



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

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

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"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.

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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:

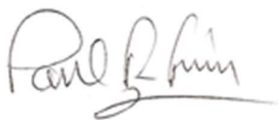


Date: 11th July 2024

Name: Paul Finn

Position: Trustee

Signature:



Date: 11th July 202

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 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>£</u>	<u>£</u>
<u>Fixed Assets</u>	7	251.40	502.80
<u>Current Assets</u>			
Inventory stock			0.00
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		63869.06
		30451.87	66258.89
		33002.53	
<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

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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.

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>
BBC Children In Need	-	0.00
Cash for Kids	-	0.00
National Lottery Community Fund	-	-
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.