

FAMILY MATTERS OF PLYMOUTH

England & Wales · Charity number 1110479

Details

Other names FAMILY MATTERS

Status Registered

Legal form Charitable company

Company number 05438661

Registered 2005-07-18

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

Contact

Address The Barn
Kit Hill Crescent
Plymouth
PL5 1EJ

Phone 01752362320

Email familymatters@nhs.net

Website www.familymatters-plymouth.co.uk

Activities

Objects: I) THE RELIEF OF PERSONS SUFFERING FROM THE ILL EFFECTS OF FAMILY BREAKDOWN AND RELATIONSHIP DIFFICULTIES, PARTICULARLY CHILDREN AND COUPLES, BY THE PROVISION OF PSYCHOLOGICAL SUPPORT AND THE ADVANCEMENT OF EDUCATION IN HEALTHY FAMILY AND HUMAN RELATIONSHIPS. II) THE PROMOTION AND UNDERTAKING OF RESEARCH INTO ASPECTS OF RELATIONSHIPS THAT MAY HELP FURTHER THE FIRST OBJECT, OR CONTRIBUTE DIRECTLY TOWARDS UNDERSTANDING OF HUMAN RELATIONSHIPS, AND THE DISSEMINATION OF THE USEFUL RESULTS OF SUCH RESEARCH.

Activities: Family Matters provides a community based family therapy service for the city of Plymouth.

Classification

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

Geography

- **Area of benefit:** NOT DEFINED, IN PRACTICE PLYMOUTH
- Devon

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£77,350	£112,647	-	-
2024-03-31	£61,780	£91,926	-	-
2023-03-31	£80,533	£84,923	-	-
2022-03-31	£80,207	£85,682	-	-
2021-03-31	£60,100	£89,658	-	-

Trustees

Name	Role	Appointed
DANIEL EDWARD POOLEY		2012-03-02
Dominic John Harry		2019-01-10
Helen Claire Mclindon		2012-03-02
Keith Andrew Hodgins		2018-03-22
MRS LIZ BRIMACOMBE		

FAMILY MATTERS OF PLYMOUTH

England & Wales - Charity number 1110479

Accounts

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FamilyMatters

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Annual Report for Commissioners 2024/25

Charity Registration Number:
1110479

Company Registration Number:
5438661

Address: 46-48 Devonport Road
PLYMOUTH PL3 4DH

Foreword

Family Matters continued to provide a targeted family therapy service in Plymouth in 2024/25, partly funded by NHS Devon Integrated Care Board (ICB). We have been contracted by them to be part of a range of services responding to mental health needs of children and young people in Plymouth for over 20 years. Family Matters has been committed to providing a community based, early intervention service where there are complex and multiple needs that are below the threshold for specialist CAMHS intervention but require input that is not offered by universal services.

In the autumn of 2024 we moved out of our own premises in Stoke and into The Barn Family Hub in Barne Barton. This had been planned in 2023/24 as part of a need to reduce costs, as well as integrating Family Matters into citywide services for families. While sad to leave our own premises, we were looking forward to building new connections and working with the Barnardos team at The Barn.

Our skilled and experienced staff team remained mostly stable again throughout the year. Our referral co-ordinator left at the end of 2024, which led to a change in the way we processed referrals. Throughout 2024/25 we maintained our offer of three clinics per week, on Wednesday and Thursday afternoons. Each clinic had three appointments available and managed a caseload of 14 families at any one time. We continued to work hard to support attendance at appointments and limit the number of appointments lost to cancellation or non-attendance, resulting in the completion of work with 119 families in 2024/25.

Our Board of Trustees continued to be active and fully engaged in the governance of the organisation, reflected in the continued stability of Family Matters over what has been another challenging year. Our biggest challenge this year has come from considerable changes in contracting arrangements with Devon ICB. We heard in autumn 2024 that they would no longer contract directly with small providers such as Family Matters, instead commissioning one Devonwide provider for all children and young people's community based mental health services.

During the tendering process we learned that despite no decrease in the number of referrals, particularly families self referring, systemic family therapy would not be one of the services the new contract would be expected to deliver. We made the decision to close our waiting list to referrers in March 2025 while we explored options for continued funding. After exhausting all possibilities, in April 2025 the Board of Trustees unanimously decided that Family Matters would not be viable beyond the end of the NHS contract in June 2025 and so we had to begin the process of closing down. After 24 years of working with families in Plymouth, Family Matters will close completely and cease operating as a charitable company in the summer of 2025.

I am exceptionally proud to have been part of what Family Matters has provided in Plymouth. We have made a considerable contribution to the emotional wellbeing and mental health of children, young people and families. I appreciate the many valuable and trusted professional relationships with referrers and other local services, and the

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financial support of local commissioners over many years. However, this work has largely been possible through the committed efforts of an experienced team of skilled and dedicated therapists and admin staff, and the board of well-informed, active and supportive trustees. A huge thank you from me personally and from Family Matters as an organisation. It couldn't have happened without you.

Fiona Miller, Chief Executive

1. Charity Information

Charity Name: Family Matters of Plymouth

Charity Registration Number: 1110479

Company Registration Number: 5438661

Address: 46-48 Devonport Road
Stoke
PLYMOUTH
PL3 4DH

2. Board of Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Liz Brimacombe (Chair)
Dominic Harry
Keith Hodgins
Helen McLindon
Daniel Pooley

3. Management Team

Fiona Miller Chief Executive
Nicola Griffiths Office Manager

4. Aims and Objectives

The focus of Family Matters activities, as set out in the objects agreed with the Charity Commission are:

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- The relief of persons suffering from the ill effects of family breakdown and relationship difficulties, particularly children and couples, by the provision of psychological support and the advancement of education in healthy family and human relationships.
- The promotion and undertaking of research into aspects of relationships that help further the first object, or contribute directly towards understanding of human relationships and the dissemination of the useful results of such research.

Full details can be obtained from the Charity Commission's website:

<http://www.charitycommission.gov.uk>

5. A Systemic Approach and Focus

In response to research evidence (eg Shadish and Baldwin 2003; Stratton 2010) that family context can impact adversely on a child or young person's mental health, Family Matters offers a targeted family therapy service that is particularly focused on addressing problems early. We focus on interventions that help resolve relationship difficulties, so preventing family breakdown and contributing to safe homes in which children can thrive. We approach our work with the belief that we live our lives through our relationships, and research (Stratton 2010) tells us that family relationships rank higher than anything else when people are asked what matters to them and what contributes most to emotional well-being and good mental health.

The family can be not only a great source of support for children and young people, but also a source of misunderstanding, sadness and distress. Research tells us that conditions that are given labels such as depression, anxiety and conduct disorder are often effects of family relationship problems. At Family Matters, when we see a child in psychological distress, we look first for relationships that have gone awry and by involving the whole family in the treatment, work to address the problem effectively, in a way that findings have shown to be less expensive than other treatments that do not usually include the family.

Systemic family therapy is a well-recognised, evidence based psychotherapeutic approach, focusing on the family system as a social unit, in contrast to other approaches that focus on the child or young person as an individual. The work we do enables all family members to express and explore difficult thoughts and emotions safely, to understand each other's experiences and views, to appreciate each other's needs, to build on family strengths and make useful changes in their relationships and their lives. Our team of therapists are qualified health and social care professionals who have undertaken four years additional training to register with the United Kingdom

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Council of Psychotherapists (UKCP) as family and systemic psychotherapists or are systemic practitioners, working towards full registration.

We focus our work to

- Be inclusive and considerate of the needs of each member of the family.
- Recognise and build on strengths and resources within the family.
- Work in partnership 'with' families, not 'on' them, involving all family members in shared decision making about their goals for therapy.
- Enable people to talk, together or individually, often about difficult or distressing issues, in ways that respect their experiences, invite engagement and support recovery

6. Referrals

In 2024/25 we received 120 referrals from a range of sources. The majority (53%) were self referrals, the forms completed by families themselves, following consultation with GPs, CAMHS or other health professionals who signposted them to us. 12% of the referrals had not met specialist CAMHS thresholds and been signposted by CAMHS to Family Matters. The remaining 38% came from Childrens Social Care (23%), Education (8%) and Adult Mental Health (7%). Concerns at the point of referral include anxiety and depression, anger and aggression, school non-attendance and the impact of autism and ADHD on family life.

7. Outcome Measures

All our family therapy activity is measured using SCORE-15, established as a proven measure of family functioning. The Association for Family Therapy (AFT) completed the research to establish its validity as an index of therapeutic change in 2013 (Stratton et al, 2013, Journal of Family Therapy). It is a self-report outcome measure designed to be sensitive to the kinds of changes in aspects of family life relevant to therapy and therapeutic change, including strengths and adaptability, relational resilience (ability to cope with difficulties) and helpful communication.

The information provided by the questionnaire helps us see different perspectives and track changes in family life as therapy progresses. It takes less than 10 minutes for family members to complete the questionnaire, which we ask family members to complete at the beginning and end of therapy and at every fourth appointment. Like all outcome measures, SCORE-15 has its limitations and we continue to develop additional

Strengths & Adaptability improved	44%
Strengths & Adaptability stayed same	24%
Coping with Difficulties improved	42%
Coping with Difficulties stayed same	12%
Helpful Communication improved	37%
Helpful Communication stayed same	1%

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ways to capture evidence of therapeutic change and families own experiences of outcomes.

Our SCORE-15 data shows improvement or same score for a significant percentage of all family members (see information box). We continue to review and develop our use of the measure alongside anecdotal and subjective feedback from families.

8. Summary of Clinic Activity 2024/25

	Q1	Q2	Q3	Q4	Total
New referrals	37	26	29	28	120
Families seen	88	94	77	100	359
Adults seen	83	94	76	90	343
Young persons (11-18)	38	43	24	37	142
Children (5-11)	14	22	19	13	68
Children (0-4)	4	1	3	0	8
Total appointments	101	102	94	103	400
Average waiting time (weeks)	22	22	19	14	19

	Q1	Q2	Q3	Q4	Total
Cases closed - families completed	35	18	29	37	119
Appointments for closed cases	211	51	105	130	497
Average appointments for closed cases	6	3	4	3	4
Range of appointments	2-27	1-8	1-13	1-17	1-27

9. References

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Shadish, WR & Baldwin, SA (2003) Meta-analysis of MFT Interventions. *Journal of Marital and Family Therapy*, 29,(4), 547-570.

Stratton, Peter (2010) *The Evidence Base Of Systemic Family and Couples Therapy*. Association for Family Therapy, UK

Stratton, Peter et al (2013) Validation of the SCORE-15 Index of Family Functioning and Change in detecting therapeutic improvement early in therapy. *Journal of Family Therapy*, 36.

Registered number : 5438661

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FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS

For the period ended

31st August 2025

Accounts prepared by:

Websters
Chartered Accountants
Abacus House
129 North Hill
Plymouth
PL4 8JY

FAMILY MATTERS OF PLYMOUTH

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FAMILY MATTERS OF PLYMOUTH

REFERENCE AND ADMINISTRATIVE DETAILS

For the period ended 31st August 2025

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity name: The charity is known by the name "Family matters of Plymouth"

Co registration Number: 5438661

Charity Number: 1110479

The trustees, who are also the directors, at the date of approval of this report and those who served during the year under review were as follows:

D J Harry
E A Brimacombe
H McLindon
D Pooley
K Hodgkins

The day to day management of the charity is carried out by the chief executive officer.

Principal and registered office: 48 Devonport Road
Stoke
Plymouth
PL3 4DF

Bankers: The Co-operative bank plc
PO Box 101
1 Balloon Street
Manchester
M60 4EP

Independent Examiner: S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

Chief Executive Officer: Fiona Miller

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the period ended 31st August 2025

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report and financial statements for the year.

Status, governance and management

The charity is governed by its memorandum and articles of association and is a company limited by guarantee not having a share capital. The liability is limited in the event of the company being wound up. The charity was incorporated on 28th April 2005 and registered with the charity commission.

Recruitment and appointment of new trustees

In order to appoint trustees, the charity welcomes participants with relevant skills and appointment of trustees is based upon the unanimous decision of all trustees.

Objectives and activities

The charity's objectives are:-

- (1) The relief of persons suffering from the ill effects of family breakdown and relationship difficulties, particularly children and couples, by the provision of psychological support and the advancement of education in healthy family and human relationships; and
- (2) The promotion and understanding of research into aspects of relationships that may further the first object, or contribute directly towards understanding of human relationships, and the dissemination of the useful results of such research.

The activities employed to achieve these objectives are set out below as part of the achievements review.

Main achievements

Family Matters continued to provide a targeted family therapy service in Plymouth in 2024/25, partly funded by NHS Devon Integrated Care Board (ICB). We have been contracted by them to be part of a range of services responding to mental health needs of children and young people in Plymouth for over 20 years. Family Matters has been committed to providing a community based, early intervention service where there are complex and multiple needs that are below the threshold for specialist CAMHS intervention but require input that is not offered by universal services.

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Our Board of Trustees continued to be active and fully engaged in the governance of the organisation, reflected in the continued stability of Family Matters over what has been another challenging year. Our biggest challenge this year has come from considerable changes in contracting arrangements with Devon ICB. We heard in autumn 2024 that they would no longer contract directly with small providers such as Family Matters, instead

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the period ended 31st August 2025

commissioning one Devonwide provider for all children and young people's community based mental health services.

During the tendering process we learned that despite no decrease in the number of referrals, particularly families self referring, systemic family therapy would not be one of the services the new contract would be expected to deliver. We made the decision to close our waiting list to referrers in March 2025 while we explored options for continued funding. After exhausting all possibilities, in April 2025 the Board of Trustees unanimously decided that Family Matters would not be viable beyond the end of the NHS contract in June 2025 and so we had to begin the process of closing down. After 24 years of working with families in Plymouth, Family Matters will close completely and cease operating as a charitable company in the summer of 2025.

We are exceptionally proud to have been part of what Family Matters has provided in Plymouth. We have made a considerable contribution to the emotional wellbeing and mental health of children, young people and families. We appreciate the many valuable and trusted professional relationships with referrers and other local services, and the financial support of local commissioners over many years. However, this work has largely been possible through the committed efforts of an experienced team of skilled and dedicated therapists and admin staff, and the board of well-informed, active and supportive trustees. A huge thank you from the Chief Executive Officer and from Family Matters as an organisation. It couldn't have happened without you.

Principal funding sources

Local CCG's and health authorities continue to be the primary source of funding. We are thankful for all donations and grants, however small.

Reserves policy

As a charity we maintained sufficient reserves in place to cover committed costs, emergencies and costing sources such as redundancy, property repairs or received funding so the charity can continue as long as possible. With the cessation of charity activities, in line with the charity's governing document, all surplus funds are to be distributed to a like minded charitable organisation.

Public benefit

The trustees have had due regard to the guidance published by the Charity Commission on public benefit.

Financial review

The financial results are as set out in the annexed accounts. The board of trustees are aware of the deficit for the year and the whole organisation is continuously working towards improving finances. The reserves held should be sufficient to support the charity for the foreseeable future, although its future continues to rely on support from the Plymouth PCT.

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS (CONTINUED)

For the period ended 31st August 2025

Cessation of activities

For the reasons stated above, the charity ceased activities on 31st August 2025

Final distribution of funds

The trustees have chosen to pay all remaining funds to another registered charity "Give a child a chance". That charity has registered number 11285793 and will receive approximately £4,400 once all Family Matters liabilities have been settled.

Statement of trustees' responsibilities

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company special provisions

The report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime of the Companies Act 2006.



ON BEHALF OF THE TRUSTEES

DATED: 20 December 2025

D J HARRY
DIRECTOR AND TRUSTEE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FAMILY MATTERS OF PLYMOUTH

I report on the accounts for the period ended 31st August 2025 set out on pages five to ten.

Respective responsibilities of trustees and examiners

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 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an 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;
- follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5) (b) of the 2011 Act);
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with 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:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principals of the Statement of Recommended Practice: Accounting and Reporting by Charities.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


S F Pound FCCA
Websters
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

DATE: 22/2/25

FAMILY MATTERS OF PLYMOUTH
STATEMENT OF FINANCIAL ACTIVITIES
For the period ended 31st August 2025

	Note	31.08.2025		Total 31.03.2024	
		Total 31.08.2025	Unrestricted funds		Restricted funds
Continuing Operations					
TOTAL INCOMING RESOURCES FROM CHARITABLE ACTIVITIES	2	77,350	77,350	-	61,780
RESOURCES EXPENDED COSTS OF CHARITABLE ACTIVITIES					
Staffing costs					
Salaries and NIC		75,081	75,081	-	52,684
Employers NI allowance		(2,101)	(2,101)	-	(965)
Redundancy		13,357	13,357	-	-
		84,337	86,337	-	51,719
Premises costs					
Rent and room hire		13,880	13,880	-	13,375
Rates and utilities		1,339	1,339	-	2,862
Repairs ,renewals and cleaning		1,631	1,631	-	2,818
		16,850	16,850	-	19,055
General running costs					
Accountancy and payroll		2,435	2,435	-	1,326
Pension		599	599	-	386
Insurance		746	746	-	557
Depreciation		-	-	-	64
Postage, stationery and software		775	775	-	548
Web/database/IT consultancy		1,127	1,127	-	725
Memberships and subscriptions		87	87	-	120
Telephone		488	488	-	458
Leasehold dilapidations		(2,593)	(2,593)	-	16,680
Sundry expenses		2,930	2,930	-	288
Consultancy		2,866	2,866	-	-
		9,460	9,460	-	21,152
TOTAL RESOURCES EXPENDED		112,647	112,647	-	91,926
NET(OUTGOING) RESOURCES BEFORE TRANSFERS		(35,297)	(35,297)	-	(30,146)
TRANSFERS BETWEEN FUNDS	7	-	-	-	-
FUND BALANCES B/FWD		39,723	39,723	-	69,869
FUND BALANCES C/FWD	7	£4,426	£ 4,426	£ -	£ 39,723

FAMILY MATTERS OF PLYMOUTH

BALANCE SHEET as at 31st August 2025

	<u>Note</u>	<u>31.08.2025</u>	<u>31.03.2024</u>
FIXED ASSETS	3	-	-
CURRENT ASSETS			
Debtors	4	-	3,125
Cash at bank and in hand		<u>12,800</u>	<u>115,470</u>
		12,800	118,595
CREDITORS			
Amounts falling due within one year	5	<u>8,374</u>	<u>62,192</u>
NET CURRENT ASSETS		4,426	56,403
PROVISIONS	6	<u>4,426</u> <u>(-)</u>	<u>56,403</u> <u>(16,680)</u>
NET ASSETS		<u>£4,426</u>	<u>£39,723</u>
REPRESENTED BY:			
Unrestricted funds	7	4,426	39,723
Restricted funds	7	-	-
		<u>£ 4,426</u>	<u>£39,723</u>

The directors are satisfied that for the year ending on the above date, the company was entitled to exemption from audit under s.477 of the Companies Act 2006 and that no member has required the company to obtain an audit of its financial statements for the period in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved for issue by the trustees and directors on 20/2/25

Mrs E. A. Brimacombe  TRUSTEE/DIRECTOR

The annexed notes form an integral part of these financial statements.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the period ended 31st August 2025

1. ACCOUNTING POLICIES

(a) General information and basis of preparation

Family Matters of Plymouth is a charitable company limited by guarantee and incorporated in England & Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are given in page 2 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016)

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) Fixed assets and depreciation

Depreciation is provided on all equipment on a 33.33% straight line basis. Leasehold property improvements are written off in the year of expenditure.

(c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose.

(d) Income recognition

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is accounted for by matching funders' contributions with the expenditure it is intended to cover. Grants receivable are included in the accounts when the appropriate amounts have been quantified. Grants in respect of fixed assets are credited to income. No amounts are included in the financial statements for services donated by volunteers.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the period ended 31st August 2025

ACCOUNTING POLICIES (continued)

(e) **Expenditure recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular heading they have been allocated to activities on a basis consistent with use of the resources. All expenditure in respect of capital costs are written off funds in the year of purchase as these are fully funded by grant claims.

(f) **Provisions**

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

	<u>31.08.2025</u>	<u>31.03.2024</u>	
2. INCOMING RESOURCES			
Unrestricted:			
New Devon CCG	76,875	61,500	
Room hire	475	280	
	<u>£77,350</u>	<u>£61,780</u>	
TOTAL	<u>£ 77,350</u>	<u>£ 61,780</u>	
3. FIXED ASSETS			
	<u>Leasehold</u>		
	<u>Property</u>	<u>Equipment</u>	<u>Total</u>
COST			
Brought forward	6,000	15,174	21,174
Additions	-	-	-
Carried forward	<u>6,000</u>	<u>15,174</u>	<u>21,174</u>
DEPRECIATION			
Brought forward	6,000	15,174	21,174
Charge for the year	-	-	-
Carried forward	<u>6,000</u>	<u>15,174</u>	<u>21,174</u>
NET BOOK VALUE			
Brought forward	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>
Carried forward	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>

All fixed assets are held for charitable purposes.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the period ended 31st August 2025

	<u>31.08.2025</u>	<u>31.03.2024</u>
4. DEBTORS		
Rent deposit and other debtors	£ -	£ 3,125

5. CREDITORS

Amounts falling due within one year:

Deferred income	-	61,500
Accruals	8,374	692
	<u>£ 8,374</u>	<u>£ 62,192</u>

6. PROVISIONS

This represents amounts due under leasehold dilapidations in the previous year. Payment was made in the period, and the excess provision has been released to reserves.

7. STATEMENT OF FUNDS

Income and expenditure

	<u>Brought forward</u>	<u>Income</u>	<u>Transfers and Expenditure</u>	<u>Carried forward</u>
Unrestricted funds				
General reserves	£39,723	£ 77,350	£ 112,647	£ 4,426
Restricted funds	£ -	£ -	£ -	£ -
TOTAL FUNDS	<u>£ 39,733</u>	<u>£ 77,350</u>	<u>£ 112,647</u>	<u>£ 4,426</u>

	<u>Restricted Funds</u>	<u>Unrestricted funds</u>	<u>Total</u>
Balance sheet			
Fixed assets	-	-	-
Debtors	-	-	-
Cash at bank and in hand	-	12,800	12,800
Less: Creditors in one year	-	(8,374)	(8,374)
Provisions	-	(-)	(-)
	<u>-</u>	<u>£ 4,426</u>	<u>£ 4,426</u>

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the period ended 31st August 2025

7. STATEMENT OF FUNDS (Continued)

The unrestricted funds represent the free funds of the charity that are not designated for particular purposes.

All transfers between funds relate to surplus restricted funds that have been agreed to be retained as unrestricted on completion of the project.

8. TRUSTEES EMOLUMENTS

The trustees received no remuneration and were reimbursed no expenses during the year.

9. EMPLOYEE EMOLUMENTS

The charity employed an average of 7 people during the year at the following cost:-

	<u>31.08.202</u>	<u>31.03.2024</u>
	<u>5</u>	
Gross salaries	72,381	51,719
Employers NI contribution	2,101	965
Employers NI allowance	(2,101)	(965)
Employers pension contribution	599	386
	<u>£ 72,980</u>	<u>£52,105</u>

There are no staff paid in excess of £60,000 pa.

10. STATUS AND CONTROL

The company is limited by guarantee and is controlled by its body of trustees and directors.

Registered number : 5438661

FamilyMatters

exploring better ways of getting on together

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS

For the period ended

31st August 2025

Accounts prepared by:

Websters
Chartered Accountants
Abacus House
129 North Hill
Plymouth
PL4 8JY

FAMILY MATTERS OF PLYMOUTH

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FAMILY MATTERS OF PLYMOUTH

REFERENCE AND ADMINISTRATIVE DETAILS

For the period ended 31st August 2025

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity name: The charity is known by the name "Family matters of Plymouth"

Co registration Number: 5438661

Charity Number: 1110479

The trustees, who are also the directors, at the date of approval of this report and those who served during the year under review were as follows:

D J Harry
E A Brimacombe
H McLindon
D Pooley
K Hodgkins

The day to day management of the charity is carried out by the chief executive officer.

Principal and registered office: 48 Devonport Road
Stoke
Plymouth
PL3 4DF

Bankers: The Co-operative bank plc
PO Box 101
1 Balloon Street
Manchester
M60 4EP

Independent Examiner: S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

Chief Executive Officer: Fiona Miller

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the period ended 31st August 2025

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report and financial statements for the year.

Status, governance and management

The charity is governed by its memorandum and articles of association and is a company limited by guarantee not having a share capital. The liability is limited in the event of the company being wound up. The charity was incorporated on 28th April 2005 and registered with the charity commission.

Recruitment and appointment of new trustees

In order to appoint trustees, the charity welcomes participants with relevant skills and appointment of trustees is based upon the unanimous decision of all trustees.

Objectives and activities

The charity's objectives are:-

- (1) The relief of persons suffering from the ill effects of family breakdown and relationship difficulties, particularly children and couples, by the provision of psychological support and the advancement of education in healthy family and human relationships; and
- (2) The promotion and understanding of research into aspects of relationships that may further the first object, or contribute directly towards understanding of human relationships, and the dissemination of the useful results of such research.

The activities employed to achieve these objectives are set out below as part of the achievements review.

Main achievements

Family Matters continued to provide a targeted family therapy service in Plymouth in 2024/25, partly funded by NHS Devon Integrated Care Board (ICB). We have been contracted by them to be part of a range of services responding to mental health needs of children and young people in Plymouth for over 20 years. Family Matters has been committed to providing a community based, early intervention service where there are complex and multiple needs that are below the threshold for specialist CAMHS intervention but require input that is not offered by universal services.

In the autumn of 2024 we moved out of our own premises in Stoke and into The Barn Family Hub in Barne Barton. This had been planned in 2023/24 as part of a need to reduce costs, as well as integrating Family Matters into citywide services for families. While sad to leave our own premises, we were looking forward to building new connections and working with the Barnardos team at The Barn.

Our skilled and experienced staff team remained mostly stable again throughout the year. Our referral co-ordinator left at the end of 2024, which led to a change in the way we processed referrals. Throughout 2024/25 we maintained our offer of three clinics per week, on Wednesday and Thursday afternoons. Each clinic had three appointments available and managed a caseload of 14 families at any one time. We continued to work hard to support attendance at appointments and limit the number of appointments lost to cancellation or non-attendance, resulting in the completion of work with 119 families in 2024/25.

Our Board of Trustees continued to be active and fully engaged in the governance of the organisation, reflected in the continued stability of Family Matters over what has been another challenging year. Our biggest challenge this year has come from considerable changes in contracting arrangements with Devon ICB. We heard in autumn 2024 that they would no longer contract directly with small providers such as Family Matters, instead

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the period ended 31st August 2025

commissioning one Devonwide provider for all children and young people's community based mental health services.

During the tendering process we learned that despite no decrease in the number of referrals, particularly families self referring, systemic family therapy would not be one of the services the new contract would be expected to deliver. We made the decision to close our waiting list to referrers in March 2025 while we explored options for continued funding. After exhausting all possibilities, in April 2025 the Board of Trustees unanimously decided that Family Matters would not be viable beyond the end of the NHS contract in June 2025 and so we had to begin the process of closing down. After 24 years of working with families in Plymouth, Family Matters will close completely and cease operating as a charitable company in the summer of 2025.

We are exceptionally proud to have been part of what Family Matters has provided in Plymouth. We have made a considerable contribution to the emotional wellbeing and mental health of children, young people and families. We appreciate the many valuable and trusted professional relationships with referrers and other local services, and the financial support of local commissioners over many years. However, this work has largely been possible through the committed efforts of an experienced team of skilled and dedicated therapists and admin staff, and the board of well-informed, active and supportive trustees. A huge thank you from the Chief Executive Officer and from Family Matters as an organisation. It couldn't have happened without you.

Principal funding sources

Local CCG's and health authorities continue to be the primary source of funding. We are thankful for all donations and grants, however small.

Reserves policy

As a charity we maintained sufficient reserves in place to cover committed costs, emergencies and costing sources such as redundancy, property repairs or received funding so the charity can continue as long as possible. With the cessation of charity activities, in line with the charity's governing document, all surplus funds are to be distributed to a like minded charitable organisation.

Public benefit

The trustees have had due regard to the guidance published by the Charity Commission on public benefit.

Financial review

The financial results are as set out in the annexed accounts. The board of trustees are aware of the deficit for the year and the whole organisation is continuously working towards improving finances. The reserves held should be sufficient to support the charity for the foreseeable future, although its future continues to rely on support from the Plymouth PCT.

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS (CONTINUED)

For the period ended 31st August 2025

Cessation of activities

For the reasons stated above, the charity ceased activities on 31st August 2025

Final distribution of funds

The trustees have chosen to pay all remaining funds to another registered charity "Give a child a chance". That charity has registered number 11285793 and will receive approximately £4,400 once all Family Matters liabilities have been settled.

Statement of trustees' responsibilities

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company special provisions

The report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime of the Companies Act 2006.



ON BEHALF OF THE TRUSTEES

DATED: 20 December 2025

D J HARRY
DIRECTOR AND TRUSTEE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FAMILY MATTERS OF PLYMOUTH

I report on the accounts for the period ended 31st August 2025 set out on pages five to ten.

Respective responsibilities of trustees and examiners

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 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an 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;
- follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5) (b) of the 2011 Act);
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with 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:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principals of the Statement of Recommended Practice: Accounting and Reporting by Charities.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


S F Pound FCCA
Websters
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

DATE: 22/2/25

FAMILY MATTERS OF PLYMOUTH
STATEMENT OF FINANCIAL ACTIVITIES
For the period ended 31st August 2025

	Note	31.08.2025		Total 31.03.2024	
		Total 31.08.2025	Unrestricted funds		Restricted funds
Continuing Operations					
TOTAL INCOMING RESOURCES FROM CHARITABLE ACTIVITIES	2	77,350	77,350	-	61,780
RESOURCES EXPENDED COSTS OF CHARITABLE ACTIVITIES					
Staffing costs					
Salaries and NIC		75,081	75,081	-	52,684
Employers NI allowance		(2,101)	(2,101)	-	(965)
Redundancy		13,357	13,357	-	-
		84,337	86,337	-	51,719
Premises costs					
Rent and room hire		13,880	13,880	-	13,375
Rates and utilities		1,339	1,339	-	2,862
Repairs ,renewals and cleaning		1,631	1,631	-	2,818
		16,850	16,850	-	19,055
General running costs					
Accountancy and payroll		2,435	2,435	-	1,326
Pension		599	599	-	386
Insurance		746	746	-	557
Depreciation		-	-	-	64
Postage, stationery and software		775	775	-	548
Web/database/IT consultancy		1,127	1,127	-	725
Memberships and subscriptions		87	87	-	120
Telephone		488	488	-	458
Leasehold dilapidations		(2,593)	(2,593)	-	16,680
Sundry expenses		2,930	2,930	-	288
Consultancy		2,866	2,866	-	-
		9,460	9,460	-	21,152
TOTAL RESOURCES EXPENDED		112,647	112,647	-	91,926
NET(OUTGOING) RESOURCES BEFORE TRANSFERS		(35,297)	(35,297)	-	(30,146)
TRANSFERS BETWEEN FUNDS	7	-	-	-	-
FUND BALANCES B/FWD		39,723	39,723	-	69,869
FUND BALANCES C/FWD	7	£4,426	£ 4,426	£ -	£ 39,723

FAMILY MATTERS OF PLYMOUTH

BALANCE SHEET as at 31st August 2025

	<u>Note</u>	<u>31.08.2025</u>	<u>31.03.2024</u>
FIXED ASSETS	3	-	-
CURRENT ASSETS			
Debtors	4	-	3,125
Cash at bank and in hand		<u>12,800</u>	<u>115,470</u>
		12,800	118,595
CREDITORS			
Amounts falling due within one year	5	<u>8,374</u>	<u>62,192</u>
NET CURRENT ASSETS		4,426	56,403
PROVISIONS	6	<u>4,426</u> <u>(-)</u>	<u>56,403</u> <u>(16,680)</u>
NET ASSETS		<u>£4,426</u>	<u>£39,723</u>
REPRESENTED BY:			
Unrestricted funds	7	4,426	39,723
Restricted funds	7	-	-
		<u>£ 4,426</u>	<u>£39,723</u>

The directors are satisfied that for the year ending on the above date, the company was entitled to exemption from audit under s.477 of the Companies Act 2006 and that no member has required the company to obtain an audit of its financial statements for the period in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved for issue by the trustees and directors on 20/2/25

Mrs E. A. Brimacombe  TRUSTEE/DIRECTOR

The annexed notes form an integral part of these financial statements.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the period ended 31st August 2025

1. ACCOUNTING POLICIES

(a) General information and basis of preparation

Family Matters of Plymouth is a charitable company limited by guarantee and incorporated in England & Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are given in page 2 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016)

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) Fixed assets and depreciation

Depreciation is provided on all equipment on a 33.33% straight line basis. Leasehold property improvements are written off in the year of expenditure.

(c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose.

(d) Income recognition

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is accounted for by matching funders' contributions with the expenditure it is intended to cover. Grants receivable are included in the accounts when the appropriate amounts have been quantified. Grants in respect of fixed assets are credited to income. No amounts are included in the financial statements for services donated by volunteers.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the period ended 31st August 2025

ACCOUNTING POLICIES (continued)

(e) **Expenditure recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular heading they have been allocated to activities on a basis consistent with use of the resources. All expenditure in respect of capital costs are written off funds in the year of purchase as these are fully funded by grant claims.

(f) **Provisions**

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

	<u>31.08.2025</u>	<u>31.03.2024</u>	
2. INCOMING RESOURCES			
Unrestricted:			
New Devon CCG	76,875	61,500	
Room hire	475	280	
	<u>£77,350</u>	<u>£61,780</u>	
TOTAL	<u>£ 77,350</u>	<u>£ 61,780</u>	
3. FIXED ASSETS			
	<u>Leasehold</u>		
	<u>Property</u>	<u>Equipment</u>	<u>Total</u>
COST			
Brought forward	6,000	15,174	21,174
Additions	-	-	-
Carried forward	<u>6,000</u>	<u>15,174</u>	<u>21,174</u>
DEPRECIATION			
Brought forward	6,000	15,174	21,174
Charge for the year	-	-	-
Carried forward	<u>6,000</u>	<u>15,174</u>	<u>21,174</u>
NET BOOK VALUE			
Brought forward	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>
Carried forward	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>

All fixed assets are held for charitable purposes.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the period ended 31st August 2025

	<u>31.08.2025</u>	<u>31.03.2024</u>
4. DEBTORS		
Rent deposit and other debtors	£ -	£ 3,125

5. CREDITORS

Amounts falling due within one year:

Deferred income	-	61,500
Accruals	8,374	692
	<u>£ 8,374</u>	<u>£ 62,192</u>

6. PROVISIONS

This represents amounts due under leasehold dilapidations in the previous year. Payment was made in the period, and the excess provision has been released to reserves.

7. STATEMENT OF FUNDS

Income and expenditure

	<u>Brought forward</u>	<u>Income</u>	<u>Transfers and Expenditure</u>	<u>Carried forward</u>
Unrestricted funds				
General reserves	£39,723	£ 77,350	£ 112,647	£ 4,426
Restricted funds	£ -	£ -	£ -	£ -
TOTAL FUNDS	<u>£ 39,733</u>	<u>£ 77,350</u>	<u>£ 112,647</u>	<u>£ 4,426</u>

	<u>Restricted Funds</u>	<u>Unrestricted funds</u>	<u>Total</u>
Balance sheet			
Fixed assets	-	-	-
Debtors	-	-	-
Cash at bank and in hand	-	12,800	12,800
Less: Creditors in one year	-	(8,374)	(8,374)
Provisions	-	(-)	(-)
	<u>-</u>	<u>£ 4,426</u>	<u>£ 4,426</u>

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the period ended 31st August 2025

7. STATEMENT OF FUNDS (Continued)

The unrestricted funds represent the free funds of the charity that are not designated for particular purposes.

All transfers between funds relate to surplus restricted funds that have been agreed to be retained as unrestricted on completion of the project.

8. TRUSTEES EMOLUMENTS

The trustees received no remuneration and were reimbursed no expenses during the year.

9. EMPLOYEE EMOLUMENTS

The charity employed an average of 7 people during the year at the following cost:-

	<u>31.08.202</u>	<u>31.03.2024</u>
	<u>5</u>	
Gross salaries	72,381	51,719
Employers NI contribution	2,101	965
Employers NI allowance	(2,101)	(965)
Employers pension contribution	599	386
	<u>£ 72,980</u>	<u>£52,105</u>

There are no staff paid in excess of £60,000 pa.

10. STATUS AND CONTROL

The company is limited by guarantee and is controlled by its body of trustees and directors.

FAMILY MATTERS OF PLYMOUTH

England & Wales - Charity number 1110479

Accounts

Registered number : 5438661

FamilyMatters

exploring better ways of getting on together

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS

For the year ended

31st March 2024

Accounts prepared by:
Nigel Webster & Co
Chartered Accountants
Abacus House
129 North Hill
Plymouth
PL4 8JY

FAMILY MATTERS OF PLYMOUTH

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FAMILY MATTERS OF PLYMOUTH

REFERENCE AND ADMINISTRATIVE DETAILS

For the year ended 31st March 2024

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity name: The charity is known by the name "Family matters of Plymouth"

Co registration Number: 5438661

Charity Number: 1110479

The trustees, who are also the directors, at the date of approval of this report and those who served during the year under review were as follows:

D J Harry
E A Brimacombe
H McLindon
D Pooley
K Hodgkins

The day to day management of the charity is carried out by the chief executive officer.

Principal and registered office: 48 Devonport Road
Stoke
Plymouth
PL3 4DF

Bankers: The Co-operative bank plc
PO Box 101
1 Balloon Street
Manchester
M60 4EP

Independent Examiner: S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

Chief Executive Officer: Fiona Miller

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the year ended 31st March 2024

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report and financial statements for the year.

Status, governance and management

The charity is governed by its memorandum and articles of association and is a company limited by guarantee not having a share capital. The liability is limited in the event of the company being wound up. The charity was incorporated on 28th April 2005 and registered with the charity commission.

Recruitment and appointment of new trustees

In order to appoint trustees, the charity welcomes participants with relevant skills and appointment of trustees is based upon the unanimous decision of all trustees.

Objectives and activities

The charity's objectives are:-

- (1) The relief of persons suffering from the ill effects of family breakdown and relationship difficulties, particularly children and couples, by the provision of psychological support and the advancement of education in healthy family and human relationships; and
- (2) The promotion and understanding of research into aspects of relationships that may further the first object, or contribute directly towards understanding of human relationships, and the dissemination of the useful results of such research.

The activities employed to achieve these objectives are set out below as part of the achievements review.

Main achievements

Family Matters continued to provide a targeted family therapy service in Plymouth in 2023/24, partly funded by NHS Devon Integrated Care Board (ICB). We are contracted with them to be part of a range of services responding to the mental health needs of children and young people in Plymouth. Family Matters has been committed to providing an early intervention service where there are complex and multiple needs that are below the threshold for specialist CAMHS intervention but require input that is not offered by universal services.

This year we have continued to offer this service from our own premises in Stoke, Plymouth, where families have been provided with a safe, comfortable and neutral place to meet. Throughout 2023/24 we have maintained our offer of three clinics per week, on Wednesday and Thursday afternoons. Each clinic has three appointments available per week, giving us a total of nine, with 42 families actively engaged with our service at the time of writing. There has been no additional funding in 2023/24 to address a growing waiting list and so our intervention has not been as early as we would like. We have addressed this by asking families who have been waiting more than three months to opt in so that we can be sure all families on the waiting list do want the service. We also continue to work hard to support attendance at appointments and limit the number of appointments lost to cancellation or non-attendance, resulting in the completion of work with 96 families in 2023/24.

Our skilled and experienced staff team has remained stable again throughout the year, with no new appointments or people leaving. All therapists have completed formal family therapy training, most registered with UKCP as family and systemic psychotherapists. This is in addition to core professions in social work, teaching, GP, counselling and occupational therapy. We ended the year with the retirement of one experienced therapist who has been with Family Matters since we set up in 2001. We appreciate her contribution over many years and will miss her skill and experience in the team. We continue to develop skills and knowledge through regular supervision and training to maintain a high standard of practice. Our Board of Trustees continues to be active and fully engaged in the governance of the organisation, reflected in the continued stability of Family Matters over what has been another challenging year.

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the year ended 31st March 2024

I am very proud to be part of what Family Matters offers in Plymouth. We see the positive contribution we make to the emotional wellbeing and mental health of children, young people and families. It is only possible with ongoing commitment from local commissioners, our active and supportive Board of Trustees, and our trained, experienced and dedicated staff team. I offer thanks to everyone and look forward to our continued working together in 2024/25.

Principal funding sources

Local CCG's and health authorities continue to be the primary source of funding. We are thankful for all donations and grants, however small.

Reserves policy

As a charity we are to keep sufficient reserves in place to cover committed costs, emergencies and costing sources such as redundancy, property repairs or received funding so the charity can continue as long as possible. The trustees are satisfied with the current position as the reserves and will monitor annually.

Public benefit

The trustees have had due regard to the guidance published by the Charity Commission on public benefit.

Financial review

The financial results are as set out in the annexed accounts. The board of trustees are aware of the deficit for the year and the whole organisation is continuously working towards improving finances. The reserves held should be sufficient to support the charity for the foreseeable future, although its future continues to rely on support from the Plymouth PCT.

The deficit is exacerbated by a charge due in coming months of £16,680 for dilapidation costs under the terms of the charity's lease.

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS (CONTINUED)

For the year ended 31st March 2024

Statement of trustees' responsibilities

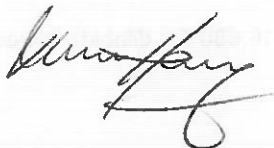
Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company special provisions

The report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime of the Companies Act 2006.



ON BEHALF OF THE TRUSTEES

**D J HARRY
DIRECTOR AND TRUSTEE**

DATED: 16 DECEMBER 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FAMILY MATTERS OF PLYMOUTH

I report on the accounts for the year ended 31st March 2024 set out on pages five to ten.

Respective responsibilities of trustees and examiners

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 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an 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;
- follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5) (b) of the 2011 Act;
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with 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:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principals of the Statement of Recommended Practice: Accounting and Reporting by Charities.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

DATE: 18 12 24

FAMILY MATTERS OF PLYMOUTH
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31st March 2024

	Note	2024		2023	
		Total 2024	Unrestricted funds		Restricted funds
Continuing Operations					
TOTAL INCOMING RESOURCES FROM CHARITABLE ACTIVITIES	2	61,780	61,780	-	80,533
RESOURCES EXPENDED COSTS OF CHARITABLE ACTIVITIES					
Staffing costs					
Salaries and NIC		52,684	52,684	-	61,914
Employers NI allowance		(965)	(965)	-	(1,585)
		51,719	51,719	-	60,329
Premises costs					
Rent and room hire		13,375	13,375	-	13,375
Rates and utilities		2,862	2,862	-	2,704
Repairs ,renewals and cleaning		2,818	2,818	-	2,408
		19,055	19,055	-	18,487
General running costs					
Accountancy and payroll		1,326	1,326	-	1,280
Pension		386	386	-	522
Insurance		557	557	-	690
Depreciation		64	64	-	63
Postage, stationery and software		548	548	-	306
Web/database/IT consultancy		725	725	-	192
Memberships and subscriptions		120	120	-	1,873
Telephone		458	458	-	773
Leasehold dilapidations		16,680	16,680	-	
Sundry expenses		288	288	-	
		21,152	21,152	-	6,107
TOTAL RESOURCES EXPENDED		91,926	91,926	-	84,923
NET(OUTGOING) RESOURCES BEFORE TRANSFERS		(30,146)	(30,146)	-	(4,390)
TRANSFERS BETWEEN FUNDS	7	-	-	-	-
FUND BALANCES B/FWD		69,869	69,869	-	74,259
FUND BALANCES C/FWD	7	£ 39,723	£ 39,723	£ -	£ 69,869

FAMILY MATTERS OF PLYMOUTH

BALANCE SHEET as at 31st March 2024

	<u>Note</u>	<u>2024</u>	<u>2023</u>
FIXED ASSETS	3	-	63
CURRENT ASSETS			
Debtors	4	3,125	3,125
Cash at bank and in hand		<u>115,470</u>	<u>128,746</u>
		118,595	131,871
CREDITORS			
Amounts falling due within one year	5	<u>62,192</u>	<u>62,065</u>
NET CURRENT ASSETS		56,403	69,806
PROVISIONS	6	<u>56,403</u> <u>(16,680)</u>	<u>69,806</u> <u>-</u>
NET ASSETS		<u>£39,723</u>	<u>£69,869</u>
REPRESENTED BY:			
Unrestricted funds	7	39,723	69,869
Restricted funds	7	-	-
		<u>£ 39,723</u>	<u>£69,869</u>

The directors are satisfied that for the year ending on the above date, the company was entitled to exemption from audit under s.477 of the Companies Act 2006 and that no member has required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved for issue by the trustees and directors on 16 12 24

Mrs E. A. Brimacombe  TRUSTEE/DIRECTOR

The annexed notes form an integral part of these financial statements.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the year ended 31st March 2024

1. ACCOUNTING POLICIES

(a) General information and basis of preparation

Family Matters of Plymouth is a charitable company limited by guarantee and incorporated in England & Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are given in page 2 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016)

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) Fixed assets and depreciation

Depreciation is provided on all equipment on a 33.33% straight line basis. Leasehold property improvements are written off in the year of expenditure.

(c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose.

(d) Income recognition

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is accounted for by matching funders' contributions with the expenditure it is intended to cover. Grants receivable are included in the accounts when the appropriate amounts have been quantified. Grants in respect of fixed assets are credited to income. No amounts are included in the financial statements for services donated by volunteers.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the year ended 31st March 2024

ACCOUNTING POLICIES (continued)

(e) **Expenditure recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular heading they have been allocated to activities on a basis consistent with use of the resources. All expenditure in respect of capital costs are written off funds in the year of purchase as these are fully funded by grant claims.

(f) **Provisions**

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

	<u>2024</u>	<u>2023</u>	
2. INCOMING RESOURCES			
Unrestricted:			
New Devon CCG	61,500	80,000	
Room hire	280	533	
	<u>£61,780</u>	<u>£80,533</u>	
TOTAL	<u>£ 61,780</u>	<u>£ 80,533</u>	
3. FIXED ASSETS			
	<u>Leasehold</u>		
	<u>Property</u>	<u>Equipment</u>	<u>Total</u>
COST			
Brought forward	6,000	15,174	21,174
Additions	-	-	-
Carried forward	<u>6,000</u>	<u>15,174</u>	<u>21,174</u>
DEPRECIATION			
Brought forward	6,000	15,110	21,110
Charge for the year	-	64	64
Carried forward	<u>6,000</u>	<u>15,174</u>	<u>21,174</u>
NET BOOK VALUE			
Brought forward	£ -	£ 64	£ 64
Carried forward	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>

All fixed assets are held for charitable purposes.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the year ended 31st March 2024

	<u>2024</u>	<u>2023</u>
4. DEBTORS		
Rent deposit and other debtors	<u>£ 3,125</u>	<u>£ 3,125</u>

5. CREDITORS

Amounts falling due within one year:

Deferred income	61,500	61,500
Accruals	692	565
	<u>£ 62,192</u>	<u>£ 62,065</u>

6. PROVISIONS

This represents amounts due under leasehold dilapidations.

7. STATEMENT OF FUNDS

Income and expenditure

	<u>Brought forward</u>	<u>Income</u>	<u>Transfers and Expenditure</u>	<u>Carried forward</u>
Unrestricted funds				
General reserves	<u>£69,869</u>	<u>£ 61,780</u>	<u>£ 89,046</u>	<u>£ 42,603</u>
Restricted funds	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>
TOTAL FUNDS	<u>£ 69,869</u>	<u>£ 61,780</u>	<u>£ 89,046</u>	<u>£ 42,603</u>

	<u>Restricted Funds</u>	<u>Unrestricted funds</u>	<u>Total</u>
Balance sheet			
Fixed assets	-	-	-
Debtors	-	3,125	3,125
Cash at bank and in hand	-	115,470	115,470
Less: Creditors in one year	-	(62,192)	(62,192)
Provisions	-	(16,680)	(16,680)
	<u>-</u>	<u>£ 39,723</u>	<u>£ 39,723</u>

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the year ended 31st March 2024

7. STATEMENT OF FUNDS (Continued)

The unrestricted funds represent the free funds of the charity that are not designated for particular purposes.

All transfers between funds relate to surplus restricted funds that have been agreed to be retained as unrestricted on completion of the project.

8. TRUSTEES EMOLUMENTS

The trustees received no remuneration and were reimbursed no expenses during the year.

9. EMPLOYEE EMOLUMENTS

The charity employed an average of 10 people during the year at the following cost:-

	<u>2024</u>	<u>2023</u>
Gross salaries	51,719	60,329
Employers NI contribution	965	1,585
Employers NI allowance	(965)	(1,585)
Employers pension contribution	386	522
	<u>£ 52,105</u>	<u>£60,851</u>

There are no staff paid in excess of £60,000 pa.

10. STATUS AND CONTROL

The company is limited by guarantee and is controlled by its body of trustees and directors.

FAMILY MATTERS OF PLYMOUTH

England & Wales - Charity number 1110479

Accounts

Registered number : 5438661

FamilyMatters

exploring better ways of getting on together

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS

For the year ended

31st March 2023

Accounts prepared by:
Nigel Webster & Co
Chartered Accountants
Abacus House
129 North Hill
Plymouth
PL4 8JY

FAMILY MATTERS OF PLYMOUTH

C O N T E N T S

P A G E

Reference and administrative details

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5

Balance sheet

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FAMILY MATTERS OF PLYMOUTH

REFERENCE AND ADMINISTRATIVE DETAILS

For the year ended 31st March 2023

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity name: The charity is known by the name "Family matters of Plymouth"

Co registration Number: 5438661

Charity Number: 1110479

The trustees, who are also the directors, at the date of approval of this report and those who served during the year under review were as follows:

S Trevains Resigned 12/5/22

F Rice-McAllister Resigned 11/8/22

D J Harry

E A Brimacombe

H McLindon

D Pooley

K Hodgkins

The day to day management of the charity is carried out by the chief executive officer.

Principal and registered office: 48 Devonport Road
Stoke
Plymouth
PL3 4DF

Bankers: The Co-operative bank plc
PO Box 101
1 Balloon Street
Manchester
M60 4EP

Independent Examiner: S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

Chief Executive Officer: Fiona Miller

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the year ended 31st March 2023

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report and financial statements for the year.

Status, governance and management

The charity is governed by its memorandum and articles of association and is a company limited by guarantee not having a share capital. The liability is limited in the event of the company being wound up. The charity was incorporated on 28th April 2005 and registered with the charity commission.

Recruitment and appointment of new trustees

In order to appoint trustees, the charity welcomes participants with relevant skills and appointment of trustees is based upon the unanimous decision of all trustees.

Objectives and activities

The charity's objectives are:-

- (1) The relief of persons suffering from the ill effects of family breakdown and relationship difficulties, particularly children and couples, by the provision of psychological support and the advancement of education in healthy family and human relationships; and
- (2) The promotion and understanding of research into aspects of relationships that may further the first object, or contribute directly towards understanding of human relationships, and the dissemination of the useful results of such research.

The activities employed to achieve these objectives are set out below as part of the achievements review.

Main achievements

Family Matters continued to provide a targeted family therapy service in Plymouth in 2022/23, partly funded by NHS Devon Integrated Care Board (ICB). We are contracted to be part of a range of services responding to the mental health needs of children and young people in Plymouth. Family Matters has been committed to providing an early intervention service where there are complex and multiple needs that are below the threshold for specialist CAMHS intervention, but require input that is not offered by universal services.

This year we have drawn on other funding to continue to offer this service from our own premises in Stoke, Plymouth, where families are provided with a safe, comfortable and neutral place to meet. We have also maintained our offer of three clinics per week, on Wednesday and Thursday afternoons. Each clinic has three appointments available per week, giving us a total of nine. There has been no additional funding in 2022/23 to address a growing waiting list and so our intervention has not been as early as we would like. However, we continue to work hard to support attendance at appointments and limit the number of appointments lost to cancellation or non-attendance, resulting in the completion of work with 116 families in 2022/23.

Our skilled and experienced staff team has remained stable again throughout 2022/23, with no new appointments and no departures from therapist and administration teams. All therapists have completed family therapy training, most registered with UKCP as family and systemic psychotherapists. This is in addition to core professions in social work, teaching, GP, counselling and occupational therapy. We continue to develop skills and knowledge through regular supervision and training to maintain a high standard of practice. Our Board of Trustees continues to be active and fully engaged in the governance of the organisation, reflected in the continued stability of Family Matters over what has been a challenging year.

We are very proud to be part of what Family Matters offers in Plymouth. We see the positive contribution we make to the emotional wellbeing and mental health of children, young people and families. It is only possible with ongoing commitment from local commissioners, our active and supportive Board of Trustees, and our trained, experienced and dedicated staff team. We offer thanks to everyone and look forward to our continued working together in 2023/24.

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS (CONTINUED)

For the year ended 31st March 2023

Principal funding sources

Local CCG's and health authorities continue to be the primary source of funding. We are thankful for all donations and grants, however small.

Reserves policy

As a charity we are to keep sufficient reserves in place to cover committed costs, emergencies and costing sources such as redundancy, property repairs or received funding so the charity can continue as long as possible. The trustees are satisfied with the current position as the reserves and will monitor annually.

Public benefit

The trustees have had due regard to the guidance published by the Charity Commission on public benefit.

Financial review

The financial results are as set out in the annexed accounts. The board of trustees are aware of the deficit for the year and the whole organisation is continuously working towards improving finances. The reserves held should be sufficient to support the charity for the foreseeable future, although its future continues to rely on support from the Plymouth PCT.

Statement of trustees' responsibilities

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company special provisions

The report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime of the Companies Act 2006.

ON BEHALF OF THE TRUSTEES

**D J HARRY
DIRECTOR AND TRUSTEE**

DATED: 5 NOVEMBER 2023

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FAMILY MATTERS OF PLYMOUTH

I report on the accounts for the year ended 31st March 2023 set out on pages five to ten.

Respective responsibilities of trustees and examiners

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 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an 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;
- follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5) (b) of the 2011 Act);
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with 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.

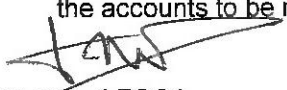
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principals of the Statement of Recommended Practice: Accounting and Reporting by Charities.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

DATE:

9.11.23

FAMILY MATTERS OF PLYMOUTH
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31st March 2023

	<u>Note</u>	<u>2022</u>	<u>2022</u>	<u>Total</u>	
	<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>		
	<u>2023</u>	<u>funds</u>	<u>funds</u>	<u>2022</u>	
C o n t i n u i n g O p e r a t i o n s					
TOTAL INCOMING RESOURCES FROM CHARITABLE ACTIVITIES	2	80,533	80,533	-	80,207
RESOURCES EXPENDED COSTS OF CHARITABLE ACTIVITIES					
Staffing costs					
Salaries and NIC		61,914	61,914	-	63,465
Employers NI allowance		(1,585)	(1,585)	-	(1,594)
		60,329	60,329	-	61,871
Premises costs					
Rent and room hire		13,375	13,375	-	12,802
Rates and utilities		2,704	2,704	-	2,603
Repairs ,renewals and cleaning		2,408	2,408	-	2,383
		18,487	18,487	-	17,788
General running costs					
Accountancy and payroll		1,280	1,280	-	1,202
Pension		522	522	-	548
Insurance		690	690	-	812
Depreciation		63	63	-	131
Postage, stationery and software		306	306	-	605
Web/database/IT consultancy		192	192	-	1,229
Memberships and subscriptions		1,873	1,873	-	36
Telephone		773	773	-	1,246
Sundry expenses		408	408	-	214
		6,107	6,107	-	6,023
TOTAL RESOURCES EXPENDED		84,923	84,923	-	85,682
NET(OUTGOING) RESOURCES BEFORE TRANSFERS		(4,390)	(4,390)	-	(5,475)
TRANSFERS BETWEEN FUNDS	6	-	-	-	-
FUND BALANCES B/FWD		74,259	74,259	-	79,734
FUND BALANCES C/FWD	6	£ 69,869	£ 69,869	£ -	£ 74,259

FAMILY MATTERS OF PLYMOUTH

BALANCE SHEET as at 31st March 2023

	<u>Note</u>	<u>2023</u>	<u>2022</u>
FIXED ASSETS	3	63	127
CURRENT ASSETS			
Debtors	4	3,125	3,125
Cash at bank and in hand		<u>128,746</u>	<u>72,145</u>
		131,871	75,270
CREDITORS			
Amounts falling due within one year	5	<u>62,065</u>	<u>1,138</u>
NET CURRENT ASSETS		69,806	74,132
NET ASSETS		<u>£69,869</u>	<u>£74,259</u>
REPRESENTED BY:			
Unrestricted funds	6	69,869	74,259
Restricted funds	6	-	-
		<u>£ 69,869</u>	<u>£74,259</u>

The directors are satisfied that for the year ending on the above date, the company was entitled to exemption from audit under s.477 of the Companies Act 2006 and that no member has required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved for issue by the trustees and directors on

Mrs E. A. Brimacombe  TRUSTEE/DIRECTOR

The annexed notes form an integral part of these financial statements.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the year ended 31st March 2023

1. ACCOUNTING POLICIES

(a) General information and basis of preparation

Family Matters of Plymouth is a charitable company limited by guarantee and incorporated in England & Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are given in page 2 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016)

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) Fixed assets and depreciation

Depreciation is provided on all equipment on a 33.33% straight line basis. Leasehold property improvements are written off in the year of expenditure.

(c) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose.

(d) Income recognition

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is accounted for by matching funders' contributions with the expenditure it is intended to cover. Grants receivable are included in the accounts when the appropriate amounts have been quantified. Grants in respect of fixed assets are credited to income. No amounts are included in the financial statements for services donated by volunteers.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the year ended 31st March 2023

ACCOUNTING POLICIES (continued)

(e) **Expenditure recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular heading they have been allocated to activities on a basis consistent with use of the resources. All expenditure in respect of capital costs are written off funds in the year of purchase as these are fully funded by grant claims.

	<u>2023</u>	<u>2022</u>	
2. INCOMING RESOURCES			
Unrestricted:			
New Devon CCG	80,000	80,000	
Donations and gift aid	533	207	
	<u>£80,533</u>	<u>£80,207</u>	
TOTAL	<u>£ 80,533</u>	<u>£ 80,207</u>	
3. FIXED ASSETS			
	<u>Leasehold</u>		
	<u>Property</u>	<u>Equipment</u>	<u>Total</u>
COST			
Brought forward	6,000	15,173	21,173
Additions	-	-	-
Carried forward	<u>6,000</u>	<u>15,173</u>	<u>21,173</u>
DEPRECIATION			
Brought forward	6,000	15,047	21,047
Charge for the year	-	63	63
Carried forward	<u>6,000</u>	<u>15,110</u>	<u>21,110</u>
NET BOOK VALUE			
Brought forward	£ -	£ 126	£ 126
Carried forward	<u>£ -</u>	<u>£ 63</u>	<u>£ 63</u>

All fixed assets are held for charitable purposes.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the year ended 31st March 2023

	<u>2023</u>	<u>2022</u>
4. DEBTORS		
Rent deposit and other debtors	<u>£ 3,125</u>	<u>£ 3,125</u>

5. CREDITORS

Amounts falling due within one year:

Deferred income	61,500	-
Accruals	565	1,138
	<u>£ 62,065</u>	<u>£ 20,665</u>

**6. STATEMENT OF FUNDS
Income and expenditure**

	<u>Brought forward</u>	<u>Income</u>	<u>Transfers and Expenditure</u>	<u>Carried forward</u>
Unrestricted funds				
General reserves	<u>£74,259</u>	<u>£ 80,533</u>	<u>£ 84,923</u>	<u>£ 69,869</u>
Restricted funds	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>
TOTAL FUNDS	<u>£74,259</u>	<u>£80,533</u>	<u>£84,923</u>	<u>£ 69,869</u>

	<u>Restricted Funds</u>	<u>Unrestricted funds</u>	<u>Total</u>
Balance sheet			
Fixed assets	-	63	63
Debtors	-	3,125	3,125
Cash at bank and in hand	-	128,746	128,746
Less: Creditors in one year	-	(62,065)	(62,065)
	<u>£ -</u>	<u>£ 69,869</u>	<u>£ 69,869</u>

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the year ended 31st March 202

6. STATEMENT OF FUNDS (Continued)

The unrestricted funds represent the free funds of the charity that are not designated for particular purposes.

All transfers between funds relate to surplus restricted funds that have been agreed to be retained as unrestricted on completion of the project.

7. TRUSTEES EMOLUMENTS

The trustees received no remuneration and were reimbursed no expenses during the year.

8. EMPLOYEE EMOLUMENTS

The charity employed an average of 10 people during the year at the following cost:-

	<u>2023</u>	<u>2022</u>
Gross salaries	60,329	61,871
Employers NI contribution	1,585	1,594
Employers NI allowance	(1,585)	(1,594)
Employers pension contribution	522	548
	<u>£ 60,851</u>	<u>£62,419</u>

There are no staff paid in excess of £60,000 pa.

9. STATUS AND CONTROL

The company is limited by guarantee and is controlled by its body of trustees and directors.

FAMILY MATTERS OF PLYMOUTH

England & Wales - Charity number 1110479

Accounts

Registered number : 5438661

FamilyMatters

exploring better ways of getting on together

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS

For the year ended

31st March 2022

Accounts prepared by:
Nigel Webster & Co
Chartered Accountants
Abacus House
129 North Hill
Plymouth
PL4 8JY

FAMILY MATTERS OF PLYMOUTH

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FAMILY MATTERS OF PLYMOUTH

REFERENCE AND ADMINISTRATIVE DETAILS

For the year ended 31st March 2022

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity name: The charity is known by the name "Family matters of Plymouth"

Co registration Number: 5438661

Charity Number: 1110479

The trustees, who are also the directors, at the date of approval of this report and those who served during the year under review were as follows:

S Trevains Resigned 26/5/22

F Rice-McAllister

D J Harry

E A Brimacombe

H McLindon

D Pooley

K Hodgkins

The day to day management of the charity is carried out by the chief executive officer.

Principal and registered office: 48 Devonport Road
Stoke
Plymouth
PL3 4DF

Bankers: The Co-operative bank plc
PO Box 101
1 Balloon Street
Manchester
M60 4EP

Independent Examiner: S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

Chief Executive Officer: Fiona Miller

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the year ended 31st March 2022

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report and financial statements for the year.

Status, governance and management

The charity is governed by its memorandum and articles of association and is a company limited by guarantee not having a share capital. The liability is limited in the event of the company being wound up. The charity was incorporated on 28th April 2005 and registered with the charity commission.

Recruitment and appointment of new trustees

In order to appoint trustees, the charity welcomes participants with relevant skills and appointment of trustees is based upon the unanimous decision of all trustees.

Objectives and activities

The charity's objectives are:-

- (1) The relief of persons suffering from the ill effects of family breakdown and relationship difficulties, particularly children and couples, by the provision of psychological support and the advancement of education in healthy family and human relationships; and
- (2) The promotion and understanding of research into aspects of relationships that may further the first object, or contribute directly towards understanding of human relationships, and the dissemination of the useful results of such research.

The activities employed to achieve these objectives are set out below as part of the achievements review.

Main achievements

Family Matters is a small Plymouth based charity set up in 2001, offering early intervention family therapy to help resolve relationship difficulties and so prevent family breakdown. To the families who seek our help, we continue to offer a safe and non-judgemental space to talk over difficulties in confidence and work together to find better solutions to alleviate emotional distress.

Conversations with NHS Devon Clinical Commissioning Group towards the end of 2020/21 led to continued funding for Family Matters to provide a family therapy service in Plymouth in 2021/22. The value of the contract enabled us to continue with the three core clinics that have been running since 2001 in our Plymouth premises. We were in a position also to add two short term additional clinics part way through 2021; one to reduce the waiting list and the other a training clinic offering placements to students in the second year of the four-year family therapy training. Each clinic offered three appointments each week (the training clinic two), with a total of 14 appointments available to families. We work hard to support attendance at appointments and limit the number of appointments lost to cancellation or non-attendance. This resulted in the completion of work with 122 families in 2021/22.

As in 2020/21 this work was a combination of online and face to face appointments, with safety measures, including face coverings, distancing and ventilation, still in place for those attending the building. We ended 2021/22 with a decision for 2022/23 to take us back to being a fully face to face service, with all staff working in the office and all appointments in our Plymouth premises, except where online contact was specifically requested by a family.

Our staff team has remained stable throughout 2021/22, with no new appointments and no departures from therapist and administration teams. We continue to develop skills and knowledge through regular supervision and training to maintain a high standard of practice and actively invite feedback from families about their experience. Our Board of Trustees continues to be active and fully engaged in the governance of the organisation, reflected in the continued stability of Family Matters over what has been a challenging few years.

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS (CONTINUED)

For the year ended 31st March 2022

Principal funding sources

Local CCG's and health authorities continue to be the primary source of funding. We are thankful for all donations and grants, however small.

Reserves policy

As a charity we are to keep sufficient reserves in place to cover committed costs, emergencies and costing sources such as redundancy, property repairs or received funding so the charity can continue as long as possible. The trustees are satisfied with the current position as the reserves and will monitor annually.

Public benefit

The trustees have had due regard to the guidance published by the Charity Commission on public benefit.

Financial review

The financial results are as set out in the annexed accounts. The board of trustees are aware of the deficit for the year and the whole organisation is continuously working towards improving finances. The reserves held should be sufficient to support the charity for the foreseeable future, although its future continues to rely on support from the Plymouth PCT.

Statement of trustees' responsibilities

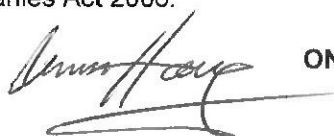
Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company special provisions

The report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime of the Companies Act 2006.



ON BEHALF OF THE TRUSTEES

DATED:

DIRECTOR AND TRUSTEE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

FAMILY MATTERS OF PLYMOUTH

I report on the accounts for the year ended 31st March 2022 set out on pages five to ten.

Respective responsibilities of trustees and examiners

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 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an 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;
- follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5) (b) of the 2011 Act;
- state whether particular matters have come to my attention.


Basis of independent examiner's report

My examination was carried out in accordance with 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:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principals of the Statement of Recommended Practice: Accounting and Reporting by Charities.have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


S.F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

DATE: 1 12 22

FAMILY MATTERS OF PLYMOUTH
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31st March 2022

	Note	2022		2021	
		Total 2022	Unrestricted funds		Restricted funds
C o n t i n u i n g O p e r a t i o n s					
TOTAL INCOMING RESOURCES FROM CHARITABLE ACTIVITIES	2	80,207	80,207	-	60,100
RESOURCES EXPENDED COSTS OF CHARITABLE ACTIVITIES					
Staffing costs					
Salaries and NIC		63,465	63,465	-	67,890
Employers NI allowance		(1,594)	(1,594)	-	(1,711)
		61,871	61,871	-	66,179
Premises costs					
Rent and room hire		12,802	12,802	-	12,750
Rates and utilities		2,603	2,603	-	2,229
Repairs and renewal		2,383	2,383	-	2,363
		17,788	17,788	-	17,342
General running costs					
Accountancy and payroll		1,202	1,202	-	660
Independent examination		-	-	-	600
Pension		548	548	-	543
Insurance		812	812	-	757
Depreciation		131	131	-	806
Travel		-	-	-	-
Postage, stationery and software		605	605	-	491
Supervision and advice		-	-	-	-
Web/database/IT consultancy		1,229	1,229	-	192
Memberships and subscriptions		36	36	-	320
Telephone		1,246	1,246	-	1,203
Sundry expenses		214	214	-	565
		6,023	6,023	-	6,137
TOTAL RESOURCES EXPENDED		85,682	85,682	-	89,658
NET(OUTGOING) RESOURCES BEFORE TRANSFERS		(5,475)	(5,475)	-	(29,558)
TRANSFERS BETWEEN FUNDS	6	-	-	-	-
FUND BALANCES B/FWD		79,734	79,734	-	109,292
FUND BALANCES C/FWD	6	£ 74,259	£ 74,259	£ -	£ 79,734

FAMILY MATTERS OF PLYMOUTH

BALANCE SHEET as at 31st March 2022

	<u>Note</u>	<u>2022</u>	<u>2021</u>
FIXED ASSETS	3	127	67
CURRENT ASSETS			
Debtors	4	3,125	3,125
Cash at bank and in hand		<u>72,145</u>	<u>97,207</u>
		75,270	100,332
CREDITORS			
Amounts falling due within one year	5	<u>1,138</u>	<u>20,665</u>
NET CURRENT ASSETS		74,132	79,667
NET ASSETS		<u>£ 74,259</u>	<u>£79,734</u>
REPRESENTED BY:			
Unrestricted funds	6	74,259	79,734
Restricted funds	6	-	-
		<u>£ 74,259</u>	<u>£79,734</u>

The directors are satisfied that for the year ending on the above date, the company was entitled to exemption from audit under s.477 of the Companies Act 2006 and that no member has required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved for issue by the trustees and directors on


Mrs E. A. Brimacombe TRUSTEE/DIRECTOR

The annexed notes form an integral part of these financial statements.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the year ended 31st March 2022

1. ACCOUNTING POLICIES

(a) **General information and basis of preparation**

Family Matters of Plymouth is a charitable company limited by guarantee and incorporated in England & Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are given in page 2 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016)

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) **Fixed assets and depreciation**

Depreciation is provided on all equipment on a 33.33% straight line basis. Leasehold property improvements are written off in the year of expenditure.

(c) **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose.

(d) **Income recognition**

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is accounted for by matching funders' contributions with the expenditure it is intended to cover. Grants receivable are included in the accounts when the appropriate amounts have been quantified. Grants in respect of fixed assets are credited to income. No amounts are included in the financial statements for services donated by volunteers.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the year ended 31st March 2022

ACCOUNTING POLICIES (continued)

(e) **Expenditure recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular heading they have been allocated to activities on a basis consistent with use of the resources. All expenditure in respect of capital costs are written off funds in the year of purchase as these are fully funded by grant claims.

(f) **Donated services**

These are accounted for at the estimated market price.

	<u>2022</u>	<u>2021</u>	
2. INCOMING RESOURCES			
Unrestricted:			
New Devon CCG	80,000	60,000	
Donations and gift aid	207	100	
	<u>£80,207</u>	<u>£60,100</u>	
TOTAL	<u>£ 80,207</u>	<u>£ 60,100</u>	
3. FIXED ASSETS			
	<u>Leasehold</u>		
	<u>Property</u>	<u>Equipment</u>	<u>Total</u>
COST			
Brought forward	6,000	14,983	20,983
Additions	-	190	-
Carried forward	<u>6,000</u>	<u>15,174</u>	<u>20,983</u>
DEPRECIATION			
Brought forward	6,000	14,916	20,110
Charge for the year	-	131	806
Carried forward	<u>6,000</u>	<u>15,047</u>	<u>20,916</u>
NET BOOK VALUE			
Brought forward	£ -	£ 67	£ 873
Carried forward	<u>£ -</u>	<u>£ 127</u>	<u>£ 67</u>

All fixed assets are held for charitable purposes.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the year ended 31st March 2022

	<u>2022</u>	<u>2021</u>
4. DEBTORS		
Rent deposit and other debtors	<u>£ 3,125</u>	<u>£ 3,125</u>

5. CREDITORS

Amounts falling due within one year:

Deferred income	-	20,000
Accruals	<u>1,138</u>	<u>665</u>
	<u>£ 1,138</u>	<u>£ 20,665</u>

**6. STATEMENT OF FUNDS
Income and expenditure**

	<u>Brought forward</u>	<u>Income</u>	<u>Transfers and Expenditure</u>	<u>Carried forward</u>
Unrestricted funds				
General reserves	<u>£79,734</u>	<u>£ 80,207</u>	<u>£ 85,682</u>	<u>£ 74,259</u>
Restricted funds	<u>£ -</u>	<u>-</u>	<u>£ -</u>	<u>£ -</u>
TOTAL FUNDS	<u>£79,734</u>	<u>£80,207</u>	<u>£85,682</u>	<u>£ 74,259</u>

	<u>Restricted Funds</u>	<u>Unrestricted funds</u>	<u>Total</u>
Balance sheet			
Fixed assets	-	127	127
Debtors	-	3,125	3,125
Cash at bank and in hand	-	72,145	72,145
Less: Creditors in one year	-	(1,138)	(1,138)
	<u>£ -</u>	<u>£ 74,259</u>	<u>£ 74,259</u>

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the year ended 31st March 2022

6. STATEMENT OF FUNDS (Continued)

The unrestricted funds represent the free funds of the charity that are not designated for particular purposes.

All transfers between funds relate to surplus restricted funds that have been agreed to be retained as unrestricted on completion of the project.

7. TRUSTEES EMOLUMENTS

The trustees received no remuneration and were reimbursed no expenses during the year.

8. EMPLOYEE EMOLUMENTS

The charity employed an average of 10 people during the year at the following cost:-

	<u>2022</u>	<u>2021</u>
Gross salaries	61,871	66,179
Employers NI contribution	1,594	1,711
Employers NI allowance	(1,594)	(1,711)
Employers pension contribution	548	543
	<u>£ 62,419</u>	<u>£66,722</u>

There are no staff paid in excess of £60,000 pa.

9. STATUS AND CONTROL

The company is limited by guarantee and is controlled by its body of trustees and directors.

FAMILY MATTERS OF PLYMOUTH

England & Wales - Charity number 1110479

Accounts



FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS

For the year ended

31st March 2021

Accounts prepared by:
Nigel Webster & Co
Chartered Accountants
Abacus House
129 North Hill
Plymouth
PL4 8JY

FAMILY MATTERS OF PLYMOUTH

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FAMILY MATTERS OF PLYMOUTH

REFERENCE AND ADMINISTRATIVE DETAILS

For the year ended 31st March 2021

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity name: The charity is known by the name "Family matters of Plymouth"

Co registration Number: 5438661

Charity Number: 1110479

The trustees, who are also the directors, at the date of approval of this report and those who served during the year under review were as follows:

S Treavins
F Rice-McAllister
D J Harry
E A Brimacombe
H McLindon
D Pooley
K Hodgkins

The day to day management of the charity is carried out by the chief executive officer.

Principal and registered office:

48 Devonport Road
Stoke
Plymouth
PL3 4DF

Bankers:

The Co-operative bank plc
PO Box 101
1 Balloon Street
Manchester
M60 4EP

Independent Examiner:

S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

Chief Executive Officer:

Fiona Miller

FAMILY MATTERS OF PLYMOUTH

REPORT OF THE TRUSTEES AND DIRECTORS

For the year ended 31st March 2021

The trustees who are also the directors of the charity for the purposes of the Companies Act 2006, present their report and financial statements for the year.

Status, governance and management

The charity is governed by its memorandum and articles of association and is a company limited by guarantee not having a share capital. The liability is limited in the event of the company being wound up. The charity was incorporated on 28th April 2005 and registered with the charity commission.

Recruitment and appointment of new trustees

In order to appoint trustees, the charity welcomes participants with relevant skills and appointment of trustees is based upon the unanimous decision of all trustees.

Objectives and activities

The charity's objectives are:-

(1) The relief of persons suffering from the ill effects of family breakdown and relationship difficulties, particularly children and couples, by the provision of psychological support and the advancement of education in healthy family and human relationships; and

(2) The promotion and understanding of research into aspects of relationships that may further the first object, or contribute directly towards understanding of human relationships, and the dissemination of the useful results of such research.

The activities employed to achieve these objectives are set out below as part of the achievements review.

Main achievements

Family Matters is a small Plymouth based charity set up in 2001, offering early intervention family therapy to help resolve relationship difficulties and so prevent family breakdown. To the families who seek our help, we continue to offer a safe and non-judgemental space to talk over difficulties in confidence and work together to find better solutions to alleviate emotional distress.

Family Matters started 2020/21 the way it ended the previous year, in a national lockdown to minimise the spread of Covid-19. In common with other agencies, all our therapists were working from home and contact with families was online. This allowed us to continue work we had started with families and to uphold contractual agreements with NHS Devon Clinical Commissioning Group (CCG) to complete work with 75 families in the year.

Throughout the year many families were willing to engage in online therapy and for some it offered benefits of not having to travel to appointments or leave work early to attend. Other families were not sure online therapy could be helpful to them and opted to wait until we could return to face to face working. With that in mind, in consultation with our Board of Trustees, we put in measures to make our premises Covid secure and started seeing families face to face again in June 2020. This was initially a small number of families only, where there was an identified clinical need or safeguarding concern, with a full return to all face to face appointments not possible during this year. NHS Devon Clinical Commissioning Group (CCG) continued to contract with us throughout 2020/21, for three clinics in Plymouth. By the end of the year we had completed work with 87 families across the three clinics but had built up a significant waiting list of families who wanted to meet face to face, at a time when we had no certainty about when that would be. We went into 2021/22 with an urgent need to review the waiting list and implement a strategy to address the length of time families were waiting for our service.

For the early part of 2020/21 we were also running down the three clinics in South Devon and Torbay and consider the pilot to have been a successful extension to our work in Plymouth. Commissioning intentions remain unclear due to the impact of the pandemic, however, our hope is that this will become more settled as we move into 2021/22.

Principal funding sources

Local CCG's and health authorities continue to be the primary source of funding. We are thankful for all donations and grants, however small.

Reserves policy

As charity we are to keep sufficient reserves in place to cover committed costs, emergencies and costing sources such as redundancy, property repairs or received funding so the charity can continue as long as possible. The trustees are satisfied with the current position as the reserves and will monitor annually.

Public benefit

The trustees have had due regard to the guidance published by the Charity Commission on public benefit.

Financial review

The financial results are as set out in the annexed accounts. The board of trustees are aware of the deficit for the year and the whole organisation is continuously working towards improving finances. The reserves held should be sufficient to support the charity for the foreseeable future, although its future continues to rely on support from the Plymouth PCT.

Statement of trustees' responsibilities

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company special provisions

The report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime of the Companies Act 2006.

ON BEHALF OF THE TRUSTEES



Mrs E Brimacombe
DIRECTOR AND TRUSTEE

DATED: 16th December 2021

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

FAMILY MATTERS OF PLYMOUTH

I report on the accounts for the year ended 31st March 2021 set out on pages five to ten.

Respective responsibilities of trustees and examiners

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 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an 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;
- follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5) (b) of the 2011 Act);
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with 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:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principals of the Statement of Recommended Practice: Accounting and Reporting by Charities.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

S F Pound FCCA
Nigel Webster & Co Ltd
Chartered Accountants
129 North Hill
Plymouth
PL4 8JY

DATE: 22nd December 2021

FAMILY MATTERS OF PLYMOUTH
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31st March 2021

Note	2021		2020
	Unrestricted funds	Restricted funds	
	60,100	60,100	151,994
TOTAL INCOMING RESOURCES FROM CHARITABLE ACTIVITIES	60,100	60,100	151,994
RESOURCES EXPENDED			
COSTS OF CHARITABLE ACTIVITIES			
Staffing costs	67,890	67,890	96,582
Salaries and NIC	(1,711)	(1,711)	(3,000)
Employers NI allowance	66,179	66,179	93,582
Premises costs			
Rent and room hire	12,750	12,750	14,745
Rates and utilities	2,229	2,229	1,738
Repairs and renewal	2,363	2,363	2,513
	17,342	17,342	18,996
General running costs			
Accountancy and payroll	660	660	398
Independent examination	600	600	-
Pension	543	543	523
Insurance	757	757	737
Depreciation	806	806	807
Travel	-	-	74
Postage, stationery and software	491	491	787
Supervision and advice	-	-	120
Web/database/IT consultancy	192	192	1,381
Memberships and subscriptions	320	320	264
CRB checks	-	-	-
Training	-	-	832
Research costs	-	-	-
Telephone	1,203	1,203	1,062
Sundry expenses	565	565	291
	6,137	6,137	7,276
TOTAL RESOURCES EXPENDED	89,658	89,658	119,854
NET(OUTGOING) RESOURCES BEFORE TRANSFERS	(29,558)	(29,558)	32,140
TRANSFERS BETWEEN FUNDS	-	-	-
FUND BALANCES B/FWD	109,292	109,292	77,152
FUND BALANCES C/FWD	£ 79,734	£ 79,734	£ 109,292
6	60,100	60,100	151,994
2	60,100	60,100	151,994

Continuing Operations

FAMILY MATTERS OF PLYMOUTH

BALANCE SHEET as at 31st March 2021

	Note	2021	2020
FIXED ASSETS	3	67	873
CURRENT ASSETS			
Debtors	4	3,125	3,125
Cash at bank and in hand		97,207	107,232
		100,332	110,357
CREDITORS			
Amounts falling due within one year	5	20,665	1,938
NET CURRENT ASSETS		79,667	108,419
NET ASSETS		£ 79,734	£109,292
REPRESENTED BY:			
Unrestricted funds	6	79,734	109,292
Restricted funds	6	-	-
		£ 79,734	£109,292

The directors are satisfied that for the year ending on the above date, the company was entitled to exemption from audit under s.477 of the Companies Act 2006 and that no member has required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved for issue by the trustees and directors on

Mrs E. A. Brimacombe TRUSTEE/DIRECTOR



The annexed notes form an integral part of these financial statements.

1. ACCOUNTING POLICIES

(a) **General information and basis of preparation**

Family Matters of Plymouth is a charitable company limited by guarantee and incorporated in England & Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are given in page 2 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016)

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) **Fixed assets and depreciation**

Depreciation is provided on all equipment on a 33.33% straight line basis. Leasehold property improvements are written off in the year of expenditure.

(c) **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose.

(d) **Income recognition**

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is accounted for by matching funders' contributions with the expenditure it is intended to cover. Grants receivable are included in the accounts when the appropriate amounts have been quantified. Grants in respect of fixed assets are credited to income. No amounts are included in the financial statements for services donated by volunteers.

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS

For the year ended 31st March 2021

ACCOUNTING POLICIES (continued)

(e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular heading they have been allocated to activities on a basis consistent with use of the resources. All expenditure in respect of capital costs are written off funds in the year of purchase as these are fully funded by grant claims.

(f) Donated services

These are accounted for at the estimated market price.

2. INCOMING RESOURCES

Unrestricted:

New Devon CCG
New Devon CCG - waiting list
Rents and room hire receivable
Donations and gift aid
Torbay pilot
South Devon Pilot

TOTAL

3. FIXED ASSETS

COST

Brought forward

Additions

Carried forward

DEPRECIATION

Brought forward

Charge for the year

Carried forward

NET BOOK VALUE

Brought forward

Carried forward

All fixed assets are held for charitable purposes.

	2021	2020
Unrestricted:		
New Devon CCG	60,000	60,000
New Devon CCG - waiting list	-	13,812
Rents and room hire receivable	-	360
Donations and gift aid	100	32
Torbay pilot	-	53,269
South Devon Pilot	-	24,520
TOTAL	£60,100	£151,994
3. FIXED ASSETS		
COST		
Brought forward	6,000	20,983
Additions	-	-
Carried forward	6,000	14,983
DEPRECIATION		
Brought forward	6,000	20,110
Charge for the year	-	806
Carried forward	6,000	14,916
NET BOOK VALUE		
Brought forward	£ -	£ 873
Carried forward	£ -	£ 67

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the year ended 31st March 2021

	<u>2021</u>	<u>2020</u>	
4. DEBTORS	£ 3,125	£ 3,125	
			Rent deposit and other debtors

5. CREDITORS

Amounts falling due within one year:

	20,000	-	
	665	1,938	Deferred income
	<u>£ 20,665</u>	<u>£ 1,938</u>	Accruals

6. STATEMENT OF FUNDS

	<u>Brought forward</u>	<u>Income</u>	<u>Transfers and Expenditure</u>	<u>Carried forward</u>	
	£109,292	£ 60,100	£ 89,658	£ 79,734	Unrestricted funds
					General reserves

	<u>£ -</u>	<u>-</u>	<u>£ -</u>	<u>£ -</u>	
					Restricted funds
					TOTAL FUNDS

	<u>Restricted Funds</u>	<u>Unrestricted funds</u>	<u>Total</u>	
	67	3,125	3,125	Fixed assets
				Debtors
				Cash at bank and in hand
				Less: Creditors in one year
	<u>£ -</u>	<u>£ 79,734</u>	<u>£ 79,734</u>	Balance sheet

FAMILY MATTERS OF PLYMOUTH

NOTES TO THE ACCOUNTS (CONTINUED)

For the year ended 31st March 2021

6. STATEMENT OF FUNDS (Continued)

The unrestricted funds represent the free funds of the charity that are not designated for particular purposes.

All transfers between funds relate to surplus restricted funds that have been agreed to be retained as unrestricted on completion of the project.

7. TRUSTEES EMOLUMENTS

The trustees received no remuneration and were reimbursed no expenses during the year.

8. EMPLOYEE EMOLUMENTS

The charity employed an average of 10 people during the year at the following cost:-

	<u>2021</u>	<u>2020</u>
Gross salaries	66,179	93,470
Employers NI contribution	1,711	3,112
Employers NI allowance	(1,711)	(3,000)
Employers pension contribution	543	523
	<u>£ 66,722</u>	<u>£94,105</u>

There are no staff paid in excess of £60,000 pa.

9. STATUS AND CONTROL

The company is limited by guarantee and is controlled by its body of trustees and directors.