

REGISTERED COMPANY NUMBER: 5414484 (England and Wales)
REGISTERED CHARITY NUMBER: 1109262

**REPORT OF THE TRUSTEES
AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED
31st MARCH 2024
FOR HOME-START BEDFORDSHIRE
(formerly Home-Start Central Bedfordshire)**

REPORT OF THE TRUSTEES
For the Year Ended 31 March 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 March 2024. The accounts have been prepared in accordance with the recommendations of the Statement of Recommended Practice (FRS 102).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Home-Start Bedfordshire (HSB) offers support, friendship and practical help to parents and children. To help give children the best possible start in life, HSB supports parents as they grow in confidence, strengthen their relationships with their children and widen their links with the local community.

The objects for which Home-Start Bedfordshire was established are:

- to safeguard, protect and preserve the good health, both mental and physical of children and parents of children
- to prevent cruelty to or maltreatment of children
- to relieve sickness, poverty and need amongst children and parents of children
- to promote the education of the public in better standards of childcare within the areas of Bedfordshire and Luton

In setting our objectives and planning our activities, the Trustees have given careful consideration to the Charity Commission's guidance on public benefit.

Charitable activities

HSB offers a unique service, recruiting and training volunteers - who are usually parents themselves —to visit families at home to offer informal, friendly and confidential support.

In addition to our family support work we also work to reduce the impact of domestic abuse through preventative education and through providing one to one support and group work for survivors of domestic abuse.

ACHIEVEMENT AND PERFORMANCE

In order to have a more economically viable accommodation we moved the office to Leighton Buzzard. This also has the advantage that we are co-located with other charities such as the Food Bank and MIND.

We also changed our name in May 2024 to Home-Start Bedfordshire. This better reflects our service locations and also gives us the opportunity to raise funds from a wider area and expand our services in the future.

We support parents as they learn to cope, improve their confidence and build better lives for their children. The benefits of our support include improved health and well-being and better family relationships.

REPORT OF THE TRUSTEES
For the Year Ended 31 March 2024

Home Visiting Volunteer Service

HSB recruits, trains and manages volunteers with parenting experience to support vulnerable families. After attending an initial Preparation Course Home- Start volunteers are carefully matched with a family, and visit for a period of time with a planned set of outcomes to work towards.

We provide early help support to families but also work with families where children are “child in need” or on a child protection plan.

We work in partnership with a number of other agencies and receive referrals from other professionals such as Health Visitors, Social Care, Children’s Centres and schools.

A volunteer is carefully matched with the family giving regard to such matters as their own skills, experience and availability. They will visit the family in their home for two to three hours each week.

The type of support depends on the family’s needs.

This could be:

- Emotional support to help parents find ways to manage and resolve problems
- Listening visits for parents with mental ill health
- Encouragement and support to attend Children’s Centres and local resources
- Assistance with attending medical appointments
- Advocacy
- Assistance and mentoring with managing children’s behaviour
- Modelling good parenting
- Embedding parenting strategies e.g after attending parenting programmes
- Assistance and mentoring with developing household routines
- Assistance and mentoring with cleaning and decluttering the house
- Help with budgeting, nutrition and meal planning, cooking and making the home safe
- School readiness
- Support both in and after leaving Refuge for parents and children who have fled domestic abuse

As a non-statutory organization many families find being supported by a parent volunteer less threatening and stigmatizing. Research has shown that our support increases parental confidence in bringing up children, enables families to access local services, reduces isolation for parents and children and generally increases resilience in families making a lasting impact.

Over the year we have received a steady stream of referrals, particularly from the Mid Bedfordshire area.

We have a robust monitoring and evaluation system based on the Outcomes Star which tracks each family’s journey of change to ensure that the support given is sufficient and correct. The type of support given may change at review. This year the main reasons for wanting support remain unchanged from last year. These were coping with mental ill health (child and parents)

REPORT OF THE TRUSTEES
For the Year Ended 31 March 2024

and managing children's behaviour and parenting children with SEND needs.

The five parameters tracked were parent's health and well-being, children's health and well-being, more confident and positive parenting and improvements in the family home.

What service users said:

"S has made a world of difference, the boys adore her, I can't imagine how I would have coped without her support, her support was just at the right time. Lovely to have another role model to consistently support the boys".

"C is a legend, it is down to her and the family that my son got used to people again after we moved out of temporary accommodation, she is like the friend that has always been there, when she visits once a week there is no pressure or judgement and she encourages me to do things."

From a family where the mother was struggling to go out because of anxiety:

"I love S, we got on so well. she totally understands how I feel with the high anxiety. She doesn't take anything too seriously so we had lots of laughs. Her manner made us all really relaxed. I liked the challenges she set, they helped me to do things. I needed someone to say, you can do it, you will do it, which then I did do it! If she had said when you feel up to it, I would never have gone. Thanks so much for your support".

At 31st March 2024:

146 Central Bedfordshire families were referred for home visiting support.

42 families had volunteer support

73 families received office support

31 families were waiting to be matched

The SEND Parent Mentor project

As mentioned a number of families requested help because of having difficulty managing the behaviour of children with SEND needs. We also recognised that parents with older children also needed support particularly around navigating the system, finding services and feeling alone and isolated. We were therefore very pleased when Central Bedfordshire Council agreed to fund a small SEND Parent Mentor Service for families with children of any age.

Parents of children with Special Educational Needs and Disabilities received an average of 6 weeks phone/online support by trained volunteers who were also parents of SEND children, with the objectives of offering emotional support and practical help and knowledge around the pathways and services available.

This continues to be very popular and due to the small amount of funding we have not had the capacity to meet the need of all the referrals within a time frame that we think is acceptable. However we have been able to offer them our Empowering Parents Empowering Communities Being a Parent of an Autistic Child and Being a Parent of a Child with ADHD parenting programmes while they are waiting.

Our plans for 2024/25 are to put in place a Waiting Well programme which will point families to resources and help on our website while they are waiting.

REPORT OF THE TRUSTEES
For the Year Ended 31 March 2024

What service users said:

"It was great having Serena's support, I would never have got to this point without her. She was amazing, so knowledgeable and helpful"

"I can't tell you what an amazing thing this SEND mentoring is. I'm sure you both know what a lonely place it is for a send parent. Personally I am pretty much on my own with it all and like everyone else I am juggling all of life's other 'balls' too. S gave me the reassurance that I can do this. I just need the tools and gave me books and websites and groups to use. It was also good to know that I am not the only one who is trying to fight the system to get help for my child..... My son is 17 and I had given up on helping him. S made me realise that I can't do that. If I don't fight for him who will!? She made me think positively again and I thank her for that. I don't feel alone anymore."

On 31st March 2024

109 families were referred for support

49 families were supported

60 families were waiting

Domestic Abuse Services

The Need

It is estimated that one in four women and one in six men will experience domestic abuse at some point in their lifetime. This may include years of psychological abuse.

Children are often the silent victims of domestic abuse. In homes where domestic violence occurs, 90% of children are in the same or next room during an incident.

16% of all crime in Bedfordshire (Bedfordshire Police)

Domestic abuse is a leading cause of homelessness. Housing options reported an average of 21 approaches to the housing team each month by residents at risk of homelessness.

In 2021 it was estimated through the Domestic Abuse Safe Accommodation Needs Assessment that 3,460 children aged 0 to 17 in Central Bedfordshire experienced domestic abuse in the last year (Central Bedfordshire Domestic Abuse Strategy 2022- 25).

Our response

Alongside our home visiting service for women and their children in Refuge and after leaving Refuge we also continued to deliver the Own My Life programme.

Own My Life

Own My Life is a ten week programme. The purpose of the course is to educate and empower women who have been subject to domestic abuse to regain ownership of their own lives.

We continued to run the course online in the evening as women reported that this makes it more accessible. It enables women to join from all around the county, including those who are working

REPORT OF THE TRUSTEES
For the Year Ended 31 March 2024

during the day or have children.

We ran three Own My Life courses between April 2023 and March 2024.

42 women attended Own My Life. The women were parents to 63 children.

Significant increases in emotional and physical health were reported.

What service users said:

"I would encourage anyone who has suffered from domestic abuse to complete this course, it has helped me understand my situation, my emotions and my journey so much better and the support from the course facilitators and the other ladies has been amazing. I feel really honoured to have been a part of it and feel it has really helped me with my progression."

"It's been an emotional roller coaster but it's been fantastic and very beneficial. I've learnt a lot about myself and it's helped me on my journey. Although every week has been extremely tough thinking and understanding what my relationship was, it's been empowering."

Rebuild Programme

We were pleased to be part of a collaboration with Central Bedfordshire Council in writing the Rebuild Programme which is a 12 week group programme looking at relationships.

The programme launched in April 2023 and we ran an a facilitating Group training session in running groups for the facilitators.

Domestic Abuse Prevention

Domestic abuse is endemic in society and we therefore feel it is important to look at prevention beginning with teaching children about healthy relationships.

Helping Hands

Helping Hands is a six week course developed by Women's Aid for children aged between 7 and 11.

The objectives of the course are for children

- to understand their right to a safe home environment,
- develop resilience and good self-esteem,
- to realise how their behaviour affects others and
- to learn to manage strong feelings without violence and gain a knowledge of non-violent problem-solving skills.

We were really pleased to continue to run Helping Hands courses this year. We ran four courses in Sandy, Kensworth and Dunstable primary schools.

Feedback from schools

Helping Hands has been a very useful programme for our children to access. Many children in school are showing increasing signs of anxiety, low self-esteem or attachment issues for many reasons. These sessions supported children to recognise key strategies for them to cope with whatever they are faced with, enabled them a designated person and safe space to talk each week and we have seen a lot more family members involving themselves with the strategies given and suggested which has opened more communication between parents and families. We would love to utilise this more in the future and hope this will be possible. (Kensworth Primary school).

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For the Year Ended 31 March 2024

All the children really were very positive about the experience and looked forward to each session. They enjoyed the attention and opportunity to work in a small group. They found it calming. They liked having the chance to work and talk with new adults and build their resilience. They have all moved forward with their learning. In particular, our EAL boy has found a real enthusiasm for trying new things. One of our young carers is more able to cope with challenges and communicate her feelings (Laburnum Primary school).

Feedback from children:

I tried the deep breathing when I felt angry & it worked

When a friend annoyed me I walked away & counted to 10. Before Helping Hands I would have shouted at them

I enjoyed the keeping safe week, to know where to go and who to talk to. I also liked the anger week I've tried a new way to try and calm down

I liked the feelings BINGO it was great fun

40 children took part in the Helping Hands programme.

Empowering Parents, Empowering Communities

Over the year we continued to deliver the Empowering Parents Empowering Communities programme (EPEC) on behalf of Central Bedfordshire Council.

(EPEC) is a programme from the Centre for Parent and Child Support, South London and Maudsley NHS Foundation Trust. EPEC parenting courses are led by local parent facilitators who have completed accredited EPEC training and receive ongoing training, supervision and support to ensure safe, high quality, and effective practice.

Parents attend eight weekly two-hour sessions. During these sessions, parents learn strategies for improving the quality of their interactions with their child, reducing negative child behaviour and increasing their efficacy and confidence in parenting. The sessions involve group discussions, demonstrations, role play and homework assignments.

EPEC is underpinned by rigorous research and practice evidence showing a significant impact on children's social, emotional and behavioural outcomes, parenting, family resilience and social capital. The programme encourages engagement in other local services and wider community resources. EPEC has been independently rated as an effective, low cost parenting programme (EiF, 2016, AIFS, 2015).

Impact

- Improved parenting and family resilience through teaching well-evidenced parenting strategies and methods.
- Greater understanding of managing family stress.
- Increased social capital and employability through training parent group facilitators.

This year we ran Being a Parent, Being a Parent of an Autistic Child and Being a Parent of a Child with ADHD (in response to need). We have continued to deliver all of the programmes online, as parents expressed that this made it more accessible. As Central Bedfordshire is a large area it is difficult to find a convenient place to run a face-to-face group.

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The Being a Parent of an Autistic Child and Being a Parent of a Child with ADHD courses have proved to be particularly popular. Using an online evening delivery as well as daytime has also meant that more parents are able to attend without the need for childcare.

Being a Parent	
No of parents	31
No of children	63
Being a Parent of ASD	
No of parents	67
No of children	140
Being a Parent of ADHD	
No of parents	13
No of children	28
TOTAL Parents	111

What our service users said:

"I am currently trudging through the CAMHS and education procedures. I have found my new found knowledge and understanding vital in demonstrating my commitment to my daughters future. It has proven to be a very powerful addition to my arsenal in my quest for getting the right help in the right direction. I will be forever grateful."

"Having parents who have lived the experience rather than professionals who have only got advice from books."

"That the group leader showed awareness and understanding. She listened to the group, she didn't try to just give advice and talk about her experiences. She made everyone welcome."

"Learning I'm not alone and other parents live a very similar life and learning about the Coke Bottle effect."

"I think I realised that I needed to be a little kinder to myself as a parent and taking the pressure off myself my sons behavior has actually improved. I actually realised I was doing many of the things advised but that I needed to follow through more with what I said. I think this gave me a confidence boost I needed and it was nice to be able to share experiences with other parents and recognise I wasn't alone."

"Learning how go deal with the emotional issues and how to listen to my daughter, as well as to stick to the rules and discipline."

"the girls running the course were lovely and seemed not only knowledgeable but also empathised with their own experiences."

REPORT OF THE TRUSTEES
For the Year Ended 31 March 2024

Child Poverty

The cost-of-living crisis continues to make life difficult financially for many families. We have been busy passing on donations of toys, presents and Chrome books to families.

Volunteers

Volunteer training

Volunteers are at the very heart of our service delivery. Alongside other voluntary organisations we are finding that It has become increasingly difficult to recruit volunteers.

We are trying to make the course more accessible to people so we are running more frequent courses with smaller numbers and also running the training online as well as face to face.

This year a further **12** volunteers joined our team.

Home Visiting	
As at April 1 st 2024	47
Ended during year	14
Total	61
SEND	
Current	8
Ended during year	4
Total	12
EPEC	
Current	8
Ended	2
Total	10
Other e.g. Helping Hands Own My Life	3
Trustees	6
TOTAL VOLUNTEERS	88
No of new vols 2023 - 24	12

Our volunteers come from a wide range of social, educational and employment backgrounds. They are also from different age groups and cultures. Many use volunteering as a way into work or education particularly in the fields of social care, nursing and midwifery.

Our volunteers attend an induction Course before being placed with families which includes training on safeguarding, domestic abuse, confidentiality and equal opportunities and also attend a mandatory yearly safeguarding update and ongoing training. They complete diary sheets after each visit and have 6-8 weekly supervision with a paid Coordinator. There are regular ongoing training sessions throughout the year both in house and also from outside speakers.

Ongoing Training

Both staff and volunteers are offered ongoing training.

We have held a number of online sessions for volunteers this year including Childhood Trauma,

**REPORT OF THE TRUSTEES
For the Year Ended 31 March 2024**

Reducing Parental Conflict, Managing Anxiety in children, Universal Credit;
Our thanks to our volunteers without whom there would be no Home-Start.

FINANCIAL REVIEW

Like all charities we have faced rising costs but also an increase in demand for our services partially due to the cost of living crisis and also as a result of the increase in mental ill health since the pandemic. We have moved our office in order to have a building with a reliable monthly cost that will enable us to be able to budget better. Our main funding comes from a contract with the local authority. We are thankful that they have continued to fund us this year but we have been informed that the contract will be going to competitive tender in the autumn. This is a potential risk. We have enough in reserves to be able to cope with this for the following year. Income for the year totalled £196,816 (2023: £230,460) and expenditure £211,674 (2023: £188,631) resulting in a loss of £14,858 (2023: surplus £41,829)

Reserves policy

The Trustees have considered the likely risks to the charity over the year and have designated reserves of £277,000 as last year in order that the charity may be able to continue to operate or to wind down if appropriate. These include twelve months' operating expenditure, pension fund deficit on closure, redundancy payments, equipment replacement.

Future Plans and Risks

Our main risk is from the current financial recession combined with increased operating costs. Recruiting volunteers is also becoming more difficult due to competition from both the voluntary and the statutory sectors.

More people are working longer hours due to economic pressure and therefore have less time available. In order to make it easier for people to volunteer we are being more flexible in the delivery of the initial training and ongoing training courses. We will also be considering other ways that people may be able to give their time.

Another risk is that we are heavily reliant on contract funding from the local authority for our main peer support work. We are therefore continuing with our plans to diversify our income and attract individual and corporate donors. This includes the institution of a system where we will be able to collect data and report on outcomes more easily in order to show donors how their money is used. We believe that effective stewardship of our volunteers, donors and service users is essential for our long term sustainability

The work of HSCB would not be possible without the generous support of organisations, trusts and individuals in giving donations, grants, quilts, toys and necessary items for our families in need to whom we are very grateful. Without their kindness our work would not have been possible.

A special thank you to our wonderful volunteers who donated both time and expenses.

REPORT OF THE TRUSTEES
For the Year Ended 31 March 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT
REFERENCE AND ADMINISTRATIVE DETAILS

Structure and Governance

HSB is a company limited by guarantee governed by its Memorandum and Articles of Association dated 5th April 2005 (amended 9 June 2015 and 2024). Including the activities of its predecessor organisation HSB has been delivering family support services since its launch in 1984.

The members of the Board of Trustees of the Charity during the year ended 31st March 2024 were:

Sue Fuchter Chair
Enid Miller Treasurer
Patricia Marchbank
Alison Packer
Peter Raza
Nigel Taylor

All of the Trustees of the Charity are also directors of the charity and their responsibilities include all the responsibilities of directors under the Companies Acts and of Trustees under the Charities Act.

Day to day management of the charity is delegated to the Chief Executive Linda Johnson

Company Secretary

Linda Johnson

Staff during the year ending March 2024

Staff	Role	Additional responsibilities
Linda Johnson	CEO	Own My Life
Janine Henderson	Coordinator South Beds	Helping Hands
Clare Diggins	Coordinator Mid Beds	Own My Life/Helping Hands
Heidi Allen	SEND Parent Mentor Coordinator	
Colette Fletcher	EPEC Coordinator	
Margaret McShane	Administrator	

Reference and Administrative details

Registered Company Number:

5414484 (Registered in England and Wales)

Registered Charity Number

1109262

HOME-START BEDFORDSHIRE

REPORT OF THE TRUSTEES For the Year Ended 31 March 2024

Registered Office

Delta House
33 Hockliffe St
Leighton Buzzard
LU7 1EZ

Independent Examiner

Mr M Thomas
128 Putnoe Lane
Bedford, MK41 8LS

Bankers

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Cambridge and Counties Bank
Charnwood Court
New Walk
Leicester
LE1 6TE

Shawbrook Bank Ltd. (acc closed Feb 2024)
Lutea House
Warley Hill Business Park
The Drive
Great Warley
Brentwood
Essex
CM13 3BE

Nationwide Building Society
Kings Park Road
Moulton Park
Northampton
NN3 6NW

United Trust Bank (a/c opened June 2023)
1, Ropemaker St
London
EC2Y 9AW

Redwood Bank
The Nexus Building
Broadway
Letchworth
SG6 3TA

Hampshire Trust Bank (acc. closed Aug 2023)
55 Bishopsgate
London
EC2N 3AS

A company limited by guarantee
Company Registration Number: 05414484
Registered Charity Number: 1109262

HOME-START CENTRAL BEDFORDSHIRE
Report of the Trustees and Financial Statement
Year Ended 31 March 2024

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Trustees Annual Report

The trustees of Home-Start Central Bedfordshire present their report and financial statements for the year ended 31 March 2024. The accounts have been prepared in accordance with the recommendations of the Statement of Recommended Practice 2005-Accounting and Reporting by Charities (SORP 2005) and in accordance with applicable laws.

Officers and professional advisers

Trustees serving during the year and since the year end were as follows:

Mrs S E Fuchter	Mrs A M Packer
Mr P Raza	Mrs P A Marchbank (resigned Nov 2023)
Mr N C Taylor	Mrs E M Miller
Mrs A Thomson (joined May 2024)	

Secretary and administration

Mrs L Johnson
Delta House
33, Hockliffe St
Leighton Buzzard
LU7 1EZ

Bankers

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent,
ME19 4JQ

Cambridge & Counties Bank
Charnwood Court
New Walk
Leicester
LE1 6TE

Hampshire Trust Bank (a/c closed Aug 2023)
55 Bishopsgate
London
EC2N 3AS

Nationwide Building Society
One Threadneedle Street
London
EC2R 8AW

Shawbrook Bank (a/c closed Feb 2024)
Lutea House
Warley Hill Business Park
The Drive, Great Warley
Brentwood
CM13 3BE.

Redwood Bank
The Nexus Building Broadway
Letchworth Garden City
SG6 3TA

United Trust Bank (a/c opened June 2023)
1, Ropemaker St
London
EC2Y 9AW

Independent examiner

Mr M Thomas
128 Putnoe Lane
Bedford, MK41 8LS

Structure, governance and management

The Charitable Company is controlled by the board of trustees within the terms of the governing document, a deed of trust and constitutes a company limited by guarantee under the terms of Memorandum and Articles of Association of 5 April 2005 (as amended 13 March 2015).

Day to day management is the responsibility of the Chief Executive.

Risk assessment and management

The trustees review the major risks to which the Charity is exposed and ensure that the appropriate controls are in place to provide reasonable assurance against fraud and error. Areas reviewed include:

- Lease of premises, office equipment and furniture
- Staff and redundancy costs
- Contract relationships
- Insurable risks, including public liability, employer's liability and property contents
- Precautions against the possibility of dishonesty.

Objectives and activities

Charitable objects

- Safeguard, protect and preserve the good health, both mental and physical of children and parents of children;
- Prevent cruelty to or maltreatment of children;
- Relieve sickness, poverty and need amongst children and parents of children;
- Promote the education of the public in better standards of childcare within in the areas of Bedfordshire, Luton and Milton Keynes

Charitable activities

The core activity for the year remained that of making available our trained and supervised volunteers to give free, non-judgemental and confidential support to families in their own homes. In addition we ran a number of other services all with the aim of giving children the best start in life.

Achievement and performance

Over the year we supported a total of 366 families including 665 children.

This was through peer one to one support services such as our home visiting volunteers and our SEND (Special Educational Needs and Disabilities) Mentors or group support, for example our peer led parenting programmes, Helping Hands programmes in primary schools and Own My Life domestic abuse survivor programmes.

We are grateful for the grants and donations that we have received which have allowed us to be able to continue to run the popular Own My Life and Helping Hands courses this year. We are also thankful to businesses and individuals who donated goods such as toys and presents that we were able to pass on to local families in need.

We would like to say a huge thank you to the individuals and organisations who have given to our charity over the year. In particular we would like to thank St Philip and St James Golf Society and Caldecote Football and Cricket Club for their fundraising days.

Leighton-Linslade Town Council have given us a grant for many years now which we very much appreciate.

Financial Review

Like all charities we have faced rising costs but also an increase in demand for our services partially due to the cost of living crisis and also as a result of the increase in mental ill health since the pandemic. We have moved our office in order to have a building with a reliable monthly cost that will enable us to be able to budget better.

Our main funding comes from a contract with the local authority. We are thankful that they have continued to fund us this year but we have been informed that the contract will be going to competitive tender in the autumn. This is a potential risk. We have enough in reserves to be able to cope with this for the following year.

Income for the year totalled £196,816 (2023: £230,460) and expenditure £211,674 (2023: £188,631) resulting in a loss of £14,858 (2023: surplus £41,829)

Plans for the future

As stated we are heavily reliant on contract funding from the local authority for our main peer support work. We are therefore continuing with our plans to diversify our income and attract individual and corporate donors. This includes the institution of a system where we will be able to collect data and report on outcomes more easily in order to show donors how their money is used.

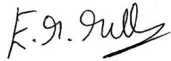
We believe that effective stewardship of our volunteers, donors and service users is essential for our long term sustainability.

HOME-START CENTRAL BEDFORDSHIRE
Trustees Report and Financial Statements
Year ended 31 March 2023

Company: 05414484
Charity: 1109262

The Trustees have considered the likely risks to the charity over the year and have designated reserves of £277,000 as last year in order that the charity may be able to continue to operate or to wind down if appropriate. These include twelve months' operating expenditure, pension fund deficit on closure, redundancy payments, equipment replacement.

This report was approved by the Trustees on 24th July, 2024 and signed on their behalf by:



Mrs E M Miller

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HOME-START CENTRAL BEDFORDSHIRE (a company limited by guarantee). Charity number 1109262. Company number 05414484.

I report on the accounts of the company for the year ended 31 March 2024, which are set out on pages 7 to 13

Respective responsibilities of trustee and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. The charity's gross income did not exceed £250,000.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act.
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:
which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



22nd. May 2024

Mervyn Thomas
128 Putnoe Lane
Bedford, MK41 8LS

STATEMENT OF FINANCIAL ACTIVITIES

Year ending 31st. December 2023

	Notes	Total funds 2024 £	Total funds 2023 £
Income from:			
Voluntary income		186,514	226,199
Investment Income		10,302	4,261
Total income	3	196,816	230,460
Expenditure on:			
Family support		207,423	184,832
Governance costs		4,251	3,799
Total Expenditure	4	211,674	188,631
Net income/(expenditure)		(14,858)	41,829
Reconciliation of funds:			
Total funds brought forward	7	496,422	454,593
Total funds carried forward		481,564	496,422

(continued)

BALANCE SHEET

Year ending 31st.March 2024	Notes	Total funds 2024 £	Total funds 2023 £
Current Assets			
Cash at bank and in hand		485,441	499,341
Debtors & prepayments	5	94	94
Total Current Assets		485,535	499,435
Liabilities			
Creditors: amounts falling due within one year	6	(3,971)	(3,013)
Net Assets		481,564	496,422
Funds of the Charity:			
Unrestricted funds		481,564	496,422
Restricted Funds		-	-
Total funds		481,564	496,422

The charitable company is entitled to exemption from audit under s477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with s476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- Ensuring that the company keeps accounting records that comply with s386 and s387 of the Companies Act 2006 and;
- Preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficit for each financial year in accordance with the requirements of s394 and s395 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 special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on 24th July,2024 and were

F. M. Miller

signed on its behalf by Mrs E M Miller

Dated: 24th July,2024

NOTES TO THE FINANCIAL STATEMENTS

1. Status of Charitable Company

The Charitable Company is limited by guarantee. Each member of the company has undertaken to contribute up to £1 to the Charity Company's assets should it be wound up.

2. Accounting policies

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards, the Companies Act 2006 and the Statement of Recommended Practice "Accounting and Reporting by Charities" issued in March 2005 (SORP 2005).

Incoming resources

Incoming resources are included in the Statement of Financial Activities when the Charitable Company is legally entitled to the income and the amount can be quantified with reasonable accuracy. Donated facilities are included at the value to the Charitable Company where this can be quantified and a third party is bearing the cost.

Grant income and grants for expenses are recognised in the Statement of Financial Activities and income and expenditure account in the year in which they are receivable.

Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings, they have been apportioned to activities on a basis of time spent. Support costs are those costs incurred directly in support of expenditure on the objects of the Charitable Company and include an appropriate apportionment of management overheads.

Governance costs

Governance costs comprise all costs involving the public accountability of the Charity and its compliance with regulation and good practice. These costs include an allocation relating to support costs.

Fund accounting

Unrestricted funds are those funds which may be used towards meeting the objectives of the Charitable Company at the discretion of the Trustees.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charitable Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of restricted funds is set out in the notes to the financial statements.

Pension costs

The Charitable Company operates a defined contribution pension scheme. Contributions payable to the Charitable Company's pension scheme and are charged to the Statement of Charitable Activities in the period to which they relate.

The pension scheme is administered by TPT Retirement Solutions on behalf of a consortium of companies of which we are part.

Taxation

The Charitable Company, as a registered charity, is not liable to taxation. The Charitable Company cannot recover value added tax, and the expenditure where applicable is therefore included gross of the related value added tax.

Interest receivable

Interest on deposit and other accounts is allocated to income in the year in which it is receivable.

3.1 Analysis of Income 2024

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Income from:				
Core funding grant	167,500		167,500	139,000
Other grants and income	3,700		3,700	67,889
Donations	15,314		15,314	19,310
			-	
Total Voluntary Income	186,514		186,514	226,199
Bank Interest	10,302		10,302	4,261
Total Income	196,816	-	196,816	230,460

3.2 Comparative Analysis of Income 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023
Income from:			
Core funding grant	139,000		139,000
Other grants and income	50,000	17,889	67,889
Donations	19,310		19,310
Bank Interest	4,261		4,261
Other			
Total Income	212,571	17,889	230,460

5. Debtors

	2024	2023
	£	£
Prepayments	94	94
Debtors	-	-
Total Debtors	94	94

6. Creditors

	2024	2023
	£	£
Amounts falling due within 1 year		
Payroll	2,427	1,661
Other creditors	1,544	1,352
Total Creditors	3,971	3,013

7. Funds Analysis

In 2024 no restricted Income was received and zero restricted funds were carried forwards from 2023

A company limited by guarantee
Company Registration Number: 05414484
Registered Charity Number: 1109262

HOME-START CENTRAL BEDFORDSHIRE
Report of the Trustees and Financial Statement
Year Ended 31 March 2024

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Independent examiner's report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10

Trustees Annual Report

The trustees of Home-Start Central Bedfordshire present their report and financial statements for the year ended 31 March 2024. The accounts have been prepared in accordance with the recommendations of the Statement of Recommended Practice 2005-Accounting and Reporting by Charities (SORP 2005) and in accordance with applicable laws.

Officers and professional advisers

Trustees serving during the year and since the year end were as follows:

Mrs S E Fuchter	Mrs A M Packer
Mr P Raza	Mrs P A Marchbank (resigned Nov 2023)
Mr N C Taylor	Mrs E M Miller
Mrs A Thomson (joined May 2024)	

Secretary and administration

Mrs L Johnson
Delta House
33, Hockliffe St
Leighton Buzzard
LU7 1EZ

Bankers

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent,
ME19 4JQ

Cambridge & Counties Bank
Charnwood Court
New Walk
Leicester
LE1 6TE

Hampshire Trust Bank (a/c closed Aug 2023)
55 Bishopsgate
London
EC2N 3AS

Nationwide Building Society
One Threadneedle Street
London
EC2R 8AW

Shawbrook Bank (a/c closed Feb 2024)
Lutea House
Warley Hill Business Park
The Drive, Great Warley
Brentwood
CM13 3BE.

Redwood Bank
The Nexus Building Broadway
Letchworth Garden City
SG6 3TA

United Trust Bank (a/c opened June 2023)
1, Ropemaker St
London
EC2Y 9AW

Independent examiner

Mr M Thomas
128 Putnoe Lane
Bedford, MK41 8LS

Structure, governance and management

The Charitable Company is controlled by the board of trustees within the terms of the governing document, a deed of trust and constitutes a company limited by guarantee under the terms of Memorandum and Articles of Association of 5 April 2005 (as amended 13 March 2015).

Day to day management is the responsibility of the Chief Executive.

Risk assessment and management

The trustees review the major risks to which the Charity is exposed and ensure that the appropriate controls are in place to provide reasonable assurance against fraud and error. Areas reviewed include:

- Lease of premises, office equipment and furniture
- Staff and redundancy costs
- Contract relationships
- Insurable risks, including public liability, employer's liability and property contents
- Precautions against the possibility of dishonesty.

Objectives and activities

Charitable objects

- Safeguard, protect and preserve the good health, both mental and physical of children and parents of children;
- Prevent cruelty to or maltreatment of children;
- Relieve sickness, poverty and need amongst children and parents of children;
- Promote the education of the public in better standards of childcare within in the areas of Bedfordshire, Luton and Milton Keynes

Charitable activities

The core activity for the year remained that of making available our trained and supervised volunteers to give free, non-judgemental and confidential support to families in their own homes. In addition we ran a number of other services all with the aim of giving children the best start in life.

Achievement and performance

Over the year we supported a total of 366 families including 665 children.

This was through peer one to one support services such as our home visiting volunteers and our SEND (Special Educational Needs and Disabilities) Mentors or group support, for example our peer led parenting programmes, Helping Hands programmes in primary schools and Own My Life domestic abuse survivor programmes.

We are grateful for the grants and donations that we have received which have allowed us to be able to continue to run the popular Own My Life and Helping Hands courses this year. We are also thankful to businesses and individuals who donated goods such as toys and presents that we were able to pass on to local families in need.

We would like to say a huge thank you to the individuals and organisations who have given to our charity over the year. In particular we would like to thank St Philip and St James Golf Society and Caldecote Football and Cricket Club for their fundraising days.

Leighton-Linslade Town Council have given us a grant for many years now which we very much appreciate.

Financial Review

Like all charities we have faced rising costs but also an increase in demand for our services partially due to the cost of living crisis and also as a result of the increase in mental ill health since the pandemic. We have moved our office in order to have a building with a reliable monthly cost that will enable us to be able to budget better.

Our main funding comes from a contract with the local authority. We are thankful that they have continued to fund us this year but we have been informed that the contract will be going to competitive tender in the autumn. This is a potential risk. We have enough in reserves to be able to cope with this for the following year.

Income for the year totalled £196,816 (2023: £230,460) and expenditure £211,674 (2023: £188,631) resulting in a loss of £14,858 (2023: surplus £41,829)

Plans for the future

As stated we are heavily reliant on contract funding from the local authority for our main peer support work. We are therefore continuing with our plans to diversify our income and attract individual and corporate donors. This includes the institution of a system where we will be able to collect data and report on outcomes more easily in order to show donors how their money is used.

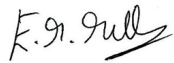
We believe that effective stewardship of our volunteers, donors and service users is essential for our long term sustainability.

HOME-START CENTRAL BEDFORDSHIRE
Trustees Report and Financial Statements
Year ended 31 March 2023

Company: 05414484
Charity: 1109262

The Trustees have considered the likely risks to the charity over the year and have designated reserves of £277,000 as last year in order that the charity may be able to continue to operate or to wind down if appropriate. These include twelve months' operating expenditure, pension fund deficit on closure, redundancy payments, equipment replacement.

This report was approved by the Trustees on 24th July, 2024 and signed on their behalf by:



Mrs E M Miller

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HOME-START CENTRAL BEDFORDSHIRE (a company limited by guarantee). Charity number 1109262. Company number 05414484.

I report on the accounts of the company for the year ended 31 March 2024, which are set out on pages 7 to 13

Respective responsibilities of trustee and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. The charity's gross income did not exceed £250,000.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act.
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:
which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



22nd. May 2024

Mervyn Thomas
128 Putnoe Lane
Bedford, MK41 8LS

STATEMENT OF FINANCIAL ACTIVITIES

Year ending 31st. December 2023

	Notes	Total funds 2024 £	Total funds 2023 £
Income from:			
Voluntary income		186,514	226,199
Investment Income		10,302	4,261
Total income	3	196,816	230,460
Expenditure on:			
Family support		207,423	184,832
Governance costs		4,251	3,799
Total Expenditure	4	211,674	188,631
Net income/(expenditure)		(14,858)	41,829
Reconciliation of funds:			
Total funds brought forward	7	496,422	454,593
Total funds carried forward		481,564	496,422

(continued)

BALANCE SHEET

Year ending 31st.March 2024	Notes	Total funds 2024 £	Total funds 2023 £
Current Assets			
Cash at bank and in hand		485,441	499,341
Debtors & prepayments	5	94	94
Total Current Assets		485,535	499,435
Liabilities			
Creditors: amounts falling due within one year	6	(3,971)	(3,013)
Net Assets		481,564	496,422
Funds of the Charity:			
Unrestricted funds		481,564	496,422
Restricted Funds		-	-
Total funds		481,564	496,422

The charitable company is entitled to exemption from audit under s477 of the Companies Act 2006 for the year ended 31 March 2024.

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F. G. Miller

signed on its behalf by Mrs E M Miller

Dated: 24th July,2024

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Other			
Total Income	212,571	17,889	230,460

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	2024	2023
	£	£
Prepayments	94	94
Debtors	-	-
Total Debtors	94	94

6. Creditors

	2024	2023
	£	£
Amounts falling due within 1 year		
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Other creditors	1,544	1,352
Total Creditors	3,971	3,013

7. Funds Analysis

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