>
BBC Children In Need	-	0.00	-	8894.39
Cash for Kids	-	0.00	-	1,680.00
National Lottery Community Fund	-	-	-	0.00
Garfield Weston Foundation	-	-	-	-
Hampshire & IOW	-	-	-	-
	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>10574.39</u>

6) CHARITY FUNDS

6.1 Details of material funds held and movements during the CURRENT reporting period

	<u>At 1 Nov</u>	<u>Incoming</u>	<u>Outgoing</u>	<u>Transfer</u>	<u>At 31 Oct</u>
	<u>2022</u>	<u>resources</u>	<u>resources</u>	<u>of funds</u>	<u>2023</u>
	£	£	£		£
Restricted funds:					
(i) Children In Need - 3	78.00	-	-	-	78.00
(iii) Children In Need - 5	10,346.60	-	8,702.60	-	1,644.00
(iv) Cash for Kids	1,680.00	-	-	-	1,680.00
Total restricted funds	12,104.60	-	8,702.60	-	3,402.00
Unrestricted funds:					
General fund	46,408.35	28,531.38	50,911.19	-	24,028.54
Total funds	<u>58,512.95</u>	<u>28,531.38</u>	<u>59,613.69</u>	<u>-</u>	<u>27,430.54</u>

6.2 Details of material funds held and movements during the PREVIOUS reporting period

	<u>At 1 Nov</u> <u>2021</u>	<u>Incoming</u> <u>resources</u>	<u>Outgoing</u> <u>resources</u>	<u>Transfer</u> <u>of funds</u>	<u>At 31 Oct</u> <u>2022</u>
	£	£	£		£
Restricted funds:					
(i) Children In Need - 3	78.00	-	-		78.00
(ii) National lottery	5,797.77	-	5,797.77		-
(iii) Children In Need - 5	8,144.58	8,894.39	6,692.37		10,346.60
(iv) Cash for Kids			-	-	1,680.00
Total restricted funds		<u>1,680.00</u>	<u>12,490.14</u>	-	<u>10,424.60</u>
Unrestricted funds:					
General fund	39,361.32	44,121.36	37,074.33	-	46,408.35
Total funds	<u>53,381.67</u>	<u>53,015.75</u>	<u>49,564.47</u>	-	<u>56,832.95</u>

(i) BBC Children In Need agreed further funding in September 2016 for Strengthening Families work. At the end of the grant period it was agreed that funds could be carried forward to fund future first aid training

(ii) A grant from The National Lottery Community Fund was awarded in May 2021 to fund one years costs of training facilitators for the Care for the Family Course for parents of children with special needs and delivering the course.

(iii) BBC Children In Need agreed further funding in April 2021 for Strengthening Families work for a further 3 years.

(iv) A grant of £1680 from Cash for kids was awarded in October 2022 for one years funding of essential items for 48 young people, to help with the cost of living crisis.

7) FIXED ASSETS

		<u>Computer</u> <u>Equipment</u>
Cost		£
At 1 November 2022		1005.60
Additions during the year		0.00
At 31 October 2023		<u>1005.60</u>
Depreciation		
At 1 November 2022		502.80
Charge for the year		251.40
At 31 October 2023		<u>754.20</u>
Net Book Value		
At 31 October 2023		<u>251.40</u>
At 31 October 2022		<u>502.80</u>

8) DEBTORS (recoverable within one year)

	<u>2023</u>	<u>2022</u>
	£	£
Trade Debtors	-	-
Prepayments and accrued Income	705.66	642.66
Other debtors	1845.00	1687.17
	<u>2550.66</u>	<u>2329.83</u>

9) TRUSTEE REMUNERATION AND RELATED PARTY DISCLOSURES

None of the Trustees have been paid any remuneration or received any other benefits from an employment with the charity. No trustee expenses have been incurred.

There have been no related party transactions in the year.

10) POST BALANCE SHEET EVENTS

There are no material post balance sheet events that need to be disclosed and no contingent liabilities to be made at the year end.

SOUTHAMPTON FAMILY TRUST

England & Wales - Charity number 1095732

Accounts



Southampton Family Trust Ltd

(A company limited by guarantee)

Report and Financial Statements

For the Year Ended 31 October 2022

Company Number: 04559853

Charity Number: 1095732

SOUTHAMPTON FAMILY TRUST LTD
(A company limited by guarantee)

Company Registration No. 04559853
Charity Registration No. 1095732

Report and Financial Statements

For the year ended 31 October 2022

Contents

	Page
Legal and Administrative Details	1 - 2
Report of the Trustees	3 - 6
Independent Examiners Report	7
Balance Sheet	8
Statement of Financial Activities	9
Notes to the Accounts	10 - 13

Legal and Administrative Details

Report of the Trustees for the year ended 31 October 2022

The trustees present their report and independently examined financial statements for the year ended 31 October 2022.

Reference and Administrative Information

Charity Name:	SOUTHAMPTON FAMILY TRUST LTD
Charity registration number:	04559853
Company registration number:	1095732

Registered Office:	93 Ethelburt Avenue Southampton Hampshire SO16 3DF
--------------------	--

Main operational address:	Director Generals House 15 Rockstone Place Southampton Hampshire SO15 2EP
---------------------------	--

Trustees

Graham Salmon - Jonathan Paul Sweeney Alison Jane Sweeney Paul Finn Janice Finn Ben Clark	Chair
--	-------

Secretary

Helen Savage

Structure, Governance and Management

Governing Document

SOUTHAMPTON FAMILY TRUST LTD is a charitable company limited by guarantee, incorporated on 10 Oct 2002 and registered as a charity on 31 Jan 2003.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and Appointment of Trustees

Trustees are normally, but not exclusively, recruited from supporters of the charity who are all supportive of our aims and practically involved in the work of the charity. We try to keep a balance of skills and backgrounds to enable the efficient functioning of the group.

Report of the Trustees

Objectives and Activities

Our objectives:

1. The advancement in the Unitary Authority area known as Southampton and the surrounding area ("the area of benefit") of public education in matters concerning interpersonal relationship and life skills and strengthening and enriching family life marriage parenting and relationships and the doing of all such things being charitable in law as are incidental or conducive to the attainment of these Objects and without prejudice to the generality of the foregoing.
2. By developing long term cultural changes to raise public awareness of the importance of life skills and thus promoting better relationships in the community generally.
3. By offering every couple contemplating marriage or committed relationship, preparation and short courses that give them help with such issues as communication conflict resolution agreeing personal values and budgeting.
4. By giving on-going support for marriage and relationships generally including (but not exclusively) mentoring, step-family support and specialist sources of help when needed.
5. By conducting dialogue with local schools and those involved with post-16 education to help children and adults to learn life skills and values to empower them to make better relationship decisions.
6. By parenting networks so that every parent has the opportunity of relevant parenting support for children from baby to toddler stages acquiring and/or improving skills through the primary school age group and up to and including teenage years.
7. By creating a directory of support services for couples in difficulty and families in crisis so that people are enabled to know where they can go to obtain help with their relationship.

Our methods

- Selection of facilitators (parenting and couple support) on criteria linked to experience, openness to continuous enrichment, interpersonal skills, and a specified level of availability
- Training of facilitators, (which is carried out by qualified trainers and teachers or by experienced qualified volunteers in the use of inventories and facilitation of effective couple dialogue)
- Delivery of evidence based parenting courses
- Highlighting opportunities for the community to support family stability and health
- Identifying initiatives and agencies currently operating in this field
- Resourcing current gaps
- Preparing and delivering courses in a group format and in couple to couple sessions.
- Developing healthy relationship and parenting programmes
- Developing partnerships with other agencies
- Providing information and access to key services
- Exchanging information with other groups
- Development in the application of Prepare Enrich Inventories
- Partnership with local churches

Public Benefit

Southampton Family Trust continues to meet the public benefit requirement and has regard to the Charities Commission guidance on public benefit where relevant.

Southampton Family Trust continues to grow in terms of influence and activity. A significant proportion of work remains in the areas of couple support and parenting. The trust continues to build up its work in other relationship areas, including domestic abuse awareness and the impact of mental health and trauma. Over the year Southampton Family Trust's work has reached about 300 Southampton residents, with additional indirect benefit to their extended families. This is a reduction from previous years due to the impact of the pandemic.

Summary and Main Achievements 2021/22

Southampton Family Trust has continued to deliver parenting courses and couple support throughout 2021/22.

Southampton Family Trust adapted to the restrictions imposed by covid/lockdown and continued to provide services to Southampton families online. Online courses have been very popular, numbers attending have increased significantly and the attendee retention rate is excellent. Some parents with social anxiety/mental health issues, who would not have considered face to face, have felt able to attend online. An additional benefit is that online courses are less resource intensive than face to face courses, so we are able to deliver more support at less cost. We plan to deliver a mixture of face to face and online courses going forward.

The charity is very thankful for continued support from its funders. Regular giving has been sustained this year, and larger funders have generously continued to fund our work.

Couple support has continued and is back to being delivered face to face. This year we have been overwhelmed with referrals. In order to relieve pressure on the waiting list, we plan to create a series of group couple support online modules.

Three online Feelings Affect Behaviour (FAB) courses were delivered in 2021/22. This online course remains popular and well attended.

"It's been brilliant. Taking away the importance of staying calm, using I messages, helping our daughter become aware of her physical changes and talking to her about the anger river. Going to help her to take time reflect after she has been angry"

"Really benefitted from listening to other parent's contributions. It's been great having space on a Friday morning to sit and talk together - a bit of therapy. The facilitators have been so positive, friendly and approachable. I am going to use the workbook with my son."

"It's been so useful especially the various techniques such as i messages and positive ways to communicate. The latest videos are really helpful."

Children in Need, kindly supported us in adapting the Strengthening Families course to run online and we delivered three of these courses this year. Again, these have been successful. They are popular and well attended.

Yellow Door (Southampton based charity providing support to anyone at risk from or affected by domestic abuse and/or sexual violence) and Southampton Family Trust (in partnership), have been granted repeat funding from the Office of the Police and Crime Commissioner to co-deliver Building Respectful Families. This is a course designed to support families where there is child or adolescent to parent violence. This application for funding was designed to help fill a gap in local provision. We ran three Building Respectful Families courses with Yellow Door this year.

Last year we received funding from the National Lottery to provide support for parents of children with additional needs. We have adapted the provision in light of parent feedback and this year have run courses specifically for parents of children with ADHD or autism. These courses have been oversubscribed. We will be continuing to run them next year.

"I've enjoyed the course- an open and safe place. Everyone has shown empathy. It has been powerful, and you do good teamwork. "

"I found it really, really good. I love the booklets and gifts you sent at the beginning. I love everyone in the group and thank you"

"I liked learning about the brain. Nice to know we aren't on our own. Brilliant course and glad I did it. I have told my support worker how good it is.... been amazing"

"This course has given me a new enthusiasm –new lease of life to tackle issues and reframe how I treat [child's name]. We are very grateful"

"I've learned a lot, really enjoyed it, it's been life changing. I've got to know everyone who have gone through similar things. The facilitators have been nice. Thank you."

Southampton Family Trust has continued to benefit from being a member of PIPPA (Prevention and Intervention and Public Protection Alliance) and receives referrals onto parenting courses from domestic abuse agencies.

All courses at Princess Anne Maternity Hospital continue not to take place due to hospital covid restrictions.

Financial Review

Southampton Family Trust raised £54,695.75 (2021: £67,569.59) and spent £49,564.47 (2021: £42,982.08). We have continued to be able to meet all our financial commitments throughout the year and we are very grateful for the regular and faithful giving of our donors, our funders and the agencies which commission our services. Our reserves are sufficient to meet liabilities.

Funding was received this year from:

- Children in Need
- Office Police and Crime Commissioner
- National Lottery.

Serious Incidents

There were no serious incidents to report. Discussion by the trustees has been built into our annual calendar and will also be addressed on an as needs basis. There is a Serious Incident Policy.

Reserves Policy

SFT's level of reserves was agreed upon by the Trustees after examining the charity's requirements for reserves in the light of the main risks to the organisation. This amount is set on the basis that SFT wishes to have 3 months "running costs" in reserve. In the event of an unexpected significant drop in unrestricted income, we can run the office for a further 3 months, make redundancy payments and finish off all courses which have already started in order to provide continuity of support for parents. Restricted income in respect of courses not yet started will be returned to the funder if the charity cannot continue

SFT's Reserves Policy provides that SFT will maintain reserves of £12,000 (unrestricted funds).

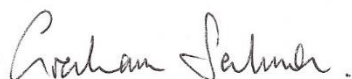
The Trustees declare that they have approved the Report and Financial Statements above.

Signed on behalf of the Charity's trustees

Name: Graham Salmon

Position: Chair

Signature:



Date: 20th July 2023

Name: Paul Finn

Position: Trustee

Signature:



Date: 20th July 2023

SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Company No. 04559853

Charity No. 1095732

Independent Examiner's Report to the Trustees of Southampton Family Trust Ltd on the accounts for the year ended 31 October 2022

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 October 2022 set out on pages 7 to 15.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the directions given by the Charity Commission (under section 145(5)(b)) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention which gives me cause to believe that:

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

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



**Carole Taylor F.C.A.
Independent Examiner**

Smith Newmans, 2 Wessex Business Park, Colden Common, Winchester, Hampshire,
SO21 1WP.

Date: 20/07/2023

BALANCE SHEET AS AT 31 OCTOBER 2022

	<u>Note</u>	<u>2022</u>	<u>2021</u>
		<u>£</u>	<u>£</u>
<u>Fixed Assets</u>	7	502.80	754.20
<u>Current Assets</u>			
Inventory stock		60.00	60.00
Debtors	8	2329.83	3676.79
Cash at bank and in hand:			
Current Account		33367.70	1548.51
Deposit Account		12500.00	33671.08
Direct plus account		18000.86	15250.86
Petty Cash		0.50	16.44
		<u>63869.06</u>	<u>50486.89</u>
		66258.89	54223.68
<u>Liabilities</u>			
Creditors: Amounts falling due within one year:			
Accruals and sundry creditors		8248.74	1596.21
Payments received on account for contracts or performance related grants		0.00	-
		<u>8248.74</u>	<u>1596.21</u>
<u>Net Current Assets</u>		58010.15	52627.47
<u>Total Assets less Current Liabilities</u>		<u>58512.95</u>	<u>53381.67</u>
<u>Funds of the Charity</u>			
Unrestricted Funds		46408.35	39361.32
Restricted Funds	6	12104.60	14020.35
		<u>58512.95</u>	<u>53381.67</u>

For the year ending 31/10/2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

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

These accounts are prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

The notes on pages 4 to 6 form part of these accounts

The above financial statements were approved by the directors on 20th July 2023 and signed on their behalf by:

Signed.....
Name.....
Graham Salmon

Director of SCFT

SOUTHAMPTON FAMILY TRUST LTD
STATEMENT OF FINANCIAL ACTIVITIES
(Including Income and Expenditure Account)
YEAR ENDED 31ST OCTOBER 2022

Company No: 04559853
Charity No: 1095732

	<u>Note</u>	<u>Unrestricted</u> <u>£</u>	<u>Restricted</u> <u>£</u>	<u>Total</u> <u>£</u>	<u>2021</u> <u>£</u>
<u>Income</u>					
Income from:					
Donations					
Gifts and Donations Income		22,790.89	-	22,790.89	21,488.40
Gift Aid Tax Recoverable		1,687.17	-	1,687.17	2,373.74
Charitable Activities					
UP-United parents		-	-	-	3,300.00
Grants	5	-	10,574.39	10,574.39	25,034.00
Commissioned Courses		16,298.60	-	16,298.60	9,271.90
Contributions to office costs		3,342.01	-	3,342.01	5,940.95
Other Course Income		-	-	-	151.25
Investments					
Interest Received		2.69	-	2.69	9.35
		<u>44,121.36</u>	<u>10,574.39</u>	<u>54,695.75</u>	<u>67,569.59</u>
<u>Expenditure</u>					
Expenditure on:					
Commissioned Course Expenses		6,372.52	-	6,372.52	6,290.52
UP-United parents		-	-	-	2,026.11
Other Course Expenses		1,150.80	8,950.04	10,100.84	1,558.15
Grobrain		-	-	-	18.39
Gifts and Donations		236.99	-	236.99	420.98
Insurance		320.88	-	320.88	320.88
Payroll Expenses	3	27,197.93	-	27,197.93	26,640.00
Postage and Delivery		10.50	-	10.50	18.90
Printing and Stationery		358.71	-	358.71	188.27
Independent Examination		336.00	-	336.00	300.00
Professional Fees		-	-	-	136.80
Subscriptions		332.66	-	332.66	172.68
Rent		2,330.00	-	2,330.00	3,000.00
Telephone		183.10	-	183.10	80.00
Training		42.30	-	42.30	-
Advertising and promotion		-	-	-	33.81
Virgin money expenses		-	-	-	180.00
Other Office Expenses		482.18	-	482.18	453.79
Website		1,008.46	-	1,008.46	891.40
Depreciation		251.40	-	251.40	251.40
Materials, admin and support costs		(3,540.10)	3,540.10	-	-
		<u>37,074.33</u>	<u>12,490.14</u>	<u>49,564.47</u>	<u>42,982.08</u>
Net Income/(expenditure) for the year		7,047.03	(1,915.75)	5,131.28	24,587.51
Transfers between funds	6	-	-	-	-
Net movement of funds		<u>7,047.03</u>	<u>(1,915.75)</u>	<u>5,131.28</u>	<u>24,587.51</u>
Reconciliation of funds:					
Total Funds brought forward		39,361.32	14,020.35	53,381.67	28,794.16
Total Funds carried forward		<u>46,408.35</u>	<u>12,104.60</u>	<u>58,512.95</u>	<u>53,381.67</u>

1) BASIS OF PREPARATION

a) Basis of Accounting

The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006.

The financial statements have also been prepared in accordance with the Statement of Recommended Practice (SORP) : Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

b) Fund Accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for particular purposes (There are no such funds to date)
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor

c) Public benefit

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

d) Going Concern

The Trustees regularly review the financial position of the organisation, and based on the level of reserves, the continuing levels of funding and capacity to manage expenditure, they consider that Southampton Family Trust is a going concern.

2) ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a) INCOME

Recognition of Income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources
- the monetary value can be measured with sufficient reliability

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP)

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP)

Tax reclaims on donations and gifts

Gift Aid recoverable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

Support Costs

The charity has incurred expenditure on support costs.

b) EXPENDITURE AND LIABILITIES

Liability Recognition

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

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Redundancy cost

The charity made no redundancy payments during the reporting period.

Deferred income

No material item of deferred income has been included in the accounts

Creditors

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

c) ASSETS

Tangible Fixed Assets

Assets that can be used by the charity for more than one year and costing above £500 are capitalised.

Assets are valued at cost less depreciation

Computer Equipment is depreciated on a straight line basis over 4 years.

Stocks and work in progress

There are no material post balance sheet events that need to be disclosed and no contingent liabilities to be disclosed at the year end.

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently they are measured at the cash or other consideration expected to be received.

SOUTHAMPTON FAMILY TRUST LTD
NOTES FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022

Company No: 04559853
Charity No: 1095732

3) PAID EMPLOYEES

	<u>2022</u>	<u>2021</u>
	£	£
Gross Pay	27,183.97	26,640.00
Employers National Insurance	-	-
Employers Pension	13.96	-
	<u>27,197.93</u>	<u>26,640.00</u>

The charity employs 3 part time members of office staff who work across all areas of the charity.

Helen Savage, as CEO, has responsibility for directing major activities and resources of the charity. During the year to 31 October 2022 she received remuneration of £12,600 and £2830 for acting as a course facilitator (2021: £12,910 Total).

No employee received more than £60,000.

No redundancy payments were made by the charity during the year .

4) TAXATION

As a charity, Southampton Community Family Trust, is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

5) GRANTS RECEIVED

	<u>2022</u>	<u>2021</u>
	£	£
	<u>Unrestricted</u>	<u>Restricted</u>
BBC Children In Need	-	8894.39
Cash for Kids	-	1680.00
National Lottery Community Fund	-	-
Garfield Weston Foundation	-	6,000.00
Hampshire & IOW	-	3,631.00
	<u>0.00</u>	<u>10574.39</u>
	<u>0.00</u>	<u>15403.00</u>

6) CHARITY FUNDS

6.1 Details of material funds held and movements during the CURRENT reporting period

	<u>At 1 Nov</u>	<u>Incoming</u>	<u>Outgoing</u>	<u>Transfer</u>	<u>At 31 Oct</u>
	<u>2021</u>	<u>resources</u>	<u>resources</u>	<u>of funds</u>	<u>2022</u>
	£	£	£		£
Restricted funds:					
(i) Children In Need - 3	78.00	-	-	-	78.00
(iv) National lottery	5,797.77	-	5,797.77	-	-
(v) Children In Need - 5	8,144.58	8,894.39	6,692.37	-	10,346.60
(vi) Cash for Kids	-	1,680.00	-	-	1,680.00
Total restricted funds	<u>14,020.35</u>	<u>10,574.39</u>	<u>12,490.14</u>	<u>-</u>	<u>12,104.60</u>
Unrestricted funds:					
General fund	39,361.32	44,121.36	37,074.33	-	46,408.35
Total funds	<u>53,381.67</u>	<u>54,695.75</u>	<u>49,564.37</u>	<u>-</u>	<u>58,512.95</u>

6.2 Details of material funds held and movements during the PREVIOUS reporting period

	<u>At 1 Nov</u> <u>2020</u>	<u>Incoming</u> <u>resources</u>	<u>Outgoing</u> <u>resources</u>	<u>Transfer</u> <u>of funds</u>	<u>At 31 Oct</u> <u>2021</u>
	£	£	£		£
Restricted funds:					
(i) Children In Need - 3	78.00	-	-		78.00
(ii) Children In Need - 4	3,000.00	-	3,000.00		-
(iii) Henry Smith Charity	1,667.00	-	1,667.00		-
(iv) National lottery	-	6,518.00	720.00		5,798.00
(v) Children In Need - 5	-	8,885.00	740.42		8,144.58
Total restricted funds	4,745.00	15,403.00	6,127.42	-	14,020.58
Unrestricted funds:					
General fund	24,049.00	52,166.59	36,854.66	-	39,360.93
Total funds	<u>28,794.00</u>	<u>67,569.59</u>	<u>42,982.08</u>	<u>-</u>	<u>53,381.51</u>

(i) BBC Children In Need agreed further funding in September 2016 for Strengthening Families work. At the end of the grant period it was agreed that funds could be carried forward to fund future first aid training

(ii) BBC Children In Need agreed further funding in September 2017 for Strengthening Families work

(iii) A grant from The Henry Smith Charity was awarded in June 2017 to fund one years running costs on projects providing support to families. A second grant for one year was received January 2019.

(iv) A grant from The National Lottery Community Fund was awarded in May 2021 to fund one years costs of training facilitators for the Care for the Family Course for parents of children with special needs and delivering the course.

(v) BBC Children In Need agreed further funding in April 2021 for Strengthening Families work for a further 3 years.

(vi) A grant of £1680 from Cash for kids was awarded in October 2022 for one years funding of essential items for 48 young people, to help with the cost of living crisis.

7) FIXED ASSETS

		<u>Computer</u> <u>Equipment</u>
Cost		£
	At 1 November 2021	1005.60
	Additions during the year	0.00
	At 31 October 2022	<u>1005.60</u>
Depreciation		
	At 1 November 2021	251.40
	Charge for the year	251.40
	At 31 October 2022	<u>502.80</u>
Net Book Value		
	At 31 October 2022	<u>502.80</u>
	At 31 October 2021	<u>754.20</u>

8) DEBTORS (recoverable within one year)

	<u>2022</u>	<u>2021</u>
	£	£
Trade Debtors	-	-
Prepayments and accrued Income	642.66	762.56
Other debtors	1687.17	2914.23
	<u>2329.83</u>	<u>3676.79</u>

9) TRUSTEE REMUNERATION AND RELATED PARTY DISCLOSURES

None of the Trustees have been paid any remuneration or received any other benefits from an employment with the charity. No trustee expenses have been incurred.

There have been no related party transactions in the year.

10) POST BALANCE SHEET EVENTS

There are no material post balance sheet events that need to be disclosed and no contingent liabilities to be disclosed at the year end.

SOUTHAMPTON FAMILY TRUST

England & Wales - Charity number 1095732

Accounts



Southampton Family Trust Ltd

(A company limited by guarantee)

Report and Financial Statements

For the Year Ended 31 October 2021

Company Number: 04559853

Charity Number: 1095732

SOUTHAMPTON FAMILY TRUST LTD
(A company limited by guarantee)

Company Registration No. 04559853
Charity Registration No. 1095732

Report and Financial Statements

For the year ended 31 October 2021

SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Company number: 04559853

Charity number: 1095732

Contents

	Page
Legal and Administrative Details	1
Report of the Trustees	2
Independent Examiners Report	6
Balance Sheet	7
Statement of Financial Activities	8
Notes to the Accounts	9 - 12

Legal and Administrative Details**1****Report of the Trustees for the year ended 31 October 2021**

The trustees present their report and independently examined financial statements for the year ended 31 October 2021.

Reference and Administrative Information

Charity Name: SOUTHAMPTON FAMILY TRUST LTD

Charity registration number: 04559853

Company registration number: 1095732

Registered Office: 93 Ethelburt Avenue
Southampton
Hampshire SO16 3DF

Main operational address: 93 Ethelburt Avenue
Southampton
Hampshire SO16 3DF

Trustees

Graham Salmon -	Chair
Jonathan Paul Sweeney	
Alison Jane Sweeney	
Paul Finn	
Janice Finn	
Ben Clark	

Secretary

Helen Savage

Structure, Governance and Management**Governing Document**

SOUTHAMPTON FAMILY TRUST LTD is a charitable company limited by guarantee, incorporated on 10 Oct 2002 and registered as a charity on 31 Jan 2003.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and Appointment of Trustees

Trustees are normally, but not exclusively, recruited from supporters of the charity who are all supportive of our aims and practically involved in the work of the charity. We try to keep a balance of skills and backgrounds to enable the efficient functioning of the group.

Report of the Trustees**2****Objectives and Activities****Our objectives:**

1. The advancement in the Unitary Authority area known as Southampton and the surrounding area ("the area of benefit") of public education in matters concerning interpersonal relationship and life skills and strengthening and enriching family life marriage parenting and relationships and the doing of all such things being charitable in law as are incidental or conducive to the attainment of these Objects and without prejudice to the generality of the foregoing.
2. By developing long term cultural changes to raise public awareness of the importance of life skills and thus promoting better relationships in the community generally.
3. By offering every couple contemplating marriage or committed relationship, preparation and short courses that give them help with such issues as communication conflict resolution agreeing personal values and budgeting.
4. By giving on-going support for marriage and relationships generally including (but not exclusively) mentoring, step-family support and specialist sources of help when needed.
5. By conducting dialogue with local schools and those involved with post-16 education to help children and adults to learn life skills and values to empower them to make better relationship decisions.
6. By parenting networks so that every parent has the opportunity of relevant parenting support for children from baby to toddler stages acquiring and/or improving skills through the primary school age group and up to and including teenage years.
7. By creating a directory of support services for couples in difficulty and families in crisis so that people are enabled to know where they can go to obtain help with their relationship.

Our methods

- Selection of facilitators (parenting and couple support) on criteria linked to experience, openness to continuous enrichment, interpersonal skills, and a specified level of availability
- Training of facilitators, (which is carried out by qualified trainers and teachers or by experienced qualified volunteers in the use of inventories and facilitation of effective couple dialogue)
- Delivery of evidence based parenting courses.
- Highlighting opportunities for the community to support family stability and health
- Identifying initiatives and agencies currently operating in this field
- Resourcing current gaps (e.g. parenting children with additional needs like ASD or ADD)
- Preparing and delivering courses in a group format and in couple to couple sessions.
- Developing healthy relationship and parenting programmes
- Developing partnerships with other agencies
- Providing information and access to key services
- Exchanging information with other groups
- Advertising and publicity
- Development in the application of Prepare Enrich Inventories
- Partnership with local churches

Public Benefit**3**

Southampton Family Trust continues to meet the public benefit requirement and has regard to the Charities Commission guidance on public benefit where relevant.

Southampton Family Trust continues to grow in terms of influence and activity. A significant proportion of work remains in the areas of couple support and parenting. The trust continues to build up its work in other relationship areas, including domestic abuse awareness and the impact of mental health and trauma. Over the year Southampton Family Trust's work has reached about 250 Southampton residents, with additional indirect benefit to their extended families. This is a reduction from previous years due to the impact of the pandemic.

Summary and Main Achievements 2020/21

Southampton Family Trust has continued to deliver parenting courses and couple support throughout 2020/21.

Southampton Family Trust has adapted to the restrictions imposed by covid/lockdown and continued to provide services to Southampton families.

The charity is very thankful for continued support from its funders during this difficult period. Regular giving has been sustained. Larger funders have readily and generously accepted the time and costs required to adapt delivery models.

Southampton Family Trust is part of the Love Southampton partnership, helping to support the isolated and vulnerable in the city during lockdown.

Couple support has continued and been delivered online.

During the first lockdown, the Feelings Affect Behaviour (FAB) course was adapted for online delivery via a mixture of pre-recorded YouTube videos and group Zoom meet ups. Six online FAB courses were subsequently delivered in 2020/21. The online course remains popular and well attended. It is exciting that online groups appear to have reduced some boundaries to attendance, with higher numbers on each course and better retention rates. Some parents with social anxiety/mental health issues, who would not have considered face to face, have been able to attend online. Online courses are less resource intensive than face to face courses, so we have been able to deliver double the number of FAB courses than in previous (pre-covid) years.

Our funders, Children in Need, kindly supported us in adapting the Strengthening Families course to run online which is now completed. This financial year we have also received further funding from Children in Need to deliver another 9 Strengthening Families courses (a mixture of online and face to face covid permitting) over the next three years. The first online course has just started.

Yellow Door (Southampton based charity providing support to anyone at risk from or affected by domestic abuse and/or sexual violence) and Southampton Family Trust (in partnership), have been granted funding from the Office of the Police and Crime Commissioner to train and co-deliver Building Respectful Families. This is a course designed to support families where there is child and adolescent to parent violence. This application for funding was designed to help fill a gap in local provision. The first course has just started.

We were also delighted to receive funding from the National Lottery which will enable us to provide support for parents of children with additional needs over the next year.

Southampton Family Trust has continued to benefit from being a member of PIPPA (Prevention and Intervention and Public Protection Alliance) and receives referrals onto parenting courses from domestic abuse agencies.

All courses at Princess Anne Maternity Hospital continue not to take place due to hospital covid restrictions.

Financial Review

Southampton Family Trust raised £67,569.59 (2020: £53,201) and spent £42,982.08 (2020: £42,932). We have continued to be able to meet all our financial commitments throughout the year and we are very grateful for the regular and faithful giving of our donors, our funders and the agencies which commission our services. Our reserves are sufficient to meet liabilities.

Funding was received this year from:

- i. Children in Need
- ii. Yellow Door
- iii. Office Police and Crime Commissioner
- iv. National Lottery.

Serious Incidents

There were no serious incidents to report. Discussion by the trustees has been built into our annual calendar and will also be addressed on an as needs basis. There is a Serious Incident Policy.

Reserves Policy

The management committee has examined the charity's requirements for reserves in the light of the main risks to the organisation.

SFT's Reserves Policy provides that SFT will maintain reserves of £12,000 (unrestricted funds). This amount is set on the basis that SFT wishes to have 3 months "running costs" in reserve. In the event of an unexpected significant drop in unrestricted income, we can run the office for a further 3 months, make redundancy payments and finish off all courses which have already started in order to provide continuity of support for parents. Restricted income in respect of courses not yet started will be returned to the funder if the charity cannot continue.

SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Company number: 04559853

Charity number: 1095732

5

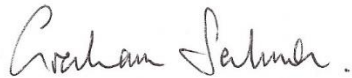
The Trustees declare that they have approved the Report and Financial Statements above.

Signed on behalf of the Charity's trustees

Name: Graham Salmon

Position: Chair

Signature:

A handwritten signature in black ink that reads "Graham Salmon". The signature is written in a cursive style with a small dot at the end.

Date: 20th July 2022

Name: Paul Finn

Position: Trustee

Signature:

A handwritten signature in black ink that reads "Paul Finn". The signature is written in a cursive style with a long horizontal stroke at the bottom.

Date: 20th July 2022

Independent Examiner's Report to the Trustees of Southampton Family Trust Ltd on the accounts for the year ended 31 October 2021

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 October 2021 set out on pages 7 to 15.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the directions given by the Charity Commission (under section 145(5)(b)) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention which gives me cause to believe that:

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

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



Carole Taylor F.C.A.
Independent Examiner
Smith Newmans, Hillview House, Leylands Farm Business Park, Colden Common, Winchester, Hampshire,
SO21 1TH.

Date: 18/07/2022

SOUTHAMPTON FAMILY TRUST LTD

Company number: 04559853

(A company limited by guarantee)

Charity number: 1095732

SOUTHAMPTON FAMILY TRUST LTD

BALANCE SHEET AS AT 31 OCTOBER 2021

	<u>Note</u>	<u>2021</u>	<u>2020</u>
		£	£
<u>Fixed Assets</u>	7	754.20	-
<u>Current Assets</u>			
Inventory stock		60.00	90
Debtors	8	3676.79	7446
Cash at bank and in hand:			
Current Account		1548.51	2413
Deposit Account		33671.08	8777
Direct plus account		15250.86	12221
Petty Cash		16.44	23
		50486.89	23434
		54223.68	30970
<u>Liabilities</u>			
Creditors: Amounts falling due within one year:			
Accruals		1596.21	2176
Payments received on account for contracts or performance related grants		0.00	0
		1596.21	2176
<u>Net Current Assets</u>		52627.47	28794
<u>Total Assets less Current Liabilities</u>		53381.67	28794
<u>Funds of the Charity</u>			
Unrestricted Funds		39361.32	24049
Restricted Funds	6	14020.35	4745
		53381.67	28794
			0.00
For the year ending 31/10/2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.			
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006			
The Directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.			
These accounts are prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.			
The notes on pages 4 and 5 form part of these accounts			
The above financial statements were approved by the directors on 20 th July 2022 and signed on their behalf by:			
Signed.			
Name.	Graham Salmon		
Director of SCFT			

[illegible]

SOUTHAMPTON FAMILY TRUST LTD									
<u>NOTES FORMING PART OF THE FINANCIAL STATEMENTS</u>									
<u>FOR THE YEAR ENDED 31 OCTOBER 2021</u>									
<u>1) BASIS OF PREPARATION</u>									
a) Basis of Accounting									
The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006.									
The financial statements have also been prepared in accordance with the Statement of Recommended Practice (SORP) : Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011.									
b) Fund Accounting									
- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. - Designated funds are unrestricted funds earmarked by the trustees for particular purposes (there are no such funds to date) - Restricted funds are subjected to restrictions on their expenditure imposed by the donor									
c) Public benefit									
The charity constitutes a public benefit entity as defined by FRS 102									
d) Going Concern									
The Trustees regularly review the financial position of the organisation, and based on the level of reserves, the continuing levels of funding and capacity to manage expenditure, they consider that Southampton Family Trust is a going concern.									
<u>2) ACCOUNTING POLICIES</u>									
The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.									
a) INCOME									
Recognition of Income									
These are included in the Statement of Financial Activities (SoFA) when:									
- the charity becomes entitled to the resources: - it is more likely than not that the trustees will receive the resources - the monetary value can be measured with sufficient reliability									
Offsetting									
There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.									
Grants and Donations									
Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP)									
In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP)									
Tax reclaims on donations and gifts									
Gift Aid recoverable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.									
Contractual income and performance related grants									
This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.									
Support Costs									
The charity has incurred expenditure on support costs.									
b) EXPENDITURE AND LIABILITIES									
Legal Liability Recognition									
Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.									
Support Costs									
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.									
Grants with performance conditions									
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.									
Grants payable without performance conditions									
Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.									
The redundancy cost									
The charity made no redundancy payments during the reporting period.									
Deferred income									
No material item of deferred income has been included in the accounts									
Creditors									
The charity has creditors which are measured at settlement amounts less any trade discounts.									
c) ASSETS									
Tangible Fixed Assets									
Assets that can be used by the charity for more than one year and costing above £500 are capitalised.									
Assets are valued at cost less depreciation									
Computer Equipment is depreciated on a straight line basis over 4 years.									
Stocks and work in progress									
Stock of inventories used for charitable activities is valued at the lower of cost and net realisable value.									
Debtors									
Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently they are measured at the cash or other consideration expected to be received									

<u>SOUTHAMPTON FAMILY TRUST LTD</u>					
<u>NOTES FORMING PART OF THE FINANCIAL STATEMENTS</u>					
<u>FOR THE YEAR ENDED 31 OCTOBER 2021</u>					
<u>3) PAID EMPLOYEES</u>					
		<u>2021</u>	<u>2020</u>		
		£	£		
Gross Pay		26,640	26,299		
Employers National Insurance		-	-		
		<u>26,640</u>	<u>26,299</u>		
The charity employs 3 part time members of office staff who work across all areas of the charity.					
Helen Savage, as CEO, has responsibility for directing major activities and resources of the charity. During the year to 31 October 2021 she received remuneration of £12,600 and £310 for acting as a course facilitator (2020: £13,395 Total).					
No employee received more than £60,000.					
No redundancy payments were made by the charity during the year .					
<u>4) TAXATION</u>					
As a charity, Southampton Family Trust, is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.					
<u>5) GRANTS RECEIVED</u>					
		<u>2021</u>	<u>2020</u>		
		£	£	£	£
		<u>Unrestricted</u>	<u>Restricted</u>	<u>Unrestricted</u>	<u>Restricted</u>
BBC Children In Need		0.00	8885.00	-	5850.00
Henry Smith Charity		0.00	0.00	-	10000.00
National Lottery Community Fund			6518.00	-	0.00
Garfield Weston Foundation		6000.00	0.00	-	0.00
Hampshire & IOW		3631.00	0.00	-	0.00
		<u>9631.00</u>	<u>15403.00</u>	<u>-</u>	<u>15850.00</u>
<u>6) CHARITY FUNDS</u>					
<u>6.1 Details of material funds held and movements during the CURRENT reporting period</u>					
		<u>At 1 Nov</u>	<u>Incoming</u>	<u>Outgoing</u>	<u>Transfer</u>
		<u>2020</u>	<u>resources</u>	<u>resources</u>	<u>of funds</u>
		£	£	£	£
Restricted funds:					
(i) Children In Need - 3		78	0.00	0.00	78.00
(ii) Children In Need - 4		3000	0.00	3000.00	0.00
(iii) Henry Smith Charity		1667	0.00	1667.00	0
(iv) National lottery		0	6518.00	720.00	5798.00
(v) Children In Need - 5		0	8885.00	740.42	8144.58
Total restricted funds		4745	15403.00	6127.42	0.00
Unrestricted funds:					
General fund		24049	52166.59	36854.66	0.00
Total funds		<u>28794</u>	<u>67569.59</u>	<u>42981.98</u>	<u>53381.51</u>

<u>SOUTHAMPTON FAMILY TRUST LTD</u>						
<u>NOTES FORMING PART OF THE FINANCIAL STATEMENTS</u>						
<u>FOR THE YEAR ENDED 31 OCTOBER 2021</u>						
<u>6.2 Details of material funds held and movements during the PREVIOUS reporting period</u>						
			<u>At 1 Nov</u>	<u>Incoming</u>	<u>Outgoing</u>	<u>Transfer</u>
			<u>2019</u>	<u>resources</u>	<u>resources</u>	<u>of funds</u>
			£	£	£	£
Restricted funds:						
(i)	Children In Need - 3		78	0.00	0.00	78.00
(ii)	Children In Need - 4		2,522	5850.00	5372.00	3000.00
(iii)	Henry Smith Charity		1,667	10000.00	10000.00	1667.00
Total restricted funds			4,267	15850.00	15372.00	0.00 4745.00
Unrestricted funds:						
General fund			14,259	37350.00	27560.00	0.00 24049.00
Total funds			18,526	53200.00	42932.00	0.00 28794.00
(i) BBC Children In Need agreed further funding in September 2016 for Strengthening Families work. At the end of the grant period it was agreed that funds could be carried forward to fund future first aid training (ii) BBC Children In Need agreed further funding in September 2017 for Strengthening Families work (iii) A grant from The Henry Smith Charity was awarded in June 2017 to fund one years running costs on projects providing support to families. A second grant for one year was received January 2019. training facilitators for the Care for the Family Course for parents of children with special needs and delivering the course. (v) BBC Children In Need agreed further funding in April 2021 for Strengthening Families work						
<u>7) FIXED ASSETS</u>						
						<u>Computer</u>
						<u>Equipment</u>
	Cost					£
		At 1 November 2020				0.00
		Additions during the year				1005.60
		At 31 October 2021				1005.60
	Depreciation					
		At 1 November 2020				0.00
		Charge for the year				251.40
		At 31 October 2021				251.40
	Net Book Value					
		At 31 October 2021				754.20
		At 31 October 2020				0.00
<u>8) DEBTORS (recoverable within one year)</u>						
				<u>2021</u>		<u>2020</u>
				£		£
	Trade Debtors			0.00		0.00
	Prepayments and accrued Income			762.56		5490.66
	Other debtors			2914.23		1955.00
				<u>3676.79</u>		<u>7445.66</u>

Company number: 04559853

Charity number: 1095732

12

None of the Trustees have been paid any remuneration or received any other benefits from an employment with the charity. No trustee expenses have been incurred.									
There have been no related party transactions in the year.									
<u>10) POST BALANCE SHEET EVENTS</u>									
There are no material post balance sheet events that need to be disclosed and no contingent liabilities to be disclosed at the year end.									

SOUTHAMPTON FAMILY TRUST

England & Wales - Charity number 1095732

Accounts



Southampton Family Trust Ltd

(A company limited by guarantee)

Report and Financial Statements

For the Year Ended 31 October 2020

Company Number: 04559853

Charity Number: 1095732

SOUTHAMPTON FAMILY TRUST LTD
(A company limited by guarantee)

Company Registration No. 04559853
Charity Registration No. 1095732

Report and Financial Statements

For the year ended 31 October 2020

SOUTHAMPTON FAMILY TRUST LTD

(A company limited by guarantee)

Company number: 04559853

Charity number: 1095732

Contents

	Page
Legal and Administrative Details	1
Report of the Trustees	2
Independent Examiners Report	6
Balance Sheet	7
Statement of Financial Activities	8
Notes to the Accounts	9 - 12

Legal and Administrative Details**1****Report of the Trustees for the year ended 31 October 2020**

The trustees present their report and independently examined financial statements for the year ended 31 October 2020.

Reference and Administrative Information

Charity Name: SOUTHAMPTON FAMILY TRUST LTD

Charity registration number: 04559853

Company registration number: 1095732

Registered Office: 93 Ethelburt Avenue
Southampton
Hampshire SO16 3DF

Main operational address: Southampton Voluntary Services
Kingsland Square
St Mary Street
Southampton
Hampshire SO14 1NW

Trustees

Graham Salmon	Chair
Jonathan Paul Sweeney	
Alison Jane Sweeney	
Paul Finn	
Janice Finn	
Ben Clark	

Secretary

Helen Savage

Structure, Governance and Management**Governing Document**

SOUTHAMPTON FAMILY TRUST LTD is a charitable company limited by guarantee, incorporated on 10 Oct 2002 and registered as a charity on 31 Jan 2003.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and Appointment of Trustees

Trustees are normally, but not exclusively, recruited from supporters of the charity who are all supportive of our aims and practically involved in the work of the charity. We try to keep a balance of skills and backgrounds to enable the efficient functioning of the group.

Report of the Trustees**2****Objectives and Activities****Our objectives:**

1. The advancement in the Unitary Authority area known as Southampton and the surrounding area ("the area of benefit") of public education in matters concerning interpersonal relationship and life skills and strengthening and enriching family life marriage parenting and relationships and the doing of all such things being charitable in law as are incidental or conducive to the attainment of these Objects and without prejudice to the generality of the foregoing.
2. By developing long term cultural changes to raise public awareness of the importance of life skills and thus promoting better relationships in the community generally.
3. By offering every couple contemplating marriage or committed relationship, preparation and short courses that give them help with such issues as communication conflict resolution agreeing personal values and budgeting.
4. By giving on-going support for marriage and relationships generally including (but not exclusively) mentoring, step-family support and specialist sources of help when needed.
5. By conducting dialogue with local schools and those involved with post-16 education to help children and adults to learn life skills and values to empower them to make better relationship decisions.
6. By parenting networks so that every parent has the opportunity of relevant parenting support for children from baby to toddler stages acquiring and/or improving skills through the primary school age group and up to and including teenage years.
7. By creating a directory of support services for couples in difficulty and families in crisis so that people are enabled to know where they can go to obtain help with their relationship.

Our methods

- Selection of facilitators (parenting and couple support) on criteria linked to experience, openness to continuous enrichment, interpersonal skills, and a specified level of availability
- Training of facilitators, (which is carried out by qualified trainers and teachers or by experienced qualified volunteers in the use of inventories and facilitation of effective couple dialogue)
- Delivery of evidence based parenting courses.
- Highlighting opportunities for the community to support family stability and health
- Identifying initiatives and agencies currently operating in this field
- Resourcing current gaps (e.g. couple mentoring, support for parents of children who have suffered trauma, child on parent violence)
- Preparing and delivering courses in a group format and in couple to couple sessions.
- Developing healthy relationship and parenting programmes
- Developing partnerships with other agencies
- Providing information and access to key services
- Exchanging information with other groups
- Advertising and publicity
- Development in the application of Prepare Enrich Inventories
- Ante natal and post natal couple relationship support
- Partnership with local churches

Public Benefit**3**

Southampton Family Trust continues to meet the public benefit requirement and has regard to the Charities Commission guidance on public benefit where relevant.

Southampton Family Trust continues to grow in terms of influence and activity. A significant proportion of work remains in the areas of couple support, parenting and ante natal classes. The trust continues to build up its work in other relationship areas, including domestic abuse awareness and the impact of mental health and trauma. Over the year Southampton Family Trust's work has reached about 250 Southampton residents, with additional indirect benefit to their extended families. This is a reduction from previous years due to the impact of the pandemic.

Summary and Main Achievements 2019/20

Southampton Family Trust has continued to deliver parenting courses and couple support throughout 2019/20.

PRE-LOCKDOWN

Between November 2019 and February 2020, pre-lockdown activities included delivering face to face couple support and parenting support (GroBrain, Strengthening Families, Feelings Affect Behaviour).

Southampton Family Trust's All Change Ante Natal session continued to run at Princess Anne Maternity Hospital from November 2019 to March 2020, with large numbers attending. Sessions ended due to lockdown.

United Parents, a weekly support group for isolated single parents, ran weekly, meeting at Above Bar Church.

LOCKDOWN

Southampton Family Trust has adapted to the restrictions imposed by lockdown and continued to provide services to Southampton families.

The charity is very thankful for continued support from its funders during this difficult period. Regular giving has been sustained. Larger funders have readily and generously accepted the time and costs required to adapt delivery models.

Southampton Family Trust is part of the Love Southampton partnership, helping to support the isolated and vulnerable in the city during lockdown.

United Parents has continued to run online. It has also provided practical support, including food parcels and food vouchers, toys and treats for single parents.

Couple support has continued and been delivered online.

The Feelings Affect Behaviour (FAB) course has been adapted for online delivery via a mixture of pre-recorded You Tube videos and group Zoom meet ups. Two online FAB courses have been delivered so far. The online course has been popular - at one stage there were 60 parents on the waiting list. It is exciting that online groups appear to have reduced some boundaries to attendance, with higher numbers on each course and better retention rates. Some parents with social anxiety/mental health issues, who would not have considered face to face, have been able to attend online.

Our funders, Children in Need, are supporting us to adapt the Strengthening Families course to run online.

Southampton Family Trust has continued to benefit from being a member of PIPPA (Prevention and Intervention and Public Protection Alliance) and has a good number of referrals onto parenting courses from domestic abuse agencies.

Financial Review

Southampton Family Trust raised £53,201 (2019: £46,940) and spent £42,932 (2019: £45,122). We have continued to be able to meet all our financial commitments throughout the year and we are very grateful for the regular and faithful giving of our donors, our funders and the agencies which commission our services. Our reserves are sufficient to meet liabilities.

Continued funding was received this year from:

- i. Children in Need (three-year grant) to deliver Strengthening Families courses across the city;
- ii. Yellow Door to deliver women only FAB parenting courses.

Serious Incidents

There were no serious incidents to report. Discussion by the trustees has been built into our annual calendar and will also be addressed on an as needs basis. A Serious Incident Policy has been drafted and disseminated.

Reserve Policy

The management committee has examined the charity's requirements for reserves in the light of the main risks to the organisation. The established policy, whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity will be used for the charity's objectives, subject to maintaining sufficient funds to confidently plan ahead and provide for any closure liabilities, whilst recognising the intent and purpose of those who donate funds to the charity, will continue.

SOUTHAMPTON FAMILY TRUST LTD

Company number: 04559853

(A company limited by guarantee)

Charity number: 1095732

5

The Trustees declare that they have approved the Report and Financial Statements above.

Signed on behalf of the Charity's trustees

Name: Graham Salmon

Position: Chair

Signature:

A handwritten signature in cursive script, reading "Graham Salmon".

Date: 9th July 2021

Name: Paul Finn

Position: Trustee

Signature:

A handwritten signature in cursive script, reading "Paul Finn".

Date: 9th July 2021

Independent Examiner's Report to the Trustees of Southampton Family Trust Ltd on the accounts for the year ended 31 October 2020

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 October 2020 set out on pages 7 to 15.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the directions given by the Charity Commission (under section 145(5)(b)) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention which gives me cause to believe that:

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

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



Carole Taylor F.C.A.
Independent Examiner

Smith Newmans, Hillview House, Leylands Farm Business Park, Colden Common, Winchester, Hampshire, SO21 1TH.

Date: 23/06/2021

SOUTHAMPTON FAMILY TRUST LTD

Company number: 04559853

(A company limited by guarantee)

Charity number: 1095732

BALANCE SHEET AS AT 31ST OCTOBER 2020

	<u>Note</u>	<u>£</u>	<u>2020</u> <u>£</u>	<u>2019</u> <u>£</u>
<u>Fixed Assets</u>	1	-	-	-
<u>Current Assets</u>				
Inventory stock			90	-
Debtors	7		7,446	3,576
Cash at bank and in hand:				
Current Account		2,413		1,314
Deposit Account		8,777		4,739
Direct plus account		12,221		9,681
Petty Cash		23		92
			<u>23,434</u>	<u>15,826</u>
			30,970	19,402
<u>Liabilities</u>				
Creditors: Amounts falling due within one year:				877
Accruals		2,176		
Payments received on account for contracts or performance related grants				
			<u>2176</u>	<u>877</u>
<u>Net Current Assets</u>			28,794	18,525
<u>Total Assets less Current Liabilities</u>			<u>28,794</u>	<u>18,525</u>
<u>Funds of the Charity</u>				
Unrestricted Funds			23,630	14,259
Restricted Funds	6		5,164	4,266
			<u>28,794</u>	<u>18,525</u>

For the year ending 31/10/2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

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

These accounts are prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS 102 SORP.

The notes on the following 4 pages form part of these accounts

The above financial statements were approved by the directors on 9th July 2021 and signed on their behalf by:



Signed

Name **Graham Salmon, Director of SCFT (Chair of Trustees)**

SOUTHAMPTON FAMILY TRUST LTD

Company number: 04559853

(A company limited by guarantee)

Charity number: 1095732

STATEMENT OF FINANCIAL ACTIVITIES
(Including Income and Expenditure Account)
YEAR ENDED 31ST OCTOBER 2020

	<u>Note</u>	<u>Unrestricted</u> <u>£</u>	<u>Restricted</u> <u>£</u>	<u>Total</u> <u>£</u>	<u>2019</u> <u>£</u>
Income					
Income from:					
Donations					
Gifts and Donations Income		11,882	-	11,882	10,052
Fundraising income		-	-	-	166
Gift Aid Tax Recoverable		1,955	-	1,955	2,368
JRS Grant		2,142	-	2,142	-
Charitable Activities					
UP-United parents		3,700	-	3,700	-
Grants	5	-	15,850	15,850	18,262
Commissioned Courses		12,600	-	12,600	10,200
Contributions to office costs		4,917	-	4,917	5,685
Grobrain		18	-	18	82
Other Course Income		99	-	99	100
Investments					
Interest Received		38	-	38	25
		<u>37,350</u>	<u>15,850</u>	<u>53,201</u>	<u>46,940</u>
Expenditure					
Expenditure on:					
Commissioned Course Expenses		5,456	-	5,456	6,122
UP-United parents		2,777	-	2,777	-
Fundraising costs		-	-	-	558
Other Course Expenses		474	2,993	3,467	7,085
Grobrain		243	-	243	850
Gifts and Donations		18	-	18	5
Insurance		310	-	310	297
Payroll Expenses	3	26,640	-	26,640	26,299
Postage and Delivery		-	-	-	8
Printing and Stationery		40	-	40	54
Independent Examination		400	-	400	-
Professional Fees		212	-	212	200
Subscriptions		72	-	72	-
Rent		3,000	-	3,000	3,000
Telephone		80	-	80	63
Training		154	-	154	398
Travel & Entertaining		-	-	-	85
Advertising and promotion		1	-	1	-
Other Office Expenses		61	-	61	99
Materials, admin and support costs		<u>(12,378)</u>	<u>12,378</u>	<u>-</u>	<u>-</u>
		<u>27,560</u>	<u>15,372</u>	<u>42,932</u>	<u>45,122</u>
Net Income/(expenditure) for the year		9,790	479	10,269	1,818
Transfers between funds	6	-	-	-	-
Net movement of funds		9,790	479	10,269	1,818
Reconciliation of funds:					
Total Funds brought forward		14,259	4,266	18,525	16,707
Total Funds carried forward		<u>24,049</u>	<u>4,745</u>	<u>28,794</u>	<u>18,525</u>

**NOTES FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2020****1) BASIS OF PREPARATION****Basis of Accounting**

The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006.

The financial statements have also been prepared in accordance with the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

(There are no such funds to date)

Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

Public benefit

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

Going Concern

The Trustees regularly review the financial position of the organisation, and based on the level of reserves, the continuing levels of funding and capacity to manage expenditure, they consider that Southampton Family Trust is a going concern.

2) ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a) INCOME**Recognition of Income**

These are included in the Statement of Financial Activities (SoFA) when:

- . the charity becomes entitled to the resources:
- . it is more likely than not that the trustees will receive the resources
- . the monetary value can be measured with sufficient reliability

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP)

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP)

Tax reclaims on donations and gifts

Gift Aid recoverable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

Support Costs

The charity has incurred expenditure on support costs.

**NOTES FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2020****b) EXPENDITURE AND LIABILITIES****Liability Recognition**

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

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Redundancy cost

The charity made no redundancy payments during the reporting period.

Deferred income

No material item of deferred income has been included in the accounts.

Creditors

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

c) ASSETS**Tangible Fixed Assets**

Assets that can be used by the charity for more than one year and costing above £500 are capitalised. The charity does not currently hold any Fixed Assets.

Stocks and work in progress

Stock of inventories used for charitable activities is valued at the lower of cost and net realisable value.

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently they are measured at the cash or other consideration expected to be received.

3) PAID EMPLOYEES

	<u>2020</u>	<u>2019</u>
	£	£
Gross Pay	26,640	26,299
Employers National Insurance	-	-
	<u>26,640</u>	<u>26,299</u>

The charity employs 3 part time members of office staff who work across all areas of the charity.

Helen Savage, as CEO, has responsibility for directing major activities and resources of the charity. During the year to 31 October 2020, she received remuneration of £12,600 and £795 for acting as a course facilitator (2019: £12,980 Total).

No employee received more than £60,000.

No redundancy payments were made by the charity during the year.

NOTES FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2020

4) TAXATION

As a charity, Southampton Community Family Trust, is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

5) GRANTS RECEIVED

	<u>2020</u>		<u>2019</u>	
	<u>Unrestricted</u>	<u>Restricted</u>	<u>Unrestricted</u>	<u>Restricted</u>
	£	£	£	£
BBC Children In Need	-	5,850	-	8,262
Henry Smith Charity	-	10,000	-	10,000
	-	15,850	-	18,262

6) CHARITY FUNDS

6.1 Details of material funds held and movements during the CURRENT reporting period

	<u>At 1 Nov</u>	<u>Incoming</u>	<u>Outgoing</u>	<u>Transfer</u>	<u>At 31 Oct</u>
	<u>2019</u>	<u>resources</u>	<u>resources</u>	<u>of funds</u>	<u>2020</u>
	£	£	£		£
Restricted funds:					
(i) Children In Need - 3	78	-	-		78
(ii) HIWCF-EFA (Hope School)	-	-	-		-
(iii) Children In Need - 4	2,521	5,850	5,372		3,000
(iv) Henry Smith Charity	1,667	10,000	10,000		1,667
Total restricted funds	4,266	15,850	15,372	-	4,745
Unrestricted funds:					
General fund	14,259	37,350	27,560	-	24,049
Total funds	18,525	53,201	42,932	-	28,794

6.2 Details of material funds held and movements during the PREVIOUS reporting period

	<u>At 1 Nov</u>	<u>Incoming</u>	<u>Outgoing</u>	<u>Transfer</u>	<u>At 31 Oct</u>
	<u>2018</u>	<u>resources</u>	<u>resources</u>	<u>of funds</u>	<u>2019</u>
	£	£	£		£
Restricted funds:					
(i) Children In Need - 3	195	-	117		78
(ii) HIWCF-EFA (Hope School)	365	-	365		-
(iii) Children In Need - 4	4,025	8,262	9,766		2,521
(iv) Henry Smith Charity	-	10,000	8,333		1,667
(v) Seedbed-Omega course	100	-	100		-
Total restricted funds	4,685	18,262	18,681	-	4,266
Unrestricted funds:					
General fund	12,022	28,678	26,441	-	14,259
Total funds	16,707	46,940	45,122	-	18,525

SOUTHAMPTON FAMILY TRUST LTD**Company number: 04559853**

(A company limited by guarantee)

Charity number: 1095732**NOTES FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2020****Fund descriptions:**

(i) BBC Children In Need agreed further funding in September 2016 for Strengthening Families work. At the end of the grant period, it was agreed that funds of £240 could be carried forward to fund future first aid training

(ii) Hampshire & Isle of Wight Community Foundation provided funding in December 2017 for delivering an Emotional First Aid course at Hope school

(iii) BBC Children In Need agreed further funding in September 2017 for Strengthening Families work

(iv) A grant from The Henry Smith Charity was awarded in June 2017 to fund one years running costs on projects providing support to families. A second grant for one year was received January 2019.

(v) A Seedbed grant was awarded in February 2018 to fund the development of the Omega course.

7) DEBTORS (recoverable within one year)

	<u>2020</u>	<u>2019</u>
	£	£
Trade Debtors	-	-
Prepayments and accrued Income	5,491	881
Other debtors	1,955	2,695
	<u>7,446</u>	<u>3,576</u>

8) TRUSTEE REMUNERATION AND RELATED PARTY DISCLOSURES

None of the Trustees have been paid any remuneration or received any other benefits from an employment with the charity. No trustee expenses have been incurred.

There have been no related party transactions in the year.

9) POST BALANCE SHEET EVENTS

There are no material post balance sheet events that need to be disclosed and no contingent liabilities to be made at the year end.