

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 Total 2024	2024 Unrestricted funds	2024 Restricted funds	Total 2023
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><u>£39,723</u></u>	<u><u>£69,869</u></u>
REPRESENTED BY:			
Unrestricted funds	7	39,723	69,869
Restricted funds	7	-	-
		<u><u>£ 39,723</u></u>	<u><u>£69,869</u></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>
COST		<u>Total</u>
Brought forward	6,000	15,174
Additions	-	-
Carried forward	<u>6,000</u>	<u>15,174</u>
DEPRECIATION		
Brought forward	6,000	15,110
Charge for the year	-	64
Carried forward	<u>6,000</u>	<u>15,174</u>
NET BOOK VALUE		
Brought forward	£ -	£ 64
Carried forward	<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.

