

**REGISTERED COMPANY NUMBER: 06380082 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1129513**

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**Report of the Trustees  
and  
Financial Statements  
for the Year Ended 30th April 2023**

## Contents of the Report of the Trustees and Financial Statements for the Year Ended 30 April 2023

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## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the audited financial statements of the charity for the year ended 30 April 2023. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number 06380082 (England and Wales)

Registered Charity number 1129513

### REGISTERED OFFICE

Hargrave House  
 Hollycroft  
 Molrams Lane  
 Great Baddow  
 Chelmsford  
 Essex CM2 7FW

### TRUSTEES

M Birchall (Treasurer)  
 D Travis (Vice Chair)  
 L Loon  
 R Serrelli  
 A Sleet  
 Y Spence  
 C Dollery  
 S Carpenter (Chair)  
 M Carpenter (Appointed November 2021)

### TRUSTEE RESIGNATIONS BETWEEN 1ST MAY 2022 – 31ST AUGUST 2023

None

### CEO AND CLINICAL DIRECTOR

Sue Bell OBE

### INDEPENDENT AUDITOR

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## 1. Introduction and Overview from the Chair of the Trustees

### Another successful year in a challenging environment

2022-23 was another successful year for Kids Inspire. Its services have never been needed more, as children and young people face a world that feels more uncertain and insecure. The charity has made a significant difference to the lives of more children and young people than ever before, and we are seeing growth in both the volume and complexity of needs.

We saw a 35% increase in primary beneficiaries of our services compared to the previous year, with a total of 36,000 hours of support services being provided, as children, young people and their families continue to be affected by the challenges of the cost-of-living crisis and the on-going aftermath of the pandemic.

Operating in a challenging economic and social context, we are also delighted to report a 7.2% increase in our charity's income for 2022-23: an incredible achievement, given the high inflation and pressures affecting our funders, donors, and supporters. The year also saw an increase in Kids Inspire's expenditure of 21% compared to the previous year, resulting from inflationary pressures on our costs and the continuing development of the organisation. The net effect was a deficit of just £53,498, thanks to careful financial management and robust reporting systems, and the amazing support of our funders, donors, and corporate supporters.

### Looking to the future

Looking ahead, we are actively working on building our capacity to grow and extend into new areas. This effort has led to key strategic changes in our organisation in the last year, from staffing and structure to fundraising and community engagement. As we grow and develop, our core values and mission remain constant: to work with and support children and young people's mental health and well-being. As cases became more complex, Kids Inspire is adapting and expanding its services to meet the evolving needs of the community. I am proud of this change and the commitment shown across the charity to address the growing needs of all those we support.

### Thank you

Finally, all that has been achieved could not have been done without the support, hard work, and dedication of so many people. I want to say a very heartfelt thank you to everyone who has helped in so many ways. Without our amazing volunteers, supporters, donors, funders and staff, many children and young people would not have received Kids Inspire's life-changing support. We know the future will remain challenging for all of us, but together we will continue to make a difference to the lives of more and more children, young people and families.

## 2. Objectives and Activities

Kids Inspire supports children, teens, and families to build their futures and reclaim their lives. Since 2007 our qualified, experienced specialist team has delivered bespoke mentoring, trauma informed therapy, training and activity packages which empower children and the adults in their lives to make positive choices and reach their potential. Our service is child-centred, and we offer evidence-based, cutting-edge therapies alongside innovative interventions and community-based support.

### Policies and objectives

The charity has been established to:

- 👏 Enhance the emotional health of its service users through counselling, support and trauma informed therapeutic use of the arts.
- 👏 Support schools and individuals working 'on the front line' with children and teens, in addressing their emotional and psychological needs appropriately.
- 👏 Undertake any other related charitable activity.

These objectives are pursued through several activities, some of which are funded by local authority grants, but the bulk of which are made possible through the generosity of charitable trusts, companies and individuals, including many volunteers.

### Activities fulfilling the Charity's objectives

General core services of Kids Inspire are:

- 👏 Trauma informed creative therapies.
- 👏 Therapeutic group work
- 👏 Systemic family therapy
- 👏 One-to-one counselling/psychotherapy
- 👏 Parent/child therapy
- 👏 Relational social work
- 👏 Emotional wellbeing training for young people, carers, and school staff
- 👏 Workshops - arts and physical activities to enhance well-being.
- 👏 Coaching - strengths based.
- 👏 Holiday activities
- 👏 Trips
- 👏 Bereavement support in schools
- 👏 Anti-bullying initiatives and support
- 👏 Mentoring
- 👏 Peer mentoring in schools
- 👏 Family support
- 👏 Specialist trauma resolution interventions
- 👏 Multi-disciplinary assessments

These services focus on healing and empowerment (with a desire to increase the focus on prevention) for children and families affected by the following:

- 👤 Abuse (neglect, physical, sexual, and/or emotional)
- 👤 Bullying
- 👤 Personality disorder and other mental health issues
- 👤 Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), and other diagnosable disorders.
- 👤 Eating issues (such as bulimia, anorexia, ARFID)
- 👤 Bereavement and loss
- 👤 Separation / divorce
- 👤 Self-harm
- 👤 Depression
- 👤 Anxiety
- 👤 Suicide
- 👤 Emotional and behavioural difficulties leading to a risk of school exclusion.
- 👤 Autistic Spectrum Disorder (ASD) and other Neurodiversity conditions

### Public benefit

The Trustees paid due regard to The Charity Commission's guidance on public benefit throughout the year. Providing educational, practical, and emotional support to vulnerable young people has a direct benefit both to the children and the wider public as it strengthens relationships, reduces crime, and creates responsible citizens capable of participating in their communities.

There are no unreasonable restrictions that would prevent children in Essex and beyond from benefitting from Kids Inspire's services, and the charity does not charge children or their parents/carers for services and support offered. The benefit provided to the public is consistent with the charitable aims of Kids Inspire.

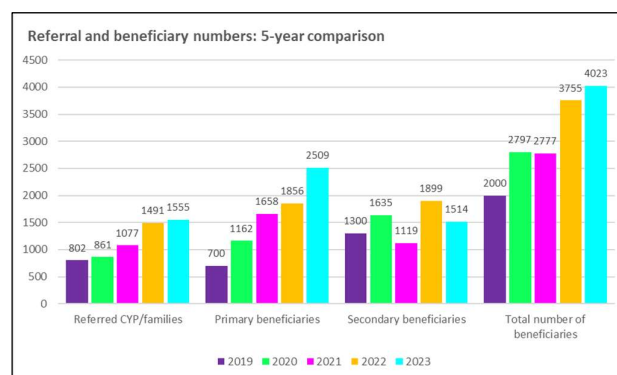
## 3. Achievements and Performance

We delivered over **36,000** hours of support services, including through our bespoke process of:

- 👤 Referral screening and assessment of children's needs to formulate treatment plans or signpost them.
- 👤 **56** qualified practitioners and **78** trained mentors offering 1:1 and group sessions and meetings.
- 👤 Ongoing admin support, maintaining communication with families, schools, and professionals.
- 👤 Quality assurance, including monitoring, safeguarding, case management and supervision.

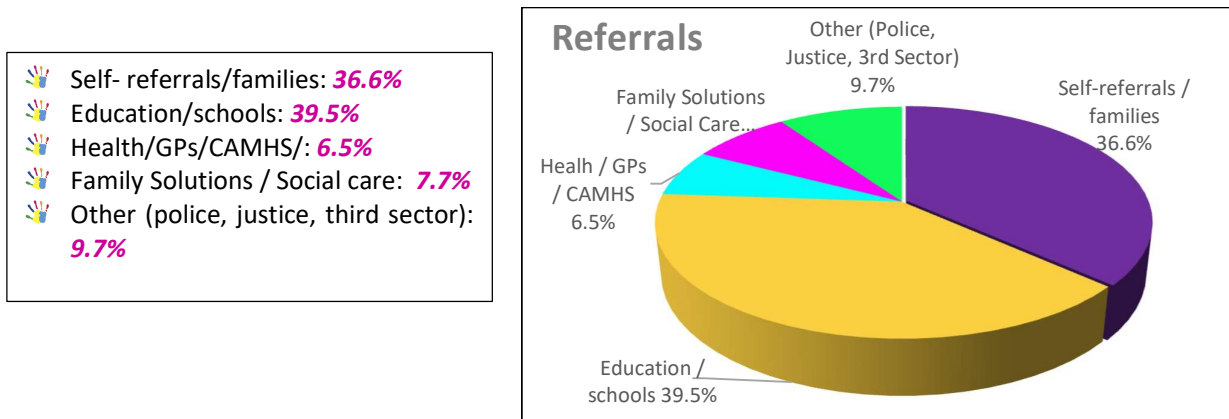
### Beneficiaries

- 👤 Referrals – **4.3%** increase
- 👤 Total beneficiaries - **7.1%** increase
- 👤 Primary beneficiaries – **35%** increase
- 👤 Secondary beneficiaries – **20%** decrease



## Referrals

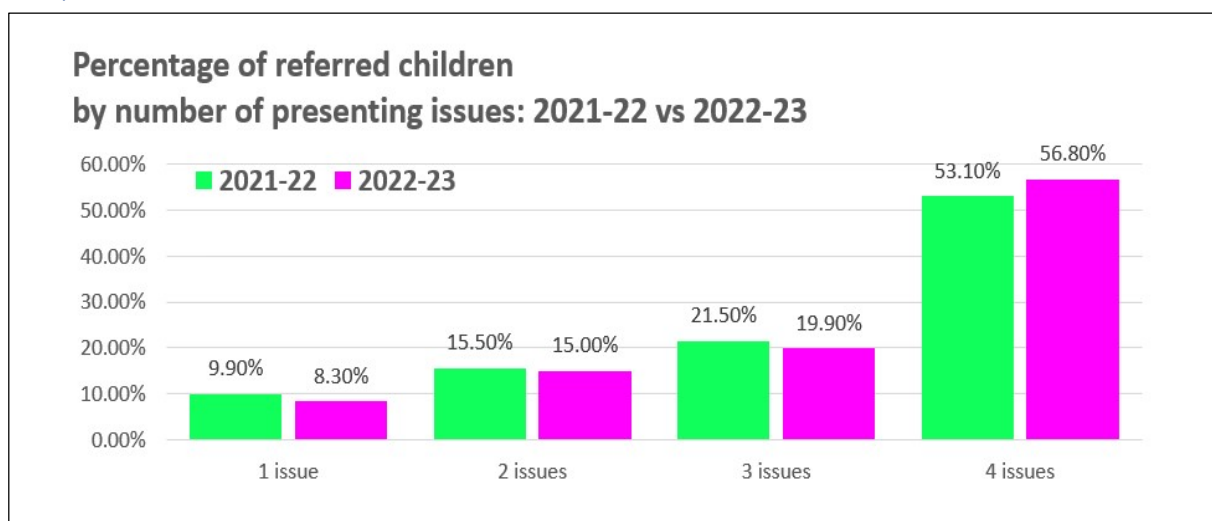
This year an almost equal number of referrals have come directly from families and schools:



Most of our referrals come from individuals themselves and schools, as a result of our outreach and community engagement activities and established trusted relationships with our service users. This year, referrals from schools increased from 33% in 2021-22, to 39.5%. This is likely to correlate with the full opening of schools following the pandemic lockdowns, and the rise in students' emotional and behavioural difficulties that schools are consequently seeking support for. Kids Inspire has strong and long-established working partnerships with local schools, which means young people can access help that supports their learning through improvements in their emotional wellbeing and mental health. Similarly, a regular flow of Local Authority and Social Care referrals is linked to our established contracts and partnerships within the sector.

We continue to build and maintain relationships in the community, resulting in families feeling confident to contact us and discuss their needs for support. Our website is kept up to date with information about projects and our referral process to increase the ease with which support can be accessed. When service user needs meet criteria for our funded projects, we process their shared information for a clinical decision on the best treatment plan we can offer. In some cases, the initial consultation will result in appropriate signposting to the relevant service (other organisations, social care, CAMHS etc).

## Complexities in referred service users



**56.8%** of referred children have 4 or more presenting issues, a **7%** rise on last year. The number of presenting issues offers an indication of case complexity, which is supported by more sophisticated data on our database.

These presenting symptoms have an impact on children's ability to access and fully engage with education and learning. Most young people with these challenges struggle to attend school, finding it difficult to wake up in the morning, leave their house to go to school, or manage classroom activities and peer interactions once there. When we support families therapeutically, we provide children, young people and their parents/caregivers with tools to regulate the nervous system so that the child feels calm and safe to engage with the school environment.

## Geography

This past year we have maintained an established presence across Essex while expanding in other areas. Our Community Engagement Team have undertaken invaluable work in reaching out and establishing connections in new areas where a level of need has been identified. Service needs have also been identified in neighbouring Suffolk, where plans are in motion to roll out a suite of support.

Table showing percentage breakdown of referred children by geographic area

Area	% Based on all Referred Children
Mid Essex	36.66%
North Essex	26.37%
South Essex	21.86%
West Essex	11.32%
Out of Essex	3.8%




## Ongoing systems and processes – Service Delivery

Our work on streamlining services continues, with all qualified clinicians now using the Lamplight database, ensuring that accurate records are maintained and recorded in a timely fashion. Frameworks have been developed to support delivery and potential growth, providing consistency and ensuring quality control. This incorporates some of the work we have undertaken as part of our collaborative work with Impetus.

Historically, work has been undertaken through individual therapeutic support with intermittent group offerings. However, we are changing the way in which we deliver our clinical services as we are increasingly being commissioned to provide a greater proportion of group work. The emphasis on group work will enable us to positively impact a greater number of families, ensuring we are consistently meeting demand for our services. The number of parents we have been able to support by introducing dedicated parental groups alongside child support has increased, enabling us to improve psychoeducation and positive impact within the family system. Our courses have been well evaluated and, in one NVR group, two families stated that they did not feel they needed to continue with support for their children due to the positive impact of the parental learning on the group. We developed a new EPIC group, which is a monthly, one-day parenting course incorporating elements of Non-Violent Resistance, trauma training, and CREW (a project which focuses on group intervention, aiming to improve and build more positive relationships at home).

We have run 7 group sessions, including EPIC, NVR and CREW, which took place between 1st May 2022 and 30th April 2023. These were delivered with both online and face-to-face options, to offer flexibility and increase attendance. In total, 73 participants attended the courses.

We continue to look to the future, and are:

-  Liaising with partner organisations and commissioning bodies.
-  Increasing opportunities to use our expertise to reach a wider audience to improve the outcomes for children and their families.
-  Strengthening our internal systems and protocols to enable growth and development.



### Therapy Outcomes Star Analysis

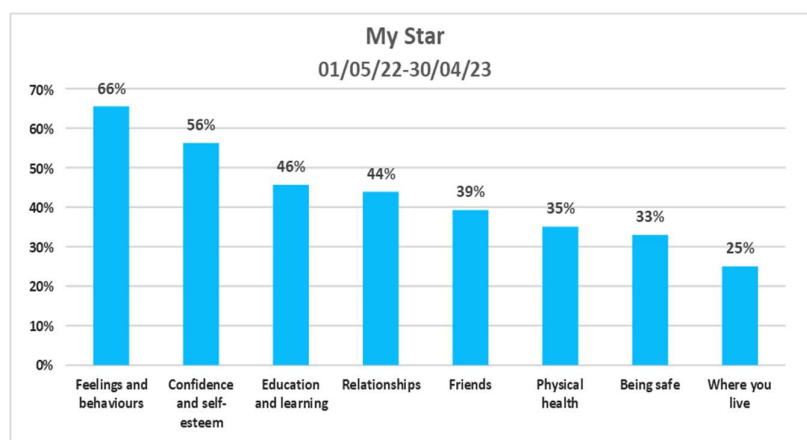
The Outcomes Star continues to be an effective tool to monitor and evaluate clinical outcomes. The graphs below show the percentage progress made in each outcome area for all clients within the reporting period. This data is based on comparing self-evaluated figures that are captured at the beginning and end of interventions, which the therapist supports the service user to complete.

The My Star shows data for children and young people, the Family Star for parents and carers. Both indicate that engagement with a therapeutic intervention, which in the main focuses on areas of emotional regulation, trauma processing and self-esteem, results in notable concomitant improvements across other areas of clients' lives.

### My Star self-reported improvements

The My Star outcomes show that the interventions our young service users engage with have mainly impacted areas such as emotional regulation, self-esteem, school and family.

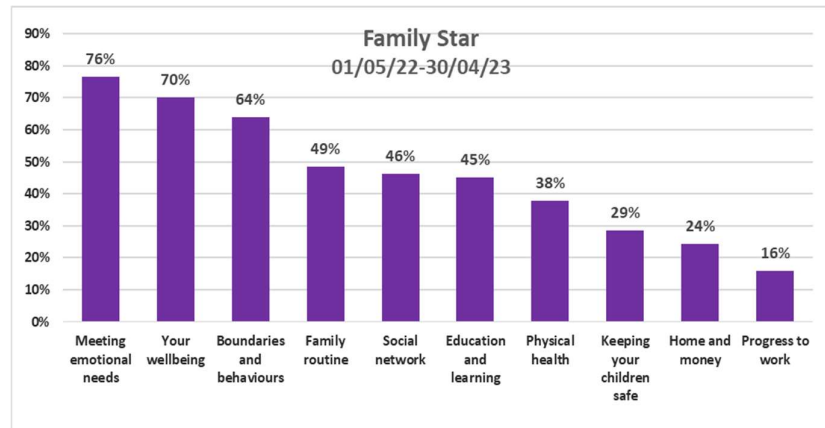
This reflects our understanding and common experience from working with children and young people, that a young person who is more self-aware and able to emotionally regulate is better able to engage meaningfully with their education, their family, and peers.



## Family Star self-reported improvements

As with the My Star, the Family Star reflects that the interventions parents and carers engage with tend to most significantly impact their capacity to self-regulate and manage the needs and behaviours of their child or children through effective boundaries.

In conjunction with this, our experience with families tells us that parents and carers who feel able to self-regulate and hold meaningful and consistent boundaries create the relational conditions for their child/children to feel validated, safe, and able to communicate openly with trusted adults. As a result, there is a decreased chance that their child or children will engage in dangerous behaviours and experience a weaker sense of self and community.



This echoes a core value of Kids Inspire that, by keeping the child at the centre whilst supporting the whole family, we can ensure that the impact of our support is as long-lasting as possible.

## 4. The Projects

We supported **1555** families and **4023** individuals directly and indirectly in 2022-2023.

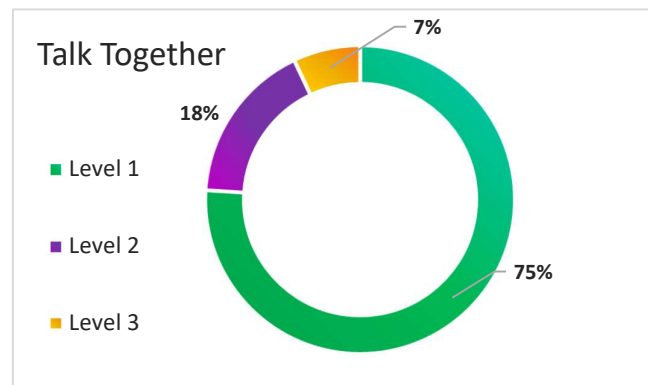
We continue to support service users through our successful Talk Together project, which incorporates a number of funding streams, including the Family Innovation Fund, Violence and Vulnerability Unit, Reaching Communities, Help for Children, and the Tracy Mead bereavement support project, in addition to some other funding streams.




### Talk Together

We saw **56.7%** of service users under our Talk Together programme, comprising: early intervention and groups (Level 1) **75%**, trauma (Level 2) **18%**, and complex trauma (Level 3) **7%**.

### Other projects

Collectively the majority of our additional activity is made up from:



-  our Children and Young People (CYP) funded project saw **24.5%** of clients
-  adoption Support Fund (ASF) and social care cases **4.3%**
-  school funded cases **9.4%** (this number accounts for all school projects, including Brentwood School Project (BSP))



An account from our Community Engagement Officer

The Voice ([link to further information on The Voice](#)) is facilitated by the Community Engagement Team and has been running since 2018.

Our forum continues to be an important step-down service for our service users who have previously attended therapy and/or our mentoring first. Our Voicers have often experienced negative peer friendships and/or social isolation and attending The Voice is an opportunity to build confidence, create positive experiences and engage in positive friendships with their peers. The young people know they are in a safe environment, where they can freely speak to their peers and discuss topics that are important to them. They are happy to voice different opinions to one another and healthily challenge each other if they disagree.

#### *Key statistics for The Voice:*

- 👋 The Voice meets fortnightly in Chelmsford (in term time).
- 👋 24 sessions held in the last year.
- 👋 Age range currently 14 – 21 years.
- 👋 We currently have 7 females and 5 males in our Voice membership;
- 👋 Of these, 6-8 members are consistently attending each session.
- 👋 We have 2 Voice Ambassadors, both neurodivergent, who support us with events and social media content (telling their stories).
- 👋 2 have left us in the last year as they have built up their confidence and social networks.

#### *Highlights of achievements from Voice members:*

- 👋 One of our Voicers, aged 13 at the time, completed a live interview with Chelmsford Community Radio in October 2022 to discuss his journey with Kids Inspire and his mental health.
- 👋 One of our Ambassadors, supported Kids Inspire during Anxiety Awareness month with a social media post talking about his journey and how Kids Inspire mentoring has helped him to manage his anxiety.
- 👋 4 of our members have felt safe to openly disclose to their peers that they are neurodivergent, showing a big shift in feeling empowered to disclose this.
- 👋 Our 2 Ambassadors have supported us at a few events (including lunch clubs), by speaking to members of the public about Kids Inspire and how Kids Inspire and The Voice has helped them.



Image of one of our Voicers (left), feeling empowered to helm a sailing boat on a recently donated sailing experience day.

Image of one of our Ambassadors (right, middle) supporting our drop in event with some of our other amazing volunteers!



When we asked some of our members how attending The Voice has supported them, they responded as follows:

- |                               |                  |
|-------------------------------|------------------|
| 👋 “Sociable”                  | 👋 “Connectivity” |
| 👋 “Saved my Social Life”      | 👋 “Comfort”      |
| 👋 “Helped me gain confidence” | 👋 “Inspiring”    |
| 👋 “Warm and energetic”        |                  |

This shows us how much the Voice is positively impacting on their lives and continues to be an important step-down service for Kids Inspire.



### *Parents' feedback:*

- 👏 "I have really noticed how much confidence my son has grown since he joined The Voice a few years ago. He has achieved so much, and I am so proud of him."
- 👏 "My daughter is enjoying the Voice and is slowly coming more out of her shell."
- 👏 "My son enjoys attending the Voice and it has really helped him become more confident and make new friends."

### *Volunteering*

We continue to be supported by an ever-growing team of wonderful volunteers, without whom we would not be able to reach the number of people we do or have as much impact. Here are the many ways they have supported Kids Inspire this past year:

#### *Volunteer numbers and hours*

- 👏 Mentoring: 78 individuals / 2809 hours
- 👏 Lunch Club: 21 individuals/ 84 hours
- 👏 Christmas Appeal: 107 individuals / 483 hours
- 👏 Market stall / vintage selling / Pre Loved: 22 individuals/ 1635 hours
- 👏 Fundraising events: 9 individuals / 70 hours
- 👏 Head Office support (admin, finance, fundraising, gardening, driving): 6 individuals / 535 hours
- 👏 Board of Trustees: 9 individuals/288 hours
- 👏 Community Engagement: 3 individuals / 39 Hours
- 👏 Sailing day: 5 individuals / 47.5 hours
- 👏 Chelmsford Singers Concert: 3 individuals / 10.5 hours
- 👏 Jubilee event: 4 individuals / 20 hours
- 👏 Total of **302** volunteers and **6305** volunteering hours

### *Training*

2022-2023 continued to see the delivery of external training to professionals, key workers and parents. Our bespoke training sessions and consultations are informed by child development theories, neuroscience, nervous system resilience and trauma resolution. Over 11 dates, we trained a total of **569 participants** (amounting to 2090 delegates over the past 5 years).

#### *Understanding and Supporting Children and Young People Impacted by Trauma*

- 👏 467 participants attended this training across 6 dates.
- 👏 99% of participants that attended this training would recommend the training to others.
- 👏 How much did this training help you to understand the subject of trauma? Average score: **8.4/10**
- 👏 How much did this training help you to understand the reasons for the behaviour of children impacted by trauma? Average score: **8.4/10**
- 👏 How much did this training increase your confidence to support a child who may have experienced trauma? Average score: **8.1/10**

#### *Case Studies & Consultation Through the Lens of Trauma*

- 👏 23 participants attended this training across 3 dates.
- 👏 100% of participants that attended this training would recommend the training to others.
- 👏 How much did this training help you to understand the subject of trauma? Average score: **8.3/10**
- 👏 How much did this training help you to understand the reasons for the behaviour of children impacted by trauma? Average score: **8.3/10**
- 👏 How much did this training increase your confidence to support a child who may have experienced trauma? Average score: **7.9/10**

### Help the Helper

- 👏 79 participants attended this training over two dates.
- 👏 100% of participants that attended this training would recommend the training to others.
- 👏 How much did this training help you to understand the subject of trauma? Average score: **8.1/10**
- 👏 How much did this training help you to understand the reasons for the behaviour of children impacted by trauma? Average score: **7.9/10**
- 👏 How much did this training increase your confidence to support a child who may have experienced trauma? Average score: **8/10**

### Participants' feedback

- 👏 Trainer was excellent, very knowledgeable and provided answers to all the questions with ease.
- 👏 I feel more confident in being able to self-regulate and therefore support others to do the same.
- 👏 It was pitched at just the right level to provide understanding and also enthusiasm to discover more detail. I found the references very helpful plus the visuals were clear and simple. Delivered in an inclusive and supportive way.
- 👏 The ability to look beyond a young person's 'behaviour' and to look at the reasons why.
- 👏 This course has given me an excellent understanding of how best to support children that have experienced trauma using knowledge of the brain, body, and sensorimotor systems.
- 👏 I found the terminology and language used particularly helpful as it was straight forward and clear. I also found the analogy video on the land of ice and the land of fire very useful in understanding what support may be needed during hyper or hypo activity and how any disruption narrows the river.

### Mentoring

We currently have 76 adult mentors and 8 peer mentors, who have been supporting over 70 young people. These are young people who may have finished therapy, or whose siblings are having therapy and they also need support, or when support from outside the home or school environment is needed.

This year our robust mentor recruitment and training processes included:

- 👏 Adult mentor training in February 2023 (2 full days): 24 new individuals trained.
- 👏 Peer mentor training in February 2023: 8 new peer mentors trained.
- 👏 Mentor safeguarding training updated – July 2023

We have also designed and introduced a new mentoring consent form for all participants of the programme, with parental consent to sign before any mentoring begins.

These three words are from a Kids Inspire mentor reflecting on a recent mentoring relationship:



#### A Mentor's Account

The mentor was unsure of the impact their relationship had on a young person. The power of reflection unfolded when they took a step back and looked at it from a new perspective. It's incredibly important for our mentors to have supervision meetings where they are encouraged to do this.

It's natural for our volunteer mentors to wonder if their efforts make a difference, yet the magic lies in the simple act of showing up for a young person every week.

The impact? By the end of the relationship with this mentor, the mentee had grown in confidence - not just at home but also within school. The mentor questioned how this was possible when they had not necessarily spoken a lot during their meetings. But actions speak louder than words. The mentor consistently showing up and being there says enough to a young person, and that can create a strong foundation for change.

## Improving Equality, Diversity and Inclusion

### Diversity: understanding our context

While Essex is an ethnically diverse county, the population of Chelmsford, where Kids Inspire is based, is 88.5% white (white British and white other). This homogeneity reflects the county-wide 85.1% for the same group. Both are a higher proportion than England and Wales as a whole, at 81.7%. Collectively, all other ethnic groups account for 11.5% of the population of Chelmsford, lower than the county-wide 14.9%, and nationwide 18.3% (2021 Census data).

This year, our Community Engagement Team have made inroads and links within the areas of Thurrock and Grays. These areas are identified as having high need and low access to support. We know that there is a large and growing gap between the most and least deprived districts in Essex and that, in Thurrock as a whole, 54.4% of households have up to 4 dimensions of deprivation; the national average is 51.7% (Changes in the Index of Multiple Deprivation for Essex: IMD 2019).

The Community Engagement Team, which has expanded in the last year, is proactive in facilitating opportunities for conversation within the community. Their feedback is instrumental in helping us to know and understand the social context of the communities we aim to support, and we incorporate this new knowledge into our services. With the need for our services ever increasing, it is an ongoing challenge for Kids Inspire to respond to, and connect with, hard-to-reach communities and ensure our services are reaching and accessible to those most in need.

The EDI forum, set up in 2022 by Kids Inspire for professionals within Essex-based non-profit and charitable organisations, continues to meet quarterly. This provides a space to talk about equality, diversity, and inclusion, and is an opportunity to learn, share and support one another.

After a positive response from staff about in-house EDI training, further training was arranged with Neil Young from the Sunflower Network in March 2023 around issues relating to sexual and gender identity. This was open to and attended by staff from teams across the organisation, reflecting a whole organisation desire to develop understanding and knowledge in this area.

Table showing percentage breakdown of referred children by ethnicity

Ethnicity	% Based on all Referred Children	2021/22 Impact Year
<b>White British / White other</b>	42.2%	65%
<b>All other ethnic background</b>	57.6%	36.6%
<b>Prefer not to say</b>	0.2%	1.4%

Table showing percentage breakdown of referred children by gender

Gender	% Based on all Referred Children	2021/22 Impact Year
<b>Female</b>	54.3%	54%
<b>Male</b>	45.4%	44.3%
<b>Not stated</b>	0.3%	1.5%

## Disability

**35%** of referred CYP reported disability, additional needs and/or neurodiversity, including: Autistic Spectrum, ADHD/ADD/ODD/SPD/OCD, Tourette's, tics, SEN, dyslexia/dyspraxia/dyscalculia, speech and language difficulties, visual impairment, hearing impairment, somatic syndromes, medical conditions.

Of these CYP reporting additional needs, **93%** have identified neurodiversity. This increase may be understood in the context of more robust and nuanced data collection of our CRM system.

Referrals citing a disability, additional needs and/or neurodiversity have increased by **34.6%** in the last year. In recognition of this, and of the need for valuable specialist knowledge, a role for a therapist with a neurodiversity specialism was created. A parenting support group with a neurodiversity focus is also being set up as part of our suite of parenting groups.

## Inspire Wellbeing Services (IWS)

Inspire Wellbeing Services' (IWS) commercial development has been re-established following the pandemic, and it has been a more positive year for the social enterprise. It now runs efficiently alongside Kids Inspire, with systems and processes embedded, ensuring smooth operation, without additional cost to the charity or impact on clinical administrative time. During 2022-23, IWS made a small profit, which will be transferred to Kids Inspire in 2023-24. Trustees will continue to keep IWS under review to ensure that it is beneficial to the charity.

## 5. Clinical Team

### Collaborative working

Over the last year the Clinical Allocations team have collaborated with the Clinical Admin team on streamlining the allocation process. This has had the dual purpose of creating more efficiency and providing an opportunity for further multi-disciplinary joined-up working.

### Working with clients

The majority of the clinical team have been involved with both designing and delivering bespoke support to clients in the form of informative and interactive group work. The groups have been designed specifically to help parents become more confident in managing their children's behaviours and enhancing emotional connection.

Group interventions have also been delivered to our adolescent clients. Alongside our regular long-running groups, such as 'The Voice', a 'Balance Me' group has also been delivered. With the support and guidance of a small team of practitioners consisting of an experienced therapist, student counsellor and yoga instructor, the young people were guided through a course of interactive exercises and tasks, aimed at enhancing their emotional awareness.

## 6. Staff Wellbeing

### Staff wellbeing

Staff wellbeing has been high on the Kids Inspire agenda over the last year. The whole staff team have had the opportunity to take part in a Gong Bath, facilitated by one of the Kids Inspire Play and Music Therapists. The event consisted of four, one-hour classes and was aimed at enhancing emotional wellbeing through the Altered State of Consciousness. These events reflect Kids Inspire's commitment to supporting the staff team with their own mental and emotional health.

Regular shared lunches are held throughout the year to support the staff team in building connections across departments and encouraging them in taking a break from their working day.

In September 2022 there was a Kids Inspire 15<sup>th</sup> birthday celebration where a mix of supporters, Trustees, friends of the charity, volunteers and staff came together.

### Continual Professional Development

Continual Professional Development continues to be a priority for the clinical team. The weekly clinical team meeting is a regular opportunity for staff to share the successes and challenges they have encountered in their work and to seek learning and support from colleagues. The breadth of qualification represented within the clinical staff team provides a unique richness of experience and insight that is openly shared and drawn upon. Topics covered this year have included self-harm, suicide, gender identity, dance and movement therapy, bereavement, and the power of language.

Additionally, staff are encouraged to seek professional development opportunities outside the organisation, and they may be supported with paid study leave to do so. The new learning is shared within the wider team, enhancing colleagues' professional development and a collaborative way of working. As a result, individuals' professional resources are broadened, which contributes positively to what the organisation can offer its beneficiaries.

## 7. Therapy Case Study

### M's story

'M' (aged 11) experienced living in a chaotic, volatile, and unpredictable home environment, where there was a threat of physical violence, and the presence and use of alcohol and drugs. 'M's relationship with her father had broken down, and her mother's partner was an unsafe presence in her life. Concerns were raised relating to self-harm and suicidal thoughts, with 'M' speaking about killing herself and using alcohol. She was described as having low self-confidence, low self-worth and being socially isolated in school. There was also concern that 'M's experiences may increase her vulnerability to influences from external peer groups, to grooming and accessing content online via social media forums that would exploit her vulnerabilities. Furthermore, 'M's' forthcoming transition to secondary school signalled a period of potential increased vulnerability and social isolation.



20 sessions of 1:1 weekly creative therapy were provided, with sessions taking place in school.

'M' was initially anxious and reluctant about beginning therapy again, as she had previously experienced therapy as distressing. It took some time for 'M' to build and trust the relationship with the therapist. Through the work, she was increasingly able to express her identity, find her voice and be seen and validated.

'M' became taller in posture, her levels of self-care improved as did her confidence and sense of identity. 'M' also developed her own voice. She was able to build a more robust social network in school and transition confidently into secondary school. This may also serve to mitigate the potential of her seeking validation in spaces that are harder for her mother or school to monitor.

Significantly, 'M' was able to engage meaningfully with therapeutic support and could say that, if she needed therapy in later life, she was comfortable and confident to attend again. As well as signalling a degree of healing in her experience of therapy, this positive experience may enable her to find support in healthy ways when future emotional challenges arise.

Feedback from 'M' and her mother:

-  'M' said: I will always be grateful for what you have done to help me. Thank you.
-  'M's mother said: Thank you for all you have done for 'M'. I really appreciate your hard work. 'M' has come a long way working with you and I can't thank you enough for your support and time.

## 8. Premises

The charity continues to occupy the spacious site of Hargrave House in Chelmsford, which is ideally located to provide valuable therapeutic sessions to service users from all over Essex. Other satellite bases across the county as well as in Southend, Thurrock and Suffolk are utilised on a needs basis as the reach of our service continues to grow.

## 9. Staffing Structure

Staffing structure is a key element of our strategic planning. As part of Kids Inspire's growth strategy, it has been necessary to redefine the roles and responsibilities of the senior team, which in turn identified a gap for a Head of Marketing and Communications, a role we have now successfully appointed to. The middle management structure takes into account the strategic priorities for the organisation and reflects a comprehensive analysis undertaken on pressure points across the organisation. The whole team structure is shown in [Appendix A](#).

## 10. Improving Environmental Impact

We are aware that eco-anxiety is increasing and impacting the lives of our service users, as well as being an area of concern for our staff. Eco-anxiety (short for ecological anxiety and also known as eco-distress or climate-anxiety) has been defined as "a chronic fear of environmental doom". We have formed an Environmental Committee to examine the charity's impact on the environment and consider how this can be improved.

The committee consists of members of staff and volunteers, one of whom is an Environmental Consultant. Bi-monthly meetings have drawn up an agenda for change and are helping to drive actions. We updated our Environmental Policy. We have begun to measure the organisation's carbon footprint and will formulate an action plan to reduce this. We have introduced a number of sustainability initiatives, and these have been shared with staff. We aim to offer all staff education in this area.

## 11. Marketing & Communications

2022/23 was a time of growth for the marketing and communications team. Two new members joined the team, firstly our new Digital Marketing Assistant in February, and then in May, coming into a newly created role, our Head of Marketing and Communications.

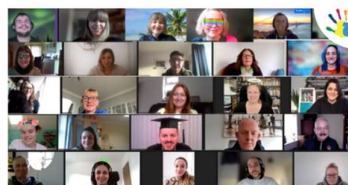
This recruitment demonstrates our commitment to build on the existing excellent skills and expertise in the team, and to make sure we have strong, creative, and experienced marketing and communications support available as the organisation grows.



### Marketing and Communications 2022/23

Proud to be members of the

**Children & Young People's  
Mental Health Coalition**



### Focus for marketing and communications

As we look to the future, the focus for the marketing and communications team is to support the charity's growth plans. This is alongside their core work supporting the clinical, fundraising and operations team. Work has already begun this year on growing our audiences online: as an example, our LinkedIn presence has grown 41% in the past year. We have had over 7500 reactions to 251 posts on Facebook, and on Instagram recently a reel featuring one of our clinicians had over 13,000 views in just six hours.




Yet the focus is not just on reaching more people across our platforms, it is also on engaging meaningfully with them. By talking to them either in comments, direct messages and as part of training, or in person at charity or third-party events and conferences, we are building relationships with our audiences. This is creating a larger, loyal community that supports our cause.

To achieve these objectives, the team has begun a multi-faceted approach, combining targeted content creation, interactive campaigns, and strategic partnerships.

### Achievements

An example of a strategic partnership to position Kids Inspire among key decision makers and increase our participation in policy making, the team successfully applied for us to become members of the Children and Young People's Mental Health Coalition. Belonging to this coalition means our voice can be heard, as part of the wider conversation across the country, on the vital importance of children's mental health and how trauma therapies can help.

Core work this year has included:

-  Launch of the new trauma recovery service to help Ukrainian guests in Essex
-  Promotion of the renewed three-year funding for the Family Innovation Fund (FIF) grant, to reach even more young people and their families
-  Support for key activities throughout the year, including the Christmas Appeal, community engagement events, volunteering and mentoring work, campaigns on major awareness days and weeks, and features on our clinicians' work.

### Future plans

To support our growth plans the team will lead on the rollout and implementation of a new CRM system. This will allow us to manage our donor journeys from their very first interaction with us and help us with relationship building. It will also join up some key financial and operational actions in a more streamlined way, helping us to be fit and ready for the future as we grow.

With a new team in place, there will also be a new marketing and communications strategy, supported by a digital strategy. These strategies, with associated plans for implementation, will mean our marketing and communications channels and content are even closer linked to core aims and ambitions.

## 12. Fundraising

The Fundraising Team continues to raise targeted levels of funding, achieving above 2022/23 budget. They have built a strong pipeline that has raised increased amounts of unrestricted funding through Community and Corporate funding streams.

A new Funding Programme Manager has joined the team and maximised all potential opportunities to raise funds through new and existing funders.



Main funding streams for 2022/23 included: National Lottery, Children in Need, Essex Community Foundation, Help for Children, VVU Essex, Tuixen and Henry Smith. The team was also successful with an application to Impetus and started working collaboratively in 2022.

The continuation of strong results achieved by the Fundraising Team are also due to the ongoing generosity of our many donors in our community - individuals, businesses, Rotary clubs, schools and other organisations who raise money every year to help us fund our non-contracted activities.

The Events Team organised a varied calendar of social and challenge events over the year that raised a significant amount of unrestricted funds, including – the London to Paris Cycle Challenge, Golf Day, Christmas Shopping Event and Jubilee Lunch Celebration. They also successfully hosted our first social event in Southend.

We are so grateful to our ambassadors, volunteers and supporters who participate in our events, helping to elevate our profile with our charity partners and within our community and in their support with fundraising initiatives.

## 13. Financial Review

### Review of financial position

In 2022-23, the charity's income continued to grow despite the extremely difficult operating conditions caused by the sluggish economic climate and the continuous hike in costs of living. Income increased by £128,578 from £1,793,336 to £1,921,914 – 7.2% growth. Expenditure increased by 21.1% to £1,975,412 with the average staff numbers increasing by 12.2% by the end of the year to meet increasing demand and as a result of the ongoing cost of living crisis. Staff and other costs continue to be closely monitored and managed. The charity's net income shifted from a surplus of £161,647 in the previous year to a deficit of £53,498 in the current year.

In 2022-23 68.7% of all income (£1,321,079) was restricted (80.3% in 2021-22) to support specific contracts or activities.

The charity continues its success in bidding for large, long-term contracts with various funding bodies and local authorities. The charity's unrestricted funding increased in 2022-23 by 70.4% to £600,835, which supports the charity's increasing operating expenditures as a result of inflation. The economy continues its recovery from the pandemic and, since 2021, our fundraising events have been gradually returning to the pre-pandemic level. However, the continuous hike in costs of living had a significant adverse impact to the charity's operation, which will remain as a major challenge in the coming financial year. The charity will strive to overcome such challenges by using internal financial resources and the implementation of its effective fundraising strategy to continue providing support to our beneficiaries and their families.

Cash balances remain strong - £1,274,464 at 30<sup>th</sup> April 2023, decreasing slightly from £1,306,267 at 30<sup>th</sup> April 2022. £400,000 of the cash reserves are ringfenced for the deposit on the possible acquisition of new premises.

Permanent staffing levels within Kids Inspire will continue to be monitored and may grow at a modest rate in line with growth in the provision of services and the organisation's strategy. Any resulting impact on costs should be offset by higher income.



### Gifts & services in kind

Kids Inspire benefits from the services of many volunteers, who donate their time as individuals or participate via corporate partners in organised activities such as Lunch Club. This remained strong, despite the sluggish economic climate and the continuous increases in costs of living. Our dedicated group of individual volunteers donate their time as mentors, and many also support our own events and fundraising activities.

During the financial year, especially during the Christmas and Easter periods, Kids Inspire received hundreds of donations of presents from corporate supporters, individuals, team members and other organisations. These are distributed to children whose family situation means they are unlikely to receive any presents at Christmas and Easter.

### Reserves policy

The charity aims to maintain free reserves (being unrestricted funds excluding fixed assets and designated funds) equivalent to 6 months of annual expenditure. Free reserves at 30th April 2023 totalled £640,151 compared to £516,511 at 30th April 2022. In addition, designated funds of £400,000 at 30th April 2023 are ringfenced as a deposit on the acquisition of new premises as previously noted.

The upswing in annual expenditure, due to inflation and the growth in the charity's activities, has increased the reserves policy requirement from £815,845 at 30 April 2022 to £987,706 at 30th April 2023. The need to ringfence money for the acquisition of and move to new premises means free reserves are likely to remain below target in the short term.

### Investment policy

The Trustees have considered that the most appropriate policy at present is to maintain all surplus funds in the form of bank deposits. Although the return is nominal, the risk is low and liquidity is maintained. This policy is kept under review, having regard to the level of funds available. Funds are deposited across a range of banks to take maximum advantage of the FCA deposit guarantee scheme.

## 14. Risk Review

The major risks have been reviewed and systems and procedures have been established to manage those risks. A summary is provided below:

### Regulatory and compliance

The work undertaken by Kids Inspire is subject to regulation by a number of mandatory professional bodies. Compliance spans each of our working teams and, as such, robust policies are in place to mitigate any risks associated with this. Risk Assessments are undertaken for all activities outside of our normal working practice.

### Operational

IT infrastructure is in place but requires investment in order to upgrade and match the growth of our service delivery.

Loss of key staff has been identified as a key risk to the charity, never more so than at this current time. Seeking the views of all stakeholders has been prioritised to ensure we are able to respond and address factors that may impact this.

## Financial

Budgeting is always key to mitigating financial risk. A robust fundraising strategy with clear goals has been put in place and progress is monitored quarterly by senior leaders and Trustees. Financial forecasting informs strategic planning.

## External

The current turbulence in the economic and political landscape is noted as the biggest external risk to the charity. Whilst there is little that can be done from the charity's perspective to mitigate against this, it is essential that this is a consideration in all elements of decision making – particularly around budget setting.

## Governance

The Board of Trustees continue to assess the governance of the charity against the Charity Governance Code. Following each Board meeting, the clerk updates the self-assessment to ensure this remains a working document to drive improvement.

# 15. Plans for the Future

Kids Inspire has identified the following priorities:

	2023-2024	2024-2025	2025-2026
<b>Income generation</b>	<ul style="list-style-type: none"> <li>Diversify income streams to 55% fundraising, 45% services</li> <li>Establish programme to attract major donors</li> <li>Develop a clearer cause campaign and voice outside of Essex</li> </ul>	<ul style="list-style-type: none"> <li>Diversify income streams to 60% fundraising, 40% services</li> </ul>	<ul style="list-style-type: none"> <li>Diversify income streams to 70% fundraising, 30% services.</li> </ul>
<b>Reach</b>	<ul style="list-style-type: none"> <li>Align beneficiaries to revised target population. At least 40% to come from low-income families.</li> </ul>	<ul style="list-style-type: none"> <li>Align beneficiaries to revised target population to at least 50%.</li> </ul>	<ul style="list-style-type: none"> <li>Align beneficiaries to revised target population to at least 75%.</li> </ul>
<b>Model change</b>	<ul style="list-style-type: none"> <li>Implement matrix for new referrals across all projects and apply to unrestricted funding streams.</li> <li>Pilot the scalable model for replication in Suffolk.</li> </ul>	<ul style="list-style-type: none"> <li>Scale the pilot model in Suffolk.</li> </ul>	<ul style="list-style-type: none"> <li>Pilot in a new region (not geographically close).</li> </ul>
<b>Impact</b>	<ul style="list-style-type: none"> <li>Pilot data collection that will enable evaluation of long-term outcomes.</li> <li>Agree the Environmental sustainability plan.</li> <li>Increase the number of beneficiaries from marginalised groups.</li> </ul>	<ul style="list-style-type: none"> <li>Implement evaluation processes for long-term outcomes across all projects.</li> <li>Review impact of environmental sustainability pledge</li> </ul>	<ul style="list-style-type: none"> <li>Review learning from long-term evaluation data.</li> </ul>

## 16. Constitution and Governance

The company is registered as a charitable company limited by guarantee. Kids Inspire began operating in September 2007 and was constituted as a charitable company limited by guarantee on 24th September 2007 under a Memorandum of Association and is governed by its Articles of Association. The liability of the members in the event of the company being wound up is limited to £10.

The company was registered as a charity on 24th May 2009 and acts entirely as a non-profit-making organisation.

### Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees, who are elected and co-opted under the terms of the Articles of Association.

Trustee recruitment and appointment is subject to the same stringent process followed to recruit new employees. Applicants for the position of Trustee are asked to formally apply, they are invited to attend a full meeting of the board, at which they are asked to present.

They must demonstrate a good understanding of the charitable purpose and objectives of Kids Inspire, the rationale behind their decision to apply and the skills and attributes they would bring to the board and the organisation.

Their appointment must be proposed and seconded and all voting members consulted. Once elected a minimum of 2 references must be obtained and a full enhanced DBS check is completed.

### Organisational structure and decision making

The Trustees of the charity are also Directors for the purposes of company law. The Board of Trustees consists of not less than four members. As at 30th April 2023, the Board of Trustees has nine members from a variety of professional backgrounds relevant to the work of the charity and meets approximately ten times a year. The current Trustees represent the following areas of knowledge and experience (although all of them work with Kids Inspire on a non-executive basis):

Trustee	Specialism
Simon Carpenter (Chair)	Education and Governance
Andrew Sleet	Business Coaching
Mark Birchall (Treasurer)	Finance
Roseanne Serrelli	Law and Contracts
Yvonne Spence	Education
Louise Loon	HR
David Travis (Vice-Chair)	Communications
Dr Caroline Dollery	Physical and Mental Health
Matthew Carpenter	Equality, Diversity, and Inclusion

An annual skills audit is carried out to ensure that the Board of Trustees maintains a broad mix of experience and skills relevant to the work of Kids Inspire.

Day-to-day management is delegated to the Chief Executive Officer, Sue Bell OBE, who founded the charity. The charity's Performance Related Pay policy provides the benchmarks and parameters that set pay and remuneration for all key management personnel. In relation to the Chief Executive Officer, all decisions are made by the Board of Trustees and processed by the Treasurer.

## Trustee induction and training

During the recruitment process for Trustees, explicit mention is made of the necessity to comply with the values of the Charity and the Nolan Principles, and Trustees are required to sign a confidentiality agreement regarding all relevant information received during the recruitment process.

Once appointed, new Trustees are invited to familiarise themselves with the charity and the context within which it operates.

As part of their induction, Trustees receive a framework and a set of information which includes:

- 👤 the legal responsibilities of charity Trustees (The Essential Trustee)
- 👤 the Articles of Association
- 👤 the charity's objects and values
- 👤 Access to Board papers and previous minutes
- 👤 Access to management accounts
- 👤 the previous year's Annual Report
- 👤 the Business Plan
- 👤 access to relevant policies and procedures
- 👤 the Governance Framework
- 👤 Trustees' Disclosure of Interests
- 👤 the Policy on Gifts & Hospitality
- 👤 Code of Conduct
- 👤 Kids Inspire's Risk Register
- 👤 the Diversity and Equality Policy

At the start of the first Board meeting they attend, all new Trustees are asked to confirm that they have received, can access, have read and understood these documents.

All new Trustees, attend briefing sessions, jointly led by the Chair of the Board of Trustees and the Chief Executive.

All Trustees are provided with a role profile and the code of conduct which sets out their duties and responsibilities, they are asked to sign and return confirming that they have received, read and understood these.

When appointed, Trustees also receive formal information emphasising key aspects of the role and what it means to become a Trustee. This includes a commitment to upholding the values and objectives of the organisation, not acting on their own on behalf of Kids Inspire, nor acting without having proper authority from the Board.






Each Director/Trustee of Kids Inspire confirms their agreement to abide by the individual commitments set out in the Code of Conduct. Any Trustees whose tenure pre- dates this arrangement have made a similar formal commitment.

All Trustees are required to have a full enhanced DBS and must take part in mandatory training. Updates regarding safeguarding are shared with all Trustees.



## 17. Statement of the Trustees' Responsibilities

The Trustees (who are also Directors of Kids Inspire for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

-  Select suitable accounting policies and apply them consistently.
-  Observe the methods and principles in the Charities SORP 2019 (FRS102).
-  Make judgements and estimates that are reasonable and prudent.
-  State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
-  Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. In so far as the Trustees are aware:

-  There is no relevant audit information of which the charitable company's auditor is unaware; and
-  The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies' exemption.

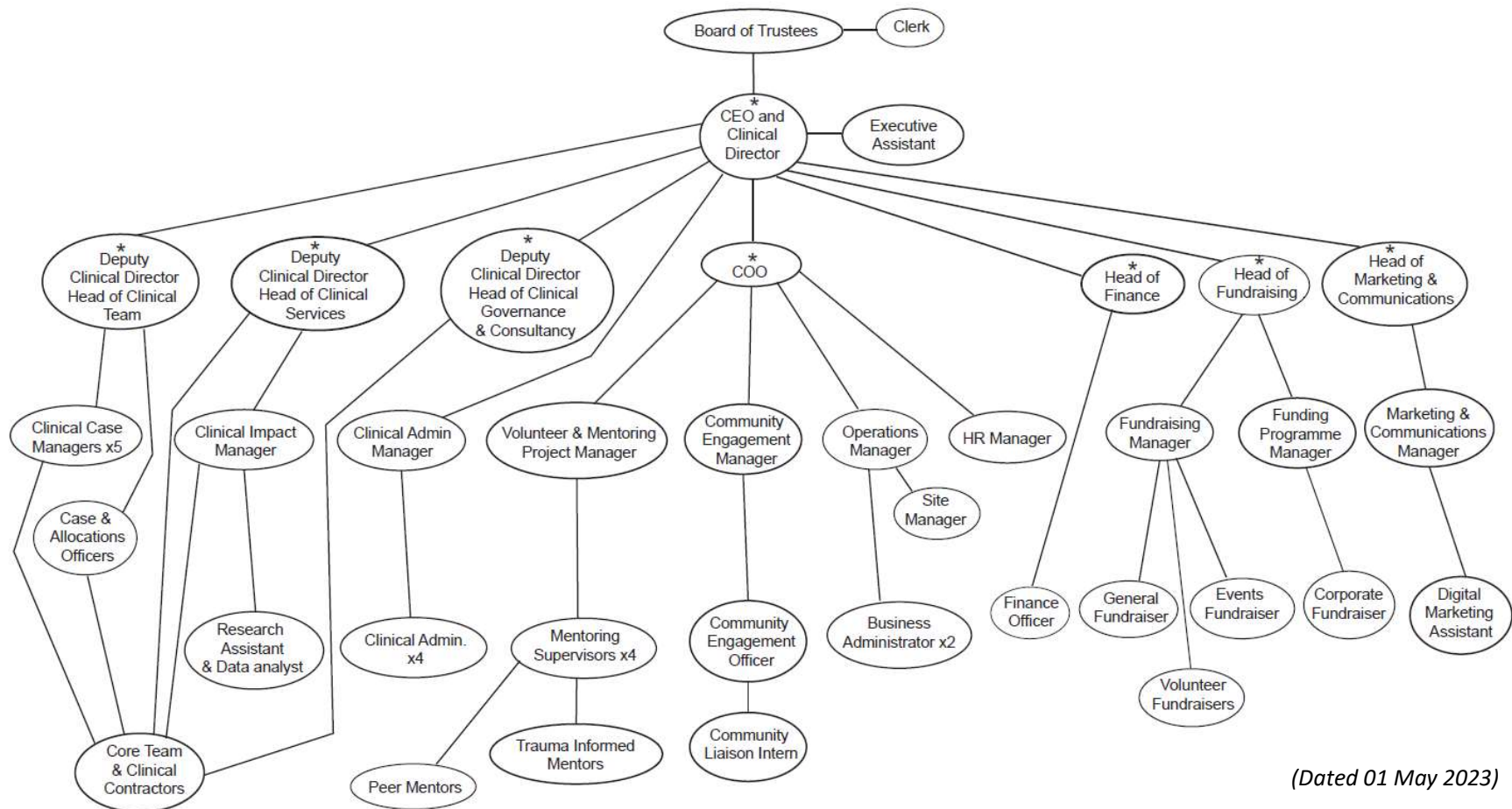
This report was approved by the Trustees on .....28 November 2023..... and signed on their behalf by:

*Simon Carpenter*

.....  
Simon Carpenter  
Trustee (Chair)

## 18. Appendix A: Staffing Structure

Kids Inspire Organisation Structure  
2023 - 2024



## Kids Inspire

### Independent Auditor's Report to the Members and Trustees of Kids Inspire

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#### Opinion

We have audited the financial statements of Kids Inspire (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 30 April 2023, which comprise the Consolidated Statement of Financial Activities, Consolidated Balance Sheet, Balance Sheet, Consolidated Statement of Cash Flows and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group's and parent charitable company's affairs as at 30 April 2023 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and Charities Act 2011.

#### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the group's ability to continue as a going concern for a period of at least twelve months from when the original financial statements were authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

## **Kids Inspire**

### **Independent Auditor's Report to the Members and Trustees of Kids Inspire**

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#### **Other information**

The other information comprises the information included in the Report of the Trustees, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the Report of the Trustees. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinion on other matter prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

#### **Matters on which we are required to report by exception**

In the light of our knowledge and understanding of the group and the parent charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.



## **Kids Inspire**

### **Independent Auditor's Report to the Members and Trustees of Kids Inspire**

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We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Act 2011 require us to report to you if, in our opinion:

- adequate and sufficient accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

#### **Responsibilities of trustees**

As explained more fully in the Statement of the Trustees' Responsibilities (set out on page 21) the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group's and parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

#### **Auditor responsibilities for the audit of the financial statements**

We have been appointed auditor under the Companies Act 2006 and section 151 of the Charities Act 2011 and report in accordance with those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

## Kids Inspire

### Independent Auditor's Report to the Members and Trustees of Kids Inspire

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Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows;

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations for the company, including the Companies Act 2006, Charities Act 2011, tax and employment legislation.
- We assessed the extent of compliance with the laws and regulations identified above through making enquiries of management.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur by;

- Making enquiries of management as to their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate the risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we;

- Performed analytical procedures to identify any unusual or unexpected relationships.
- Tested journal entries to identify unusual transactions.
- Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- Agreeing financial statement disclosures to underlying supporting documentation.
- Reading the minutes of meetings of those charged with governance.
- Enquiring of management as to actual and potential litigation and claims.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

As part of an audit in accordance with ISAs (UK), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the group's or the parent charitable company's financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

## **Kids Inspire**

### **Independent Auditor's Report to the Members and Trustees of Kids Inspire**

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- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the group's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the group's or the parent charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the group or the parent charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation (i.e. gives a true and fair view).
- Obtain sufficient appropriate audit evidence regarding the financial information of the entities or business activities within the group to express an opinion on the financial statements. We are responsible for the direction, supervision and performance of the group audit. We remain solely responsible for our audit opinion.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

## Kids Inspire

### Independent Auditor's Report to the Members and Trustees of Kids Inspire

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#### Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's members and its trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

*Raymond Crace*

.....  
Raymond Crace FCA (Senior Statutory Auditor)

For and on behalf of Edmund Carr LLP, Statutory Auditor

146 New London Road  
Chelmsford  
Essex  
CM2 0AW

Date: 4 December 2023  
.....

## Kids Inspire

### Consolidated Statement of Financial Activities for the Year Ended 30 April 2023 (Including Consolidated Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

		Unrestricted funds	Restricted funds	Total 2023	Total 2022
	Note	£	£	£	£
<b>Income and Endowments from:</b>					
Donations and legacies	3	385,316	487,666	872,982	726,097
Charitable activities	4	2,333	830,513	832,846	916,385
Other trading activities	5	190,890	2,900	193,790	137,149
Investment income	6	22,296	-	22,296	3,913
Other income		-	-	-	9,792
Total income		<u>600,835</u>	<u>1,321,079</u>	<u>1,921,914</u>	<u>1,793,336</u>
<b>Expenditure on:</b>					
Raising funds	7	(220,833)	(39,866)	(260,699)	(214,812)
Charitable activities	8	<u>(240,540)</u>	<u>(1,474,173)</u>	<u>(1,714,713)</u>	<u>(1,416,877)</u>
Total expenditure		<u>(461,373)</u>	<u>(1,514,039)</u>	<u>(1,975,412)</u>	<u>(1,631,689)</u>
Net income/(expenditure)		<u>139,462</u>	<u>(192,960)</u>	<u>(53,498)</u>	<u>161,647</u>
Net movement in funds		139,462	(192,960)	(53,498)	161,647
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>928,265</u>	<u>205,400</u>	<u>1,133,665</u>	<u>972,018</u>
Total funds carried forward	20	<u><u>1,067,727</u></u>	<u><u>12,440</u></u>	<u><u>1,080,167</u></u>	<u><u>1,133,665</u></u>

All of the group's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 20.

# Kids Inspire

(Registration number: 06380082)

## Consolidated Balance Sheet as at 30 April 2023

	Note	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	14	27,576	11,754
<b>Current assets</b>			
Debtors	16	193,316	205,576
Cash at bank and in hand	17	<u>1,274,464</u>	<u>1,306,267</u>
		1,467,780	1,511,843
<b>Creditors: Amounts falling due within one year</b>	18	<u>(415,189)</u>	<u>(389,932)</u>
<b>Net current assets</b>		<u>1,052,591</u>	<u>1,121,911</u>
<b>Net assets</b>		<u>1,080,167</u>	<u>1,133,665</u>
<b>Funds of the group:</b>			
<b>Restricted income funds</b>			
Restricted funds	20	12,440	205,400
<b>Unrestricted income funds</b>			
General funds		667,727	528,265
Designated funds		<u>400,000</u>	<u>400,000</u>
Total unrestricted funds		<u>1,067,727</u>	<u>928,265</u>
<b>Total funds</b>	20	<u>1,080,167</u>	<u>1,133,665</u>

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 33 to 57 were approved by the trustees, and authorised for issue on 28 Nov 2023, and signed on their behalf by:

*Simon Carpenter*

S J Carpenter  
Trustee

# Kids Inspire

(Registration number: 06380082)

Balance Sheet as at 30 April 2023

	Note	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	14	27,576	11,754
Investments	15	<u>1</u>	<u>1</u>
		<u>27,577</u>	<u>11,755</u>
<b>Current assets</b>			
Debtors	16	213,590	225,407
Cash at bank and in hand	17	<u>1,249,037</u>	<u>1,284,331</u>
		1,462,627	1,509,738
<b>Creditors: Amounts falling due within one year</b>	18	<u>(413,191)</u>	<u>(388,132)</u>
<b>Net current assets</b>		<u>1,049,436</u>	<u>1,121,606</u>
<b>Net assets</b>		<u>1,077,013</u>	<u>1,133,361</u>
<b>Funds of the charitable company:</b>			
<b>Restricted income funds</b>			
Restricted funds	20	12,440	205,400
<b>Unrestricted income funds</b>			
General funds		664,573	527,961
Designated funds		<u>400,000</u>	<u>400,000</u>
Total unrestricted funds		<u>1,064,573</u>	<u>927,961</u>
<b>Total funds</b>	20	<u>1,077,013</u>	<u>1,133,361</u>

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 33 to 57 were approved by the trustees, and authorised for issue on ~~28 Nov 2023~~ and signed on their behalf by:

*Simon Carpenter*  
 .....  
 S J Carpenter  
 Trustee

## Kids Inspire

### Consolidated Statement of Cash Flows for the Year Ended 30 April 2023

	Note	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Net movement in funds for the reporting year		(53,498)	161,647
<b>Adjustments for:</b>			
Depreciation	14	9,909	6,685
Investment income	6	(22,296)	(3,913)
Decrease in debtors	16	12,260	92,060
(Decrease)/increase in creditors	18	(21,113)	11,302
Increase/(decrease) in deferred income		46,370	(65,990)
Net cash flows from operating activities		<u>(28,368)</u>	<u>201,791</u>
<b>Cash flows from investing activities</b>			
Interest receivable and similar income	6	22,296	3,913
Purchase of tangible fixed assets	14	(25,731)	-
Net cash flows from investing activities		<u>(3,435)</u>	<u>3,913</u>
Net (decrease)/increase in cash and cash equivalents		(31,803)	205,704
Cash and cash equivalents at 1 May		<u>1,306,267</u>	<u>1,100,563</u>
Cash and cash equivalents at 30 April		<u><u>1,274,464</u></u>	<u><u>1,306,267</u></u>

All of the cash flows are derived from continuing operations during the above two periods.



## **Kids Inspire**

### **Notes to the Financial Statements for the Year Ended 30 April 2023**

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#### **1 Charitable company status**

The charitable company is limited by guarantee, incorporated in England & Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charitable company in the event of liquidation.

#### **2 Accounting policies**

##### **Summary of significant accounting policies and key accounting estimates**

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

##### **Statement of compliance**

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) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

##### **Basis of preparation**

Kids Inspire meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

##### **Basis of consolidation**

The consolidated financial statements consolidate the financial statements of the charitable company and its subsidiary undertakings drawn up to 30 April 2022.

No statement of financial activities is presented for the charity as permitted by section 408 of the Companies Act 2006. The charitable company made a deficit in the financial year of £56,349 (2022-surplus of £162,085).

The subsidiary is an entity controlled by the charity. Control is achieved where the charity has the power to govern the financial and operating policies of an entity so as to obtain benefits from its activities.

Inter-company transactions, balances and unrealised gains on transactions between the charity and its subsidiaries, which are related parties, are eliminated in full.

## **Kids Inspire**

### **Notes to the Financial Statements for the Year Ended 30 April 2023**

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#### **Going concern**

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

#### **Income and endowments**

All income is recognised once the charitable company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

#### ***Donations and legacies***

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. Donations and legacies include voluntary donations from individuals, corporates and other groups including recovered Gift Aid where appropriate.

#### ***Grants receivable***

Grants, including government grants, are recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

#### ***Deferred income***

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

#### ***Other trading activities***

Other trading activities include fundraising income from functions and events organised by the charity and income generated by the charity's trading subsidiary, Inspire Wellbeing Services.

#### ***Investment income***

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

#### ***Charitable activities***

Provision of therapy and counselling includes commissioned, training, private client and grant income from individuals, foundations and public sector bodies.

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

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#### ***Other income***

Other income consists of government grants in respect of the Coronavirus Job Retention Scheme. The grants are recognised when receivable.

#### ***Expenditure***

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### ***Raising funds***

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

#### ***Charitable activities***

Charitable expenditure comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### ***Support costs***

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

#### ***Governance costs***

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

#### ***Taxation***

The charitable company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charitable company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

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#### **Tangible fixed assets**

Any significant individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Office Equipment	25% straight-line
Computer Equipment	25% straight-line
Leasehold improvements	25% straight-line

#### **Business combinations**

Business combinations are accounted for under the purchase method. Where necessary, adjustments are made to the financial statements of subsidiaries to bring the accounting policies used into line with those used by the group. All intra-group transactions, balances, income and expenses are eliminated on consolidation. In accordance with Section 35 of FRS 102, Section 19 of FRS 102 has not been applied in these financial statements in respect of business combinations effected prior to the date of transition.

#### **Trade debtors**

Debtors are amounts due for services performed or grants receivable. Debtors are recognised initially at the transaction price. They are subsequently measured at the settlement amount less provision for impairment. A provision for the impairment of debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash held within the charity's bank accounts.

#### **Trade creditors**

Creditors are recognised at their settlement amount where the charity has a present obligation resulting from a past event and will probably result in the transfer of funds to a third party and the amount due can be measured or estimated reliably.

#### **Fund structure**

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the group.

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

Designated funds are funds set aside by the trustees out of unrestricted funds for specific future purposes or projects.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

#### Pensions and other post retirement obligations

The group operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the group has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

#### Financial instruments

##### Classification

The charity only holds basic financial instruments as defined in FRS 102. The financial assets and financial liabilities of the charity and their measurement basis are as follows:

Financial assets - trade and other debtors are basic financial instruments and are debt instruments measured at amortised cost. Prepayments are not financial instruments.

Cash at bank - is classified as a basic financial instrument and is measured at face value.

Financial liabilities - trade creditors, accruals and other creditors are financial instruments, and are measured at amortised cost. Taxation and social security are not included in the financial instruments disclosure definition. Deferred income is not deemed to be a financial liability, as the cash settlement has already taken place and there is an obligation to deliver services rather than cash or another financial instrument.

### 3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Donations and legacies;				
Donations receivable	359,693	487,666	847,359	697,695
Legacies	600	-	600	6,591
Gift aid reclaimed	25,023	-	25,023	21,811
	<u>385,316</u>	<u>487,666</u>	<u>872,982</u>	<u>726,097</u>

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

#### 4 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Commissioned services and grant income	2,333	827,964	830,297	909,842
Training and private therapy income	-	2,549	2,549	6,543
	<u>2,333</u>	<u>830,513</u>	<u>832,846</u>	<u>916,385</u>

#### 5 Income from other trading activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Trading income;				
Sales of goods and services	26,297	-	26,297	8,658
Subsidiary trading income	24,657	-	24,657	21,960
Events income;				
Events income	130,766	-	130,766	98,811
Sponsorship income	-	2,900	2,900	-
Lotteries and competitions income	9,170	-	9,170	7,720
	<u>190,890</u>	<u>2,900</u>	<u>193,790</u>	<u>137,149</u>

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

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#### 6 Investment income

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Interest receivable and similar income;				
Interest receivable on bank deposits	<u>22,296</u>	<u>-</u>	<u>22,296</u>	<u>3,913</u>

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

#### 7 Expenditure on raising funds

##### a) Costs of generating donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Fundraising direct costs	51,753	528	52,281	28,062
Staff Costs	148,206	39,338	187,544	163,849
	<u>199,959</u>	<u>39,866</u>	<u>239,825</u>	<u>191,911</u>

##### b) Costs of trading activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Trading subsidiary costs	20,874	-	20,874	22,901
	<u>20,874</u>	<u>-</u>	<u>20,874</u>	<u>22,901</u>

#### 8 Expenditure on charitable activities

Provision of therapy and counselling		Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Note					
	Direct project and activity costs	-	14,946	14,946	8,416
	Depreciation	-	9,908	9,908	6,685
	Staff costs and contractors	232,839	1,341,572	1,574,411	1,279,024
	Allocated support costs	9 1,201	86,760	87,961	90,997
	Governance costs	9 6,500	20,987	27,487	31,755
		<u>240,540</u>	<u>1,474,173</u>	<u>1,714,713</u>	<u>1,416,877</u>



## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

#### 9 Analysis of governance and support costs

##### Support costs allocated to charitable activities

	Governance costs £	Information technology £	Premises costs including depreciation £	Other support costs £	Total 2023 £
Provision of therapy and counselling	<u>27,487</u>	<u>19,324</u>	<u>26,029</u>	<u>42,608</u>	<u>115,448</u>

	Governance costs £	Information technology £	Premises costs including depreciation £	Other support costs £	Total 2022 £
Provision of therapy and counselling	<u>31,755</u>	<u>16,263</u>	<u>30,831</u>	<u>42,843</u>	<u>121,692</u>

##### Governance costs

	Total 2023 £	Total 2022 £
Staff costs		
Wages and salaries	6,500	6,500
Audit fees		
Audit of the charity's financial statements	6,650	5,460
Other fees paid to auditors	7,736	7,890
Legal and professional fees	3,294	8,556
Other governance costs	<u>3,307</u>	<u>3,349</u>
	<u>27,487</u>	<u>31,755</u>

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

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#### 10 Net incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

	2023	2022
	£	£
Depreciation of fixed assets	9,908	6,685
Audit fees - charity and trading subsidiary	<u>9,200</u>	<u>7,260</u>

#### 11 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the group during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

#### 12 Staff costs

The aggregate payroll costs were as follows:

	2023	2022
	£	£
<b>Staff costs during the year were:</b>		
Wages and salaries	1,202,760	973,574
Social security costs	114,705	80,408
Pension costs	<u>32,839</u>	<u>25,999</u>
	<u>1,350,304</u>	<u>1,079,981</u>

The average number of persons (including senior management team) employed by the group during the year (head count based on number of staff employed) was as follows:

	2023	2022
	No	No
Average	<u>46</u>	<u>41</u>

43 (2022 - 38) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £32,839 (2022 - £25,999).

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

The number of employees whose emoluments fell within the following bands was:

	2023 No	2022 No
£80,001 - £90,000	-	1
£90,001 - £100,000	<u>1</u>	<u>-</u>

The total employee benefits of the key management personnel of the group were £106,694 (2022 - £92,641).

### 13 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. The charity's trading subsidiary gift aids available profits to the parent charity.

### 14 Tangible fixed assets

#### Group

	Equipment £	Computer equipment £	Total £
<b>Cost</b>			
At 1 May 2022	22,122	26,467	48,589
Additions	<u>22,857</u>	<u>2,874</u>	<u>25,731</u>
At 30 April 2023	<u>44,979</u>	<u>29,341</u>	<u>74,320</u>
<b>Depreciation</b>			
At 1 May 2022	20,105	16,730	36,835
Charge for the year	<u>5,607</u>	<u>4,302</u>	<u>9,909</u>
At 30 April 2023	<u>25,712</u>	<u>21,032</u>	<u>46,744</u>
<b>Net book value</b>			
At 30 April 2023	<u>19,267</u>	<u>8,309</u>	<u>27,576</u>
At 30 April 2022	<u>2,017</u>	<u>9,737</u>	<u>11,754</u>

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

#### Charitable company

	Equipment £	Computer equipment £	Total £
<b>Cost</b>			
At 1 May 2022	22,122	26,467	48,589
Additions	<u>22,857</u>	<u>2,874</u>	<u>25,731</u>
At 30 April 2023	<u>44,979</u>	<u>29,341</u>	<u>74,320</u>
<b>Depreciation</b>			
At 1 May 2022	20,105	16,730	36,835
Charge for the year	<u>5,607</u>	<u>4,302</u>	<u>9,909</u>
At 30 April 2023	<u>25,712</u>	<u>21,032</u>	<u>46,744</u>
<b>Net book value</b>			
At 30 April 2023	<u>19,267</u>	<u>8,309</u>	<u>27,576</u>
At 30 April 2022	<u>2,017</u>	<u>9,737</u>	<u>11,754</u>

#### 15 Fixed asset investments

#### Charitable company

#### Shares in group undertakings and participating interests

	Subsidiary undertakings £	Total £
<b>Cost</b>		
At 1 May 2022	<u>1</u>	<u>1</u>
At 30 April 2023	<u>1</u>	<u>1</u>
<b>Net book value</b>		
At 30 April 2023	<u>1</u>	<u>1</u>
At 30 April 2022	<u>1</u>	<u>1</u>

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

#### Details of undertakings

Details of the investments in which the charitable company holds 20% or more of the nominal value of any class of share capital are as follows:

Undertaking	Country of incorporation	Holding	Proportion of voting rights and shares held		Principal activity
			2023	2022	
Subsidiary undertakings					
Inspire Wellbeing Services Community Interest Company	England	Ordinary	100%	100%	Promotion of mental wellbeing

#### Subsidiaries

The profit for the financial period of Inspire Wellbeing Services Community Interest Company was £3,532 (2022- £682) and the aggregate amount of capital and reserves at the end of the period was £3,155 (2022- £305).

Inspire Wellbeing Services was incorporated on 27 September 2019 with register company number 12231988.

#### 16 Debtors

	Group		Charity	
	2023 £	2022 £	2023 £	2022 £
Due from group undertakings	-	-	20,604	19,831
Prepayments	10,712	40,232	10,712	40,232
Accrued income	11,412	1,787	11,412	1,787
Other debtors	171,192	163,557	170,862	163,557
	<u>193,316</u>	<u>205,576</u>	<u>213,590</u>	<u>225,407</u>

# Kids Inspire

## Notes to the Financial Statements for the Year Ended 30 April 2023

### 17 Cash and cash equivalents

	Group		Charity	
	2023	2022	2023	2022
	£	£	£	£
Cash at bank	<u>1,274,464</u>	<u>1,306,267</u>	<u>1,249,037</u>	<u>1,284,331</u>

### 18 Creditors: amounts falling due within one year

	Group		Charity	
	2023	2022	2023	2022
	£	£	£	£
Trade creditors	1,063	22,134	1,045	22,134
Other taxation and social security	33,069	24,876	33,069	24,876
Pension scheme creditor	6,352	5,333	6,352	5,333
Accruals	68,680	77,934	66,700	76,134
Deferred income	<u>306,025</u>	<u>259,655</u>	<u>306,025</u>	<u>259,655</u>
	<u>415,189</u>	<u>389,932</u>	<u>413,191</u>	<u>388,132</u>

### Deferred income

	2023	2022
	£	£
Deferred income at 1 May 2022	259,655	325,645
Resources deferred in the period	306,025	259,655
Amounts released from previous periods	<u>(259,655)</u>	<u>(325,645)</u>
Deferred income at year end	<u>306,025</u>	<u>259,655</u>

Deferred income relates to income received with performance related conditions that are still to be fulfilled at the year end, or where the donor has specified that the income is to be used in future accounting periods.

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

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#### 19 Obligations under leases and hire purchase contracts

##### Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	Group		Charity	
	2023	2022	2023	2022
	£	£	£	£
<b>Other</b>				
Within one year	820	2,787	820	2,787
Between one and five years	923	-	923	-
	<u>1,743</u>	<u>2,787</u>	<u>1,743</u>	<u>2,787</u>

# Kids Inspire

## Notes to the Financial Statements for the Year Ended 30 April 2023

### 20 Funds

#### Group

	Balance at 1 May 2022 £	Incoming resources £	Resources expended £	Balance at 30 April 2023 £
<b>Current Year</b>				
<b><i>Unrestricted funds</i></b>				
General funds	528,265	600,835	(461,373)	667,727
<b><i>Designated funds</i></b>				
Premises fund	400,000	-	-	400,000
<b>Total unrestricted funds</b>	<u>928,265</u>	<u>600,835</u>	<u>(461,373)</u>	<u>1,067,727</u>
<b>Restricted funds</b>				
Clinical Commissioning Group	-	147,000	(147,000)	-
Essex County Council	-	262,038	(262,038)	-
Big Lottery Fund	-	123,720	(123,720)	-
Other grants and donations	205,400	788,321	(981,281)	12,440
<b>Total restricted funds</b>	<u>205,400</u>	<u>1,321,079</u>	<u>(1,514,039)</u>	<u>12,440</u>
<b>Total funds</b>	<u>1,133,665</u>	<u>1,921,914</u>	<u>(1,975,412)</u>	<u>1,080,167</u>

	Balance at 1 May 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 April 2022 £
<b>Prior Year</b>					
<b><i>Unrestricted funds</i></b>					
General funds	600,300	352,661	(324,696)	(100,000)	528,265
<b><i>Designated funds</i></b>					
Premises fund	300,000	-	-	100,000	400,000
<b>Total unrestricted funds</b>	<u>900,300</u>	<u>352,661</u>	<u>(324,696)</u>	<u>-</u>	<u>928,265</u>



## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

	Balance at 1 May 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 April 2022 £
<b>Prior Year</b>					
<b>Restricted funds</b>					
Clinical Commissioning Group	-	193,460	(193,460)	-	-
Essex County Council	-	375,345	(375,345)	-	-
Big Lottery Fund	-	123,720	(123,720)	-	-
Other grants and donations	71,718	748,150	(614,468)	-	205,400
<b>Total restricted funds</b>	<u>71,718</u>	<u>1,440,675</u>	<u>(1,306,993)</u>	<u>-</u>	<u>205,400</u>
<b>Total funds</b>	<u>972,018</u>	<u>1,793,336</u>	<u>(1,631,689)</u>	<u>-</u>	<u>1,133,665</u>

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

<b>Charity</b>					
	<b>Balance at 1 May 2022</b>	<b>Incoming resources</b>	<b>Resources expended</b>		<b>Balance at 30 April 2023</b>
<b>Current Year</b>	<b>£</b>	<b>£</b>	<b>£</b>		<b>£</b>
<b>Unrestricted funds</b>					
General funds	527,961	575,906	(439,294)		664,573
<b>Designated funds</b>					
Premises Fund	400,000	-	-		400,000
<b>Total unrestricted funds</b>	<b>927,961</b>	<b>575,906</b>	<b>(439,294)</b>		<b>1,064,573</b>
<b>Restricted funds</b>					
Clinical Commissioning Group	-	147,000	(147,000)		-
Essex County Council	-	262,038	(262,038)		-
Big Lottery Fund	-	123,720	(123,720)		-
Other grants and donations	205,400	788,321	(981,281)		12,440
<b>Total restricted funds</b>	<b>205,400</b>	<b>1,321,079</b>	<b>(1,514,039)</b>		<b>12,440</b>
<b>Total funds</b>	<b>1,133,361</b>	<b>1,896,985</b>	<b>(1,953,333)</b>		<b>1,077,013</b>
	<b>Balance at 1 May 2021</b>	<b>Incoming resources</b>	<b>Resources expended</b>	<b>Transfers</b>	<b>Balance at 30 April 2022</b>
<b>Prior Year</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>					
General funds	599,558	330,461	(302,058)	(100,000)	527,961
<b>Designated funds</b>					
Premises Fund	300,000	-	-	100,000	400,000
<b>Total unrestricted funds</b>	<b>899,558</b>	<b>330,461</b>	<b>(302,058)</b>	<b>-</b>	<b>927,961</b>
<b>Restricted funds</b>					
Clinical Commissioning Group	-	193,460	(193,460)	-	-
Essex County Council	-	375,345	(375,345)	-	-
Big Lottery Fund	-	123,720	(123,720)	-	-
Other grants and donations	71,718	748,150	(614,468)	-	205,400
<b>Total restricted funds</b>	<b>71,718</b>	<b>1,440,675</b>	<b>(1,306,993)</b>	<b>-</b>	<b>205,400</b>

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

	Balance at 1 May 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 April 2022 £
<b>Prior Year</b>					
<b>Total funds</b>	<u>971,276</u>	<u>1,771,136</u>	<u>(1,609,051)</u>	<u>-</u>	<u>1,133,361</u>

The specific purposes for which the funds are to be applied are as follows:

#### Current Year

- Premises Fund: the Trustees have designated £400,000 for the deposit on the acquisition of a new premises.
- Essex County Council commission Kids Inspire to deliver the Family Innovation Fund, providing early intervention across Essex.
- The CCG are commissioning Kids Inspire to deliver specialist therapeutic support for 5-18 years olds in Southend, Castle Point & Rochford and Mid-Essex.
- The Big Lottery Fund are providing a contribution towards our Talk Together project which delivers county-wide therapeutic support, mentoring and Trauma Training.

#### Prior Year

- Premises Fund: the Trustees have designated £400,000 for the deposit on the acquisition of a new premises.
- Essex County Council commission Kids Inspire to deliver the Family Innovation Fund, providing early intervention across Essex.
- The CCG are commissioning Kids Inspire to deliver specialist therapeutic support for 5-18 years olds in Southend, Castle Point & Rochford and Mid-Essex.
- The Big Lottery Fund are providing a contribution towards our Talk Together project which delivers county-wide therapeutic support, mentoring and Trauma Training.

# Kids Inspire

## Notes to the Financial Statements for the Year Ended 30 April 2023

### 21 Analysis of net assets between funds

#### Group

	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2023 £
Tangible fixed assets	27,576	-	-	27,576
Current assets	1,055,340	400,000	12,440	1,467,780
Current liabilities	(415,189)	-	-	(415,189)
Total net assets	667,727	400,000	12,440	1,080,167
	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2022 £
Tangible fixed assets	11,754	-	-	11,754
Current assets	906,443	400,000	205,400	1,511,843
Current liabilities	(389,932)	-	-	(389,932)
Total net assets	528,265	400,000	205,400	1,133,665

#### Charity

	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2023 £
Tangible fixed assets	27,576	-	-	27,576
Fixed asset investments	1	-	-	1
Current assets	1,050,187	400,000	12,440	1,462,627
Current liabilities	(413,191)	-	-	(413,191)
Total net assets	664,573	400,000	12,440	1,077,013
	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2022 £
Tangible fixed assets	11,754	-	-	11,754
Fixed asset investments	1	-	-	1
Current assets	904,338	400,000	205,400	1,509,738
Current liabilities	(388,132)	-	-	(388,132)
Total net assets	527,961	400,000	205,400	1,133,361

## Kids Inspire

### Notes to the Financial Statements for the Year Ended 30 April 2023

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#### 22 Analysis of cash and cash equivalents

##### Group

	At 1 May 2022 £	Cash flows £	At 30 April 2023 £
Cash at bank and in hand	<u>1,306,267</u>	<u>(31,803)</u>	<u>1,274,464</u>
Net debt	<u>1,306,267</u>	<u>(31,803)</u>	<u>1,274,464</u>

	At 1 May 2021 £	Cash flows £	At 30 April 2022 £
Cash at bank and in hand	<u>1,100,563</u>	<u>205,704</u>	<u>1,306,267</u>
Total cash	<u>1,100,563</u>	<u>205,704</u>	<u>1,306,267</u>

#### 23 Related party transactions

##### Charitable company

During the year the charitable company made the following related party transactions:

##### Iain Bell

(Spouse of CEO)

Contractor fees of £1,620 (2022 - £2,511) for graphic design work. At the balance sheet date the amount due Iain Bell was £135 (2022 - £Nil).