



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

CONFIDENTIAL

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:

CONFIDENTIAL

- 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

CONFIDENTIAL

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%

CONFIDENTIAL

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

CONFIDENTIAL

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

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

C O N T E N T S

P A G E

Reference and administrative details

1

Trustees and directors report

2 - 4

Independent Examiner's report

5

Statement of financial activities

6

Balance sheet

7

Notes to the accounts

8 - 11

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

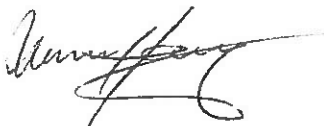
Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the period and of its financial position at the end of the period. In preparing financial statements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

	<u>Note</u>	<u>31.08.2025</u>	<u>31.08.2025</u>		
		<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>	
		<u>31.08.2025</u>	<u>funds</u>	<u>funds</u>	
				<u>Total</u>	
				<u>31.03.2024</u>	
<u>Continuing Operations</u>					
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 201225

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	<u>£ -</u>	<u>£ 3,125</u>

5. CREDITORS

Amounts falling due within one year:

Deferred income	-	61,500
Accruals	<u>8,374</u>	<u>692</u>
	<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	<u>£39,723</u>	<u>£ 77,350</u>	<u>£ 112,647</u>	<u>£ 4,426</u>
Restricted funds	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>
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

C O N T E N T S	P A G E
Reference and administrative details	1
Trustees and directors report	2 - 4
Independent Examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8 - 11

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 principles 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

	<u>Note</u>	<u>31.08.2025</u>	<u>31.08.2025</u>		
		<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>	
		<u>31.08.2025</u>	<u>funds</u>	<u>funds</u>	
				<u>Total</u>	
				<u>31.03.2024</u>	
<u>Continuing Operations</u>					
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 201225

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	<u>£ -</u>	<u>£ 3,125</u>

5. CREDITORS

Amounts falling due within one year:

Deferred income	-	61,500
Accruals	<u>8,374</u>	<u>692</u>
	<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	<u>£39,723</u>	<u>£ 77,350</u>	<u>£ 112,647</u>	<u>£ 4,426</u>
Restricted funds	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>
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.