

CHILDREN AND FAMILIES IN GRIEF LIMITED

England & Wales · Charity number 1099255

Details

Other names SOUTH WEST IN GRIEF SUPPORT LIMITED, SWINGS

Status Registered

Legal form Charitable company

Company number [04736907](#)

Registered 2003-09-03

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

Contact

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Activities

Objects: 1) THE PRESERVATION AND PROTECTION OF GOOD HEALTH OF FAMILIES AND IN PARTICULAR THE CHILDREN WHO HAVE EXPERIENCED THE LOSS OF A SIGNIFICANT FAMILY MEMBER THROUGH THERAPEUTIC PLAY AND WHERE APPROPRIATE COUNSELLING 2) TO ADVANCE THE EDUCATION AND TRAINING OF STAFF AND VOLUNTEERS IN THE NEEDS OF THOSE WHO HAVE SUFFERED RECENT BEREAVEMENT OR LOSS

Activities: Children and Families in Grief (CFG) offers free support to all South Devon Children, young people and their family or carers who have lost a significant person, through death. The CFG team consists of counsellors, professionals and volunteers.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

Geography

- Devon
- Torbay

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£61,858	£35,676	-	-
2024-08-31	£31,588	£38,839	-	-
2023-08-31	£19,565	£42,232	-	-
2022-08-31	£27,026	£32,472	-	-
2021-08-31	£45,500	£25,099	-	-
2020-08-31	£26,095	£46,626	-	-

Trustees

Name	Role	Appointed
SOPHIA HONEY	Chair	2011-09-13
Georgina Nimmo		2025-04-23
PATRICIA GOSS		2011-09-12
SALLY DEBNEY		2024-09-11
SUSAN ANGELA NEWMAN		2016-01-01
Sue Patricia Cole		2014-10-13
William Treadwell		2025-04-23

CHILDREN AND FAMILIES IN GRIEF LIMITED

England & Wales - Charity number 1099255

Accounts

REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255



**Barretts Chartered
Accountants and
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS**

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED**

31 AUGUST 2025 FOR

Children & Families in Grief LIMITED



**REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255**

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR
ENDED 31 AUGUST 2025 FOR
CHILDREN AND FAMILIES IN GRIEF LIMITED

CHILDREN AND FAMILIES IN GRIEF LIMITED

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for the Year Ended 31 August 2025

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CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES for the Year Ended 31 August 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Governing Document

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. South West in Grief Support Limited was registered with the Charity Commission as a charity on 3rd September 2003 (RCN 1099255), being renamed and relaunched as Children and Families in Grief in 2010.

Organisational Structure

A board of directors, who are all trustees of the charity, has control of the company and meet quarterly as a whole board with subcommittee meetings held in the intervening months (except December and August).

The officers who served during the period are:

Name & Position

P Goss Director & Company Secretary

S Honey Director and Chair

S Cole Director

S Newman Director & Vice Chair

R Gilliam Director & Treasurer - retired 11th September 2024

S Debney Director - appointed 11th September 2024

G Nimmo Director - appointed 23rd April 2025

W Treadwell Director & Treasurer - appointed as Treasurer 11th September 2024 and as a Director on 23rd April 2025

Governance and Internal Control

Company and charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the charity and of the surplus or deficit of the charity for that period. In preparing those financial statements, the trustees have:-

- Selected suitable accounting policies and then applied them consistently;
- Made judgements and estimates that are reasonable and prudent;
- Prepared the financial statements on the going concern basis.

The trustees have overall responsibility for ensuring that the charity has appropriate systems of control, financial and otherwise. They are also responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention of fraud and other irregularities.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES

for the Year Ended 31 August 2025

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Objects

As defined in the Central Register of Charities maintained by the Charity Commission for England and Wales, Children and Families in Grief Limited's Objects are:

- 1) The preservation and protection of good health of families and in particular the children who have experienced the loss of a significant family member through therapeutic play and where appropriate, counselling.
- 2) To advance the education and training of staff and volunteers in the needs of those who have suffered recent bereavement and loss.

Aims

- A) To give creative support for children and young people and their families, providing them with safe ways and a safe environment in which to remember the loved one whom they have lost;
- B) Promoting, advancing, encouraging and assisting in the sharing of experiences as the children and family members move through the grieving and healing process;
- C) Promoting peer support by introducing bereaved children and families to each other, to break the isolation which bereavement more often than not creates and by teaching the children and adults to communicate again within their family unit and with other families;
- D) To help families build more positive futures by giving them the toolkits to do this.

Our primary focus is achieving the best possible outcomes for each and every person who comes to us for help. At the centre of all our work are bereaved children and young people and their wellbeing, progress and safety are our primary concerns when they engage with our services.

We believe our approach of bringing bereaved children, young people and their families together to break isolation is unique in the South West, if not nationally. We wholeheartedly believe that our fundamental approach to bereavement and grief achieves the best possible outcomes for our beneficiaries.

Ordinarily, the charity achieves its aims and fulfils its charitable objects by:-

- Providing professional counselling by telephone, Zoom or home visits and weekend Family Workshop Days free of charge to each and every family;
- tailoring provision for families who are not able to engage with our weekend work;
- holding at least two social events each year to which families are invited, to encourage children and families to meet others and provide peer support and to stay in touch with the charity for a period of a couple of years after their closing visit. Attendance is free of charge for all families;
- making sure all families know that they can contact us at any time after we have finished working with them, should they require further help;
- engaging with schools and colleges in South Devon to support small groups of bereaved children and young people in each school or college who would not otherwise engage with our core service provision of working with families. This supports the children and young people and their families, as well as the staff at the respective schools and colleges who learn how to recognise the changes in behaviour often displayed by children and young people who are not able to cope with bereavement. This area of work has continued to grow significantly since its introduction and is now a well-established service line for which we have a constant demand;
- providing tailored training programmes to those professionals who engage with bereaved children and young people, to educate them about recognising signs of the effects of bereavement; and
- providing training, support and experience to volunteer student therapists and volunteer therapists.

OBJECTIVES AND ACTIVITIES

Review of Activities and Current Developments

Review of Activities and Current Developments

Our main charitable activity is the provision of support we provide to bereaved children (primary school age), young people (secondary school age) and their families through our "family work" and our "school and college work".

Our services are offered free of charge to all the families, schools and colleges we support. The only exception is when a school or college specifically requests our involvement following the death of a pupil, in which case they cover the cost of our support. Many of the families we work with live in some of the most socially and economically disadvantaged areas in England and Wales, as well as among the most vulnerable communities in South Devon. They often face complex family situations and multiple challenges alongside their bereavement.

Demand for our services remains strong but like many charities, we continue to face funding challenges; however, we have secured enough income to support every family referred to us and to maintain the number of groups we offer to schools and colleges this year.

This year, we have continued to enhance our website and expand our use of social media platforms to raise our profile and improve access to our services. We are extremely grateful to everyone who contributed to and supported these developments.

1. Family Work

The majority of our families are referred to us by Social Services, Children's Services, schools and GP surgeries, although families can also self refer. After moving our services online during the Covid 19 pandemic, we have continued to offer virtual sessions alongside traditional in person meetings. Some families still prefer virtual appointments, which are more cost effective for the charity, while others value face to face support - and we continue to provide both.

Last year, we refined our approach by offering a blended model of support. After the initial assessment with our Lead Therapist - which always takes place virtually - families can choose a mix of virtual and in person sessions. This flexibility has proved effective for many families, so we have continued to offer it, ensuring that the way we work is guided by each family's preferences and recognising that every situation is unique. By tailoring our support to individual needs, families feel more in control and often show higher levels of engagement. This has contributed to lower dropout rates for our weekend programmes, making them more cost effective, as we only run these groups when we have enough participants to fill the available places. We are always seeking ways to enhance our services and use our resources wisely. Above all, we remain committed to giving families genuine choice in how they engage with us, ensuring that our funds are used in the most impactful way.

After the initial assessment, each family is assigned one of our highly skilled and trained sessional therapists and a volunteer therapist (for face to face work primarily) who provide our service. Our lead therapist is accredited with BACP (British Association for Counselling and Psychotherapy) and all our sessional and volunteer therapists are all registered with either BACP or NCPS (National Counselling & Psychotherapy Society). Our charity is an organisational member of BACP. Additionally, our charity is an organisational member of BACP.

This year we provided our service to 74 families (63 in 2024; 56 in 2023; 87 in 2022, 67 in 2021, 96 in 2020, 88 in 2019 and 74 in 2018) comprising:-

- 71 children (67 in 2024; 61 in 2023, 106 in 2022, 79 in 2021, 129 in 2020, 120 in 2019, 98 in 2018)
- 67 young people (32 in 2024; 41 in 2023, 72 in 2022, 42 in 2021, 68 in 2020, 78 in 2019, 46 in 2018)
- 104 adults (91 in 2024; 82 in 2023; 152 in 2022, 101 in 2021, 159 in 2020, 134 in 2019 and 110 in 2018)
- 34 families with children and young adults with special educational needs (SENs) (20 in 2024)

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES for the Year Ended 31 August 2025

OBJECTIVES AND ACTIVITIES

We have a 3-tiered approach, Tier one is an initial assessment session over zoom and resources sent to the family, Tier two includes sessions at home or over zoom following the initial assessment session (usually 3 sessions), and Tier three involves attendance at a Family Workshop Day, a closing session as well as the 3 sessions at home and the initial assessment.

Below is a breakdown of which tier of our service each of the 63 families had:-

- 17 families had Tier one (20 in 2024)
- 51 families had Tier two (26 in 2024)
- 6 families had Tier three (17 in 2024)

This year our 6 Tier three Families joined a Family Workshop Day at Rainbow House in October 2024.

We did have a further Family Workshop Day planned in Spring 2025 but as there was a small number of families wishing to attend, this was postponed until October 2025 so that those families could join a larger group of families - making connections and lasting friendships with other families is a really important aspect of our Family Workshop Days. An additional important concern was financial, as the cost of running the day is not significantly less for a smaller group than a larger group, as all the sessional therapists and Lead Therapist are required to attend, supported by volunteer therapists (and trustees who host the day).

Those families who choose to attend always benefit hugely, sharing their stories and experiences, often forming new, lasting friendships with other families providing ongoing peer support.

During this year we held 4 social events for our families:-

December 2024 - Santa's grotto at Fermoy's Garden Centre in Totnes, kindly hosted by the Newton Abbot Rotary Club, welcomed 16 of our families to meet Santa, explore the wonderful grotto, choose a gift, and enjoy time together with other families and our team. This is the third year we have been invited to this event, and it continues to be a truly special day for everyone involved.

May 2025 - We attended The Donkey Sanctuary, Sidmouth with 9 of our families, benefitting from a "Donkey Assisted Therapy" session facilitated by their trained therapists with donkeys, which everyone thoroughly enjoyed. Transport was kindly provided free of charge by Majestic Coaches, Teignmouth and Easter eggs were generously donated by Walter C Parsons funeral directors, Torquay.

We held 2 Forest schools at Lupton House, courtesy of and facilitated by Orchard Forest School, Brixham:-

- July 2025 - 2 families
- August 2025 - 8 families

One of the Forest Schools was funded by a private donation and the other was paid for by funding obtained by Orchard Forest School.

One of our volunteer therapists attended all of the forest school sessions and shared how much the families enjoyed their time there. These sessions have been so successful that we plan to continue offering them as often as possible.

Our social events are always particularly meaningful, bringing new families together and giving them the chance to reconnect with our therapists and share how their lives have progressed since we last worked with them.

We make sure every family knows they are welcome to contact us at any time after their support has ended, should they need additional help. Indeed, some families do return to us for further support, often when they experience another bereavement.

2. School and College Work

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES for the Year Ended 31 August 2025

OBJECTIVES AND ACTIVITIES

Our schools programme brings together bereaved children from different year groups to ensure we have enough participants to run a group within a school or college. In some cases, we combine children from two or three smaller schools to make up the required numbers. Two of our sessional therapists are assigned to each schools group and deliver weekly sessions over a six week period, with each session lasting 1.5 hours.

During this financial year we ran 8 bereavement groups in schools:-

Autumn term 2024:

- White Rock Primary School, Paignton
- Torquay Girls Grammar School, Torquay
- Coombeshead College, Newton Abbot

One of these was an additional group requested and funded by the school, following the tragic death of one of their pupils.

Spring term 2025:

- Barton Hill Primary School, Torquay
- Cockington Primary School, Torquay

Summer term 2025:

- Bradley Barton Primary School, Newton Abbot
- Newton Abbot College, Newton Abbot
- Canada Hill Primary School, Newton Abbot

One of these was an additional group requested and funded by the school, following the tragic death of one of their pupils.

Our work in schools and colleges is consistently well received, and we are frequently invited back to support new cohorts of bereaved children and young adults across South Devon.

*Please see Case Studies at the end of this report.

3. Training

We continue to develop tailored training programmes to those who engage with bereaved children and young people and their families, to educate them about recognising signs of the effects of bereavement.

We have been fortunate to recruit 3 new volunteer therapists to join our team. Our volunteer therapists, some of whom are student therapists, work alongside our sessional therapists, gaining valuable experience and training, helping their professional development.

Safeguarding training is kept up to date, not just for our therapists but also our trustees who facilitate the running of our weekend Family Workshop Days.

Management

We were fortunate to welcome three new trustees this financial year, each bringing valuable skills and experience to complement our already experienced Board. Of our seven current trustees, three have previously received support from our service and now play an active role in shaping and developing our provision. We consider this invaluable, as it helps ensure we continue to evolve and meet the needs of the families who come to us for support.

OBJECTIVES AND ACTIVITIES

Our new Treasurer, who is a qualified accountant, has already identified several opportunities to reduce costs—for example, by consolidating our insurance policies and securing new phone contracts, both of which we have now implemented. We now have, bespoke, up to date management accounts, giving us access to real time financial information, which is incredibly important for effective decision making.

The operation and management of our charity - including trustees' meetings and supervision sessions for our therapists - continues to take place online. We have found this approach to be effective, cost efficient, and often more convenient. Trustees meet every three months, with sub committee meetings held in the months between.

The sub committee allows us to examine time consuming areas in more depth, such as funding applications, policy reviews, and evaluations of our working practices. Its recommendations are then presented to the main Board for decision making.

As we receive no statutory funding, we must raise all the money required to provide our services. Grant making trusts have traditionally been our primary source of income, but, like many small charities, we have found that the funding landscape has changed significantly since the Covid 19 pandemic and has not returned to its previous state. As a result, our focus again this year has been on increasing the number of volunteer therapists in our team and ensuring we make the most effective use of our resources to support as many families as possible. We are also exploring additional funding avenues and are extremely grateful to the individuals who have undertaken fundraising on our behalf.

We are fortunate not to have premises to maintain, and we remain profoundly thankful to the trustees of Rowcroft Hospice, who continue to allow us to use Rainbow House free of charge for our weekend Family Workshop Days and, when required, for office based activities such as interviews. We recognise that our team of highly skilled sessional and volunteer therapists, led by our Lead Therapist, is our greatest asset. Their dedication and commitment to our families is exceptional. Our priority is always the families we support, and we will continue to seek ways to develop and improve our services while ensuring efficiency and value for money for our funders.

Supervision

Each of our sessional and volunteer therapists receives regular individual supervision in addition to group supervision, ensuring they - along with our Lead Therapist - are fully supported within a clear, well established framework of oversight and accountability. We greatly value our therapists and are committed to ensuring they feel supported and appreciated both in their work and as individuals. A strong working relationship continues between the Board of Trustees and the therapy team, with our Lead Therapist providing monthly service delivery reports and attending both trustee and sub committee meetings. In return, one of our trustees attends the monthly group supervision sessions with the therapists. This structure promotes trust, transparency, and effective communication, enabling us to respond and adapt quickly whenever needed. During the Covid 19 pandemic, when meetings and supervision moved online, we increased the level of one to one supervision to ensure all therapists felt supported through an exceptionally challenging period. We have continued this enhanced level of supervision.

Collaboration

We continue to work closely with our "sister charities," which provide child bereavement support in Plymouth, Exeter, North Devon and Cornwall. Each organisation operates within an agreed geographical area, and we refer families to one another at boundary points to ensure they receive the most appropriate support. We also share ideas and best practice, and this collaboration has grown stronger with the ease and accessibility of online meetings. We are now exploring the possibility of forming a more structured consortium to further strengthen our collective ability to provide child bereavement support across Devon and Cornwall.

Although we maintain strong relationships, each sister charity has a different approach, works in a different geographical location and is financially independent. Our commitment to our approach (trained therapists, working with children and their families and bringing groups of families together to help break down isolation) is reinforced by the positive outcomes and feedback we consistently receive from the families we support; we have no plans to change this approach.

OBJECTIVES AND ACTIVITIES

We also continue our valued collaboration with Rowcroft Hospice, who very generously allow us to use Rainbow House within their grounds for our weekend Family Workshop Days, interviews and training sessions. In return, we provide bereavement support for any families they refer to us.

Future Developments

We remain firmly committed to meeting the growing demand for our services and to supporting some of the most vulnerable people in our community as they navigate their grief and work towards more positive futures. Awareness of the importance of good mental health - and of the long term impact childhood bereavement can have when not properly supported - is now greater than ever. We therefore expect demand for our services to continue rising in the year ahead. As we work to increase our visibility and profile locally, it is essential that our income grows in line with this demand.

To ensure long term sustainability, we continue to monitor and manage our finances carefully. We take every opportunity to learn from and share ideas with our sister charities, maintain transparency with our team of sessional and volunteer therapists, and work hard to keep everyone engaged and aligned with our goals and values.

We will also continue seeking new funding opportunities and delivering our services as efficiently as possible so that every penny we receive has maximum impact. At the same time, like many other charities, we are rebuilding our reserves to safeguard the charity's future sustainability.

Safeguarding continues to be our highest priority. We ensure that our Safeguarding Policy and procedures remain clear and up to date, that all therapists, trustees and volunteers hold enhanced DBS checks, and that regular safeguarding training is completed. Robust systems are also in place for reporting and escalating any concerns.

Public Benefit

The trustees have given consideration to the Charity Commission's general guidance on public benefit when making all relevant decisions.

Risk Management and Reserves Policy

The trustees are responsible for the careful management of risks potentially affecting the charity, and the main ways in which risks are managed are by:-

- holding regular trustees' meetings to review activities and finances including cash flow projections;
- holding additional subcommittee meetings to address key areas for development quickly and effectively;
- having clear, monthly financial budgeting and management reports;
- having clear, current, written policies including a safeguarding policy, which are kept under review;
- making sure all our procedures are carried out to ensure protection of children and vulnerable adults;
- having "safeguarding" as a standing item on our meeting agendas to ensure any safeguarding concerns are discussed and reported or dealt with as appropriate (no safeguarding issues this year);
- ensuring up to date DBS checks are in place and all therapists, volunteer student therapists and trustees are trained in key areas including safeguarding and child protection issues; and
- investing in the induction, training and supervision of all our therapists, volunteer student therapists and trustees.

The trustees are confident that all risks facing the charity are effectively managed and monitored through the processes and reviews outlined above, ensuring appropriate safeguards for service users, sessional therapists, consultants, volunteers and the organisation as a whole.

Given that the charity does not own property or carry significant financial liabilities, the trustees consider a reserves policy of three to six months' working capital to be appropriate and consistent with Charity Commission guidance.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES
for the Year Ended 31 August 2025

OBJECTIVES AND ACTIVITIES

Ethical Policy

Ethical Policy

We have considered whether an ethical policy is required and, at present, the trustees do not believe this is necessary, particularly as the charity does not hold any investments. We will continue to keep this under review, while always striving to operate as ethically as possible and with regard for our environmental impact - for example, by car sharing for meetings and visits whenever feasible, holding management meetings on-line.

Thank You

On behalf of us all at Children and Families in Grief and the children, young adults and families we support, the trustees would like to take this opportunity to thank everyone who has contributed to the running and the work of the charity this year, in gifts of time, money and resources. Being a grass roots charity, we are run by volunteers, and we rely entirely on donations and our own fundraising efforts, as we receive no government funding. We are truly grateful to every one of our supporters. In the past year, this has included major grants from Farringdon Schools Charitable Trust, BBC Children in Need and National Lottery. We are also grateful to individuals for their generous support and donations, including the ongoing fundraising support of Paul Courtney.

Although a small charity, the support we provide to the bereaved children, young people and their families in South Devon is critical - helping them to rebuild positive futures together and reinvest in life after loss is our commitment.

Sophia Honey on behalf of the Trustees
April 2026

OBJECTIVES AND ACTIVITIES

Case Studies

All names and identifying features have been changed to protect the identities of those these case studies are about.

Case Study 1

Family Work - a Tier two Family

We received a referral from a school in Torquay for a boy (Tyler) of 11 and his mum to receive our support following the death of his dad/ex partner to mum, 2 years earlier. Dad had died due to a drug overdose after separating from mum. Initially Tyler seemed to be coping well with the loss, and he hadn't wanted to talk about dad. But more recently Tyler had been talking about feeling suicidal and was refusing to go to school, worried to leave mum.

Our Lead Therapist met the family initially for an online session to assess the family and offer them some therapy with our team. The family chose online sessions with a Sessional Therapist, and we scheduled three sessions. We also informed them about the upcoming Family Workshop Day, which they could attend following the sessions at home.

Initially Tyler didn't want to speak to the therapist, but after the first session he said to his mum that he would like to talk to the therapist again, as he had found it helpful to have someone there to ask him things and help him to express his feelings.

The sessional therapist had 2 sessions with them, both lasting for one hour, giving the family a chance to talk about the death and how they felt about their loss. The family then got in touch to say they were in a much better place and felt they didn't need any more sessions as they had gained what they needed from the two sessions and now had a way of talking to each other about dad. We explained they were welcome to get in touch again if they wanted to and sent them feedback forms to fill out online.

We use a tiered system, so some families may only require an initial online session with our lead therapist, followed by resource support (usually age-appropriate books). Other families may opt for the online or in person sessions with one of our therapists (usually 3 sessions held online or in person, one per month) and some will go on to attend our Family Workshop Day (held at Rowcroft Hospice in Torquay). We let families decide what they need in the way of support and always leave the door open should they wish to have further sessions in the future.

Case Study 2

Family Work - a Tier three Family

Early in 2025 we received a referral from a school for a family who lived in Paignton and had recently had the death of an auntie to the children. In the family were Pete and Becky and their 2 daughters, Bell (aged 7) and Abi (age 5). Pete's sister, Gemma, had died suddenly from a stroke at the end of 2024 and this had left their family in a very grief-stricken state. The school had become concerned about Bell as she had been struggling in school and showing signs of anger towards her peers.

The family had an initial online introductory session with our Lead Therapist at which they reported feelings of hopelessness, and they were particularly concerned for their daughter Bell, who had become very angry since the death and seemed so unsettled both at home and at school.

The family opted for face-to-face sessions with our therapists, so two of our team (a sessional therapist and a volunteer therapist) went to visit the family in the spring for the first session in their home. At this session both children were very quiet and cried a lot when their Auntie Gemma was mentioned. Becky (mum) said that she didn't feel like she could cope with their grief as she was trying to support her husband, Pete, and both his parents, who were all struggling to come to terms with the sudden death of a member of their very close family.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES for the Year Ended 31 August 2025

OBJECTIVES AND ACTIVITIES

Gemma had some additional needs and so was very much supported by the family, especially by Becky. Becky felt like she had lost her role in supporting her sister-in-law, and felt she couldn't reach her husband, Pete, who seemed very shut down.

Over the course of the 3 home visit sessions, the family started to open up and there were moments of great connection between them as they talked about how they all felt and how they missed Gemma and all she brought to the family; she was a very bubbly character and the children were incredibly close with her as they spent time together every week.

The family said they would like to attend our next Family Workshop Day, which they did along with 8 other families.

At the Family Workshop Day, we have time altogether as a large group and also have time when the parents are in one group for some sessions, with children and teens in two other separate groups. During the group time, Pete and Becky were able to really open up and share their grief with the other parents/carers, whilst the girls had some play therapy with other children who had experienced similar losses.

At the closing visit the family said that they felt in a very different place now and that they were so thankful for all our support - the children now took time to talk about Auntie Gemma most days and Bell's anger was almost completely gone; they had found meeting other families at our Family Workshop Day one of the most helpful parts of our work, as they realised they were going through a very normal process of grief and were adjusting, slowly, to their loss in a healthy way and very much together.

We agreed to keep in touch with the family and let them know when we were having our next social get together with families, as they were keen to come along and keep that network of support they had started to develop at the Family Network Day.

Case Study 3

School & College Work

We offered a local primary school in south Devon a bereavement group as part of our Schools' Work Programme, where we work with between 6 and 8 secondary and/or primary schools across south Devon each year, running a bereavement group within each school (or group of smaller schools) with between 6 and 12 pupils. The group meets each week for 6 weeks and each session is 1.5 hours long, held in a quiet space in the school and facilitated by two of our specialist Sessional Therapists.

At this particular group we met Billy, a boy of 8, who was in year 3 and who had experienced the death of his dad the year before from cancer. The school observed that Billy exhibited withdrawn behaviour with his peers while at school and his attendance had become irregular, as he began refusing to attend shortly after the death of his father.

At the first session Billy didn't want to say who he had come to remember when given this opportunity (nobody is forced to speak). Instead, he sat quietly and listened to the other 8 children in the group share who had died in their families. The children were all given a puppet to keep, this puppet would become their companion at the group and their friend at home.

For the second week, the children were asked to bring in a photo of the person who had died; Billy brought in a photo of his dad but didn't want to say anything about him. Billy brought in his puppet, that he had been given the week before, and Billy used this puppet to talk about his feelings, he said his puppet missed it's dad and felt sad a lot of the time. We find children easily use these puppets to express their own emotions and what is experienced in the group can then be used at home with parents and carers to help children to talk about their feelings.

By week 4, Billy was able to speak about his dad and used the session where the group each made a memory flag of the person who had died. Billy put lots of time and effort into remembering all his dad had taught him, including how to play the guitar and ride a bike. Billy said this made him feel happy to remember these things from before dad was ill with cancer.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES for the Year Ended 31 August 2025

OBJECTIVES AND ACTIVITIES

As the group came to an end at the 6th session, Billy filled in his feedback form by himself. Billy said that when the group started he felt that he was a 1/5 for how he was coping with his grief, and now he felt like he was now a 3/5, as he could speak about his dad and had even been to visit his dad's grave with his mum, which Billy said had helped him and his mum to talk about dad.

The feedback from the school was positive too, his teacher said that Billy was now attending school regularly and seemed much more connected to his peers and was enjoying learning again.

After the school group, each child takes home their crafts along with a letter and leaflet about our charity, inviting families to contact us for further support if they wish.

Francesca Raymont
Lead Therapist
October 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. The charity is also a registered charity (RCN 1099255).

South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children and Families in Grief in 2010.

Risk management

Risk Management and Reserves Policy

The trustees are responsible for the careful management of risks potentially affecting the charity, and the main ways in which risks are managed are by:-

- holding regular trustees' meetings to review activities and finances including cash flow projections;
- holding additional subcommittee meetings to address key areas for development quickly and effectively;
- having clear, monthly financial budgeting and management reports;
- having clear, current, written policies including a safeguarding policy, which are kept under review;
- making sure all our procedures are carried out to ensure protection of children and vulnerable adults;
- having "safeguarding" as a standing item on our meeting agendas to ensure any safeguarding concerns are discussed and reported or dealt with as appropriate (no safeguarding issues this year);
- ensuring up to date DBS checks are in place and all therapists, volunteer student therapists and trustees are trained in key areas including safeguarding and child protection issues; and
- investing in the induction, training and supervision of all our therapists, volunteer student therapists and trustees.

The trustees are satisfied that any risks affecting the charity are managed and monitored through the management processes and reviews set out above, allowing for effective mitigation of risk to service users, staff, volunteers and the organisation.

Considering the absence of property or any such material liability the trustees consider that a reserves policy of three to six months working capital is sufficient and in line with guidance issued by the Charity Commission.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04736907 (England and Wales)

Registered Charity number

1099255

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES
for the Year Ended 31 August 2025

Registered office

22 Union Street
Newton Abbot
Devon
TQ12 2JS

Trustees

Mrs S J Honey Chair
Mrs P A Goss
Mrs S P Cole
Mrs S A Newman Vice Chair
Mrs R Gilliam Treasurer (resigned 11.9.24)
Mrs S Debney (appointed 11.9.24)
Ms G Nimmo (appointed 23.4.25)
W Treadwell Treasurer (appointed 23.4.25)

Company Secretary

Mrs P A Goss

Independent Examiner

Ian Barrett
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

Approved by order of the board of trustees on*20/05/2026*..... and signed on its behalf by:

S. Honey

.....
Mrs S J Honey - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CHILDREN AND FAMILIES IN GRIEF LIMITED

Independent examiner's report to the trustees of Children and Families in Grief Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 August 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors 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 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 confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Ian Barrett

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

Date:

CHILDREN AND FAMILIES IN GRIEF LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the Year Ended 31 August 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		61,388	-	61,388	31,218
Investment income	2	<u>470</u>	<u>-</u>	<u>470</u>	<u>370</u>
Total		<u>61,858</u>	<u>-</u>	<u>61,858</u>	<u>31,588</u>
EXPENDITURE ON					
Raising funds		3,240	-	3,240	3,240
Charitable activities					
Charitable Activities		<u>32,436</u>	<u>-</u>	<u>32,436</u>	<u>35,599</u>
Total		<u>35,676</u>	<u>-</u>	<u>35,676</u>	<u>38,839</u>
NET INCOME/(EXPENDITURE)		26,182	-	26,182	(7,251)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>11,779</u>	<u>-</u>	<u>11,779</u>	19,030
TOTAL FUNDS CARRIED FORWARD		<u>37,961</u>	<u>-</u>	<u>37,961</u>	<u>11,779</u>

The notes form part of these financial statements

CHILDREN AND FAMILIES IN GRIEF LIMITED

BALANCE SHEET

31 August 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
CURRENT ASSETS					
Cash at bank		<u>37,961</u>	-	<u>37,961</u>	11,779
NET CURRENT ASSETS		<u>37,961</u>	-	<u>37,961</u>	<u>11,779</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>37,961</u>	-	<u>37,961</u>	11,779
NET ASSETS		<u>37,961</u>	-	<u>37,961</u>	<u>11,779</u>
FUNDS	5				
Unrestricted funds				<u>37,961</u>	<u>11,779</u>
TOTAL FUNDS				<u>37,961</u>	<u>11,779</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on20/05/2026..... and were signed on its behalf by:

S. Honey

.....
S J Honey - Trustee

P. Goss

.....
P A Goss - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<u>470</u>	<u>370</u>

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 August 2025

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2025 nor for the year ended 31 August 2024.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	31,218	-	31,218
Investment income	<u>370</u>	<u>-</u>	<u>370</u>
Total	<u>31,588</u>	<u>-</u>	<u>31,588</u>
EXPENDITURE ON			
Raising funds	3,240	-	3,240
Charitable activities			
Charitable Activities	<u>35,599</u>	<u>-</u>	<u>35,599</u>
Total	<u>38,839</u>	<u>-</u>	<u>38,839</u>
NET INCOME/(EXPENDITURE)	(7,251)	-	(7,251)
Transfers between funds	<u>500</u>	<u>(500)</u>	<u>-</u>
Net movement in funds	(6,751)	(500)	(7,251)
RECONCILIATION OF FUNDS			
Total funds brought forward	18,530	500	19,030
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>11,779</u>	<u>-</u>	<u>11,779</u>

5. MOVEMENT IN FUNDS

	At 1.9.24 £	Net movement in funds £	At 31.8.25 £
Unrestricted funds			
General fund	11,779	26,182	37,961
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>11,779</u>	<u>26,182</u>	<u>37,961</u>

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 August 2025

5. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	61,858	(35,676)	26,182
	_____	_____	_____
TOTAL FUNDS	<u>61,858</u>	<u>(35,676)</u>	<u>26,182</u>

Comparatives for movement in funds

	At 1.9.23 £	Net movement in funds £	Transfers between funds £	At 31.8.24 £
Unrestricted funds				
General fund	18,530	(7,251)	500	11,779
Restricted funds				
Trauma Training	500	-	(500)	-
	_____	_____	_____	_____
TOTAL FUNDS	<u>19,030</u>	<u>(7,251)</u>	<u>-</u>	<u>11,779</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	31,588	(38,839)	(7,251)
	_____	_____	_____
TOTAL FUNDS	<u>31,588</u>	<u>(38,839)</u>	<u>(7,251)</u>

The restricted fund from Farringdon Trust is for schools work.

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 August 2025

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2025.

CHILDREN AND FAMILIES IN GRIEF LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 August 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	12,178	29,718
Grants	<u>49,210</u>	<u>1,500</u>
	61,388	31,218
Investment income		
Deposit account interest	<u>470</u>	<u>370</u>
Total incoming resources	61,858	31,588
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	3,240	3,240
Charitable activities		
Weekend counselling, schools work and home visits	28,890	30,198
Activity day costs	<u>561</u>	<u>1,586</u>
	29,451	31,784
Support costs		
Governance costs		
Insurance	543	1,179
Telephone	291	290
Postage and stationery	446	430
Sundries	419	261
Accountancy and legal fees	466	420
Subscriptions	295	385
Design costs and printing	148	371
Bank charges	66	66
Website and advertising	<u>311</u>	<u>413</u>
	2,985	3,815
Total resources expended	<u>35,676</u>	<u>38,839</u>
Net income/(expenditure)	<u>26,182</u>	<u>(7,251)</u>

This page does not form part of the statutory financial statements

CHILDREN AND FAMILIES IN GRIEF LIMITED

England & Wales - Charity number 1099255

Accounts

REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255



**Barretts Chartered
Accountants and
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS**

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED**

31 AUGUST 2024 FOR

Children & Families in Grief LIMITED



**REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255**

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR
ENDED 31 AUGUST 2024 FOR
CHILDREN AND FAMILIES IN GRIEF LIMITED

CHILDREN AND FAMILIES IN GRIEF LIMITED

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For the Year Ended 31 August 2024

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CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Governing Document

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. South West in Grief Support Limited was registered with the Charity Commission as a charity on 3rd September 2003 (RCN 1099255), being renamed and relaunched as Children and Families in Grief in 2010.

Organisational Structure

A board of directors, who are all trustees of the charity, has control of the company and meet quarterly as a whole board with subcommittee meetings held in the intervening months (except December and August).

The officers who served during the period are:

Name & Position

P Goss - Director & Company Secretary

S Honey - Director and Chair

S Cole - Director

S Newman - Director & Vice Chair

R Gilliam - Director & Treasurer

Governance and Internal Control

Company and charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the charity and of the surplus or deficit of the charity for that period. In preparing those financial statements, the trustees have:-

- Selected suitable accounting policies and then applied them consistently;
- Made judgements and estimates that are reasonable and prudent;
- Prepared the financial statements on the going concern basis.

The trustees have overall responsibility for ensuring that the charity has appropriate systems of control, financial and otherwise. They are also responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES
For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Objects

As defined in the Central Register of Charities maintained by the Charity Commission for England and Wales, Children and Families in Grief Limited's Objects are:

- 1) The preservation and protection of good health of families and in particular the children who have experienced the loss of a significant family member through therapeutic play and where appropriate, counselling.
- 2) To advance the education and training of staff and volunteers in the needs of those who have suffered recent bereavement and loss.

Aims

- A) To give creative support for children and young people and their families, providing them with safe ways and a safe environment in which to remember the loved one whom they have lost;
- B) Promoting, advancing, encouraging and assisting in the sharing of experiences as the children and family members move through the grieving and healing process;
- C) Promoting peer support by introducing bereaved children and families to each other, to break the isolation which bereavement more often than not creates and by teaching the children and adults to communicate again within their family unit and with other families;
- D) To help families build more positive futures by giving them the toolkits to do this.

Our primary focus is achieving the best possible outcomes for each and every person who comes to us for help. At the centre of all our work are bereaved children and young people and their wellbeing, progress and safety are our primary concerns when they engage with our services.

We believe our approach of bringing bereaved children, young people and their families together to break isolation is unique in the South West, if not nationally. We wholeheartedly believe that our fundamental approach to bereavement and grief achieves the best possible outcomes for our beneficiaries.

Ordinarily, the charity achieves its aims and fulfils its charitable objects by:-

- Providing professional counselling by telephone, Zoom or home visits and weekend Family Workshop Days free of charge to each and every family;
- tailoring provision for families who are not able to engage with our weekend work;
- holding at least two social events each year to which families are invited, to encourage children and families to meet others and provide peer support and to stay in touch with the charity for a period of a couple of years after their closing visit. Attendance is free of charge for all families;
- making sure all families know that they can contact us at any time after we have finished working with them, should they require further help;
- engaging with schools and colleges in South Devon to support small groups of bereaved children and young people in each school or college who would not otherwise engage with our core service provision of working with families. This supports the children and young people and their families, as well as the staff at the respective schools and colleges who learn how to recognise the changes in behaviour often displayed by children and young people who are not able to cope with bereavement. This area of work has continued to grow significantly since its introduction and is now a well-established service line for which we have a constant demand;
- providing tailored training programmes to those professionals who engage with bereaved children and young people, to educate them about recognising signs of the effects of bereavement; and
- providing training, support and experience to volunteer student therapists and volunteer therapists.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES
For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

Review of Activities and Current Developments

The Our main charitable activity is the provision of support we provide to bereaved children (primary school age), young people (secondary school age) and their families through our “family work” and our “school and college work”.

Our services are provided free of charge to all our families, schools and colleges (except where requested by a school or college following the death of a pupil, where the school or college will fund the cost of our support). Many of the families we work with are from some of the most socially and economically deprived wards in England and Wales and are some of the most vulnerable in South Devon, often having existing complex dynamics and multiple challenges in addition to their bereavement.

Demand continues to be strong for our services and referral numbers have started to increase again this year after a slight dip in the previous year. As many charities have been finding, funding continues to be a challenge but we have managed to secure sufficient income to provide support to all families referred to us and resources to provide an increased number of schools and colleges groups this year.

This year we launched a new dynamic and easy to use website to enhance the experience of those visiting our website to find out more about our work or to self-refer. We will continue to develop and add to it. We are very grateful to everyone who assisted with and facilitated its creation.

1. Family Work

The majority of families are referred to us by Social Services, Children’s Services, Schools and GP Surgeries but may also self-refer. Having adapted the provision of our service during the Covid-19 pandemic to be online, we have continued to give the families the option of having virtual meetings. Some families still prefer virtual meetings which are more cost effective for our charity but we still offer in person meetings for those families who prefer this approach.

We have further adapted our service this year, to blend these options, for example after the initial assessment by our Lead Therapist (which is always virtual) having a mix of in person and virtual meetings, which again helps with cost. We really do tailor our service to meet each family’s particular needs and preferences. The outcome is that our families feel more in control and often more engaged with resulting lower dropout rates for our weekend work, making that aspect better value as we will only run the weekend groups when we have sufficient numbers to fill the places and maximise the value of the cost of running the workshops. We are always looking for ways of improving our service and making the best use of our income. We firmly believe in giving families choice and them deciding how to engage with our services and to what degree. This helps us to ensure our funds are well spent.

This year we provided our service to 63 families (56 in 2023; 87 in 2022, 67 in 2021, 96 in 2020, 88 in 2019 and 74 in 2018) comprising:-

- 67 children (61 in 2023,106 in 2022, 79 in 2021,129 in 2020, 120 in 2019, 98 in 2018)
- 32 young people (41 in 2023,72 in 2022,42 in 2021, 68 in 2020, 78 in 2019, 46 in 2018)
- 91 adults (82 in 2023;152 in 2022, 101 in 2021,159 in 2020,134 in 2019 and 110 in 2018)
- 20 families with children and young adults with special educational needs (SENs)

We have a 3-tiered approach, Tier one is an initial assessment session over zoom and resources sent to the family, Tier two includes sessions at home or over zoom following the initial assessment session (usually 3 sessions), and Tier three involves attendance at a Family Workshop Day, a closing session as well as the 3 sessions at home and the initial assessment.

Below is a breakdown of which tier of our service each of the 63 families had:-

- 20 families had Tier one
- 26 families had Tier two
- 17 families had Tier three

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

We This year we have held two Family Workshop Days at Rainbow House for the Tier 3 families:- one in October 2023 and second in June 2024.

October 2023 - 8 families attended comprising:-

- 10 adults
- 3 young people
- 9 children

June 2024 - 10 families attended comprising:-

- 15 adults
- 5 young people
- 12 children

Those families who choose to attend always benefit hugely, sharing their stories and experiences, often forming new, lasting friendships with other families providing ongoing peer support.

During this year we had 5 social events for our families:-

December 2023 - Santa's grotto at Fermoy's Garden Centre, Totnes courtesy of the Newton Abbot Rotary Club, where we had 32 children come to see Santa and experience the wonders of his arrival and visiting the grotto, receiving a gift of their choice and a chance for our families to catch up with each other and our team. This is the second year we have been invited by the Rotary Club to this event and it is an amazing day for all

We had 4 Forest schools, courtesy of and facilitated by Orchard Forest School, Brixham:-

- February 2024 - 6 families
- May 2024 - 7 families
- August 2024 - one with 8 families and the second with 6 families.

One of our volunteer therapists attended all of the forest schools and reported back what a wonderful time the families had. Such is their success, we will continue to run these as often as we are able to.

Social events are always very special occasions, bonding new families together and providing an opportunity to catch up with therapists, to update them on how their lives have progressed since our previous contact.

We ensure all families know that they can contact us at any time after we have finished working with them, should they require further help. Indeed, some families do come back to us for further support, often following a further bereavement.

2. School and College Work

Our schools work brings together bereaved children from different year groups, to make up the numbers we require to run a group at a school or college, or sometimes we bring children together from two or three small schools to make up the numbers. We provide weekly sessions over 6 weeks, each for 1.5 hours

During this financial year we ran 8 bereavement groups in schools:-

Autumn term 2023:

- Paignton Academy (Waterleat site) - 5 young people
- Cockington Primary School, Torquay - 6 children
- Haytor View Primary School, Newton Abbot - 8 children
- We included an extra school group this term as we had had one school cancel their group

REPORT OF THE TRUSTEES
For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

Spring term 2024:

- Paignton Academy (Borough Road site), Paignton - 8 young people
- Combe Pafford, SEN school, Torquay - 7 young people

Summer term 2024:

- Eden Park Primary School, Brixham - 8 children
- South Dartmoor College, Ashburton - 10 young people
- Decoy Primary School, Newton Abbot - 8 children

One of these was an additional group requested and funded by the school, following the tragic death of one of their pupils.

Our work in schools and colleges is always well received and we often receive repeat requests to return to schools and colleges in South Devon to support further cohorts of bereaved children and young adults.

Please see Case Studies at the end of this report.

3. Training

We continue to develop tailored training programmes to those who engage with bereaved children and young people and their families, to educate them about recognising signs of the effects of bereavement.

We have been fortunate to recruit 3 new volunteer therapists to join our team. Our volunteer therapists, some of whom are student therapists, work alongside our sessional therapists, gaining valuable experience and training, helping their professional development.

Safeguarding training is kept up to date, not just for our therapists but also our trustees who facilitate the running of our weekend Family Workshop Days.

4. Management

The operation and management of our charity, from trustees' meetings to supervision meetings for our therapists, continues to be conducted online. We have found this to be an effective, cost efficient and often more convenient, way of managing our charity. The trustees meet every 3 months with sub-committee meetings held in the intervening months.

The use of a sub-committee enables us to consider in detail certain time consuming aspects, for example funding applications, review of our policies, review of our working practices. Recommendations of the sub-committee are made to the main Board meetings for decision.

Receiving no statutory funding means that we have to raise all the funds we require to carry out our services. Historically grant making trusts have been the main source of our income but like so many other grass-roots charities, we have found that the landscape which changed dramatically during the Covid-19 pandemic has not returned to pre-Covid times. Accordingly, our focus this year has been to further enhance the number of volunteer therapists in our team and ensure we are maximising our resources to benefit as many families as possible. We are also looking at other sources of funding and in this regard have had some very much appreciated support from individuals raising money for our work, for which we are extremely thankful.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

Fortunately, we do not have any premises to maintain and are incredibly grateful to the trustees of Rowcroft Hospice who continue to permit us to use Rainbow House free of charge for our weekend Family Workshop Days and when we need office space, for example for interviewing. We recognise that our team of exceptionally talented sessional and volunteer therapists lead by our lead therapist are our greatest asset and their commitment and dedication to our work is phenomenal. Putting our families first is our primary concern and we will continue to look for ways to evolve and improve our services, whilst driving efficiency to ensure value for money for our funders.

5. Supervision

Every sessional therapist and volunteer therapist has regular individual supervision in addition to group supervision, to ensure that all are fully supported as well as our lead therapist, with clear lines of supervision and accountability established, which continues to work well. We value all our therapists and strive to ensure they are fully supported and feel valued in their work and as individuals. There continues to be a very close working relationship between the board of trustees and the team of therapists, with our lead therapist providing monthly reports on the delivery of our service as well as attending trustee meetings and sub-committee meetings. Conversely, one of our trustees attends the monthly group supervision meetings with the team of therapists. This fosters maximum trust and transparency between the management board and the team of therapists in the delivery of our services and enables us to react and adapt quickly where required. As a result of the Covid-19 pandemic and a move to online meetings and supervision, we increased the level of 1 to 1 supervision, to help all our therapists feel supported during these extremely challenging times. We have continued with this enhanced level of supervision.

6. Collaboration

We continue to collaborate with our “sister charities”, which provide child bereavement support in Plymouth, Exeter, North Devon and Cornwall, referring families to each other where our boundaries meet as appropriate, as we each have an agreed, defined geographical operating area. We also share ideas and best practice, and this level of collaboration has increased and improved, with the convenience of on-line meetings.

The sister charities all work in different ways and are financially independent of each other. With our unique group approach to therapy, we do not anticipate any greater collaboration currently; our commitment to our approach is wholly justified by the outcomes we help our beneficiaries achieve evidenced by the very positive feedback we receive from them.

We also continue to collaborate with Rowcroft Hospice, who very generously allow us to use their Rainbow House in the grounds of the hospice for our weekend family bereavement days, interviews and training. We reciprocate by providing bereavement support to any families they refer to us.

Future Developments

We remain resolutely committed to meeting the demands for our services, supporting some of the most vulnerable people in our community manage their grief and build more positive futures together. The importance of good mental health and the negative impact childhood bereavement can have on mental health in later years and how this can manifest itself is now more in the public domain than ever before. We anticipate demand for our services will continue to increase in the coming year. As we work to increase our visibility and profile locally we must ensure that we receive sufficient income to meet demand for our services.

To build future sustainability, we are managing our finances carefully, taking the opportunity to learn and share ideas with our sister charities, being transparent with our team of sessional and volunteer therapists and working hard to ensure all our therapists remain engaged with our work and aspirations.

We will continue to look for opportunities to increase our sources of funding and provide our service as economically as we possibly can. Having endured an austere previous financial year, we are endeavouring to rebuild our reserves to ensure future sustainability.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

We will also continue to actively look for ways of providing our services as economically as possible, to maximise the value of our very valuable income.

We are looking to recruit additional trustees in the coming year, to enhance our number and diversity, with sustainability in mind.

Risk Management and Reserves Policy

The trustees are responsible for the careful management of risks potentially affecting the charity, and the main ways in which risks are managed are by:-

- holding regular trustees' meetings to review activities and finances including cash flow projections;
- holding additional subcommittee meetings to address key areas for development quickly and effectively;
- having clear, monthly financial budgeting and management reports;
- having clear, current, written policies including a safeguarding policy, which are kept under review;
- making sure all our procedures are carried out to ensure protection of children and vulnerable adults;
- having "safeguarding" as a standing item on our meeting agendas to ensure any safeguarding concerns are discussed and reported or dealt with as appropriate (no safeguarding issues this year);
- ensuring up to date DBS checks are in place and all therapists, volunteer student therapists and trustees are trained in key areas including safeguarding and child protection issues; and
- investing in the induction, training and supervision of all our therapists, volunteer student therapists and trustees.

The trustees are satisfied that any risks affecting the charity are managed and monitored through the management processes and reviews set out above, allowing for effective mitigation of risk to service users, staff, volunteers and the organisation.

Considering the absence of property or any such material liability the trustees consider that a reserves policy of three to six months working capital is sufficient and in line with guidance issued by the Charity Commission.

Public Benefit

The trustees have given consideration to the Charity Commission's general guidance on public benefit when making all relevant decisions.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

Risk Management and Reserves Policy

The trustees are responsible for the careful management of risks potentially affecting the charity, and the main ways in which risks are managed are by:-

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The trustees are satisfied that any risks affecting the charity are managed and monitored through the management processes and reviews set out above, allowing for effective mitigation of risk to service users, staff, volunteers and the organisation.

Considering the absence of property or any such material liability the trustees consider that a reserves policy of three to six months working capital is sufficient and in line with guidance issued by the Charity Commission.

Ethical Policy

We have considered the need for an ethical policy and at the current time the trustees do not consider that we require such a policy, particularly as we do not hold any investments. We will continue to monitor this but always strive to run our charity as ethically as possible, considering our environment, for example by car sharing for meetings and visits where possible

Thank You

On behalf of us all at Children and Families in Grief and the children, young adults and families we support, the trustees would like to take this opportunity to thank everyone who has contributed to the running and the work of the charity this year, in gifts of time, money and resources. Being a grass roots charity, we are run by volunteers, and we rely entirely on donations and our own fundraising efforts, as we receive no government funding. We are truly grateful to every one of our supporters. In the past year, this has included major grants from Farringdon Schools Charitable Trust and Children in Need. We are also grateful to individuals for their generous support and donations, including the ongoing fundraising support of Paul Courtney.

REPORT OF THE TRUSTEES
For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

Case Studies

All names and identifying features have been changed to protect the identities of those these case studies are about.

Case Study 1

We were contacted by a local primary school in the summer of 2023 asking for support for a child at their school whose dad had died at the end of the previous year. The child was 10 years old now, and experiencing a lot of confusing feelings following her dad's death and her mum felt she would benefit from some grief counselling.

Following the initial chat with the school Pastoral Worker a referral form was sent to our Lead Therapist who phoned the family to arrange an initial zoom call with the mum and daughter. At the initial zoom call the mum did a lot of the talking to begin with, until the daughter felt more comfortable to express how she was feeling. During this one hour call the girl opened up that she felt sad and worried about the death of her dad as she had not had a good relationship with him, and it had caused her to not want to go to school or play with friends as she just wanted to be at home with her mum since he had died. Her mum said this was unusual and that she felt concerned that her daughter was becoming depressed and withdrawn. School attendance had become difficult and mum was worried that the girl would lose friends if she continued to be so withdrawn.

We discussed what had happened leading up to dad's death and how this had impacted the family. I told the family how we work, and the family opted for zoom sessions as they felt that would be better for the daughter than having us come to the home, at least to begin with.

One of our therapists was assigned to work the family and she contacted the family to arrange the first session; the family had a series of 3 sessions online with our therapist before coming to our Family Day to meet other families who had been bereaved.

During the sessions the daughter was able to open up about how she had felt about dad before he died; they had not seen a lot of each other just ahead of him dying unexpectedly, the daughter felt guilt about this and was very clingy to mum in case something happened to her. The therapist used a therapeutic game we have called 'the grief game' to help the child open up and share her feelings with mum. This also gave mum a chance to share her conflicted feelings about dad and his death.

After they had the sessions at home, they were keen to come to our Family Workshop Day with other bereaved families. We had a group of 10 families attend the day at Rowcroft, the hospice in Torquay, which gave the family the opportunity of hearing other people's stories which they said really helped. We also did some specific work on memories, making a memory jar using a mix of coloured chalk and sand, which helped the daughter to remember some of the happier memories when she was small and lived with her dad and this was something she could take home to keep.

At the closing session, that took place online, the family said they felt they had travelled a long way during the course of our work; the feedback they gave showed a clear change in how they felt and how they were functioning. The daughter said she felt more able to talk about dad and more able to go to school and see friends without worrying about something happening to mum.

The family asked to keep in touch and came to our Christmas social, where mum said she had noticed a big change since our work with her daughter and how grateful she was for the sessions and coming to the Family Workshop

REPORT OF THE TRUSTEES
For the Year Ended 31 August 2024

OBJECTIVES AND ACTIVITIES

Case Study 2

We were approached by a secondary school in South Devon to run a bereavement group for a group of their pupils who had been through a close bereavement. We agreed to run the group in the Spring term over a course of 6 weeks, each session would last for 1.5 hours and we would run this during the school day, at the school. Two of our highly skilled and experienced therapists would facilitate the group and we said to the school that we could have been 6 and 12 pupils attend.

We had 8 students attend this group, aged between 11 and 16 and one of the girls referred into the group, we will call her Maddie, was 12 years old at the time and was struggling with her grief.

Maddie had lost her dad when she was 6 years old, and since starting at secondary school 18 months ago, had been experiencing a lot of mental health issues that her mum felt had all come from this tragic loss.

In the first session the young people were all a little quiet and the session started with a drink and a biscuit and then a getting to know you game, which helped the young people to start to relax. The group were then invited to talk about the person who had died and within this group there was a mix of loss of parents and grandparents. Maddie was last to share with the group but managed to say that her dad had died when she was small and that she felt very sad a lot of the time.

Each week a different aspect of grief was focused on, the group bonded well together and there was a lot of mutual support as the young people shared their stories with each other.

One of the weeks that really helped Maddie was the week that the group shared memories of their special person. Maddie made a beautiful salt jar (a mix of salt and coloured chalk, layered together in a jam jar with each colour representing the different memories) and when Maddie spoke of her memories to the group she was able to laugh as she remembered some really happy times just before her dad died.

As the group neared to an end the group were invited to make memory flags, highlighting the things that they had learned from their special person, again this exercise was helpful to Maddie as she realised how much of the things she enjoyed had come from her dad, including her love of playing the piano.

At the final session, the young people all shared how they had found the group and filled in our feedback forms. One of the questions is aimed at trying to scale how the young person felt they were managing their grief before the group started, compared to at the end of the group and Maddie felt that she had moved from a 2/5 to a 4.5, which was an amazing shift in the 6 weeks that she had been attending the group. The group said they would all keep in touch with each other and continue to offer support to each other, and the Pastoral worker at the school was also going to keep in touch with them.

At the end of the group each young person took home what they had made and a letter to their families explaining that if they needed any support as a family they could contact our charity and we could visit them at home.

Francesca Raymont
Lead Therapist
August 2024

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES

For the Year Ended 31 August 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. The charity is also a registered charity (RCN 1099255).

South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children and Families in Grief in 2010.

Risk management

Risk Management and Reserves Policy

The trustees are responsible for the careful management of risks potentially affecting the charity, and the main ways in which risks are managed are by:-

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- holding additional subcommittee meetings to address key areas for development quickly and effectively;
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- ensuring up to date DBS checks are in place and all therapists, volunteer student therapists and trustees are trained in key areas including safeguarding and child protection issues; and
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The trustees are satisfied that any risks affecting the charity are managed and monitored through the management processes and reviews set out above, allowing for effective mitigation of risk to service users, staff, volunteers and the organisation.

Considering the absence of property or any such material liability the trustees consider that a reserves policy of three to six months working capital is sufficient and in line with guidance issued by the Charity Commission.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

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South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children and Families in Grief in 2010.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04736907 (England and Wales)

Registered Charity number

1099255

Registered office

22 Union Street
Newton Abbot
Devon
TQ12 2JS

Trustees

Mrs S J Honey - Chair
Mrs P A Goss
Mrs S P Cole
Mrs S A Newman - Vice Chair
Mrs R Gilliam Treasurer (resigned 11.9.24)
Mrs S Debney (appointed 11.9.24)

Company Secretary


Mrs P A Goss

Independent Examiner

Ian Barrett
Barretts
Chartered Accountants &
Chartered Tax Advisers

22 Union Street
Newton Abbot
Devon
TQ12 2JS

Approved by order of the board of trustees on 23rd April 2024 and signed on its behalf by:



Mrs S J Honey - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CHILDREN AND FAMILIES IN GRIEF LIMITED

Independent examiner's report to the trustees of Children and Families in Grief Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 August 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors 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 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 confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Ian Barrett

Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

1 May 2025

CHILDREN AND FAMILIES IN GRIEF LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)

For the Year Ended 31 August 2023

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		31,218	-	31,218	19,261
Investment income	2	370	-	370	304
Total		31,588	-	31,588	19,565
EXPENDITURE ON					
Raising funds		3,240	-	3,240	3,240
Charitable activities					
Charitable Activities		35,599	-	35,559	38,992
Total		38,839	-	38,839	42,232
NET INCOME/(EXPENDITURE)					
Transfers between funds	6	5,00	(500)	-	-
Net movement in funds		(6,751)	(500)	(7,251)	(22,667)
RECONCILIATION OF FUNDS					
Total funds brought forward		18,530	500	19,030	41,697
TOTAL FUNDS CARRIED FORWARD		11,779	-	11,779	19,030

The notes form part of these financial statements

CHILDREN AND FAMILIES IN GRIEF LIMITED

BALANCE SHEET

31 August 2024

Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
CURRENT ASSETS				
Cash at bank	11,779	-	11,779	19,030
NET CURRENT ASSETS	11,779	-	11,779	19,030
TOTAL ASSETS LESS CURRENT LIABILITIES	11,779	-	11,779	19,030
NET ASSETS	11,779	-	11,779	19,030
FUNDS				
6				
Unrestricted funds			11,779	18,530
Restricted funds			-	500
TOTAL FUNDS			11,779	19,030

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

CHILDREN AND FAMILIES IN GRIEF LIMITED

BALANCE SHEET - continued

31 August 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 23 April 2025 and were signed on its behalf by:



S J Honey - Trustee



P A Goss - Trustee

The notes form part of these financial statements

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS

For the Year Ended 31 August 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	370	304

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued

For the Year Ended 31 August 2024

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2024 nor for the year ended 31 August 2023.

Trustees' expenses

Four (2023: One) trustees received reimbursed expenses totalling £690 (2023: £13).

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	19,261	-	19,261
Investment income	304	-	304
Total	19,565	-	19,565
EXPENDITURE ON			
Raising funds	3,240	-	3,240
Charitable activities			
Charitable Activities	38,992	-	38,992
Total	42,232	-	42,232
NET INCOME/(EXPENDITURE)	(22,667)	-	(22,667)
Transfers between funds	5,853	(5,853)	-
Net movement in funds	(16,814))	5,853	(22,667)
RECONCILIATION OF FUNDS	35,344	6,353	41,697
Total funds brought forward			
TOTAL FUNDS CARRIED FORWARD	18,530	500	19,030

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued

For the Year Ended 31 August 2024

5. TANGIBLE FIXED ASSETS	Computer equipment £
COST	
At 1 September 2022 and 31 August 2023	1,063
Disposals	1,063
At 31 August 2024	-
DEPRECIATION	
At 1 September 2022 and 31 August 2023	1,063
Disposals	(1,063)
At 31 August 2024	-
NET BOOK VALUE	
At 31 August 2024	-
At 31 August 2023	-

6. MOVEMENT IN FUNDS	At 1.9.23 £	Net movement in funds £	Transfers between funds £	At 31.8.24 £
Unrestricted funds				
General fund	18,530	(7,251)	500	11,779
Restricted funds				
Trauma Training	500	-	(500)	-
TOTAL FUNDS	19,030	(7,251)	-	11,779

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	31,588	(38,839)	(7,251)
TOTAL FUNDS	31,588	(38,839)	(7,251)

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued

For the Year Ended 31 August 2024

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

6. MOVEMENT IN FUNDS

	At 1.9.22 £	Net movement in funds £	Transfers between funds £	At 31.8.23 £
Unrestricted funds				
General fund	35,344	(22,667)	5,853	18,530
Restricted funds				
Farringdon Trust	5,853	-	(5,853)	-
Trauma Training	500	-	-	500
	6,353	-	(5,853)	500
TOTAL FUNDS	41,697	(22,667)-	-	19,030

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	19,565	(42,232)	(22,667)
TOTAL FUNDS	19,565	(42,232)	(22,667)

The restricted fund from Farringdon Trust is for schools work.

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2024.

CHILDREN AND FAMILIES IN GRIEF LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

For the Year Ended 31 August 2024

	2024	2023
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	29,718	9,561
Grants	1,500	9,700
	31,218	19,261
Investment income		
Deposit account interest	370	304
Total incoming resources	31,588	19,565
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	3,240	3,240
Charitable activities		
Weekend counselling, schools work and home visits	30,198	33,799
Activity day costs	1,586	1,616
	31,784	35,415
Support costs		
Governance costs		
Insurance	1,179	1,084
Telephone	290	307
Postage and stationery	430	398
Sundries	261	482
Accountancy and legal fees	420	420
Subscriptions	385	375
Design costs and printing	371	89
Bank charges	66	65
Website and advertising	413	359
	3,815	3,577
Total resources expended	38,839	42,232
Net (expenditure)/income	(7,251)	22,667



**Children &
Families in
Grief**



CHILDREN AND FAMILIES IN GRIEF LIMITED

England & Wales - Charity number 1099255

Accounts

REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255



**Barretts Chartered
Accountants and
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS**

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED**

31 AUGUST 2022 FOR

Children & Families in Grief LIMITED



**REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255**

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR
ENDED 31 AUGUST 2022
FOR
CHILDREN AND FAMILIES IN GRIEF LIMITED

CHILDREN AND FAMILIES IN GRIEF LIMITED

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For the Year Ended 31 August 2022

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CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. The charity is also a registered charity (RCN 1099255).

South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children & Families in Grief in 2010.

Organisational Structure

A board of directors, who are all trustees of the charity, has control of the company and meets bi-monthly as a whole board with sub committee meetings held in the intervening months (except December and August).

The officers who served during the period are:

Name & Position

P Goss	Director & Company Secretary
S Honey	Director & Chair
S Bell	Director & Vice Treasurer
S Cole	Director
S Newman	Director & Vice Chair
R Gilliam	Appointed as treasurer and subsequently appointed as a trustee/director on 11th January 2023

Governance and Internal Control

Company and charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the charity and of the surplus or deficit of the charity for that period. In preparing those financial statements, the trustees have:

- Selected suitable accounting policies and then applied them consistently;
- Made judgements and estimates that are reasonable and prudent;
- Prepared the financial statements on the going concern basis.

The trustees have overall responsibility for ensuring that the charity has appropriate systems of control, financial and otherwise. They are also responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention of fraud and other irregularities.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Objects

As defined in the Central Register of Charities maintained by the Charity Commission for England and Wales, Children and Families in Grief's Objects are:

- 1) The preservation and protection of good health of families and in particular the children who have experienced the loss of a significant family member through therapeutic play and where appropriate, counselling.
- 2) To advance the education and training of staff and volunteers in the needs of those who have suffered recent bereavement and loss.

Aims

- A) To give creative support for children and young people and their families, providing them with safe ways and a safe environment in which to remember the loved one whom they have lost;
- B) Promoting, advancing, encouraging and assisting in the sharing of experiences as the children and family members move through the grieving and healing process;
- C) Promoting peer support by introducing bereaved children and families to each other, to break the isolation which bereavement more often than not creates and by teaching the children and adults to communicate again within their family unit and with other families;
- D) To help families build more positive futures by giving them the toolkits to do this.

Our primary focus is achieving the best possible outcomes for each and every person who comes to us for help. At the centre of all our work are bereaved children and young people and their wellbeing, progress and safety are our primary concerns when they engage with our services.

We believe our approach of bringing bereaved children, young people and their families together to break isolation is unique in the South West, if not nationally. We wholeheartedly believe that our fundamental approach to bereavement and grief achieves the best possible outcomes for our beneficiaries.

Ordinarily, the charity achieves its aims and fulfils its charitable objects by:

- providing home visits and weekend family Bereavement Groups free of charge to each and every family;
- tailoring provision for families who are not able to engage with our weekend work;
- holding at least two social events each year to which all families are invited, to encourage children and families to meet others and provide peer support and to stay in touch with the charity. Attendance is free of charge for all families;
- making sure all families know that they can contact us at any time after we have finished working with them, should they require further help;
- engaging with schools and colleges in South Devon to provide an outreach programme aimed at supporting small groups of bereaved children and young people in each school or college who would not otherwise engage with our core service provision of working with families. This supports the children and young people and their families, as well as the staff at the respective schools and colleges who learn how to recognise the changes in behaviour often displayed by children and young people who are not able to cope with bereavement. This area of work has continued to grow significantly since its introduction and is now a well established service line for which we have a constant demand;
- providing tailored training programmes to those professionals who engage with bereaved children and young people, to educate them about recognising signs of the effects of bereavement; and -providing training, support and experience to volunteer student therapists and volunteer therapists.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

OBJECTIVES AND ACTIVITIES

Review of Activities and Current Developments

The ongoing Covid-19 pandemic has unfortunately continued to dominate and shape everyone's lives and, for us, the delivery of our services. Ahead of the first lockdown on March 23 2020, we made a wholesale move to delivery of our core family service via telephone and online platforms, such as Zoom and Facetime, rather than our therapists delivering support at face to face home visits. Our overriding priority during lockdown was to ensure that we continued to operate safely and effectively, supporting the children and families who come to us for help at the most difficult time in their lives. The families we work with are some of the most vulnerable in South Devon, often having existing complex dynamics and multiple challenges in addition to their bereavement. Since the lifting of restrictions, we have continued to offer virtual meetings which is more cost effective than face to face meetings. However, some families still prefer in person meetings and often these are more effective, particularly where there are younger children in the family group. We firmly believe in giving families choice and them deciding how to engage with our services and to what degree. This helps us to ensure our funds are well spent.

1. Family Work

Family work remains our main sphere of activity and this year we provided our service to:-

- 87 families (67 in 2021, 96 in 2020, 88 in 2019, 74 in 2018 and 39 in 2017) comprising:-
- 106 children (79 in 2021, 129 in 2020, 120 in 2019, 98 in 2018 and 59 in 2017),
- 72 young adults (42 in 2021, 68 in 2020, 78 in 2019, 46 in 2018 and 20 in 2017), and
- 152 adults (101 in 2021, 159 in 2020, 134 in 2019, 110 in 2018 and 59 in 2017).

As anticipated last year, our referral numbers rose quickly and significantly from Spring onwards this year, as restrictions were lifted and schools and colleges re-opened, returning almost to pre-pandemic level with a period of catchup being inevitable. In addition, we believe that families who had put grief on the back-burner, were now starting to consider their mental health, including that of their children.

We continue to operate in a family focussed way, giving the families control and decisions as to how they engage with us. We have a 3-tiered approach, in recognition that all families are different and wish to engage with us in different ways to suit them and their individual family's needs; we adapted our service approach in response to Covid-19 restrictions, replacing home visits with telephone or online support sessions. As such, we have continued to offer some initial support very soon after referral by way of a "Rapid Response" telephone assessment by our lead therapist (tier 1) and then, if required by the family, put in place three home visits or online / telephone sessions as required by the family (tier 2) and, where required by the family, invite families to our weekend family bereavement days and have a closing visit (tier 3). We have continued to offer telephone/online support as an alternative to home visits even after restrictions ended, as we recognise that many families now prefer this format, finding it more convenient, less invasive and easier to manage. It is also a more cost effective way for the charity to deliver the service.

We are delighted to have been able to resume our weekend family Bereavement Group days this year, having held none since the Covid restrictions were put in place. We have held two family days at Rainbow House, the first being in November 2021, attended by 7 families (comprising 10 children, 2 young adults and 12 adults). The second was held in February 2022 which was attended by 9 families (comprising 13 children, 4 young adults and 13 adults). We also started to plan face to face meetings with families towards the end of this year; we found that many families preferred to meet virtually but some would still prefer in person meetings and were prepared to wait until we could offer these again. We had a waiting list of 18 families which we planned to start to work through after the school summer holidays so in September 2022.

Unfortunately, we have been unable to offer any social events again for our families this year due to restrictions. Social events are always very special occasions, bonding new families together and providing an opportunity to catch up with therapists, to update them on how their lives have progressed since our previous contact. We shall resume our social events as soon as we are permitted, and it is safe to do so.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

OBJECTIVES AND ACTIVITIES

However, we were able to invite some of the families we have worked with this year to the Forest School at Lupton House for the day in August, which 5 families enjoyed, coming together to build dens and engage with each other in a safe and fun way and enjoy some food together. The families who attended provided some really positive feedback and one of the children who was autistic really engaged well and so it was a really rewarding day for everyone who attended. Next year we plan to run a forest school event again and perhaps avoid school holidays to get a greater take up.

We have kept our service delivery under constant review and will continue to do so; our development is family-led and in response to feedback from the children, young people and families whom we support. For example, virtual meetings with therapists have become more popular and are therefore a permanent option for our families, having the benefit of being less costly for our charity than face to face home visits, due to savings of travelling time and fuel.

Volunteer therapists have played an important part in the development of our services over the recent years, working alongside our team of sessional therapists. Using volunteer therapists has helped us deliver our family and schools services more cost effectively, with families being assigned one sessional therapist and one volunteer therapist, rather than two sessional therapists for home visits. Our volunteer therapists also join in the online meetings with the consent of the families, so that their learning and development continues, and their valued connection to our charity is maintained.

We ensure online meetings are as private and secure as possible and the therapists remain vigilant and alive to any safeguarding issues which become apparent, although this is more challenging than with home visits.

Our services are provided free of charge to all our families, many of whom are from some of the most socially and economically deprived wards in England and Wales.

We ensure all families know that they can contact us at any time after we have finished working with them, should they require further help.

Please see Case Studies at the end of this report.

2. School and College Work

Our second sphere of activity is our outreach schools work programme, which we are pleased to advise has resumed this year as restrictions have been lifted. Our schools work brings together bereaved children from different year groups, to make up the numbers we require to run a group at a school or college, or sometimes we bring children together from two or three small schools to make up the numbers. The funding we had in place prior to lockdown when we had to pause this service was carried over to this financial year and we have re-engaged with schools and colleges to provide this much needed support.

In the Autumn term, we worked in two small primary schools in Newton Abbot and Torquay, supporting 13 children in total.

The Spring term saw our therapists working in a primary school in Totnes and a college in Newton Abbot, supporting 10 children and young adults in total.

Finally in the Winter term, we supported 13 children in total in two primary schools, one in Shaldon and the other in Newton Abbot.

Our work in schools and colleges is always well received and we often receive repeat requests to return to schools and colleges in South Devon to support further cohorts of bereaved children and young adults.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

OBJECTIVES AND ACTIVITIES

3. Training

We continue to develop tailored training programmes to those who engage with bereaved children and young people and their families, to educate them about recognising signs of the effects of bereavement.

This year we have not delivered any external training but we will be looking to promote this in the coming year and perhaps offer online training.

We have, however, continued to train and develop our volunteer therapists, some of whom are student therapists and the experience they gain from working alongside our sessional therapists is invaluable to them.

4. Management

Our entire operation and management of our charity, from trustees' meetings to supervision meetings for our therapists, continues to be conducted online. We have found this to be an effective, and often more convenient, way of managing our charity. The trustees have continued to meet bi-monthly with sub-committee meetings held in the intervening months, as before lockdown.

Our focus this year has been to find a "new normal" for the delivery of our service, being acutely aware of the huge shift across society to dealing with every day life on-line rather than face to face and the more cautious approach many people now take to face to face meetings. Our overarching aim continues to be the effective delivery of our core family service and schools work, remaining "open for business" and ensuring we deliver our services as cost effectively as possible.

Rachael Gilliam has settled in well to her role as our Treasurer following her appointment last year, providing us with professional and sophisticated advice, to help our sustainability.

5. Supervision

Every sessional therapist and volunteer therapist has regular individual supervision in addition to group supervision, to ensure that all are fully supported as well as our lead therapist, with clear lines of supervision and accountability established, which is working well. We value all our therapists and strive to ensure they are fully supported and feel valued in their work and as individuals. There continues to be a very close working relationship between the board of trustees and the team of therapists, with our lead therapist providing monthly reports on the delivery of our service as well as attending trustee meetings and sub-committee meetings. Conversely, one of our trustees attends the monthly group supervision meetings with the team of therapists. This fosters maximum trust and transparency between the management board and the team of therapists in the delivery of our services and enables us to react and adapt quickly where required. As a result of the Covid-19 pandemic and a move to online meetings and supervision, we increased the level of 1 to 1 supervision, to help all our therapists feel supported during these extremely challenging times. We have continued with this enhanced level of supervision.

6. Collaboration

We continue to collaborate with our "sister charities", which provide child bereavement support in Plymouth, Exeter, North Devon and Cornwall, referring families to each other where our boundaries meet as appropriate, as we each have an agreed, defined geographical operating area. We also share ideas and best practice, and this level of collaboration has increased and improved, with the convenience of on-line meetings.

The sister charities all work in different ways and are financially independent of each other. With our unique group approach to therapy, we do not anticipate any greater collaboration currently; our commitment to our approach is wholly justified by the outcomes we help our beneficiaries achieve evidenced by the very positive feedback we receive from them.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

OBJECTIVES AND ACTIVITIES

We also continue to collaborate with Rowcroft Hospice, who very generously allow us to use their Rainbow House in the grounds of the hospice for our weekend family bereavement days, interviews and training. We reciprocate by providing bereavement support to any families they refer to us.

Future Developments

The Covid-19 pandemic endured far longer than anyone probably envisaged back in early 2020 and it is clear that as time has elapsed, returning to what was normal is not going to happen. Instead, everyone will need to continue to adapt and find a “new normal”.

We recognise that we will need to continue to adapt our service provision over the coming year and beyond. We have learnt a great deal during the lockdown that more than ever before, remote, online communication has become a necessity for everyone and is likely to stay as a permanent alternative to face to face meetings; we are learning that this method of communication has become normal for our children and families, with remote schooling and home working. We found that as restrictions were lifted in June 2021, many families still elected to receive online support even though they were offered face to face meetings. This could be because families still feel uncertain as to safety or that online support is less invasive and perhaps easier for them to manage. Whatever the reason, we will continue to offer alternative methods of support.

We anticipate that we will be supporting families affected by Covid-19 deaths for many years to come and that the mental health fall out and need for support in this regard will be enormous.

To build future sustainability, we are managing our finances carefully, taking the opportunity to learn and share ideas with our sister charities, being transparent with our team of sessional and volunteer therapists and working hard to ensure all our therapists remain engaged with our work and aspirations. We have ensured that our referrers know we are “open for business” and continue to use social media to promote our visibility.

In order to deliver our service as cost effectively as possible, we will continue to:-

- have a volunteer therapist working alongside a sessional therapist (rather than having two sessional therapists assigned to each family);
- offer remote support to all families as an alternative to face to face meetings (when permitted), with the choice (which reduces therapists costs by half);
- offer a menu of service levels so that families can decide on the interaction they have with us and the amount of support they wish to receive from us (which reduces missed appointments as we recognise that one size does not fit all).

Although the majority of our activity in terms of time and expenditure is still our family work, our school and college outreach programme is now well established and demand for this support is continuing to grow. We anticipate demand for our support will be high as children and young adults return to schools and colleges for lessons.

We believe that we are in a strong position for the year ahead, both financially and in personnel, with a strong management board and committed team of sessional and volunteer therapists to enable us to continue to serve our community effectively and professionally and offer good value for service to our funders. However, being a grass roots charity receiving no statutory funding, we rely heavily on grant making trusts for our income and we are still finding that many trusts have either changed their focus to covid-relief or have suspended operating. We attribute the drop in our income to this challenging situation which we hope will improve over the coming year. We are keeping our spending under constant review to ensure we are sustainable.

Public Benefit

The trustees have given consideration to the Charity Commission’s general guidance on public benefit when making all relevant decisions.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

OBJECTIVES AND ACTIVITIES

Risk Management and Reserves Policy

The trustees are responsible for the careful management of risks potentially affecting the charity, and the main ways in which risks are managed are by:-

- holding bi-monthly trustee meetings to review activities and finances including cash flow projections;
- holding additional sub committee meetings to address key areas for development quickly and effectively; having clear, monthly financial budgeting and management reports;
- having clear, current, written policies which are kept under review;
- making sure all our procedures are carried out to ensure protection of children and vulnerable adults;
- ensuring up to date DBS checks are in place and all therapists, volunteer student therapists and trustees are trained in key areas including safeguarding and child protection issues; and
- investing in the induction, training and supervision of all our therapists, volunteer student therapists and trustees.

The trustees are satisfied that any risks affecting the charity are managed and monitored through the management processes and reviews set out above, allowing for effective mitigation of risk to service users, staff, volunteers and the organisation.

Considering the absence of property or any such material liability the trustees consider that a reserves policy of three to six months working capital is sufficient and in line with guidance issued by the Charity Commission.

Ethical Policy

We have considered the need for an ethical policy and at the current time the trustees do not consider that we require such a policy, particularly as we do not hold any investments. We will continue to monitor this but always strive to run our charity as ethically as possible, considering our environment, for example by car sharing for meetings and visits where possible.

Thank You

On behalf of us all at Children and Families in Grief and the children and families we support, the trustees would like to take this opportunity to thank everyone who has contributed to the running and the work of the charity this year, in gifts of time, money and resources. Being a grass roots charity, we are run by volunteers, and we rely entirely on donations and our own fundraising efforts, as we receive no government funding. We are truly grateful to every one of our supporters. In the past year, this has included major grants from Farringdon Schools Charitable Trust. We are also grateful to individuals for their generous support and donations, including the ongoing fundraising support of Paul Courtney.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

OBJECTIVES AND ACTIVITIES

CASE STUDY

All names and identifying features have been changed to protect the identities of those these case studies are about.

During the time of Covid we were working online over Zoom with families, as we were unable to meet them face to face. Below are two case studies that show the work that we did during this time.

Case Study 1

I met mum, Debbie, and son, Ralph back in January 2021 following a referral from Ralph's school. Ralph was 14 when his nan had died very suddenly from a heart attack. The death of nan had occurred in front of Ralph, and he was feeling traumatised after witnessing his nan's death. Ralph and his nan were very close, and Nan had been like a second mum to Ralph, helping with childcare throughout his life.

After the death of nan Debbie had noted that Ralph had become very withdrawn and didn't want to attend school or do his homework. Ralph had stopped engaging with his friends and would lock himself away in his bedroom, which was very different than before his nan had died.

I met Debbie and Ralph over Zoom, due to Covid, and we talked for an hour about how they were both coping with the death and had a general conversation about their life and how that had changed since nan had died. Ralph and Debbie were both keen to have some online sessions and so we arranged for one of the counsellors from our charity to do 3 online sessions over the coming months.

During the sessions, Ralph opened up about how he felt responsible for his nan's death, as he couldn't save her. The counsellor helped him to explore these feelings of guilt and Ralph was able to get to a place where he could understand that there was nothing he could have done to have saved his nan. Debbie felt that she had not been able to grieve for her mum as she had been so concerned with how Ralph was coping and had put her own grief of the backburner.

Ralph and Debbie came to our Family Bereavement Day in February 2022 (this had been delayed due to Covid preventing us meeting in person as a group). They were pleased to meet others who had experienced similar losses and soon felt at ease in the group.

At the Family Day we work creatively to help families to express their grief, look at their feelings and find ways to remember the person who has died. Ralph said he especially liked meeting other teens and hearing their experiences, as he could relate to a lot of what they said.

After the Family Day the counsellor did a closing visit with the family, and they said they felt they were now in a very different place. Ralph was back at school and could talk more freely about his nan's death. He was keen to remember her at the anniversaries they were facing, including her birthday and the anniversary of nan's death. Debbie felt she had now started the process of grieving for her mum and found the time with others like herself, helped significantly in her allowing herself to grieve.

The family have asked to keep in touch through our social events

Case Study 2

I met mum, Jo and her son of 10, Billy, back in August 2021, during Covid so the sessions were done online. We met over Zoom for the introductory session where I heard about how Billy had recently felt impacted by the death of his sister, when he was just a toddler and she died when only a few months old. As he had grown, he felt that some pieces of the family were missing and as his awareness came clearer about the loss of his sister, he was now wanting to know about her and understand what had happened.

Jo was now remarried after a divorce from Billy and her daughter's dad, soon after the death. Jo felt she had grieved for her daughter but was concerned that Billy hadn't been able to, and she didn't know how best to support him with this.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2022

OBJECTIVES AND ACTIVITIES

We agreed for them to have 3 online sessions with one of our counsellors and I told them about our Family Bereavement Day that they said they would like to attend.

During the 3 Zoom sessions the counsellor helped Jo to talk about her daughter and her death to Billy and supported Billy to ask the questions that he had been holding around his sister and her death.

The family came to our Family Bereavement Day, and we were able to give them space to think about their memories as they created 'Memory Jars' using salt and coloured chalk mixed to create different coloured layers, that represented different memories of their daughter/sister. Billy said it really helped to have shared in mum's memories of his sister and he could now look at her photos and feel he had a connection to her.

At the closing session online, Jo said that she had noticed a big difference in how Billy was around his sister's death since the sessions and attending the Family Day. Billy was able to talk about his sister and seemed much happier in his everyday life since they had come. The family asked to keep in touch with us and wanted to attend our Social Events.

Francesca Raymont
Lead Therapist
October 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. The charity is also a registered charity (RCN 1099255).

South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children and Families in Grief in 2010.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04736907 (England and Wales)

Registered Charity number

1099255

Registered office

22 Union Street, Newton Abbot, Devon TQ12 2JS

Trustees

Mrs S J Honey Chair
Mrs P A Goss
S J Bell
Mrs S P Cole
Mrs S A Newman Vice Chair
Mrs R Gilliam (appointed 11.1.23)

Company Secretary

Mrs P A Goss

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES
For the Year Ended 31 August 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Ian Barrett
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

Approved by order of the board of trustees on 24 May 2023 and signed on its behalf by:

Mrs S J Honey - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CHILDREN AND FAMILIES IN GRIEF LIMITED

Independent examiner's report to the trustees of Children and Families in Grief Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 August 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors 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 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 confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Ian Barrett
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS

25 May 2023

CHILDREN AND FAMILIES IN GRIEF LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)

For the Year Ended 31 August 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		19,035	7,976	27,011	45,496
Investment income	2	15	-	15	4
Total		19,050	7,976	27,026	45,500
EXPENDITURE ON					
Raising funds		3,000	-	3,000	3,000
Charitable activities					
Counselling & training sessions		24,759	4,713	29,472	22,099
Total		27,759	4,713	32,472	25,099
NET INCOME/(EXPENDITURE)					
Transfers between funds	6	1,410	(1,410)	-	-
Net movement in funds		(7,299)	1,853	(5,446)	20,401
RECONCILIATION OF FUNDS					
Total funds brought forward		42,643	4,500	47,143	26,742
TOTAL FUNDS CARRIED FORWARD		35,344	6,353	41,697	47,143

The notes form part of these financial statements

CHILDREN AND FAMILIES IN GRIEF LIMITED

BALANCE SHEET

31 August 2022

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank		35,344	6,353	41,697	47,143
NET CURRENT ASSETS		35,344	6,353	41,697	47,143
TOTAL ASSETS LESS CURRENT LIABILITIES		35,344	6,353	41,697	47,143
NET ASSETS		35,344	6,353	41,697	47,143
FUNDS					
	6				
Unrestricted funds				35,344	42,643
Restricted funds				6,353	4,500
TOTAL FUNDS				41,697	47,143

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 24 May 2023 and were signed on its behalf by:

S J Honey - Trustee

P A Goss - Trustee

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS

For the Year Ended 31 August 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	15	4

NOTES TO THE FINANCIAL STATEMENTS - continued
For the Year Ended 31 August 2022

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2022 nor for the year ended 31 August 2021.

Trustees' expenses

Two (2021: one) trustees received reimbursed expenses totalling £98 (2021: £32).

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	44,996	500	45,496
Investment income	4	-	4
Total	45,000	500	45,500
EXPENDITURE ON			
Raising funds	3,000	-	3,000
Charitable activities			
Counselling & training sessions	22,099	-	22,099
Total	25,099	-	25,099
NET INCOME	19,901)	500	20,401
RECONCILIATION OF FUNDS			
Total funds brought forward	22,742	4,000	26,742
TOTAL FUNDS CARRIED FORWARD	42,643	4,500	47,143

5. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 September 2021 and 31 August 2022	1,063
DEPRECIATION	
At 1 September 2021 and 31 August 2022	1,063
NET BOOK VALUE	
At 31 August 2022	-
At 31 August 2021	-

NOTES TO THE FINANCIAL STATEMENTS - continued

For the Year Ended 31 August 2022

6. MOVEMENT IN FUNDS

	At 1.9.21 £	Net movement in funds £	Transfers between funds £	At 31.8.22 £
Unrestricted funds				
General fund	42,643	(8,709)	1,410	35,344
Restricted funds				
Farringdon Trust	4,000	3,263	(1,410)	5,853
Trauma Training	500	-	-	500
	4,500	3,263	(1,410)	6,353
TOTAL FUNDS	47,143	(5,446)	-	41,697

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	19,050	(27,759)	(8,709)
Restricted funds			
Farringdon Trust	7,976	(4,713)	3,263
TOTAL FUNDS	27,026	(32,472)	(5,446)

Comparatives for movement in funds

	At 1.9.20 £	Net movement in funds £	At 31.8.21 £
Unrestricted funds			
General fund	22,742	19,901	42,643
Restricted funds			
Farringdon Trust	4,000	-	4,000
Trauma Training	-	500	500
	4,000	500	4,500
TOTAL FUNDS	26,742	20,401	47,143

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
For the Year Ended 31 August 2022

6. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	45,000	(25,099)	19,901
Restricted funds			
Farringdon Trust	500	-	500
TOTAL FUNDS	45,500	(25,099)	20,401

The restricted fund from Farringdon Trust is for schools work.

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2022.

CHILDREN AND FAMILIES IN GRIEF LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

For the Year Ended 31 August 2022

	2022	2021
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	36,496	6,420
Grants	9,000	19,620
	45,496	26,040
Investment income		
Deposit account interest	4	55
Total incoming resources	45,500	26,095
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	3,000	1,500
Charitable activities		
Weekend counselling, schools work and home visits	19,267	42,408
Activity day costs	19,267	42,408
Support costs		
Governance costs		
Insurance	1,123	886
Telephone	307	321
Postage and stationery	378	392
Sundries	41	154
Accountancy and legal fees	450	804
Subscriptions	275	275
Design costs and printing	284	-
Bank charges	51	-
Website costs	82	-
	2,991	2,832
Total resources expended	32,472	25,099
Net (expenditure)/income	(5,446)	20,401

This page does not form part of the statutory financial statements



**Children &
Families in
Grief**



CHILDREN AND FAMILIES IN GRIEF LIMITED

England & Wales - Charity number 1099255

Accounts

REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255



**Barretts Chartered
Accountants and
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS**

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED**

31 AUGUST 2021 FOR

Children & Families in Grief LIMITED



**REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255**

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR
ENDED 31 AUGUST 2021
FOR
CHILDREN AND FAMILIES IN GRIEF LIMITED



CHILDREN AND FAMILIES IN GRIEF LIMITED

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CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. The charity is also a registered charity (RCN 1099255).

South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children & Families in Grief in 2010.

Organisational Structure

A board of directors, who are all trustees of the charity, has control of the company and meets bi-monthly as a whole board with sub committee meetings held in the intervening months (except December and August).

The officers who served during the period are:

Name & Position

P Goss	Director & Company Secretary
S Honey	Director & Chair
S Bell	Director & Vice Treasurer
S Cole	Director
S Newman	Director & Vice Chair

Governance and Internal Control

Company and charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the charity and of the surplus or deficit of the charity for that period. In preparing those financial statements, the trustees have:

- Selected suitable accounting policies and then applied them consistently;
- Made judgements and estimates that are reasonable and prudent;
- Prepared the financial statements on the going concern basis.

The trustees have overall responsibility for ensuring that the charity has appropriate systems of control, financial and otherwise. They are also responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention of fraud and other irregularities.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES
For the Year Ended 31 August 2021

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Objects

As defined in the Central Register of Charities maintained by the Charity Commission for England and Wales, Children and Families in Grief's Objects are:

- 1) The preservation and protection of good health of families and in particular the children who have experienced the loss of a significant family member. Through therapeutic play and where appropriate, counselling.
- 2) To advance the education and training of staff and volunteers in the needs of those who have suffered recent bereavement and loss.

Aims

- A) To give creative support for children and young people and their families, providing them with safe ways and a safe environment in which to remember the loved one whom they have lost;
- B) Promoting, advancing, encouraging and assisting in the sharing of experiences as the children and family members move through the grieving and healing process;
- C) Promoting peer support by introducing bereaved children and families to each other, to break the isolation which bereavement more often than not creates and by teaching the children and adults to communicate again within their family unit and with other families;
- D) To help families build more positive futures by giving them the toolkits to do this.

Our primary focus is achieving the best possible outcomes for each and every person who comes to us for help. At the centre of all our work are bereaved children and young people and their wellbeing, progress and safety are our primary concerns when they engage with our services.

We believe our approach of bringing bereaved children, young people and their families together to break isolation is unique in the South West, if not nationally. We wholeheartedly believe that our fundamental approach to bereavement and grief achieves the best possible outcomes for our beneficiaries.

Ordinarily, the charity achieves its aims and fulfils its charitable objects by:-

- providing home visits and weekend family Bereavement Groups free of charge to each and every family;
- tailoring provision for families who are not able to engage with our weekend work;
- holding at least two social events each year to which all families are invited, to encourage children and families to meet others and provide peer support and to stay in touch with the charity. Attendance is free of charge for all families;
- making sure all families know that they can contact us at any time after we have finished working with them, should they require further help;
- engaging with schools and colleges in South Devon to provide an outreach programme aimed at supporting small groups of bereaved children and young people in each school or college who would not otherwise engage with our core service provision of working with families. This supports the children and young people and their families, as well as the staff at the respective schools and colleges who learn how to recognise the changes in behaviour often displayed by children and young people who are not able to cope with bereavement. This area of work has continued to grow significantly since its introduction and is now a well established service line for which we have a constant demand; and
- providing tailored training programmes to those professionals who engage with bereaved children and young people, to educate them about recognising signs of the effects of bereavement; and
- providing training, support and experience to volunteer student therapists and volunteer therapists.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2021

OBJECTIVES AND ACTIVITIES

Review of Activities and Current Developments

The ongoing Covid-19 pandemic has unfortunately continued to dominate and shape everyone's lives and, for us, the delivery of our services. Last year, ahead of the first lockdown on March 23 2020, we made a wholesale move to delivery of our core family service via telephone and online platforms, such as Zoom and Facetime, rather than our therapists delivering support at face to face home visits. Our overriding priority during lockdown has been to ensure that we continue to operate safely and effectively, supporting the children and families who come to us for help at the most difficult time in their lives. The families we work with are some of the most vulnerable in South Devon, often having existing complex dynamics and multiple challenges in addition to their bereavement.

1. Family Work

This year we provided our service to 67 families (compared with 96 last year, 88 in 2019, 74 in 2018 and 39 in 2017) comprising 79 children (compared with 129 last year, in 2019, 98 in 2018 and 59 in 2017), 42 young adults (compared with 68 last year, 46 in 2019, 46 in 2018 and 20 in 2017) and 101 adults (compared with 159 last year, 134 in 2019, 110 in 2018 and 59 in 2017). Our referral numbers were significantly reduced after March 2020, as most of our referrals come via schools which were predominantly shut.

Since lockdown in March 2020, our referral numbers have dipped; we attribute this primarily to schools being closed and children being home educated and families concentrating on other aspects of their lives. Our sister charities working across Devon and Cornwall have been similarly affected. As schools return to normal, we anticipate the levels of referrals quickly rising with a period of catchup being inevitable.

We have been unable to hold any bereavement days this year but hope to resume these in the future, as they form an important part of our service, helping families to make new connections and share their grief in a safe environment. (at the time of writing this report, we have held the first bereavement day since lockdown, in November 2021).

Unfortunately, we have been unable to offer any social events for our families due to restrictions. Social events are always very special occasions, bonding new families together and providing an opportunity to catch up with therapists, to update them on how their lives have progressed since our previous contact. We shall resume our social events as soon as we are permitted, and it is safe to do so. We hope that summer 2022 might present the first opportunity.

However, we were able to invite some of the families we have worked with to a Forest School in Totnes for the day in August 2021, which 14 families enjoyed and found very beneficial. We are planning another forest school day in our next financial year.

Two years ago, following on from our successful piloting of our "Rapid Response" programme, we developed a new 3-tiered approach, in recognition that all families are different and wish to engage with us in different ways to suit them and their individual family's needs; we further adapted our service approach last year in response to Covid-19 restrictions, replacing home visits with telephone or online support sessions. As such, we have continued to offer some initial support very soon after referral by way of a "Rapid Response" telephone assessment by our lead therapist (tier 1) and then, if required by the family, put in place three home visits (online or by telephone only during this year and Covid-19 restrictions) (tier 2) and, where required by the family, invite families to our bereavement day and have a closing visit (tier 3). We will continue to offer telephone/online support as an alternative to home visits even after restrictions have ended, as we recognise that many families now prefer this format, finding it more convenient, less invasive and easier to manage.

During the year we kept our service delivery under constant review but Covid-19 rates have been particularly high in Devon during the summer months, with an influx of tourists to the south-west. As such, for the safety of the families we support, our therapists and volunteers, we have not resumed face to face meetings. However, we did take the decision to engage our volunteer therapists in the online meetings with the consent of the families, so that their learning and development continues, and their valued connection to our charity is maintained.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2021

OBJECTIVES AND ACTIVITIES

Volunteer therapists have played an important part in the development of our services over the last couple of years, working alongside our team of sessional therapists. Using volunteer therapists has helped us deliver our family and schools services more cost effectively, with families being assigned one sessional therapist and one volunteer therapist, rather than two sessional therapists for home visits.

Delivering support to families online rather than face to face has also enabled us to deliver our service at a reduced cost as travel time and expenses are saved.

The reduced costs and savings we have made in not holding our weekend bereavement days due to Covid-19 restrictions have in any event been necessary, as funding opportunities have been restricted over the past year, with many smaller grant funders not operating and many others dedicating support to emergency Covid-19 responses, such as food banks or paying for costs associated with maintain premises, which we do not have,

For the safety of the families we work with, even after restrictions were lifted, we continued to deliver our support by telephone and using online platforms, such as Zoom and Facetime, depending on each family's preference. We have worked extremely hard to further develop and tailor our service as far as possible to each family's individual needs, to be as effective as possible.

We ensure online meetings are as private and secure as possible and the therapists remain vigilant and alive to any safeguarding issues which become apparent, although this is more challenging than with home visits.

We will continue to constantly review our services and no doubt need to adapt further as required. Our development is family-led and in response to feedback from the children, young people and families whom we support.

Our services are provided free of charge to all our families, many of whom are from some of the most socially and economically deprived wards in England and Wales.

We ensure all families know that they can contact us at any time after we have finished working with them, should they require further help.

(Please see Case Study at the end of this report).

2. School and College Work

Our second sphere of activity is our outreach schools work programme, which has unfortunately had to be put on hold since the first lockdown; our schools work brings together bereaved children from different year groups, to make up the numbers we require to run a group at a school or college, or sometimes we bring children together from two or three small schools to make up the numbers. Covid-19 restrictions around year group "bubbles" and schools, quite understandably, not really having capacity to facilitate external activities such as ours, has meant that we have not been able to run any schools groups under our outreach programme this year. The funding we had in place has been carried over to our next financial year.

Over the year, we have kept the situation under review and maintained contact with the schools and colleges with which we had groups arranged, collaborating with them to agree when it would be safe to resume our work (at the time of writing this report in November 2021, we have just resumed our schools work in 2 schools).

3. Training

We continue to develop tailored training programmes to those who engage with bereaved children and young people and their families, to educate them about recognising signs of the effects of bereavement.

This year we have not delivered any external training but we will be looking to promote this in the coming year and perhaps offer online training.

We have, however, continued to train and develop our volunteer therapists, some of whom are student therapists and the experience they gain from working alongside our sessional therapists is invaluable to them.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2021

OBJECTIVES AND ACTIVITIES

4. Management

Our entire operation and management of our charity, from trustees' meetings to supervision meetings for our therapists, has all been conducted online. We have found this to be an effective, and often more convenient, way of managing our charity. The trustees have continued to meet bi-monthly with sub-committee meetings held in the intervening months, as before lockdown.

Our focus has been the continued effective delivery of our core family service, remaining "open for business" and ensuring we have had sufficient income to cover our work.

We were delighted to be joined by Rachael Hatton-Smooker this year, who has joined our team as Treasurer. Rachael's expertise as an accountant is proving a valuable asset for our management of the charity.

5. Supervision

Every sessional therapist and volunteer therapist has regular individual supervision in addition to group supervision, to ensure that all are fully supported as well as our lead therapist, with clear lines of supervision and accountability established, which is working well. We value all our therapists and strive to ensure they are fully supported and feel valued in their work and as individuals. There continues to be a very close working relationship between the board of trustees and the team of therapists, with our lead therapist attending monthly trustee meetings and a trustee attending the monthly group supervision meetings with the team of therapists. This fosters maximum trust and transparency between the management board and the team of therapists in the delivery of our services and enables us to react and adapt quickly where required. As a result of the Covid-19 pandemic and a move to online meetings and supervision, we increased the level of 1 to 1 supervision last year, to help all our therapists feel supported during these extremely challenging times. We will continue with this enhanced level of supervision.

6. Collaboration

We continue to collaborate with our "sister charities", which operate in Plymouth, Exeter North Devon and Cornwall, referring families to each other, where our boundaries meet as appropriate, as we each have an agreed, defined geographical operating area. We also share ideas and best practice and this level of collaboration has increased and improved as we have all moved to online meetings, which have made our collaboration much more accessible and will be a permanent change.

However, the way in which we each work is very different, and with our unique group approach to therapy, we do not feel it is possible for any greater collaboration at this time; our commitment to our approach is wholly justified by the outcomes we help our beneficiaries achieve and the very positive feedback we receive from them.

We also hope to collaborate again with Rowcroft Hospice, who very generously allow us to use their premises for our meetings and bereavement days and training at their Rainbow House, once these face to face meetings are resumed. We reciprocate by providing bereavement support to any families they refer to us.

Future Developments

The Covid-19 pandemic has endured far longer than anyone probably envisaged back in early 2020 and it is clear that as time has elapsed, returning to what was normal is not going to happen. Instead, everyone will need to continue to adapt and find a "new normal".

We recognise that we will need to continue to adapt our service provision over the coming year and beyond. We have learnt a great deal during the lockdown that more than ever before, remote, online communication has become a necessity for everyone and is likely to stay as a permanent alternative to face to face meetings; we are learning that this method of communication has become normal for our children and families, with remote schooling and home working. We found that as restrictions were lifted in June 2021, many families still elected to receive online support even though they were offered face to face meetings. This could be because families still feel uncertain as to safety or that online support is less invasive and perhaps easier for them to manage. Whatever the reason, we will continue to offer alternative methods of support.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2021

OBJECTIVES AND ACTIVITIES

We anticipate that we will be supporting families affected by Covid-19 deaths for many years to come and that the mental health fallout and need for support in this regard will be enormous.

To build future sustainability, we are managing our finances carefully, taking the opportunity to learn and share ideas with our sister charities, being transparent with our team of sessional and volunteer therapists as the Covid-19 situation evolves and working hard to ensure all our therapists remain engaged with our work and aspirations. We have ensured that our referrers know we are “open for business” and continue to use social media to promote our visibility.

In order to deliver our service as cost effectively as possible, we will continue to:-

- have a volunteer therapist working alongside a sessional therapist (rather than having two sessional therapists assigned to each family);
- offer remote support to all families as an alternative to face to face meetings (when permitted), with the choice (which reduces therapists costs by half);
- offer a menu of service levels so that families can decide on the interaction they have with us and the amount of support they wish to receive from us (which reduces missed appointments as we recognise that one size does not fit all).

Although the majority of our activity in terms of time and expenditure is still our family work, our school and college outreach programme is now well established and demand for this support is continuing to grow. We anticipate demand for our support will be high as children and young adults return to schools and colleges for lessons.

We believe that we are in a strong position for the year ahead, both financially and in personnel, with a strong management board and committed team of sessional and volunteer therapists to enable us to continue to serve our community effectively and professionally and offer good value for service to our funders.

At the time of writing this report, the new omicron variant of Covid-19 has just been reported and is a concern as to how this might affect the delivery of our service yet again over the coming year. The main disruption is likely to be to our schools work, as we are unable to deliver this remotely. However, our family work will be able to continue online. It is not yet clear as to how transmissible omicron is, how serious the symptoms are or whether the current vaccines will be effective against it. We will be monitoring developments and their likely impact on our charity.

Public Benefit

The trustees have given consideration to the Charity Commission's general guidance on public benefit when making all relevant decisions.

Risk Management and Reserves Policy

The trustees are responsible for the careful management of risks potentially affecting the charity, and the main ways in which risks are managed are by:-

- holding bi-monthly trustee meetings to review activities and finances including cash flow projections;
- holding additional sub committee meetings to address key areas for development quickly and effectively;
- having clear, monthly financial budgeting and management reports;
- having clear, current, written policies which are kept under review;
- making sure all our procedures are carried out to ensure protection of children and vulnerable adults;
- ensuring up to date DBS checks are in place and all therapists, volunteer student therapists and trustees are trained in key areas including safeguarding and child protection issues; and
- investing in the induction, training and supervision of all our therapists, volunteer student therapists and trustees.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2021

OBJECTIVES AND ACTIVITIES

The trustees are satisfied that any risks affecting the charity are managed and monitored through the management processes and reviews set out above, allowing for effective mitigation of risk to service users, staff, volunteers and the organisation. Considering the absence of property or any such material liability the trustees consider that a reserves policy of three to six months working capital is sufficient and in line with guidance issued by the Charity Commission.

Ethical Policy

We have considered the need for an ethical policy and at the current time the trustees do not consider that we require such a policy, particularly as we do not hold any investments. We will continue to monitor this but always strive to run our charity as ethically as possible, considering our environment, for example by car sharing for meetings and visits where possible.

Thank You

The trustees would like to take this opportunity to thank everyone who has supported the work of the charity this year, in gifts of time, money and resources. We rely entirely on donations and our own fundraising efforts, as we receive no government funding. We are truly grateful to every one of our supporters. In the past year, this has included major grants from trusts and foundations including BBC Children in Need, Joyce Fletcher Charitable Trust, BMAD, Charities Aid Foundation and Farringdon Schools Charitable Trust. We are also grateful to individuals for their generous support and donations, including the ongoing fundraising support of Paul Courtney. We would also like to take this opportunity to thank our patrons Dr Sarah Wollaston, Mr Chris Murray of Pennywell Farm, Devon and Mrs Luke, for their continued support and encouragement in all that we do and seek to achieve. Finally, we would like to thank our fantastic minute secretary, Sarah, our treasurer Rachael and our wonderful team of sessional therapists, volunteer therapists and our lead therapist, Francesca Raymont who ensures the delivery of our services so proficiently.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2021

OBJECTIVES AND ACTIVITIES

CASE STUDY

Family Work - Family seen during Covid-19 restrictions (October 2021)

When lockdown first came in March 2020, we decided to move all our work onto online platforms with immediate effect, so that we could continue to work with families offering bereavement support and counselling whilst not endangering them or our team members and not going outside of Government guidelines for our work with bereaved families.

Families who we were currently seeing were offered to switch to sessions via online platforms or the telephone, we recommended Zoom as our preferred way of undertaking sessions, but we also offered Facetime, Skype, WhatsApp Video call or the telephone as alternatives. New families referred to us during this time were offered online sessions and we explained why we couldn't offer face to face during this uncertain period.

We put our bereavement days on hold until it was safe to meet as a large group and this ended up to be a period of 20 months.

We received a referral from a local primary school in Feb 2021 regarding a family we had seen previously a few years ago. This family had come to us after the grandad in the family had died suddenly and we had worked with mum and her teenage daughter at the time, but the youngest son was only a toddler then, so he didn't get the full benefit of our work.

This toddler, now 6 years of age, we will call him Tom, had since started to grieve for his grandad and so the school had suggested the family were re-referred to us so that he could receive help along with his mum, his teenage sister felt she was in a good place now and didn't want to be included again in our work.

The initial introductory session took place in March 2021 where our Lead Therapist spent time with mum and Tom over zoom discussing their family life generally and hearing a little about Grandad and the relationship they had had with him. Tom spoke of having few memories of grandad but also realising he was missing from their family, and this made him sad, and angry at times.

Mum was concerned that some of the behaviour that she was seeing displayed by Tom was due to the bereavement and the big impact grandad's death had had on their family. Grandad had been a big part of their everyday life, living locally and supporting the family with childcare each week.

Since Tom had started to become sad especially at night and displayed anger at school, mum felt this could be linked to the loss and although Tom was not able to articulate this himself it felt very clear at the introductory session that this was more than likely the case and therefore 3 further online sessions were offered to the family with one of our Sessional Therapists and supported by a Volunteer Therapist, the sessions would take place over Zoom.

A book was sent to family as a resource about supporting children who are grieving and mum filled in and returned a consent form, consenting to the work going ahead and agreeing to our confidentiality policy.

The two therapists that worked with mum and Tom had 3 useful sessions over the coming months, ending in July 2021. They used therapeutic games to help Tom to open up about his feelings and one of his big fears was the fear of others dying, this was useful to explore and help to settle that anxiety for Tom.

At the end of the sessions mum said that she felt they would all benefit in coming to one of our bereavement days and asked to be informed when they restarted. A feedback sheet was filled in during the last session, and mum was reminded that she could ring at any time if she needed our support in any way.

Since this our sessional therapist arranged a telephone call to mum in way of a check-in session (we have put these in for all families during this period) to see how they were doing, and mum and Tom have been invited to attend our bereavement day in November 2021. They have accepted the offer and I am sure they will both greatly benefit in Tom meeting other young children who have had the death of someone close to them.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES For the Year Ended 31 August 2021

OBJECTIVES AND ACTIVITIES

At the bereavement day we are taking special measures to keep everyone safe. Our team will all take a lateral flow test the night before, families will be asked to not attend if they have any symptoms and they will be offered the opportunity of wearing a mask, we will always keep our rooms well ventilated, hand sanitizer will be available in every room, which everyone will be encouraged to use between all activities. Lunches will be provided in individual boxes, noting any dietary requirements, and we will limit the number of families attending the day so that we are not in each other's space and can keep everyone safe.

This new way of working has been a learning experience for us as a charity, and we now intend to offer sessions over online platforms as well as face to face going forward, so that families have more choice even when we can return to face to face we realise some families may prefer this way of working over online platforms, so we are adding it to our 'menu' of options for ways of working so that families have that choice.

Francesca Raymont
Lead Therapist
October 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. The charity is also a registered charity (RCN 1099255).

South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children and Families in Grief in 2010.

Organisational Structure

A board of directors, who are all trustees of the charity, has control of the company and meets bi-monthly as a whole board with sub committee meetings held in the intervening months (except December and August). The officers who served during the period are:

Name & Position

P Goss	Director & Company Secretary
S Honey	Director & Chair
S Bell	Director & Vice Treasurer
S Cole	Director
S Newman	Director & Vice Chair

Registered Company number

04736907 (England and Wales)

Registered Charity number

1099255

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES
For the Year Ended 31 August 2021

Registered office

22 Union Street
Newton Abbot
Devon
TQ12 2JS

Trustees

Mrs S J Honey Chair
Mrs P A Goss
S J Bell Acting treasurer
Mrs S P Cole
Mrs S A Newman Vice Chair

Company Secretary

Mrs P A Goss

Independent Examiner

Ian Barrett
FCA FCIE
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS



Approved by order of the board of trustees on 17 May 2022 and signed on its behalf by:

Mrs S J Honey - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
CHILDREN AND FAMILIES IN GRIEF LIMITED

Independent examiner's report to the trustees of Children and Families in Grief Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 August 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors 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 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 confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Ian Barrett
FCA FCIE
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS
18 May 2022

CHILDREN AND FAMILIES IN GRIEF LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)

For the Year Ended 31 August 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		45,496	-	45,496	26,040
Investment income	2	4	-	4	55
Total		45,500	-	45,500	26,095
EXPENDITURE ON					
Raising funds		3,000	-	3,000	1,500
Charitable activities					
Counselling & training sessions		22,099	-	22,099	45,126
Total		25,099	-	25,099	46,626
NET INCOME/(EXPENDITURE)		20,401	-	20,401	(20,531)
RECONCILIATION OF FUNDS					
Total funds brought forward		22,742	4,000	26,742	27,273
TOTAL FUNDS CARRIED FORWARD		43,143	4,000	47,143	26,742

The notes form part of these financial statements

CHILDREN AND FAMILIES IN GRIEF LIMITED

BALANCE SHEET

31 August 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank		43,143	4,000	47,143	26,742
NET CURRENT ASSETS		43,143	4,000	47,143	26,742
TOTAL ASSETS LESS CURRENT LIABILITIES		43,143	4,000	47,143	26,742
NET ASSETS		43,143	4,000	47,143	26,742
FUNDS					
	6				
Unrestricted funds				43,143	22,742
Restricted funds				4,000	4,000
TOTAL FUNDS				47,143	26,742

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 17 May 2022 and were signed on its behalf by:

S J Honey - Trustee

P A Goss – Trustee

The notes form part of these financial statements

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS

For the Year Ended 31 August 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	4	55

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued

For the Year Ended 31 August 2021

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2021 nor for the year ended 31 August 2020.

Trustees' expenses

One (2020: two) trustee received reimbursed expenses totalling £32 (2020: £218).

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	26,040	-	26,040
Investment income	55	-	55
Total	26,095	-	26,095
EXPENDITURE ON			
Raising funds	1,500	-	1,500
Charitable activities			
Counselling & training sessions	45,126	-	45,126
Total	46,626	-	46,626
NET INCOME (EXPENDITURE)			
	(20,531)	-	(20,531)
Transfers between funds	(4,000)	4,000	-
Net movement in funds	(24,531)	4,000	(20,531)
RECONCILIATION OF FUNDS			
Total funds brought forward	47,273	-	47,273
TOTAL FUNDS CARRIED FORWARD	22,742	4,000	26,742

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued

For the Year Ended 31 August 2021

5. TANGIBLE FIXED ASSETS

			Computer equipment £
COST			
At 1 September 2020 and 31 August 2021			1,063
DEPRECIATION			
At 1 September 2020 and 31 August 2021			1,063
NET BOOK VALUE			
At 31 August 2021			-
At 31 August 2020			-

6. MOVEMENT IN FUNDS

	At 1.9.20 £	Net movement in funds £	At 31.8.21 £
Unrestricted funds			
General fund	22,742	20,401	43,143
Restricted funds			
Farringdon Trust	4,000	-	4,000
TOTAL FUNDS	26,742	20,401	47,143

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	45,500	(25,099)	20,401
TOTAL FUNDS	45,500	(25,099)	20,401

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued

For the Year Ended 31 August 2021

6. MOVEMENT IN FUNDS - continued

Comparative net movement in funds

	At 1.9.19 £	Net movement in funds £	Transfers between funds £	At 31.8.20 £
Unrestricted funds				
General fund	47,273	(20,531)	(4,000)	22,742
Restricted funds				
Farringdon Trust	-	-	4,000	4,000
TOTAL FUNDS	47,273	(20,531)	-	26,742

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	26,095	(46,626)	(20,531)
TOTAL FUNDS	26,095	(46,626)	(20,531)

The restricted funds from Farringdon Trust is for schools work.

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2021.

CHILDREN AND FAMILIES IN GRIEF LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

For the Year Ended 31 August 2021

	2021	2020
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	36,496	6,420
Grants	9,000	19,620
	45,496	26,040
Investment income		
Deposit account interest	4	55
	45,500	26,095
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	3,000	1,500
Charitable activities		
Weekend counselling, schools work and home visits	19,267	42,408
Support costs		
Governance costs		
Insurance	886	849
Telephone	321	333
Postage and stationery	392	353
Sundries	154	255
Accountancy and legal fees	804	540
Subscriptions	275	388
	2,832	2,718
Total resources expended	25,099	46,626
Net (expenditure)/income	20,401	(20,531)

This page does not form part of the statutory financial statements





**Children &
Families in
Grief**



CHILDREN AND FAMILIES IN GRIEF LIMITED

England & Wales - Charity number 1099255

Accounts

REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255



**Barretts Chartered
Accountants and
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS**

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED**

31 AUGUST 2020 FOR

Children & Families in Grief LIMITED



**REGISTERED COMPANY NUMBER:
04736907 (England and Wales)
REGISTERED CHARITY NUMBER:
1099255**

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR
ENDED 31 AUGUST 2020
FOR
CHILDREN AND FAMILIES IN GRIEF LIMITED



CHILDREN AND FAMILIES IN GRIEF LIMITED

**CONTENTS OF THE FINANCIAL STATEMENTS
or the Year Ended 31 August 2020**

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CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES or the Year Ended 31 August 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. The charity is also a registered charity (RCN 1099255).

South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children & Families in Grief in 2010.

Organisational Structure

A board of directors, who are all trustees of the charity, has control of the company and meets bi-monthly as a whole board with sub committee meetings held in the intervening months (except December and August).

The officers who served during the period are:

Name & Position

P Goss	Director & Company Secretary
S Honey	Director & Chair
S Bell	Director & Acting Treasurer
S Cole	Director
S Newman	Director & Vice Chair

Governance and Internal Control

Company and charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the charity and of the surplus or deficit of the charity for that period. In preparing those financial statements, the trustees have:

- Selected suitable accounting policies and then applied them consistently;
- Made judgements and estimates that are reasonable and prudent;
- Prepared the financial statements on the going concern basis.

The trustees have overall responsibility for ensuring that the charity has appropriate systems of control, financial and otherwise. They are also responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention of fraud and other irregularities.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES or the Year Ended 31 August 2020

OBJECTIVES AND ACTIVITIES

Objectives and Aims

Objects

As defined in the Central Register of Charities maintained by the Charity Commission for England and Wales, Children and Families in Grief's Objects are:

- 1) The preservation and protection of good health of families and in particular the children who have experienced the loss of a significant family member. Through therapeutic play and where appropriate, counselling.
- 2) To advance the education and training of staff and volunteers in the needs of those who have suffered recent bereavement and loss.

Aims

- A) To give creative support for children and young people and their families, providing them with safe ways and a safe environment in which to remember the loved one whom they have lost;
- B) Promoting, advancing, encouraging and assisting in the sharing of experiences as the children and family members move through the grieving and healing process;
- C) Promoting peer support by introducing bereaved children and families to each other, to break the isolation which bereavement more often than not creates and by teaching the children and adults to communicate again within their family unit and with other families;
- D) To help families build more positive futures by giving them the toolkits to do this.

Our primary focus is achieving the best possible outcomes for each and every person who comes to us for help. At the centre of all our work are bereaved children and young people and their wellbeing, progress and safety are our primary concerns when they engage with our services.

We believe our approach of bringing bereaved children, young people and their families together to break isolation is unique in the South West, if not nationally. We are certain that our fundamental approach to bereavement and grief achieves the best possible outcomes for our beneficiaries.

Ordinarily, the charity achieves its aims and fulfils its charitable objects by:-

- providing home visits and weekend family Bereavement Groups free of charge to each and every family;
- tailoring provision for families who are not able to engage with our weekend work;
- holding at least two social events each year to which all families are invited, to encourage children and families to meet others and provide peer support and to stay in touch with the charity. Attendance is free of charge for all families;
- making sure all families know that they can contact us at any time after we have finished working with them, should they require further help;
- engaging with schools and colleges in South Devon to provide an outreach programme aimed at supporting small groups of bereaved children and young people in each school or college who would not otherwise engage with our core service provision of working with families. This supports the children and young people and their families, as well as the staff at the respective schools and colleges who learn how to recognise the changes in behaviour often displayed by children and young people who are not able to cope with bereavement. This area of work has continued to grow significantly since its introduction and is now a well established service line for which we have a constant demand; and
- providing tailored training programmes to those who engage with bereaved children and young people, to educate them about recognising signs of the effects of bereavement.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES or the Year Ended 31 August 2020

OBJECTIVES AND ACTIVITIES

Review of Activities and Current Developments

Undoubtedly, the Covid-19 pandemic has made this year unique for everyone. For us, it was a year of two halves, the first half being business as usual, carrying out our schools work and working hard to keep us with the number of family referrals coming to us which prompted us to double the number of volunteer therapists to work alongside our team of sessional therapists; the second half of the year following the lockdown on March 23rd 2020, saw almost an overnight cessation of referrals and all our schools work being postponed until such as time as it was safe and permissible to work in schools and colleges again. From collaborating with our sister charities working across Devon and Cornwall, we quickly realised that they were similarly affected; quite understandably, in the face of so much uncertainty as to the future, including economic uncertainty, families were most probably concentrating on essential surviving from day to day, postponing the place grieving may have had during that time.

Being a small, grass roots charity has certain benefits, in particular being agile and enabling us to adapt quickly in times of adversity. As a grass roots charity, we are well placed within the community to know what changes we need to make in order to continue to provide our service.

We were ahead of the curve, putting the future safety of our beneficiaries and CFG team first and foreseeing that a potential lockdown would mean a wholesale change to the way we operated.

We quickly put in place a Continuous Working Business Plan (approved on 16 March 2020) to enable us to function and deliver our services in a different way for the foreseeable future, until it was deemed safe for us to resume working as normal. In summary, the following changes were introduced with immediate effect: -

- “ All families were now offered online or telephone sessions with our therapists as opposed to face to face to face meeting in families’ homes;
- “ All bereavement weekends, social events and schools work was postponed;
- “ All supervision meetings (group and individual) were to be held online;
- “ All trustees’ meetings and subcommittee meetings were to be held online;
- “ All sister charity meetings were to be held online; and
- “ We increased one to one supervision for all our therapists.

At the time of writing this report, we continue to work in this remote way as the restrictions continue. Whilst some of the changes we have introduced will probably become permanent, for example online sister charities meetings, which have enabled us to all collaborate more frequently and effectively since moving to an online platform, there really is no substitute for face to face meetings in families’ homes which enables our therapists to be more aware of any safeguarding or other issues requiring action or signposting to protect our vulnerable beneficiaries.

The Future

Looking ahead, we will continue to adapt our services as required and are looking forward to the time when we can recommence work in schools and colleges and reintroduce our full family service of face to face meetings, group therapy work at our bereavement weekends and social events to connect our families and promote peer support.

We envisage that when life gets back to “normal”, we will receive an influx of new referrals. Grief does not go away and we are acutely aware that even more children and families are grieving now, not only as a direct result of Covid-19 deaths, but also indirectly, as other deaths have undoubtedly been accelerated as treatments for cancer, heart disease and other conditions ceased and operations have been postponed due to the pandemic. In addition to this, families have not been able to visit loved ones in care or in hospital and attendance at funerals has been restricted, all of which affect the normal grieving process. We anticipate the mental health impact of the pandemic will be enormous and long lasting, particularly for those who have lost loved ones during the pandemic. We anticipate that we will supporting families affected by Covid-19 deaths for many years to come.

In addition to this, once we are able to resume face to face work and group work, we will have a certain amount of catching up to do, to offer the families we have been working with remotely bereavement weekend groups and social events, to help them connect with other families to share their grief, build much needed bonds and friendships and benefit from enduring peer support.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES or the Year Ended 31 August 2020

OBJECTIVES AND ACTIVITIES

To build future sustainability, we are managing our finances carefully, taking the opportunity to learn and share ideas with our sister charities, being transparent with our team of sessional and volunteer therapists as the Covid-19 situation evolves and working hard to ensure all our therapists remain engaged with our work and aspirations. We have ensured that our referrers know we are “open for business” and continue to use social media to promote our visibility.

We feel that we are in an excellent position for the year ahead, to enable us to continue to serve our community effectively and professionally.

1. Family Work

This year we provided our service to 96 families (compared with 88 last year, 74 in 2018 and 39 in 2017) comprising 129 children (compared with 120 last year, 98 in 2018 and 59 in 2017), 68 young adults (compared with 46 last year, 46 in 2018 and 20 in 2017) and 159 adults (compared with 134 last year, 110 in 2018 and 59 in 2017). This is a phenomenal increase, given that the majority of the referrals this year were received pre-lockdown in March. Our referral numbers were significantly reduced after March 2020, as most of our referrals come via schools which were predominantly shut.

Our profile has continued to rise locally, which coupled with a growing public awareness of the importance of addressing bereavement to promote good mental health wellbeing in later life, has in our opinion contributed to the continued trend in our referral figures.

We have held three bereavement days this year at Rainbow House, Torquay, bringing 28 families together. These were in October 2019, November 2019 and February 2020. Our planned bereavement days for April, July and October 2020 were cancelled due to the Covid-19 restrictions.

Normally, we would have held at least two social events this year, however, our Summer 2020 event had to be cancelled due to the restrictions. However, we did have a wonderful Christmas social event in December 2019, being a trip on the Santa Express Train from Paignton to Kingswear, to which we welcomed over 70 of our beneficiaries. The event was oversubscribed and was extremely well received. Social events are always very special occasions, bonding new families together and providing an opportunity to catch up with therapists, to update them on how their lives have progressed since our previous contact.

We ensure all families know that they can contact us at any time after we have finished working with them, should they require further help.

Our services are provided free of charge to all our families, many of whom are from some of the most socially and economically deprived wards in England and Wales.

Following the success of our Rapid Response model, we have continued to adapt our working practices, driving efficiency, and this year we have made further changes to the way we work, recognising that not all families will attend our bereavement days. Although we encourage all families we work with to attend a bereavement day, to benefit from meeting other bereaved families, only around half the families invited generally attended on the day. Having studied the possible requirements of families and considered how we might adapt our service to provide a more tailored service, we concluded that families would benefit from a 3-tiered approach so that if they didn't need the whole programme of our work, they could have less input from us.

The development of the new 3-tiered approach during the last financial year has really helped us to ensure that we can offer some early initial support very soon after referral by way of a Rapid Response assessment visit (tier 1) and then put in place the 3 home visits (tier 2) and invite families to our bereavement day and have a closing visit (tier 3). This approach has also enabled us to adapt quickly to an online/telephone support service during the Covid-19 pandemic.

We will continue to constantly review our services and adapt further if required. Our development is beneficiary-led and in response to feedback from the children, young people and families whom we support.

2. School and College Work

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES or the Year Ended 31 August 2020

OBJECTIVES AND ACTIVITIES

During the first half of the financial year (between October 2019 and February 2020) we ran 5 bereavement groups in schools and colleges, providing our service to 28 children in 4 primary schools (compared with 37 children in 4 schools last year and 29 children in 4 schools in 2018) and 21 young adults in 3 secondary schools (compared with 29 young adults in 3 schools last year and 14 young adults in 2 schools in 2018). The funding for one of the secondary school's groups was provided by the school to which we were invited to run our bereavement group, following the tragic death of one of their pupils; our therapists supported 14 close friends.

The 3 summer term groups we had planned had to be postponed due to Covid-19 restrictions and at the time of writing this report, they have not yet taken place due to the ongoing restrictions in place. These groups will be rescheduled as soon as we are as certain as we can be that it is safe to do so, based on Government advice and the advice of the schools and colleges involved. Further groups will then be scheduled in other schools and colleges who have requested our involvement.

Our school and college work programme is delivered by two of our sessional therapists or one sessional therapist plus our lead therapist, sometimes additionally with one of our volunteer therapists, to schools and colleges in South Devon, supporting small groups of bereaved children and young people in each school or college who would not otherwise engage with our family work. This supports the children and young people and their families, as well as the staff at the respective schools and colleges who learn how to recognise the changes in behaviour often displayed by children and young people who are not able to cope with bereavement. This area of work has grown significantly since its introduction and we have a constant demand for this service.

Although the majority of our activity in terms of time and expenditure is still our family work, our school and college work is now well established and demand for this support is continuing to grow, and is a vital service, helping to support schools and colleges.

3. Training

We continue to develop and provide tailored training programmes to those who engage with bereaved children and young people and their families, to educate them about recognising signs of the effects of bereavement.

This year, we have delivered internal training to our 4 new Volunteer Therapists in January and August 2020.

Case Studies

As well as collecting feedback, the therapists also create anonymised case studies with the consent of the families selected. The case studies really bring to life the work that we do and the positive results and outcomes we achieve for those we help. Two case studies are attached at the end of this report.

Supervision

Every sessional therapist and volunteer therapist has regular individual supervision in addition to group supervision, to ensure that all are fully supported as well as our lead therapist, with clear lines of supervision and accountability established, which is working well. We value all our therapists and strive to ensure they are fully supported and feel valued in their work and as individuals. There continues to be a very close working relationship between the board of trustees and the team of therapists, with our lead therapist attending monthly trustee meetings and a trustee attending the monthly group supervision meetings with the team of therapists. This fosters maximum trust and transparency between the management board and the team of therapists in the delivery of our services and enables us to react and adapt quickly where required. As a result of the Covid-19 pandemic and a move to online meetings and supervision, we have increased the level of 1 to 1 supervision, to help all our therapists feel supported during these extremely challenging times.

Collaboration

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES or the Year Ended 31 August 2020

OBJECTIVES AND ACTIVITIES

We continue to collaborate with our “sister charities”, which operate in Plymouth, Exeter North Devon and Cornwall, referring families to each other, where our boundaries meet as appropriate, as we each have an agreed, defined geographical operating area. We also share ideas and best practice and this level of collaboration has increased and improved as we have all moved to online meetings, which have made our collaboration much more accessible and will be a permanent change.

However, the way in which we each work is very different, and with our unique group approach to therapy, we do not feel it is possible for any greater collaboration at this time; our commitment to our approach is wholly justified by the outcomes we help our beneficiaries achieve and the very positive feedback we receive from them.

We also hope to collaborate again with Rowcroft Hospice, who very generously allow us to use their premises for our meetings and bereavement days and training at their Rainbow House. We reciprocate by providing bereavement support to any families they refer to us.

Public Benefit

The trustees have given consideration to the Charity Commission’s general guidance on public benefit when making all relevant decisions.

Risk Management and Reserves Policy

The trustees are responsible for the careful management of risks potentially affecting the charity, and the main ways in which risks are managed are by:-

- holding bi-monthly trustee meetings to review activities and finances including cash flow projections;
- Holding additional sub committee meetings to address key areas for development quickly and effectively;
- having clear, current, written policies which are kept under review;
- making sure all our procedures are carried out to ensure protection of children and vulnerable adults;
- ensuring up to date DBS checks are in place and all therapists, volunteer student therapists and trustees are trained in key areas including safeguarding and child protection issues; and
- investing in the induction, training and supervision of all our therapists, volunteer student therapists and trustees.

The trustees are satisfied that any risks affecting the charity are managed and monitored through the management processes and reviews set out above, allowing for effective mitigation of risk to service users, staff, volunteers and the organisation.

Considering the absence of property or any such material liability the trustees consider that a reserves policy of three to six months working capital is sufficient and in line with guidance issued by the Charity Commission.

Ethical Policy

We have considered the need for an ethical policy and at the current time the trustees do not consider that we require such a policy, particularly as we do not hold any investments. We will continue to monitor this but always strive to run our charity as ethically as possible, considering our environment, for example by car sharing for meetings and visits where possible.

Thank You

The trustees would like to take this opportunity to thank everyone who has supported the work of the charity this year, in gifts of time, money and resources, from valuable grants to knitted hedgehog outfits for the hedgehogs we give to the children we support. We rely entirely on donations and our own fundraising efforts, as we receive no government funding. We are truly grateful to every one of our supporters. In the past year, this has included major grants from trusts and foundations including BBC Children in Need and Farringdon Schools Charitable Trust. We are also grateful to individuals for their generous support and donations, including the ongoing fundraising support of Paul Courtney. We would also like to take this opportunity to thank our patrons Dr Sarah Wollaston MP, Mr Chris Murray of Pennywell Farm, Devon and Mrs Luke, for their continued support and encouragement in all that we do and seek to achieve. Finally, we would like to thank our fantastic minute secretary, Sarah, and our wonderful team of sessional therapists, volunteer therapists and our lead therapist, Francesca Raymont who ensures the delivery of our services so proficiently.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES or the Year Ended 31 August 2020

OBJECTIVES AND ACTIVITIES

CASE STUDIES

Please note that all identifying features have been changed to protect those mentioned in these case studies

1. Family Work - Family seen during Covid-19 restrictions

We received a referral for a family who had been bereaved several years previously of the mum in the family. The boys, now 15 and 10, had moved to live with their maternal nan and were now in a settled place and in need of, and ready for, support for their grief.

The family were referred to us just as the first lockdown of 2020 began by the school of the eldest son, and so we had started to work online due to the risks of the virus. The family received a phone call within a week of the referral being made and then the first session was conducted over zoom with nan, the 2 boys by our Lead Therapist. This first session is an opportunity to assess the needs of the family and to introduce the family to our work and to try to answer any questions and help the family to feel comfortable with the process we offer through our programme of bereavement sessions.

At the assessment nan did most of the talking but they all agreed they needed support for their grief. The eldest boy had managed to block out a lot of his feelings whilst they went through the move to their nan's, via other relatives who were not able to look after them, since mum died, and the younger son felt it was only just hitting him now that his mum had actually died.

Nan was sent a book by us as a resource on supporting teens that are grieving and then one of our sessional therapists was allocated to work with this family. The Sessional Therapist made contact with the family and set up a series of 3 zoom sessions over the coming months, we usually aim to do one each month for a period of 3 months.

During the sessions the family were able to explore their feelings of sadness, anger and loss and also the way they felt so let down by other family members who had initially said they would care for the boys. The boys were able to start to think about how they would like to remember mum and also how they could feel connected to her through continuing to do the things they used to do with mum when she was alive. The worries nan had about supporting the boys' grief were settled and she said she felt equipped and supported to do this now, with the help of our therapist.

The family were told that once lockdown was over and the risks of the virus had subsided, we would invite them to a bereavement day, where they would meet other families in a similar situation and have a whole day of therapy. The family were keen to be offered this whenever it happened as they felt they would benefit.

March 2021:

The lockdown restrictions are now starting to be lifted over the coming months and so we plan to offer this family the opportunity of attending a bereavement day, hopefully later in the year, when it is safe to do so.

1. Schools Work - School Bereavement Group (pre Covid-19)

In January 2020 we were invited to attend a school in a small village in south Devon to run a bereavement group for children who had experienced the death of a close family member. The school didn't have enough children to fill the group, as we ask for a group of between 6 and 12 children, so they invited children from 3 surrounding schools to join them for this group. We ended up with a group of 11 children, from 4 schools in total.

The group ran every week, on a Tuesday afternoon for 1.5 hours over a period of 6 weeks. 3 of our therapists ran this group and it was fully funded by a grant, so the school didn't have to fund this they simply needed to provide an undisturbed room for the group to be held in.

At the group we had children who had been bereaved of parents, siblings and grandparents. There were sibling girls who had experienced the death of their mum a couple of years previously and they were now living with an auntie and uncle.

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES or the Year Ended 31 August 2020

OBJECTIVES AND ACTIVITIES

These girls were very, very tearful and withdrawn at the first session and didn't want to share what had happened to their mum. We use creative activities at these groups to help children to open up and talk about their feelings and during the course of the weeks we pay special attention to the feelings of anger and sadness, we look at their memories and moving forwards with the memory of the special person firmly in place. We look at what the children learned from their special person and how they can continue to feel connected to them as the years go by.

The girls were able to start to open up and one of the girls said she felt extremely angry that this had happened to her mum when she was so young, she had died in her 30's from cancer. She was able to express this anger through an activity that we do with clay, where the clay is used to help the child express their anger safely and then create something beautiful with the clay.

The other sister said she was struggling to remember her mum and she was massively helped through us creating 'Memory Flags' in the group where the two sisters talked together about what their mum had taught them and what they were thankful for, this had helped bring back to the sister all the things she had enjoyed with and about her mum and she felt really connected to her mum again through this activity.

The whole group reported at the end of the 6 weeks that it had helped them to come to the group and meet others who had lost close family members, and that they now felt in a better place to talk about the person who had died, and they now felt they could remember them without the intense pain they had previously experienced.

The girls said that they felt they had made good friends in the group and that they were now able to talk more freely with their auntie and uncle about their mum and they had started to think of ways they could remember her especially for birthdays and anniversaries associated with mum.

The schools involved thanked us for the work we did with the children and said they would appreciate us coming back in a year of two to run another bereavement group with other children, which we plan to do.

Francesca Raymont - Lead Therapist
March 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is a charitable company limited by guarantee and has no share capital. In the event of a winding up the liability of the members is limited to £10 each and is governed by a memorandum and articles of association. The charity is also a registered charity (RCN 1099255).

South West in Grief Support Limited (SWinGS) became a registered charity on 3rd September 2003, being renamed and relaunched as Children and Families in Grief in 2010.

Organisational Structure

A board of directors, who are all trustees of the charity, has control of the company and meets bi-monthly as a whole board with sub committee meetings held in the intervening months (except December and August).

The officers who served during the period are:

Name & Position

P Goss	Director & Company Secretary
S Honey	Director & Chair
S Bell	Director & Acting Treasurer
S Cole	Director
S Newman	Director & Vice Chair

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number - 04736907 (England and Wales)

Registered Charity number - 1099255

CHILDREN AND FAMILIES IN GRIEF LIMITED

REPORT OF THE TRUSTEES
or the Year Ended 31 August 2020

Registered office

22 Union Street
Newton Abbot
Devon
TQ12 2JS

Trustees

Mrs S J Honey - Chair
Mrs P A Goss
S J Bell - Acting treasurer
Mrs S P Cole
Mrs S A Newman - Vice Chair

Company Secretary

Mrs P A Goss

Independent Examiner

Ian Barrett
FCA FCIE
Barretts
Chartered Accountants &
Chartered Tax Advisers
22 Union Street
Newton Abbot
Devon
TQ12 2JS



Approved by order of the board of trustees on 12 May 2021 and signed on its behalf by:

Mrs S J Honey - Trustee

CHILDREN AND FAMILIES IN GRIEF LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the Year Ended 31 August 2020

Notes	Unrestricted fund £	Restricted funds £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	26,040	-	26,040	74,719
Investment income	55	-	55	58
Total	26,095	-	26,095	74,777
EXPENDITURE ON				
Raising funds	1,500	-	1,500	4,500
Charitable activities				
Counselling & training sessions	45,126	-	45,126	51,966
Total	46,626	-	46,626	56,466
NET INCOME/(EXPENDITURE)				
Transfers between funds	(4,000)	4,000	-	-
Net movement in funds	(24,531)	4,000	(20,531)	18,311
RECONCILIATION OF FUNDS				
Total funds brought forward	47,273	-	47,273	28,962
TOTAL FUNDS CARRIED FORWARD	22,742	4,000	26,742	47,273

CHILDREN AND FAMILIES IN GRIEF LIMITED

BALANCE SHEET

31 August 2020

	Notes	Unrestricted fund £	Restricted funds £	2020 Total funds £	2019 Total funds £
CURRENT ASSETS					
Cash at bank		22,742	4,000	26,742	47,273
NET CURRENT ASSETS		22,742	4,000	26,742	47,273
TOTAL ASSETS LESS CURRENT LIABILITIES		22,742	4,000	26,742	47,273
NET ASSETS		22,742	4,000	26,742	47,273
FUNDS					
	6				
Unrestricted funds				22,742	47,273
Restricted funds				4,000	-
TOTAL FUNDS				26,742	47,273

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 12 May 2021 and were signed on its behalf by:

S J Honey - Trustee

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 August 2020

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2020	2019
	£	£
Deposit account interest	55	58

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 August 2020

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2020 nor for the year ended 31 August 2019.

Trustees' expenses

Two (2019: three) trustees received reimbursed expenses totalling £218 (2019: £293).

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	63,519	11,200	74,719
Investment income	58	-	58
Total	63,577	11,200	74,777
EXPENDITURE ON			
Raising funds	4,500	-	4,500
Charitable activities			
Counselling & training sessions	40,766	11,200	51,966
Total	45,266	11,200	56,466
NET INCOME	18,311-	18,311	
RECONCILIATION OF FUNDS			
Total funds brought forward	28,962	-	28,962
TOTAL FUNDS CARRIED FORWARD	47,273	-	47,273

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 August 2020

5. TANGIBLE FIXED ASSETS

			Computer equipment £
COST			
At 1 September 2019 and 31 August 2020			1,063
DEPRECIATION			
At 1 September 2019 and 31 August 2020			1,063
NET BOOK VALUE			
At 31 August 2020			-
At 31 August 2019			-

6. MOVEMENT IN FUNDS

	At 1.9.19 £	Net movement in funds £	Transfers between funds £	At 31.8.20 £
Unrestricted funds				
General fund	47,273	(20,531)	(4,000)	22,742
Restricted funds				
Farringdon Trust	-	-	4,000	4,000
TOTAL FUNDS	47,273	(20,531)	-	26,742

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	26,095	46,626	(20,531)
TOTAL FUNDS	26,095	(46,626)	(20,531)

Comparatives for movement in funds

	At 1.9.18 £	Net movement in funds £	At 31.8.19 £
Unrestricted funds			
General fund	28,962	18,311	47,273
TOTAL FUNDS	28,962	18,311	47,273

CHILDREN AND FAMILIES IN GRIEF LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 August 2020

6. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	63,577	(45,266)	18,311
Restricted funds			
Farringdon Trust	7,976	(7,976)	-
Torbay Lottery	1,274	(1,274)	-
Torbay Council	1,050	(1,050)	-
Riviera Education	300	(300)	-
Devon County Council	600	(600)	-
	11,200	(11,200)	-
TOTAL FUNDS	74,777	(56,466)	18,311

The restricted funds from Torbay Lottery and Farringdon Trust are for schools work and those from Torbay Council, Devon County Council and Riviera Education are for training services.

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2020.



CHILDREN AND FAMILIES IN GRIEF LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 August 2020

	2020	2019
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	6,420	34,209
Grants	19,620	40,510
	26,040	74,719
Investment income		
Deposit account interest	55	58
Total incoming resources	26,095	74,777
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	1,500	4,500
Charitable activities		
Weekend counselling, schools work and home visits	42,408	49,028
Support costs		
Governance costs		
Insurance	849	955
Telephone	333	356
Postage and stationery	353	684
Sundries	255	13
Accountancy and legal fees	540	660
Subscriptions	388	270
	2,718	2,938
Total resources expended	46,626	56,466
Net (expenditure)/income	(20,531)	18,311



**Children &
Families in
Grief**

