

FRIENDS OF THE FAMILY WINCHESTER LIMITED

England & Wales · Charity number 1143462

Details

Other names	FRIENDS OF THE FAMILY WINCHESTER
Status	Registered
Legal form	Charitable company
Company number	07577875
Registered	2011-08-19
Register	View on the Charity Commission register

Contact

Address	16 Colebrook Street Winchester SO23 9LH
Phone	01962 864466
Email	contactus@fotfwinchester.org
Website	www.fotfwinchester.org

Activities

Objects: TO PROVIDE AN EDUCATIONAL AND THERAPEUTIC SERVICE IN THE WINCHESTER DISTRICT TO VULNERABLE PARENTS AND THEIR CHILDREN, THROUGH INDIVIDUAL AND GROUP ACTIVITIES, DEVELOPING THEIR PARENTING SKILLS AND THEIR RELATIONS WITH THEIR CHILDREN.

Activities: We offer support and guidance to vulnerable parents and children in the Winchester district to improve parenting skills and relations between parents and children. We hold regular meetings for parents with young children under 5 and provide support and guidance in the home to parents with children between 5-13 years old.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Other Defined Groups

Geography

- Hampshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£111,874	£113,461	-	-
2024-03-31	£132,263	£112,743	-	-
2023-03-31	£118,226	£105,734	-	-
2022-03-31	£74,734	£81,576	-	-
2021-03-31	£88,167	£70,104	-	-

Trustees

Name	Role	Appointed
Cathryn Perrin		2022-11-10
Christopher John Bale		2020-01-23
Edward Marriott		2023-11-07
Lorraine Pink		2026-04-22
Nicola Jane Bennett		2022-04-28
Rebecca Lockwood		2022-11-10
Sarah Cootes		2023-11-07

FRIENDS OF THE FAMILY WINCHESTER LIMITED

England & Wales - Charity number 1143462

Accounts



what we do

Friends of the Family offers confidential support to families in and around Winchester, helping them to overcome challenges and face the future with confidence.

We offer three main programmes:

Our **Mums and Young Children** group is a therapeutic support group and counselling service for mums with babies and pre-school children. Provided in a safe and nurturing environment, mums come together weekly in a non-judgemental setting led by a therapist, whilst their children are looked after by a play leader and team of volunteers.



The **5s to 13s Befriending** service matches focus children aged 5 to 13 with a trained volunteer who meets them once a week for two hours. The child benefits from dedicated and regular support, and our manager offers help to the wider family, including one-to-one counselling and referrals to other specialised agencies.



Our **Support for Dads** provides counselling to help dads in their role as parents.



"Being here has changed everything for me."
Mum from the Mums and Young Children Group

Annual Report

Our Services

After last year's celebration of our thirtieth anniversary, the focus this year was on consolidating our services. We supported sixty-six families, befriended more children and provided more counselling for more mums.

The Mums and Young Children project thrived in its new two-group pattern – one on Tuesdays and one on Fridays – and the number of mums attending rose from 17 to 24. The project is designed so that mums can move on after 12-18 months, but that transition can be hard, and so we began to review each mum individually and offer further one-to-one counselling to those who want it.

"Helping people really gives me a sense of purpose and boosts my confidence. Just coming here makes me feel happier."

Evie – MYC volunteer

Recruiting volunteers for our 5 to 13s Befriending service was the year's toughest challenge. Like many other charities, we are finding it increasingly hard to attract volunteers who are willing to commit time on a regular basis. Even so, thirty children were befriended during the year, and the feedback from them and their families was consistently positive.

"It's helping her big time. When she's been out with Sarah she comes back buzzing. She's light, like she's flying like a little fairy."

Tanya – Mum of a focus child

In addition to regular meet ups, we organised extra activities for the children, including art, cookery, music, painting and puppets, a wellness walk, a Calshot activity day and a Christmas workshop.

One significant change this year was that we withdrew from work in HMP Winchester. Our Counsellor, Charlie Wright, had been supporting dads in the prison for years, but this service had always been separate from our work in the community and it made sense for it to be transferred to Spurgeons, a charity with long experience of prison work. Charlie continues to counsel the men as before, but his work is now managed and funded by Spurgeons. Away from the prison, Charlie also continued to work with us and provide counselling to dads referred by our other services.

Altogether this year, across all our projects, we provided almost 200 individual counselling sessions for mums and dads, and we plan to increase this provision in the next year.

Given the complex challenges that our families face, safeguarding will always be a top priority. Checks and training have been strengthened, and further levels of protection will be introduced next year.

Of course, it is disappointing that after thirty years the demand for our support is stronger than ever. However, thanks to the dedication of our volunteers and staff, we were able to complete another year of quiet, compassionate and bespoke service to families going through tough times.

"If it wasn't for Julie and FOTF, he wouldn't be the outgoing, confident boy he is now. He's made loads of friends and he's happier. I'm happier too, and a happy mum means a happy child."

Val – Mum of a focus child

Our Team

Our services are managed and facilitated by a team of six part-time staff. Operations Director Jo Smith was on maternity leave for the first half of the year, and it is testament to the team's abilities and commitment that services continued to run smoothly in her absence. Ambassador Karen Hazlitt stepped in to manage the team on a voluntary basis, and we were very grateful for her help. That said, it was a pleasure to welcome Jo back in September with all her ambition and enthusiasm for our work.

Both the Mums and Young Children and 5s to 13s Befriending services rely heavily on the kindness of volunteers. Many of our families depend on us showing up week in and week out. That is a lot to ask of our volunteers, and we are enormously grateful to all those who gave their time this year. A volunteers' lunch and other get togethers gave us a chance to thank them in person.

"For me volunteering is an absolute lifeline. I would be lost without it. It's very important to me that I'm doing something positive, something that I enjoy and get satisfaction from. It's really vital."

Jill – Current MYC volunteer and former Befriender

There were a couple of changes to the Board of Trustees – Claudia Dickens retired, and Jennifer Williamson was appointed. During her time on the Board, Claudia reviewed and improved safeguarding procedures across the charity, and the Trustees are very grateful for the commitment and expertise she brought to this work. Jennifer is a solicitor who specialises in family law, and in a charity that often works with families who are in crisis or facing very challenging circumstances, her legal expertise is invaluable.

One sadness this year was the passing of our former Chair, Pamela Peskett, who was the driving force behind the launch of our 5s to 13s Befriending service. Over the past fifteen years, more than 150 children and their families have benefited from this service, and although Pamela retired as a trustee many years ago, we are deeply grateful for her vision and determination.



Our impact in 2024-25



Families
supported



Volunteers
worked with us



Counselling
1-2-1 sessions

*"FOTF is so welcoming. I feel part of something,
included and needed. That's something I take great joy in."*

Evie - MYC volunteer



Befriending
meet-ups



Children
befriended



Befrienders
trained

*"It gives her an escape from being a carer.
She can just be a child for a while."*

Mark - Father of a focus child



Mums and Young
Children sessions



Mums attended
group counselling



Children
attended MYC

"The group keeps me going from week to week.

I hang on each week until the next session."

Mum from the Mums and Young Children Group

Family Album



Our Finances

Financial performance this year was satisfactory, and the charity remains financially stable. Income was down by 15% at £111,874 (2023-24: £132,263) and expenditure was virtually unchanged at £113,461 (2023-24: £112,743), resulting in a small deficit of - £1,587 (2023-24 + £19,520).

Fundraising was tough, with major trusts and foundations reporting unprecedented levels of demand and some even closing their doors to new applications. Against this background, The Henry Smith Charity's continued funding of our 5s to 13s Befriending service was invaluable, and we also received strong support from the Quaker Mental Health Fund, Hampshire and Isle of Wight Community Foundation and Winchester Round Table. A legacy from Vivienne Wheeler, our late Chair of Trustees, was greatly appreciated.

The 30 for 30 fundraising campaign, marking thirty years of service to local families, achieved its target of £30,000, and our partnership with local firm Pangea Insurance continued to strengthen, with the company's Golf Day alone raising almost £6,000. Other successful events included the Fast Lane Challenge organised by Winchester Running and Swimming Clubs, a concert, a dance show, a Blues Jam at St James Tavern and a quiz night organised by local solicitors Blake Morgan. Members, other individuals, local companies, churches and family trusts provided much needed support throughout the year, and we are very grateful to all of them.

We launched a new scheme called *Friends*, encouraging people to support our work regularly with monthly or annual donations. This allows us to plan ahead with confidence and keep fundraising costs to a minimum. The scheme has already attracted some new supporters, and we hope to grow it considerably in the year ahead.

Although we have been serving Winchester for more than thirty years, many people have not heard of us, and this limits our ability to raise funds and recruit volunteers. In response, we stepped up our advertising this year and also tried to raise awareness by taking part in community events such as the Pedal Paddle Pace and the Pancake Race and by organising a Christmas quiz. We were delighted to begin a collaboration with The Cart and Horses in Kings Worthy, with the aim of both raising awareness and raising money.

We remain very fortunate to enjoy the goodwill of Winchester Quaker Meeting which continues to provide an office and space for our activities within the Friends Meeting House. The Friends' support of the charity since day one has been invaluable.

Our reserves policy

Families depend on our services and so we have a duty to ensure that they are sustainable. We therefore hold a Designated Reserve Fund to shield them against any unexpected fall in income. The amount is reviewed annually and currently stands at £42,000, which represents four months' projected expenditure.

Our Future Plans

We treat each family individually, getting to know them and their challenges and providing the support that is right for them. Our future plans are not about growing exponentially but about ensuring that we serve each family as effectively and caringly as possible.

We have five priorities for 2025–26:

To increase our counselling provision

Despite growth over the past four years, demand continues to exceed supply.

To relaunch and expand our support for Dads

A review has begun to see how we can most effectively support men in their roles as parents.

To further strengthen our safeguarding policy and procedures

This will include mandatory annual refresher training for all staff, volunteers and trustees.

To recruit and train sufficient volunteers

We are planning a major recruitment drive for October 2025.

To develop new sources of income

We need to identify new grant funders and encourage more people to give regularly.

Public Benefit

In setting plans and priorities for the charity's work, the trustees have regard to the guidance of the Charity Commission on public benefit.

Our structure, governance and management

Friends of the Family Winchester is a company limited by guarantee and a charity registered in England. It is governed by its Memorandum and Articles of Association.

The charity is governed by a Board of Trustees who are also directors and members of the company. The Board meets four times a year and is supported by two committees – Management and Operations, and Fundraising and Communications.

The Board can have up to eleven Trustees. A full list of all the Trustees who served during the year is on Page 12. Trustees receive no remuneration.

The Trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statements for the year ended 31 March 2025. The trustees have adopted the Charities SORP (Statement of Recommended Practice) (FRS 102) effective 1 January 2015.

Trustees' Responsibilities in relation to the Financial Statements

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of the company and of the profit and loss of the company for that period.

In preparing those financial statements the directors are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue to operate.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small Company exemption

The report set out on pages 9-17 has been prepared in accordance with the provisions applicable to companies subject to the Small Companies regime.

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees:

A handwritten signature in dark ink that reads "Chris Bale".

Full name: Christopher John Bale

Position: Chair of Trustees

Date: 16 September 2025

Statement of Financial Activities (incorporating an Income and Expenditure Account) for the year ended 31 March 2025

	Unrestricted	Restricted	Total	Total
	2025 £	2025 £	2025 £	2024 £
Income				
Donations and legacies (note 4)	32,195	-	32,195	38,558
Grant Income (note 4)	19,281	56,350	75,631	91,101
Other activities	-	-	-	735
Investments (bank interest)	4,048	-	4,048	1,869
Total income	55,524	56,350	111,874	132,263
Expenditure				
Raising funds	1,138	-	1,138	845
Charitable activities (note 5)	36,279	76,044	112,323	111,898
Total expenditure	37,417	76,044	113,461	112,743
Net income (expenditure) for the year	18,107	(19,694)	(1,587)	19,520
Transfer of funds	(10,192)	10,192	-	-
Net movement in funds	7,915	(9,502)	(1,587)	19,520
Funds at 1 April 2023	79,396	19,405	98,801	79,281
Funds at 31 March 2024	87,311	9,903	97,214	98,801

Balance Sheet as at 31 March 2025

	Notes	£	2025	£	£	2024	£
Tangible fixed assets	8			1			493
Current assets							
Debtors and prepayments	6	330			2,475		
Cash at bank and in hand		98,573			97,993		
Total current assets		98,903			100,468		
Current liabilities							
Creditors: amounts falling due within one year	7	(1,690)			(2,160)		
Net current assets				97,213			98,308
Net assets				97,214			98,801
Reserves							
Unrestricted funds – general				45,311			37,396
Unrestricted funds – designated				42,000			42,000
Restricted funds				9,903			19,405
Total funds	9			97,214			98,801

Approval

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the "Act") relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the directors on 16 September 2025 and signed by:



Chris Bale, Chair of the Trustees
16 September 2025

The notes on pages 14 to 17 form part of these financial statements.

Legal and administrative details

Name: Friends of the Family Winchester Limited

Registered Charity Number: 1143462

Company Number: 7577875

Principal and registered office: The Friends Meeting House, 16 Colebrook Street, Winchester SO23 9LH

Website: www.fotfwinchester.org

Directors and Trustees:

Chris Bale (Chair)

Claudia Dickens – Retired 7 November 2024

Jane Bennett

Sarah Cootes

Rebecca Lockwood

Edward Marriott

Cathryn Perrin

Jennifer Williamson – Appointed 7 November 2024

Bankers: CAF Bank Limited

Independent Examiner: Jason Foxwell, FCCA, FCIE

Independent Examiner's Report to the Trustees of Friends of the Family Winchester Limited ("the Charitable Company")

I report on the charity trustees on my examination of the accounts of the Charitable Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jason Foxwell FCCA FCIE
PO Box 9846, Poole BH15 9JZ

Signed:



Date: 16 September 2025

Notes to the financial statements for the year ended 31 March 2025

1. Accounting policies

The principal accounting policies are summarised below and have been applied consistently throughout the year.

a) Basis of accounting

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) (Charities SORP (FRS 102) issued in 2019), and the Companies Act 2006. Friends of the Family Winchester 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.

b) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Restricted funds are subject to restrictions imposed by the donor.

c) Income

Voluntary income, donations and grants are accounted for on an accruals basis.

d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Charitable activities comprise those costs incurred by the charity in the delivery of its activities for its beneficiaries. It includes both costs that can be allocated directly to such activities and costs of an indirect nature that are necessary to support them.

Support costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiner's fee and costs linked to the strategic management of the charity.

e) Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives.

2. Premises

The charity uses an office in the grounds of the Friends' Meeting House in Winchester under a licence agreement dated 17 August 2004. Under a further licence agreement of the same date, the charity enjoys the use of the main Meeting House and Garden in furtherance of its project work. The licences provide for the charity to make a financial contribution, and a peppercorn rent is paid. Both licences are subject to six months' notice by either party. It is estimated that the value in the period to the Charity of these facilities is in the region of £12,000.

The trustees are extremely grateful to Winchester Friends Meeting for their continued hospitality and support.

3. Trustees Expenses

No expenses were paid to any of the trustees during the year, except to reimburse them for purchases or out-of-pocket expenses made on behalf of the charitable company.

4. Income

Donations and Legacies

	Unrestricted £	Restricted £	Total £	2024 £
Donations (including Gift Aid)	28,017	-	28,017	35,536
Membership	4,178	-	4,178	3,022
	32,195	-	32,195	38,558

Grant income

	Unrestricted £	Restricted £	Total £	2024 £
Grants	19,281	56,350	75,631	91,101

Income from Grants made for specific purposes:

Grantor	Value	Purpose
The Henry Smith Charity	£39,500	5s to 13s Project
Winchester Round Table	£1,000	5s to 13s Project
Quaker Mental Health Fund	£5,000	Mums and Young Children
Quaker Mental Health Fund - Counselling	£5,000	Mums and Young Children
Hampshire & Isle of Wight CF - Including Communities Fund	£5,850	Mums and Young Children
The Martin Wheeler Fund	£1,000	Core costs

5. Expenditure – Charitable activities

	2025 Unrestricted £	2025 Restricted £	2025 Total £	2024 Total £
Project staff salary costs	17,172	67,836	85,008	81,174
Training	918	1,751	2,669	1,315
Project expenses	4,792	6,457	11,249	14,916
Support costs	13,599	-	13,599	14,493
Total	£36,481	£76,044	£112,525	£111,898

Project staff salary costs include:

Salary and National Insurance contributions:	£86,739.71
Pension Contributions	£2,281.36
Employer's NIC (not covered by the Employment Allowance):	£472.56

The average number of staff employed during the year was 6 (2024: 6). No employee earned more than £60,000.

6. Debtors and Prepayments

	2025 Unrestricted £	2025 Restricted £	2025 Total £	2024 Total £
Gift aid <u>reclaim</u>	250	-	250	105
Prepayment	80	-	80	
PAYE reclaim	-	-	-	2,371
Total	£330	-	£330	£2,476

7. Creditors: amounts falling due within one year

	2025 Unrestricted £	2025 Restricted £	2025 Total £	2024 Total £
Salary costs and training	933	-	933	-
MYC project costs	-	-	-	465
5s-13s project costs	-	-	-	342
Accruals	527	-	527	1,138
Support costs	230	-	230	216
Total	£1,690	-	£1,690	£2,161

8. Fixed Assets

Fixed assets, including furniture and equipment, are capitalised and depreciated to write off the cost of the assets over their estimated useful lives. The annual depreciation rates and methods used are as follows:

- Furniture, fixtures and fittings – 25% per annum on a straight-line basis, on original cost
- Computer Equipment – 33.3% per annum on a straight-line basis, on original cost

Cost	Furniture, fittings and equipment £	Computer Equipment £	Total £
Cost			
At 1 April 2024 & 31 March 2025	380	2,556	2,936
Depreciation			
At 1 April 2024	291	2,152	2,443
Depreciation charge	89	403	492
At 31 March 2025	380	2,555	2,935
Net Book Value			
At 31 March 2025	-	1	1
At 31 March 2024	89	404	493

9. Funds

	Bal at 1 April 2024 £	Income £	Expenditure £	Transfer of funds £	Bal at 31 Mar 2025 £
Restricted funds					
5s-13s (HS) restricted fund	1,345	39,500	(48,028)	7,183	-
MYC (BL) restricted fund	-	-	-	-	-
MYC (NL) restricted fund	13,310	-	(16,319)	3,009	-
MYC (Q-MH) restricted fund	-	5,000	-	-	5,000
MYC (Q) restricted fund	3,265	5,000	(5,108)	-	3,157
MYC (HIW) restricted fund	750	5,850	(5,589)	-	1,011
Other restricted funds	735	1,000	(1,000)	-	735
Unrestricted funds					
Designated Reserve	42,000	-	-	-	42,000
General funds	37,396	55,524	(37,417)	(10,192)	45,311
Total	98,801	111,874	(113,461)	-	97,214

Restricted fund balances are held due to grants being received to cover a period after the balance sheet date. They will be spent in 2025-26.

How to contact us



contactus@fotfwinchester.org



www.fotfwinchester.org



01962 864466



16 Colebrook Street, Winchester SO23 9LH

Please help to reach a wider audience
by following us on social media

Follow us, like us, share us!



www.facebook.com/fotfwinch/



www.instagram.com/fotfwinchester/

We would like to say a very big thank you for major support from:



We are also very grateful to the **Hampshire and Isle of Wight Community Fund**, and to the **Quaker Mental Health Fund** for supporting our Mums and Young Children group.

FRIENDS OF THE FAMILY WINCHESTER LIMITED

England & Wales - Charity number 1143462

Accounts



What we do

Friends of the Family offers confidential support to families in and around Winchester, helping them to overcome challenges and face the future with confidence.

We offer three main programmes:

The **Mums and Young Children** group runs weekly therapeutic support sessions for women with pre-school children. While the mums meet together with a psychotherapist, their children are looked after by a play leader and volunteers.



The **5s to 13s Befriending** service matches a focus child aged 5 to 13 with a trained volunteer who meets them once a week for two hours. The child benefits from dedicated and regular support, and our manager offers help to the wider family, including one-to-one counselling and referrals to other specialised agencies.



Our **Support for Dads** provides counselling to help dads in their role as a parent. During 2023-24, we also worked in HMP Winchester, providing mentoring and counselling for dads ahead of their release from prison.



Past and Present

Friends of the Family has been supporting families in and around Winchester for the last thirty years.

Our record of quiet, dependable service is one of which everyone – volunteers, supporters, staff and friends – can feel proud.

But this year's anniversary celebrations have been tempered by the knowledge that, thirty years on, the need for our work is not reducing. Quite the reverse, in fact.

The number of mums wanting to join our Mums and Young Children group is higher than it has been for years. We now have two separate groups, and both are full.

Project leader Katharine Duchesne notes that all of the mums who attend are in some way isolated, and some have broken off contact with official services. **'They know that we will be here and we won't judge them,'** she says.

We have a waiting list of children for our 5s to 13s Befriending service, and this year's referrals have been increasingly complex.

'It seems that the ripples of the pandemic are now coming through,' says Manager, Sam Hunt. **'Children who were then very young couldn't socialise and their parents were stressed, and so now we are seeing more children with anxiety and insecurities. The cost-of-living crisis has also meant that many of our families are really struggling financially.'**

Thirty years' service is certainly cause for celebration, but our focus remains firmly on helping families who need support now.

Annual Report

The focus of 2023–2024 has been on strengthening and expanding our services.

Our Services

The Mums and Young Children group was relaunched in September and has settled into a two-group pattern, one meeting on Tuesdays and one on Fridays. This has increased our capacity and a total of 18 mums and their children joined during the year.

"Friends of the Family are supporting a few of our families and they are saying how much they enjoy their group sessions. They are benefitting so much and we wanted to say a big thank you."

Home-Start, Winchester & District

Thirty-three children were supported by befrienders. As well as their regular meet-ups, we organised a number of extra activities for the children – pony-riding sessions, swimming lessons, workshops in cookery, cake decorating and stained glass, and an outdoor theatre show.



In addition, more than 150 individual counselling sessions were provided to 13 mums. Demand outstripped supply and we hope to offer more sessions in future.

We also offered counselling and mentorship to 40 dads. Ten of these were from families with whom we are working, 22 were approaching the end of their sentences in HMP Winchester, and a further eight were ex-prisoners re-integrating into family life.

Altogether, across all our projects, we provided more than 500 individual counselling sessions for parents.

"My counsellor was easy to talk to and really listened to me.

Thank you so much for everything."

Miranda

Given the nature of our work, safeguarding is a top priority, and during the year we initiated a thorough review of our policies and procedures. This work is ongoing but has already led to a number of improvements, including the adoption of NSPCC training for all volunteers, staff and trustees.

Our Team

Without our volunteers, the Mums and Young Children group and 5s to 13s Befriending service could not function. This year our volunteers again gave hundreds of hours of service, and the impact of their kindness is immeasurable. They change lives and shape futures.



With Operations Director Jo Smith on maternity leave for four months, this has been a particularly busy year for our staff team. We were delighted to welcome Katharine Duchesne and Marie Carter to the Mums and Young Children group and have also been grateful to intern Henry Killestein for his enthusiastic help with communications and social media.

Karen Hazlitt retired as Chair, having guided the charity through both a period of reorganisation and the COVID pandemic. Karen's commitment and dynamism have been invaluable, and we are delighted that she has agreed to continue as our Ambassador.



Our new Chair is Chris Bale, founder and former director of a charity promoting the mental health and emotional wellbeing of young children.

Two other long-serving trustees also retired – Nicky Bryant and Locket Ward. Both were tireless fundraisers, and Nicky also liaised with the 5 to 13s Befriending service and Locket with the Mums and Young Children group. Graham Jacobs also stepped down this year, having made a significant contribution by using his business experience to challenge assumptions and drum up support.

We were pleased to welcome two new Trustees. Sarah Cootes taught for almost forty years in Hampshire secondary schools and has also volunteered as a befriender.



Ed Marriott is a psychotherapist and psychoanalyst who is well known to Friends of the Family, having previously helped us as a consultant on organisational development.



Our Finances

In a challenging year for fundraising, our financial performance was good. Income grew by 12% to £132,263 (2022-23: £118,226) and expenditure was 7% higher at £112,743 (2022-23: £105,734).

In November 2023 we launched '30 for 30', a fundraising campaign which aims to celebrate thirty years of service by raising £30,000. The appeal was made possible by three supporters offering to match donations up to £15,000, and we are confident of reaching the target by November 2024.



Our impact in 2023-24

92

Families supported

48

Volunteers worked with us

517

Counselling 1-2-1 sessions

"The good you bring to my world is priceless,"

Nick, Support for Dads.

481

Befriending meet-ups

28

Children befriended

11

Befrienders trained

"Our volunteer was a godsend to me and my son... Her support helped me regain my confidence both as a parent and as a person,"

Jenny, mum, 5s to 13s Befriending Service.

47

Mums and Young Children sessions

17

Mums attended group counselling

21

Children attended MYC

"The support in the group is important — we give each other a soft landing. I've grown as a person. I have demons, but I'm in control."

Karla - Mums and Young Childrens Group

The Henry Smith Charity's ongoing support for our 5s to 13s Befriending service was greatly appreciated, and we were also pleased to receive grants from Garfield Weston Foundation, National Lottery Community Fund, Quaker Mental Health Fund, Albert Hunt Trust and Hampshire and Isle of Wight Community Foundation. We began a three-year partnership with local firm Pangea Insurance, and through their support received a grant of £10,000 from the Aviva Broker Community Fund. A team of 18 runners in the Eastleigh 10K raised £6,000.

We thank all our members and other individuals, churches and family trusts who support our work year in and year out, and we remain extremely fortunate to enjoy the goodwill of Winchester Quaker Meeting which continues to gift an office and space for our activities within the Friends Meeting House. The Friends' support of the charity over the past thirty years has been invaluable.

Our reserves policy

Families depend on our services and so we have a duty to ensure that they are sustainable. We therefore hold a Designated Reserve Fund to shield them against any unexpected fall in income. The amount is reviewed annually and at the end of 2023-24 was increased to £42,000, which represents four months' expenditure.

Our Future Plans

It was pleasing to end 2023-24 with our projects running smoothly, but considerable challenges remain. We have set five priorities for 2024-25:

To recruit and train sufficient volunteers

Volunteers underpin our work, but recruitment has become increasingly difficult post-pandemic.

To continue to strengthen our safeguarding policy and procedures
This work has already begun, and practices will be strengthened across the charity.

To further strengthen our Mums and Young Children group
Individual reviews will ensure that each Mum receives the most appropriate support.

To review our counselling provision
This has grown over the past three years, but demand continues to exceed supply.

To ensure that income at least matches expenditure
This is an increasingly tough challenge for a small charity, and we will be launching a new Friends regular giving scheme.

Our Public Benefit

In setting plans and priorities, the trustees have regard to the guidance of the Charity Commission on public benefit.

Our structure, governance and management

Friends of the Family Winchester is a company limited by guarantee and a charity registered in England. It is governed by a Board of Trustees who are also directors and members of the company. The Board meets four times a year and can have up to eleven Trustees, each of whom is appointed for a three-year term and can serve a maximum of two terms. A full list of all the Trustees who served during the year is on Page 12. Trustees receive no remuneration. The charity has six part-time salaried staff and also benefits greatly from the services of unpaid volunteers.

Our Family Album



Our Family Album



The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statements for the year ended 31 March 2024. They have adopted the Charities SORP (Statement of Recommended Practice) (FRS 102) effective 1 January 2015.

Trustees' responsibilities in relation to the Financial Statements

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of the company and of the profit and loss of the company for that period. In preparing those financial statements the directors are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue to operate.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small Company exemption

The report below has been prepared in accordance with the provisions applicable to companies subject to the Small Companies regime.

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees:

Signature: *Chris Bale*

Date: 23 October 2024

Full name: Christopher John Bale

Position: Chair of Trustees

Financial statements

Statement of Financial Activities (incorporating an Income and Expenditure Account) for the year ended 31 Mar 2024

	Unrestricted 2024	Restricted 2024	Total 2024	Total 2023
	£	£	£	£
Income (note 4)				
Donations and legacies	38,558	-	38,558	47,130
Grant Income	24,000	67,101	91,101	70,828
Other activities	-	735	735	-
Investments (bank interest)	1,869	-	1,869	268
Total income	64,427	67,836	132,263	118,226
Expenditure				
Raising funds	845	-	845	795
Charitable activities (note 5)	50,577	61,321	111,898	104,939
Total expenditure	51,422	61,321	112,743	105,734
Net income (expenditure) for the year	13,005	6,515	19,520	12,492
Transfer of funds	-	-	-	-
Net movement in funds	13,005	6,515	19,520	12,492
Funds at 1 April 2023	66,391	12,890	79,281	66,789
Funds at 31 March 2024	79,396	19,405	98,801	79,281

Balance sheet as at 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Tangible fixed assets	8		493		1,440
Current assets					
Debtors and prepayments	6	2,475		1,450	
Cash at bank and in hand		97,993		77,508	
Total current assets		100,468		78,958	
Current liabilities					
Creditors: amounts falling due within one year	7	(2,160)		(1,117)	
Net current assets			98,308		77,841
Net assets			98,801		79,281
Reserves					
Unrestricted funds – general			37,396		34,891
Unrestricted funds – designated			42,000		31,500
Restricted funds			19,405		12,890
Total funds	9		98,801		79,281

Approval

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the “Act”) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies’ regime and in accordance with FRS102 SORP. The notes on pages 13 to 16 form part of these financial statements.

These financial statements were approved by the directors on 23 October 2024 and signed by:

Chris Bale, Chair of Trustees

Legal and administrative details

Name: Friends of the Family Winchester Limited

Registered Charity Number: 1143462

Company Number: 7577875

Principal and registered office: The Friends Meeting House, 16 Colebrook Street, Winchester SO23 9LH

Website: www.fotfwinchester.org

Directors and Trustees:

Chris Bale (Chair)

Jane Bennett

Sarah Cootes (appointed 7 November 2023)

Claudia Dickens

Rebecca Lockwood

Edward Marriott (appointed 7 November 2023)

Cathryn Perrin

Retired November 7 November 2023:

Karen Hazlitt, Nicola Bryant, Graham Jacobs, Lucilla Ward

Bankers: CAF Bank Limited

Independent Examiner: Jason Foxwell, FCCA, FCIE

Notes to the financial statements for the year ended 31 March 2024

1 Accounting policies

The principal accounting policies are summarised below and have been applied consistently throughout the year.

a) Basis of accounting

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) (Charities SORP (FRS 102) issued in 2019), and the Companies Act 2006. Friends of the Family Winchester 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.

b) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Restricted funds are subject to restrictions imposed by the donor.

c) Income

Voluntary income, donations and grants are accounted for on an accruals basis.

d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Charitable activities comprise those costs incurred by the charity in the delivery of its activities for its beneficiaries. It includes both costs that can be allocated directly to such activities and costs of an indirect nature that are necessary to support them.

Support costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiner's fee and costs linked to the strategic management of the charity.

e) Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives.

2. Premises

The charity uses an office in the grounds of the Friends' Meeting House in Winchester under a licence agreement dated 17 August 2004. Under a further licence agreement of the same date, the charity enjoys the use of the main Meeting House and Garden in furtherance of its project work. Both licences are subject to six months' notice by either party. It is estimated that the value in the period to the Charity of these facilities is in the region of £12,000. The trustees are extremely grateful to Winchester Friends Meeting for their continued hospitality and support.

3. Trustees Expenses

No expenses were paid to any of the trustees during the year, except to reimburse them for out-of-pocket expenses or purchases made on behalf of the charitable company.

4. Income

Donations and Legacies

	Unrestricted £	Restricted £	Total £	2023 £
Donations (incl. Gift Aid)	35,536	-	35,536	48,803
Membership	3,022	-	3,022	3,327

Income from Grants made for specific purposes

Grantor	Value £	Purpose
The Henry Smith Charity	38,500	5s to 13s Project
National Lottery	19,101	Mums and Young Children
The Albert Hunt Trust	3,000	Mums and Young Children
Quaker Mental Health Fund	5,000	Mums and Young Children
Hampshire and Isle of Wight CF - The Martin Wheeler Fund	1,500	Mums and Young Children

5. Expenditure – Charitable activities

	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £	Total 2023 £
Project staff salary costs	25,881	55,293	81,174	76,818
Training	15	1,300	1,315	5,372
Project expenses	10,188	4,728	14,916	14,202
Support costs	14,493	-	14,493	8,547
Total	50,577	61,321	111,898	104,939

Project staff salary costs include:

Salary and National Insurance contributions	£78,453
Pension Contributions	£2,721

The average number of staff employed during the year was 6 (2023: 6). No employee earned more than £60,000.

6. Debtors and Prepayments

	Unrestricted £	Restricted £	Total £	2023 £
Gift aid reclaim	105	-	105	1,450
PAYE reclaim	2,371	-	2,371	-
Total	2,476	-	2,476	1,450

7. Creditors: amounts falling due within one year

	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £	Total 2023 £
Salary costs and training	-	-	-	240
MYC project costs	-	465	465	25
5s-13s project costs	-	342	342	26
Dad's prison project costs	-	-	-	756
Accruals	1,138	-	1,138	-
Support costs	216	-	216	69
Total	1,354	807	2,161	1,116

8. Fixed Assets

Fixed assets, including furniture and equipment, are capitalised and depreciated to write off the cost over their estimated useful lives.

Cost	Furniture, fittings and equipment £	Computer equipment £	Total £
At 1 April 2023 & 31 March 2024	380	2,556	2,936
Depreciation			
At 1 April 2023	196	1,300	1,496
Depreciation charge	95	852	947
At 31 March 2024	291	2,152	2,443
Net Book Value			
At 31 March 2024	89	404	493
At 31 March 2023	184	1,256	1,440

9. Funds

	Bal at 1 April 2023 £	Income £	Expenditure £	Transfer of funds £	Bal at 31 Mar 2024 £
Restricted					
5s-13s (HS)	9,500	38,500	(46,655)	-	1,345
MYC (BL)	3,390	-	(3,390)	-	-
MYC (NL)	-	19,101	(5,791)	-	13,310
MYC (AH)	-	3,000	(3,000)	-	-
MYC (Q)	-	5,000	(1,735)	-	3,265
MYC (HIW)	-	1,500	(750)	-	750
Other	-	735	-	-	735
Unrestricted					
Designated Reserve	31,500	-	-	10,500	42,000
General funds	34,891	64,427	(51,422)	(10,500)	37,396
Total	79,281	132,263	(112,743)	-	98,801

Restricted fund balances are held due to grants being received to cover a period after the balance sheet date. They will be spent in 2024-25.

Independent Examiner's Report to the Trustees of Friends of the Family Winchester Limited ("the Charitable Company")

I report to the charity trustees on my examination of the accounts of the Charitable Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jason Foxwell FCCA FCIE
39 Enfield Road, Poole, BH15 3LJ

Date: 16 October 2024

Signed:



How to contact us



contactus@fotfwinchester.org



www.fotfwinchester.org



01962 864466



16 Colebrook Street, Winchester SO23 9LH

Please help to reach a wider audience
by following us on social media

Follow us, like us, share us!



www.facebook.com/fotfwinch/



www.instagram.com/fotfwinchester/

We would like to say a very big thank you for major support from:



We are also very grateful to the **Hampshire and Isle of Wight Community Fund**, and to the **Quaker Mental Health Fund** for supporting our Mums and Young Children group.

FRIENDS OF THE FAMILY WINCHESTER LIMITED

England & Wales - Charity number 1143462

Accounts



FRIENDS OF THE FAMILY WINCHESTER LIMITED

Directors' and Trustees' Report

and

Financial Statements

for the year ended

31 MARCH 2023

Company No 7577875 (Registered in England and Wales)
Charity No 1143462



Contents	Page
Trustees' Annual Report	3
Statement of Financial Activities	9
Balance Sheet	10
Notes to financial statements	11
Independent Examiner's Report	16



Trustees Annual Report for the year ended 31 March 2023

Objectives and Activities

Friends of the Family Winchester is a small, independent, Winchester-based charity which for almost 30 years has been offering confidential support to local families, empowering them to overcome adversity and face their future with confidence.

We offer practical support and a safe and nurturing environment where children and their families can learn to help themselves and focus on building a healthy family life for the future, breaking cycles of behaviour for future generations.

We do this by offering three programmes:

The **Mums and Young Children Project** is a therapeutic support group for vulnerable women and their pre-school children. The group comes together weekly in a non-judgemental space lead by a psychotherapist, while their babies and toddlers are looked after by a Play Leader and volunteers.

The **5s to 13s Befriending Service** matches a focus child aged between 5 to 13 years old with a trained volunteer who meets them once a week for two hours at time. The child benefits from a positive role model and additional support, whilst our Befriending Manager supports the wider family, offering support and signposting them to other specialised agencies to help them overcome their challenges.

Our third programme offers **Support for Dads** by providing counselling and a peer support group called 'Dads Aloud' to help dads in their role as a parent. We also work in HMP Winchester, providing mentoring and counselling for dads ahead of their release from prison, aiding the transition back into family life.

Volunteers are integral to our work, and we are very grateful for their commitment and support – we could not continue our work without them. Volunteers are recruited and coordinated by paid employees, undertake training, and are invited to additional training and discussion groups to share experience and best practice.

Public Benefit

In setting its plans and priorities for areas of work, the trustees have had regard to the guidance of the Charity Commission on public statement of benefit.



Chairperson's Statement for the year ended 31 March 2023

The past year has been one of change following a return to a new normal from the Covid pandemic. Change can feel daunting and unsettling, but I am delighted that with the backing of the Board and support from the staff we have emerged as stronger, more cohesive, and resilient Charity. Our ethos and projects haven't changed, and as we enter our 30th year we are proud to continue to support children and families in the Winchester district.

What are the changes?

- The appointment of Jo Smith in April 2022 as the Operations Director. This is a new role and provides leadership and direction for the staff team and an important link to the Board.
- The appointment of Shelley Dodd as a counsellor providing 1:1 sessions for our service users.
- The appointment of Jane Hall as the Volunteer and Operations Coordinator.
- The appointment to the Board of four new Trustees; Rebecca Lockwood with the portfolio for communications; Graham Jacobs with the portfolio of business; Cathryn Perrin with the portfolio of grants and fundraising and Jane Bennett as the Quaker representative.
- We said goodbye and thank you to three long standing Trustees; Rosemary Wright, Clare Sheppard and Jonathan Flory.

As a small, local charity with no central funding we are grateful to our major donors and partners in the last year, particularly The Henry Smith Charity for their 3-year grant to fund the 5-13's Project, Winchester Rotary, The Mayor of Winchester Cllr Vivian Achwal, The O'Sullivan Family Trust, The George Cadbury Fund and to Rathbones. I would like to thank anyone and everyone who has donated money, time, and expertise this year to ensure that we continue to deliver the high level of service and support to as many families as we can.

The attached Impact Statement shows the number of families we have helped, the befriender hours given, the counselling hours provided and the volunteers we have worked with. Without the volunteers our Charity cannot function. The time and dedication they have given to every one of our service users is immeasurable, they have changed lives and shaped futures and for this we are very grateful.

In this, my last Chair's report, I am honoured to pass the baton to the incoming Chair Chris Bale. Friends of the Family is in a good place, with a cohesive staff team and a talented Board, and ready to face the challenges of the next 30 years.

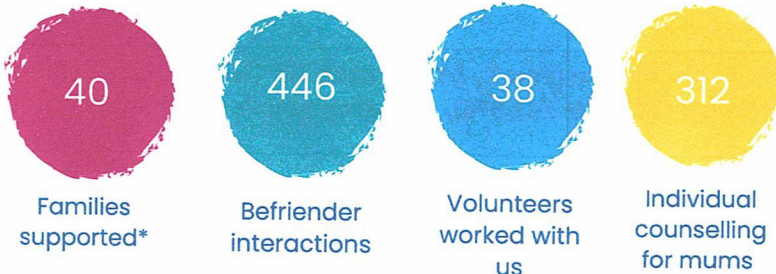
A handwritten signature in black ink, appearing to read "Karen Hazlitt", with a long horizontal flourish extending to the right.

Karen Hazlitt
Chair of Trustees
Friends of the Family Winchester Limited

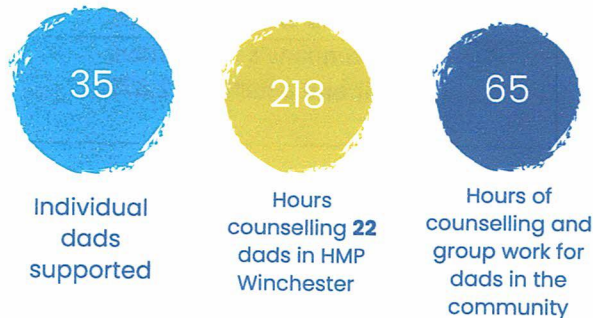


We empower and support families in the Winchester district who are experiencing difficult life circumstances, helping them to face their future with confidence.

“The Mums and Young Children Project literally saved my life. I genuinely believed I would kill myself before I started coming here. It’s time for me. I can try and get me back. I’ve never left my children with anyone, but I’d happily leave them with the volunteers knowing I don’t have to worry about them. I wouldn’t be here without my one-to-one counsellor. She doesn’t judge, laughs in the right places and has made me a different sort of Mum. She’s given me the oomph to keep going. The support between the group is also important. I’ve grown as a person. I know I have got demons, but I am in control.”
Karla, mum, Mums and Young Children Project



“Last year I was coming to terms with the fact my past was real. After seeing my counsellor my scars are starting to heal. He has helped me find my confidence and I now look at life differently.... I now enjoy being me”
Mike, Support for Dads



Using art to talk about our feelings

In recent months, volunteers have been using art to help children **talk about their feelings**. As one boy, Ryan, said, ‘I don’t like talking about my feelings, but I could talk through my pictures’.



Underwater Escape

‘This is a painting of a girl swimming underwater. She is dreaming that she is escaping from reality to a really nice house’.
K aged 10

*Through our Mums and Young Children’s Group and Befriending Service

Meet Jeni

Jeni’s eldest son had undiagnosed autism, making him extremely violent at home, to the detriment of her youngest son. With the help of a Befriender, the youngest son got the time and space to explore his feelings whilst Jeni received additional support from our counsellor. **‘This was life changing. I no longer felt judged. I felt held and became more confident as a parent as a result’**. Jeni has gone on to run parenting courses for Barnadoes and now works with the school PTA to support other parents .



Thank you for you support.



Financial review

Financial performance during the year was satisfactory. Income grew by 58% to £118,226 (2021-2022: £74,734) and expenditure was 29% higher at £105,734 (2022-23: £81,576), producing a modest surplus of £12,492.

Grant income was again strong at £53,328 (2021-2022: £45,050), and we were delighted to secure a further three years' funding from The Henry Smith Charity for our 5s to 13s project. We also had success with other grant applications and are very grateful to all our funders, including National Lottery Awards for All, The Albert Hunt Trust, Beacon Lodge Charitable Trust and the Hampshire and Isle of Wight Community Foundation.

Donations at £47,130 (2021-2022: £27,908) showed a 68% increase, and we thank all our members and other individuals, local churches and family trusts who support our work so generously.

We received a major donation of £15,000 from Winchester Rotary Club, and a further £5,400 from being one of the Mayor of Winchester's chosen charities in 2021-22. A partnership with Rathbones, which included a carol service in Winchester Cathedral and a donation from the company's foundation, raised £6,105. Other fundraising events included £1,030 from our Christmas quiz and a further £2,872 from our Christmas appeal.

The increase in expenditure during the year was planned and reflected trustees' determination to restore our services post-Covid and to strengthen our staff team. Staff salaries were 15% higher at £76,818 (2022-23: £66,328) as we employed a part-time counsellor and a part-time Operations Manager. At year's end, our services were all back to full delivery after the pandemic, and a busy schedule of training and family workshops for families incurred additional costs.

We are extremely fortunate to enjoy the goodwill of Winchester Quaker Meeting which continues to gift an office and space for our activities within the Friends Meeting House. The Friends' support of the charity since its inception has been invaluable.

Reserves policy

The charity holds a Designated Reserve Fund to ensure that its services can continue in the event of an unexpected fall in income. The amount is reviewed annually and the current figure of £31,500 (2021-22 £25,000) represents three months' projected expenditure in 2023-24. Trustees aim to increase the reserve to four months' expenditure when finances allow.

Structure, governance, and management

Friends of the Family Winchester is a company limited by guarantee and a charity registered in England. It is governed by its Memorandum and Articles of Association. The trustees of the charity are also directors and members of the company.

Membership is open to individuals over the age of 16 and to organisations. Members may vote at general meetings and play a role in the charity's governance and in shaping its future.



Trustees undertook a governance refresh in July 2021 and decided to limit the trustee board to 11 members and new Articles were approved on 4th November 2021.

The board also decided that trustees should generally serve a maximum of two terms of three years each but that exceptions may be made if suitable replacement trustees have not yet been identified. At the end of this financial year, three trustees had served more than the recommended maximum term – Nicola Bryant, Karen Hazlitt, and Lucilla Ward – and all are due to retire at the Annual General Meeting in November 2023.

Trustee vacancies are advertised as part of an open recruitment process. New trustees receive induction and training to cover the activities and structure of the charity and their responsibilities as charity trustees and company directors.

Reference and administrative details

Name	Friends of the Family Winchester Limited
Registered Charity Number	1143462
Company Number	7577875 (Registered in England and Wales)
Principal and registered office	The Friends Meeting House 16 Colebrook Street Winchester SO23 9LH
Directors and Trustees	Karen Hazlitt (Chair) Christopher Bale Claudia Dickens Lucilla Ward Nicola Bryant Jane Bennett (appointed 10 th November 2022) Cathryn Perrin (appointed 10 th November 2022) Graham Jacobs (appointed 10 th November 2022) Rebecca Lockwood (appointed 10 th November 2022) Carolyn Beech (resigned October 2022) Jonathan Flory (retired 4 th November 2022) Clare Sheppard (retired 4 th November 2022) Rosemary Wright (retired 4 th November 2022)
Independent Examiner	Jason Foxwell, FCCA, FCIE



The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statements for the year ended 31 March 2023. The trustees have adopted the Charities SORP (Statement of Recommended Practice) (FRS 102) effective 1 January 2015.

Constitution and Objects

The Board of trustees, which meets at least six times a year, is responsible for the administration of the charity. These meetings are supported by the following committees – Management Committee, Fundraising Committee and Service Delivery and Impact Committee. Trustees receive no remuneration.

The charity has six part time salaried staff and benefits from the services of unpaid volunteers.

Trustees' Responsibilities in relation to the Financial Statements

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of the company and of the profit and loss of the company for that period.

In preparing those financial statements the directors are required to:

- (i) Select suitable accounting policies and then apply them consistently.
- (ii) Make judgements and estimates that are reasonable and prudent.
- (iii) Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue to operate.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small Company exemption

This report has been prepared in accordance with the provisions applicable to companies subject to the Small Companies regime.

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees:

Signature Karen Hazlitt Date 10.10.2023

Full name: Karen Hazlitt

Position: Chair of Trustees



FRIENDS OF THE FAMILY WINCHESTER LIMITED

Statement of Financial Activities (incorporating an Income and Expenditure Account) for the year ended 31 March 2023

	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
Income (note 4)				
Donations and legacies	44,325	2,805	47,130	27,908
Charitable activities	17,500	53,328	70,828	45,050
Other activities	-	-	-	1,649
Investments (bank interest)	268	-	268	127
Total income	62,093	56,133	118,226	74,734
Expenditure				
Raising funds	795	-	795	603
Charitable activities (note 5)	36,156	68,783	104,939	80,973
Total expenditure	36,951	68,783	105,734	81,576
Net income (expenditure) for the year	25,142	(12,650)	12,492	(6,842)
Transfer of funds	(16,459)	16,459	-	-
Net movement in funds	8,683	3,809	12,492	(6,842)
Funds at 1 April 2022	57,708	9,081	66,789	73,631
Funds at 31 March 2023	66,391	12,890	79,281	66,789



FRIENDS OF THE FAMILY WINCHESTER LIMITED

Balance sheet as at 31 March 2023

	Notes	2023		2022	
		£	£	£	£
Tangible fixed assets	8		1,440		2,368
Current assets					
Debtors and prepayments	6	1,450		1,865	
Cash at bank and in hand		<u>77,508</u>		<u>63,757</u>	
Total current assets		77,508		65,622	
Current liabilities					
Creditors: amounts falling due within one year	7	<u>(1,117)</u>		<u>(1,202)</u>	
Net current assets			77,841		64,420
Net assets			79,281		66,788
Reserves					
Unrestricted funds – general			34,891		57,708
Unrestricted funds – designated			31,500		-
Restricted funds			<u>12,890</u>		<u>9,080</u>
Total funds	9		79,281		66,788

Approval

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the “Act”) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies’ regime and in accordance with FRS102 SORP.

These financial statements were approved by the directors on
and signed by:

Karen Hazlitt

The notes on pages 11 to 15 form part of these financial statements.



FRIENDS OF THE FAMILY WINCHESTER LIMITED

Notes to the financial statements for the year ended 31 March 2023

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a) Basis of accounting

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 2015) - (Charities SORP (FRS 102)), and the Companies Act 2006. Friends of the Family Winchester 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.

b) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor.

c) Income

Voluntary income, donations and grants are accounted for on an accrual's basis.

d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Charitable activities comprises those costs incurred by the charity in the delivery of its activities 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 include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiner's fee and costs linked to the strategic management of the charity.

e) Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives. The annual depreciation rates and methods used are as follows:

Fixtures and fittings- 25% per annum on a straight-line basis, on original cost

Computer equipment – 33.3% per annum on a straight-line basis, on original cost

2. Premises

The charity uses an office in the grounds of the Friends' Meeting House in Winchester under a licence agreement dated 17 August 2004. Under a further licence agreement of the same date the charity enjoys the use of the main Meeting House and Garden in furtherance of its project work. The licences provide for the charity to make a financial contribution, which is currently waived by the Friends. Both licences are subject to six months' notice by either party. It is estimated that the value in the period to the Charity of these facilities is in the region of £12,000.

The trustees are extremely grateful to the Winchester Friends Meeting for their continued hospitality and support.



3. Trustees Expenses

No expenses were paid to any of the trustees during the year, except to reimburse them for purchases or out-of-pocket expenses made on behalf of the charitable company.

4. Income

Donations and Legacies

	Unrestricted	Restricted	Total	2022
	£	£	£	£
Donations (including Gift Aid)	40,998	2,805	43,803	23,114
Membership	3,327	-	3,327	4,414
Other income	-	-	-	380

Major Donors and significant donations: (net of Gift Aid)

We consider a significant donation of anything above £500.

	2023 £	2022 £
Elizabeth & Prince Zaiger Trust	-	3,000
J Cooper	-	2,500
Sir Jeremiah Colman Trust	-	1,000
O'Sullivan Family Trust	3,000	3,000
Charities Trust	-	1,250
Sir James Scott	-	1,000
St Clements GP Practice	-	1,000
St Mary's Kingsworthy	-	550
St Lawrence Winchester PCC	570	510
TK Maxx	-	500
Anonymous	-	500
Winchester Rotary Club	15,000	-
Rathbones	6,105	-
The Mayor's Appeal	5,400	-
Gallagher Foundation	2,000	-
The George Cadbury Fund	-	5,000
Other donations under £500	11,728	3,304
Total	43,803	23,114

Charitable Activities – Income from Grants made for specific purposes:

Grantor	Value	Purpose
The Henry Smith Charity	£ 36,500	5s to 13s Project
National Lottery	£ 6,780	5s to 13s Project
The Albert Hunt Trust	£ 2,000	Mothers and Young Children
Beacon Lodge Charitable Trust	£ 5,000	Mothers and Young Children
Hampshire and Isle of Wight Community Foundation	£ 3,048	Prison Work



5. Expenditure - Charitable activities

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Project Staff salary costs	22,749	54,069	76,818	66,328
Training	4,895	477	5,372	1,644
Project expenses	893	13,309	14,202	4,838
Support costs	7,619	928	8,547	8,766
Total	£36,156	£68,783	£104,939	£81,576

Project staff salary costs include:

Salary and National Insurance contributions:	£ 76,001
Pension Contributions	£ 687
Administration charges	£ 130

The average number of staff employed during the year was 6 (2022: 6). No employee earned more than £60,000.

The Charity became subject to the Pensions Auto-enrolment legislation with effect from 1st February 2017 and the Trustees selected National Employment Savings Trust as the pension provider and administrator. All eligible employees have been offered the opportunity to participate in the scheme.

6. Debtors and Prepayments

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Gift aid reclaim	1,450	-	1,450	1,847
Donation owed	-	-	-	18
Total	£1,450	£-	£1,450	£1,865



7. Creditors: amounts falling due within one year

	2023 Unrestricted	2023 Restricted	2023 Total	2022 Total
	£	£	£	£
Salary costs and training	240	-	240	992
DBS checks	-	-	-	210
MYC project costs	-	25	25	-
5s-13s project costs	-	26	26	-
Dad's prison project costs	-	756	756	-
Bookkeeping costs	-	69	69	-
Total	£240	£876	£1,116	£1,202

8. Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives. The annual depreciation rates and methods used are as follows:

Furniture, fixtures, and fittings - 25% per annum on a straight-line basis, on original cost

Computer Equipment – 33.3% per annum on a straight-line basis, on original cost.

Cost	Furniture, fittings, and equipment £	Computer equipment £	Total £
Cost			
At 1 April 2022 & 31 March 2023	380	2,556	2,936
Depreciation			
At 1 April 2022	120	448	568
Depreciation charge	76	852	928
At 31 March 2023	196	1,300	1,496
Net Book Value			
At 31 March 2023	184	1,256	1,440
At 31 March 2022	260	2,108	2,368



9. Funds

	Bal at 1 April 2022 £	Income £	Expenditure £	Transfer of funds £	Bal at 31 Mar 2023 £
Restricted funds					
5s-13s restricted fund	1,976	43,280	(34,705)	(1,051)	9,500
MYC restricted fund	2,756	7,000	(23,170)	16,804	3,390
Dad's prison restricted fund	1,980	3,048	(9,980)	4,952	-
Fixed assets restricted fund	2,369	-	(928)	(1,441)	-
Other restricted funds	-	2,805	-	(2,805)	-
Unrestricted funds					
Designated fund	-	-	-	31,500	31,500
General funds	57,708	62,093	(36,951)	(47,959)	34,891
Total	£66,789	£118,226	£(105,734)	-	£79,281

Restricted fund balances are held due to grants being received covering a period after the balance sheet date. They will be spent promptly in the 23-24 financial year.

The designated fund has been set aside as an emergency fund should there be a sudden fall in income for any reason, or major unexpected expenditure. This is reviewed regularly by the trustees.



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FRIENDS OF THE FAMILY WINCHESTER LIMITED ("the Charitable Company")

I report on the charity trustees on my examination of the accounts of the Charitable Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jason Foxwell FCCA FCIE
39 Enfield Road, Poole, BH15 3LJ

Date 12 October 2023

Signed 

FRIENDS OF THE FAMILY WINCHESTER LIMITED

England & Wales - Charity number 1143462

Accounts



FRIENDS OF THE FAMILY WINCHESTER LIMITED

Directors' and Trustees' Report

and

Financial Statements

For the year ended

31 March 2022

Company No 7577875 (Registered in England and Wales) | Charity No 1143462

Friends of the Family Winchester Limited



Contents	Page
Trustees' Annual Report	3
Statement of Financial Activities	16
Notes to financial statements	19
Independent Examiner's Report	24



Trustees Annual Report for the period 1st April 2021 to 31st March 2022

Objectives and Activities

Friends of the Family Winchester is a small, independent, Winchester-based charity. For almost 30 years we have been offering confidential support to local families because we understand that bringing up children can be a challenge for any parent; not all of us are lucky enough to have someone to turn to during difficult times.

The Objectives of the charity as set out in our governing document are:

"To provide an educational and therapeutic service in the Winchester District to vulnerable parents and their children through individual and group activities, developing their parenting skills and their relations with their children."

Our aim is to provide families facing adversity a safe and nurturing environment, through which they can learn to help themselves and focus on building a healthy family life for the future.

We fulfil our mission by offering three programmes to further the charity's purposes for the public benefit:

The Mums and Young Children Project is a therapeutic support group for vulnerable women and their pre-school children meeting twice weekly at the Quaker Meeting House throughout the year. Mothers meet in a non-judgemental therapeutic group with a Psychotherapist, while their babies and toddlers are looked after by a Play Leader and volunteers.

The 5s to 13s Befriending and Counselling Project focuses on individual volunteers befriending a family and visiting them once a week for two hours in the family home. The volunteers are supported by a professional Project Leader who provides 15 hours of induction training. So far over 90 families have received support with this project (with an average involvement in the project of 18 months).



The Support for Dads group provides 1:1 counselling for Dads with a trained male counsellor. This initiative has been extended to include men at H M Prison Winchester who are due for release.

Volunteers are integral to our work and to achieving our impact. We are very grateful for their commitment and support. Volunteers are recruited and coordinated by paid employees, undertake training and are invited to additional training and discussion groups to share experience and best practice.

Public Benefit

In setting its plans and priorities for areas of work, the trustees of Friends of the Family Winchester Limited have had regard to the guidance of the Charity Commission on public statement of benefit.



Chairperson's Statement For the year ended 31 March 2022

Having survived the first year of Covid restrictions, this last year was one of consolidation, planning and hopefulness. Our families have faced considerable challenges over the last year and will continue to do so as they navigate the fallout from Covid and the increasing financial challenges of the cost-of-living rise.

With thanks to the Staff, volunteers and Trustees we could navigate our way through changing times and a return to normality.

As a Board, we said goodbye to our former Chair, Viv Wheeler, longstanding Trustee Marcia Cunningham and the Quaker representative Wynn Rees, and I would like to thank them for their long service, dedication and involvement with Friends of the Family. The Board used this change in personnel and the change in the constitution (to set terms of office to 3 years renewable once) to undertake a Board Skills Survey and a Board Effectiveness Survey. We undertook a Trustee recruitment campaign, resulting in the appointment of Claudia Dickens (Safeguarding lead) and Carolyn Beech (Grants/Fundraising). Jane Bennet has joined as the Quaker Representative.

Our Administrator, Helen Cramp retired in Dec 2021, our thanks to Helen for navigating many changes within the charity and assisting Jonathan Flory with our accounts and day to day book keeping. The Board took the decision to recruit a new Operations Manager, Jo Smith joined us in April 2022.

Volunteering

We continue to work with local charities, Winchester Youth Counselling, Winchester Young Carers and Basics Bank.

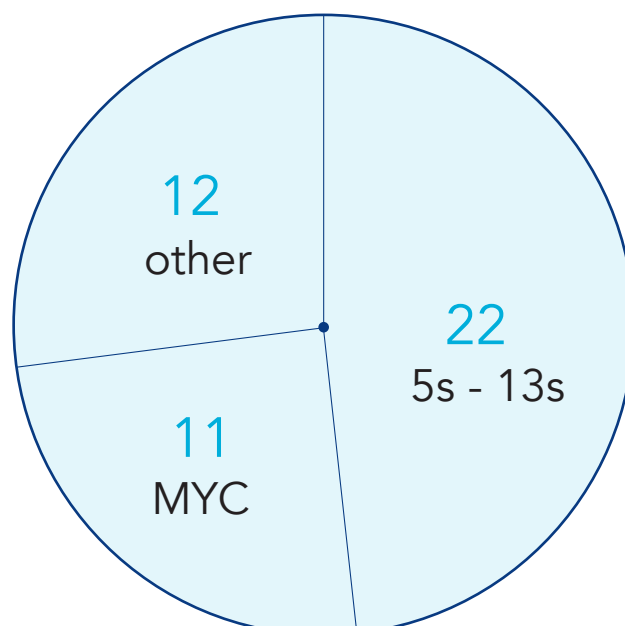
We had 3 successful volunteer recruitment campaigns, in May and October 2021, and March 2022. Training a total of 17 volunteers, all of whom have been placed with families on our Befriending Programme.



Volunteers are the bedrock of the services we offer. The Mums and Young Children (MYC), 5-13's Befriending and the Trustee Board and associated committees are all supported by volunteers.

"The people who make up Friends of the Family became my family when I needed it most and I cannot thank them enough"
– Kathy, Mum

Our volunteers:



Children's Workshops & Days Out



We welcomed back the safe and longed for return of our children's workshops and days out, with a total of 118 participants over the 8 events. We feel that coming together is a very important part of the service we offer, and one that was missed during the pandemic, although our Fun Family Friday Zoom quizzes helped to bridge that gap.

EVENT	Nº CHILDREN	Nº ADULTS	TOTAL
MYC Easter Egg Hunt	10	7	17
MYC Christmas Party	9	7	16
MYC Summer Outing	6	4	10
5-13s Cpt Tom 100 Quiz	4	6	10
5-13s Activity Day	11	7	18
5-13s Games Workshop	3	3	6
5-13s Xmas Workshop	8	7	15
5-13s Cake Decorating	13	13	26
	64	54	118

Children's Workshops & Days Out



Mums & Young Children Day Out



Zoom Quiz - Family Fun Fridays

"My volunteer is a very good listener. We have fun together and I can talk to her about what's on my mind"

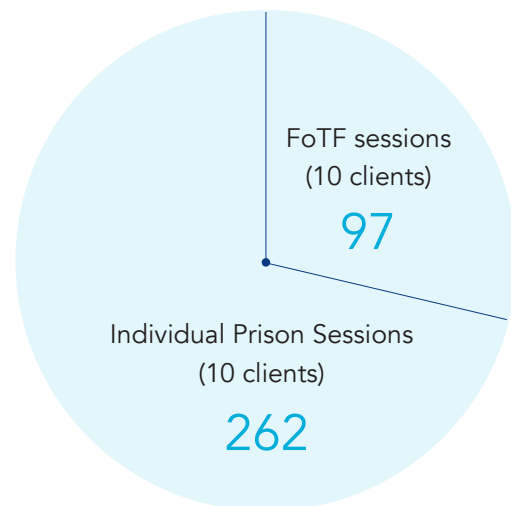
– Emma, Child



Dads Counselling

Our Dads Counselling service is split between HMP Winchester and Friends of The Family Office sessions.

This year a total of 359 hours of counselling sessions were provided.



Events & Fundraising

Events and Fundraising have been difficult with the restrictions imposed by the pandemic, however we were delighted to be adopted as one of the Mayor of Winchester's nominated charities for her year of office (21/22) and as the President of Winchester Rotary's Charity of the year (21/22).

In addition to raising significant new income for our work, these relationships have increased our profile, spread the knowledge of what we do, highlighted the need for our work in the local area and formed some great friendships and connections with local people, charities and business.

Additionally, we have been supported on several occasions by Waitrose Community Partners, with donations of food to individual families and generous financial donations.

Events & Fundraising

A highlight of some the events we were involved in: –

The Clarendon Marathon relay (Oct 2021)

The Clarendon Marathon relay (Oct 2021) where our team came a very credible 8th seen here with the Mayor of Winchester, Cllr Vivian Achwal, and Winchester Rotary President Ian Valentine.



The Rotary Pancake Race (March 2022)

We fielded two teams and lots of helpers and support from focus families, staff and volunteers.



Friends of the Family continues after almost 30 years to service the needs of vulnerable families and children in Winchester. Our staff are dedicated and offer a high level of personal attention to each project and service user. We are faced with the increasing demands of the cost of living rise both on our service users and on our donors and grant givers, and will continue to work hard to maintain the level of income required to keep the Charity running.

Karen Hazlitt

Chair

Friends of the Family Winchester.



Financial Review

The Covid pandemic and lockdowns continued to affect this year. Trustees wished to maintain services despite the difficulties of Covid restrictions and in consequence we budgeted for a full year loss to be funded from reserves. Fundraising was restricted without the ability to organise live events, but we continued to benefit from generous individual donations. Total income at £74,734 was down by 15% (2020-21: £88,167). Total costs of £81,576 showed a 16% increase (2020-21: £70,104). Overall, a deficit of £6,842 was recorded.

Grant income was slightly lower at £45,050 (2020-21: £47,525) as we had benefitted the year before from grants specifically given for help during the pandemic. Our principal grant from The Henry Smith Charity supported the 5s to 13s Befriending and Counselling Project. Our Mums and Young Children initiative received grants from The Winchester Rotary, Schroeder Trust and Winchester City Council.

Donations at £27,908 (2020-21: £39,072) showed a 29% decrease. We remain extremely grateful to those individuals, local churches and family trusts that were able to donate. Our membership base contributed £4,414 this year, a 10% increase.

We once again sold Christmas cards which contributed £261 net. In addition, we received £282 from Captain Tom's quiz, £570 from a marathon run by Karen Hazlitt and family, £382 from the Fairfield Road Exchange and £165 from a coffee morning at Rick Stein's restaurant.

As always our principal outlay was staff costs at 81% of overall expenditure; costs were higher at £66,328 (2020-21: £59,399), partly due to the return of the Play Leader once lockdown restrictions were lifted. There was further extra expenditure on computers and mobile phones of £1,778. Other project costs including training increased from £2,497 to £6,483 as workshops and outings could be arranged.

We are extremely fortunate for the goodwill of the Friends who continue to gift the charity an office and space for our activities within the Friends Meeting House at an estimated value of £12,000 p.a.



Reserves Policy

The charity has a reserves policy to hold £25,000 (2020-21: £25,000) to provide a measure of protection if income declines significantly in circumstances where it is not possible to reduce costs proportionally. Reserves are held within cash deposits which totalled £63,757 at the year end.

Structure, governance, and management

Friends of the Family Winchester is a company limited by guarantee and a charity registered in England. It is governed by its Memorandum and Articles of Association. The trustees of the charity are also directors and members of the company.

Membership is open to individuals over the age of 16 and to organisations. Members vote at general meetings of the company and play a role in its governance and in shaping the future of the charity.

The company has adopted the model Articles for Charities as recommended by the Charities Commission. Trustees undertook a governance refresh in July 2021 and decided to limit the trustee board to 11 members and new Articles were approved on 4th November 2021.

The board also decided to adopt the policy that trustees should generally serve a maximum of two terms of three years each but that exceptions may be made, for example where the charity needs skills and experience and replacement trustees are not yet identified. Current trustees who have served in excess of the recommended term are Jonathan Flory (retiring 2022), Clare Sheppard (retiring 2022), Rosemary Wright (retiring 2022) and Karen Hazlitt (retiring 2023).

The charity seeks trustees who can actively support its mission and with a range of complementary skills and experience. Trustee positions are advertised as part of an open recruitment process. New trustees receive induction and training to cover the activities and structure of the charity and their responsibilities as charity trustees and company directors.



Reference and administrative details

Name	Friends of the Family Winchester Limited
Registered Charity Number	1143462
Company Number	7577875 (Registered in England and Wales)
Principal and registered office	The Friends Meeting House 16 Colebrook Street Winchester SO23 9LH
Directors and Trustees	Karen Hazlitt (Chair) Christopher Bale Jane Bennett (appointed 28th April 2022) Nicola Bryant Carolyn Beech (appointed 4th November 2021) Claudia Dickens (appointed 4th November 2021) Marcia Cunningham (retired 4th November 2021) Jonathan Flory Wynn Rees (retired 27th January 2022) Clare Sheppard Lucilla Ward Vivienne Wheeler (retired 29th April 2021) Rosemary Wright
Hon Treasurer	Jonathan Flory
Independent Examiner	Jason Foxwell, FCCA, FCIE



Exemptions from disclosure - None

Funds held as custodian trustee on behalf of others - Not applicable

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statements for the year ended 31 March 2022. The trustees have adopted the Charities SORP (Statement of Recommended Practice) (FRS 102) effective 1 January 2015.

Constitution and Objects

The Board of trustees, which meets at least ten times a year, is responsible for the administration of the charity. Trustees receive no remuneration.

The charity has six salaried staff. The charity benefits from the services of unpaid volunteers in addition to the trustees.

Trustees' Responsibilities in relation to the Financial Statements

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of the company and of the profit and loss of the company for that period.

In preparing those financial statements the directors are required to:

- (i) Select suitable accounting policies and then apply them consistently.
- (ii) Make judgements and estimates that are reasonable and prudent.
- (iii) Prepare the financial statements on a going concern basis unless it is inappropriate

to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small Company exemption

This report has been prepared in accordance with the provisions applicable to companies subject to the Small Companies regime.



The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees:

Signature *Jonathan Flory*

Date 20th October 2022

Full name Jonathan Flory

Position Hon Treasurer



FRIENDS OF THE FAMILY WINCHESTER LIMITED

Statement of Financial Activities (incorporating an Income and Expenditure Account) for the year ended 31 March 2022

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	<u>Prior Year</u>
	2021/22	2021/22	2021/22	2020/21
	£	£	£	£
Income				
Donations and legacies	27,018	890	27,908	39,072
Charitable activities	3,170	41,880	45,050	47,525
Other trading activities	1,649	-	1,649	1,350
Investments (Bank Interest)	127	-	127	220
Total Incoming Resources	31,964	42,770	74,734	88,167
Expenditure				
Raising Funds	603	-	603	867
Charitable Activities	30,828	50,145	80,973	69,237
	31,431	50,145	81,576	70,104
Net Income for the year	533	(7,375)	(6,842)	18,063
Gross transfers between funds			-	-
Balance brought forward at 31st March 2020	57,176	16,455	73,631	55,568
Balance carried forward	57,708	9,081	66,789	73,631



FRIENDS OF THE FAMILY WINCHESTER LIMITED

Balance sheet as at 31 March 2022

£		Notes	£
1,038	Tangible Fixed Assets	6	2,368
	Current Assets		
4,202	Debtors & Prepayments	4	1,865
69,457	Cash at Bank and in hand		63,757
73,659			65,622
(1,066)	Creditors: amounts falling due within one year	5	(1,202)
72,593	Net current assets		64,420
73,631	Net assets		66,788
	Capital Funds		
57,176	Unrestricted funds		57,708
16,455	Restricted funds		9,080
73,631	Total funds		66,788



Approval

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the "Act") relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with FRS102 SORP.

These financial statements were approved by the directors on 20th October 2022 and signed by:

Jonathan Flory _____
Jonathan Flory

The notes on pages 19 to 23 form part of these financial statements.



Notes to the financial statements for the year ended 31 March 2022

Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a) Basis of accounting

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 2015) - (Charities SORP (FRS 102)), and the Companies Act 2006. Friends of the Family Winchester 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.

b) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor.

c) Income

Voluntary income, donations and grants are accounted for on an accruals basis.

d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates. Charitable activities comprise those costs incurred by the charity in the delivery of its activities 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 include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiner's fee and costs linked to the strategic management of the charity.



e) Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives. The annual depreciation rates and methods used are as follows:

Fixtures and fittings- 25% per annum on a straight line basis, on original cost

Computer equipment – 33.3% per annum on a straight line basis, on original cost

Premises

The charity uses an office in the grounds of the Friends' Meeting House in Winchester under a licence agreement dated 17 August 2004. Under a further licence agreement of the same date the charity enjoys the use of the main Meeting House and Garden in furtherance of its project work. The licences provide for the charity to make a financial contribution, which is currently waived by the Friends. Both licences are subject to six months' notice by either party. It is estimated that the value in the period to the Charity of these facilities is in the region of £12,000.

The trustees are extremely grateful to the Winchester Friends Meeting for their continued hospitality and support.

Trustees Expenses

No expenses were paid to any of the trustees during the year, except to reimburse them for purchases or out-of-pocket expenses made on behalf of the charitable company.



Notes

1 Income

Donations and Legacies

	Unrestricted	Restricted	Total
	£	£	£
Donations (including Gift Aid)	22,224	890	23,114
Membership	4,414	-	4,414
Other income	380		380

Major donors: (net of Gift Aid)

Elizabeth & Prince Zaiger Trust	3,000
J Cooper	2,500
Sir Jeremiah Colman Trust	2,500
O'Sullivan Family Trust	2,000
Charities Trust	1,250
Sir James Scott	1,000
St Clements GP Practice	1,000
St Mary's Kings Worthy	550
St Lawrence Winchester PCC	510
TK Maxx	500
Anonymous	500
Rotary	390
Fairfield Road Exchange	382
St Paul's Winchester PCC	350

Charitable Activities – Income from Grants made for specific purposes:

Grantor	Value	Purpose
The Henry Smith Trust	<u>£ 35,000</u>	5s to 13s Project
Schroeder Trust	£ 3,000	Mothers and Young Children
Winchester Rotary	£ 2,880	Willow Tree Project
Winchester City Council	£ 500	Willow Tree Project
Hampshire County Council	£ 500	Computer equipment

Other trading Activities – There was limited scope for fundraising and amounts are:

	Gross	Costs	Net funds
Captain Tom Quiz	290	8	282
KH Marathon	587	17	570
Christmas cards	607	346	261
Rick Stein Coffee morning	165		165



Expenditure	Unrestricted	Restricted	Total
	£	£	£
Project Staff Salary Costs	22,900	43,427	66,328
Training	-	1,644	1,644
Project Expenses	1,965	2,873	4,838
Support Costs	6,566	2,200	8,766
	<u>31,431</u>	<u>50,145</u>	<u>81,576</u>

Project staff salary costs include:

Salary and National Insurance contributions:	£ 64,366
Pension Contributions	£ 1,578
Administration charges	£ 384

The average number of staff employed during the year was 6 (2020-2021: 6). No employee earned more than £60,000.

The Charity became subject to the Pensions Auto-enrolment legislation with effect from 1st February 2017 and the Trustees selected National Employment Savings Trust as the pensions provider and administrator. All eligible employees have been offered the opportunity to participate in the scheme.

Project Expenses	Unrestricted	Restricted	Total
	£	£	£
Recruitment & DBS checks	583	306	889
Volunteer Expenses (Costs)	493	549	1,042
Play Equipment/Refreshments etc	205	370	575
Family Outings and Events	-	1,042	1,042
Room hire	685	605	1,290
	<u>1,965</u>	<u>2,873</u>	<u>4,838</u>

Support Costs	Unrestricted	Restricted	Total
	£	£	£
Insurance	459	459	919
Telephone & Internet	969	1,005	1,974
Admin & Secretarial	3,744	121	3,865
Communications & Publicity	416	-	416
Cost of Fundraising	603	-	603
Bank charges	97	-	97
Accounting costs	168	168	335
IT equipment	-	-	-
Rent of Garden Office/MH	110	-	110
Depreciation of fixed assets	-	447	447
	<u>6,566</u>	<u>2,200</u>	<u>8,766</u>

£1,778 of IT equipment bought in 2020/21 is listed under Fixed Asset



3 Restricted funds

Analysis of restricted funds:

Purpose	Balance at 1.4.2021	Additions	Expenditure	Balance at 31.3.2022
	£	£	£	£
MYC Donations	1,114	240	756	598
Royal London Foundation MYC Play Leader	4,127		2,969	1,158
Henry Smith Trust 5s to 13s	5,238	35,000	38,261	1,976
Big Lottery Covid Fund MYC	4,100		4,100	-
Hampshire CC Councillor Grant - MYC	500			500
Hampshire & Isle of Wight Community Fund	339		339	-
Winchester Rotary for 5s to 13s families		150	150	-
Schroeder Trust for MYC		3,000	2,500	500
Anon - MYC Willow tree Project		500	500	-
Winchester Rotary - Willow Tree Project		2,880	1,320	1,560
Winchester CC - Willow Tree Hall hire		500	80	420
Hampshire CC - Computer equipment		500	500	-
Net fixed assets	1,038		(1331)	2,368
Total	16,455	42,770	50,145	9,080

4 Debtors and Prepayments

Gift Aid reclaim for 2020/21	£1,847
Amazon Smile	£ 18
Total	£1,865

5 Creditors: amounts falling due within one year

Dads' Group Leader	£ 792
Supervision for Project Leader	£ 200
Community First – DBS checks	£ 210
Total	£1,202

6 Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives. The annual depreciation rates and methods used are as follows:

Furniture, fixtures and fittings - 25% per annum on a straight line basis, on original cost

Computer Equipment – 33.3% per annum on a straight line basis, on original cost

Asset	Net Book Value at 31/3/2021	Additions	Depreciation Charge for year	Net Book Value at 31.3.2022
	£	£	£	£
Furniture, Fixtures and Fittings	336		76	260
Computer Equipment	701	1,778	371	2,108
Totals	1,037	1,778	447	2,368



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FRIENDS OF THE FAMILY WINCHESTER LIMITED ("the Charitable Company")

I report on the charity trustees on my examination of the accounts of the Charitable Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].



I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jason Foxwell FCCA FCIE
39 Enfield Road, Poole, BH15 3LJ

Date 2 November 2022

Signed 

FRIENDS OF THE FAMILY WINCHESTER LIMITED

England & Wales - Charity number 1143462

Accounts



FRIENDS OF THE FAMILY WINCHESTER LIMITED

DIRECTORS' AND TRUSTEES' REPORT

AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 MARCH 2021

Company No 7577875 (Registered in England and Wales)
Charity No 1143462

FRIENDS OF THE FAMILY WINCHESTER LIMITED

Contents	Page
Trustees' Annual Report	3
Statement of Financial Activities	8
Balance Sheet	9
Notes to financial statements	10
Independent Examiner's Report	14

Trustees Annual Report for the period 1st April 2020 to 31st March 2021

Friends of the Family Winchester Limited
1143462

Charity Registration No

Objectives and Activities

Friends of the Family Winchester is a small, independent, Winchester-based charity. For over 20 years we have been offering confidential support to local families because we understand that bringing up children can be a challenge for any parent; not all of us are lucky enough to have someone to turn to during difficult times.

The Objectives of the charity as set out in our governing document are:

“To provide an educational and therapeutic service in the Winchester District to vulnerable parents and their children through individual and group activities, developing their parenting skills and their relations with their children.”

Our aim is to provide families facing adversity a safe and nurturing environment, through which they can learn to help themselves and focus on building a healthy family life for the future.

We fulfil our mission by offering three programmes to further the charity’s purposes for the public benefit:

The Under 5s Project is a therapeutic support group for vulnerable women and their pre-school children meeting twice weekly at the Quaker Meeting House throughout the year. Mothers meet in a non-judgemental therapeutic group with a Psychotherapist, while their babies and toddlers are looked after by a Play Leader and volunteers. During the school holidays, older children of these families are also invited to attend these sessions.

The 5s to 13s Project focuses on individual volunteers befriending a family and visiting them once a week for two hours in the family home. The volunteers are supported by a professional Project Leader who provides 15 hours of induction training. So far over 90 families have received support with this project (with an average involvement in the project of 18 months).

The Fathers Group provides 1:1 counselling for Dads with a trained male counsellor. This initiative has been extended to include men in H M Prison Winchester who are due for release. The ‘Dads Aloud’ Group which meets monthly has proved extremely popular and given Dads the chance to spend much-needed time with their children.

Volunteers are integral to our work and to achieving our impact. We are very grateful for their commitment and support. Volunteers are recruited and coordinated by paid employees, undertake training and are invited to additional training and discussion groups to share experience and best practice.

Public Benefit

In setting its plans and priorities for areas of work, the trustees of Friends of the Family Winchester Limited have had regard to the guidance of the Charity Commission on public statement of benefit.

Achievements and performance

The year from April 2020 has been dominated by the restrictions imposed on the UK due to the Covid 19 pandemic. From 19th March 2020 face-to-face meetings stopped in the Mums and Young Children and the 5-13's Projects. All staff and volunteers (including the Trustee Board) worked from home and conducted all meetings virtually. It is without exception that I must thank and praise everyone who works with and for Friends of the Family for their adaptability, commitment and belief in what we do.

The Projects continued because families who are already struggling need more support in uncertain times. Our volunteers were very creative in maintaining contact, using Whatsapp, Zoom, the post and telephone calls to continue the relationship with the families we support.

Our Dads Counselling continued in person in Winchester Prison for all bar about 8 weeks, however counselling outside resorted to telephone and the Dads Aloud Group was unable to meet.

Our Grants Committee successfully secured £12,525 in new grants to support our Projects which complemented the £35,000 from The Henry Smith Trust. We were the recipients of generous donations totalling £34,876, including corporate donations of £999 from the Community Matters Scheme at the John Lewis and Waitrose Partnership. A very successful online quiz raised £6,279 and the sale of Christmas cards designed by some of our focus children raised a net figure of £561. Sadly, due to the restrictions we were unable to fundraise in the usual way.

In February 2021, long standing Trustee Chrissie Morse retired from the Board. We are very grateful to Chrissie for all her work for Friends of the Family, particularly in being instrumental in setting up the 5-13's Project and the annual quiz which raised significant sums over the years.

We continue to work with The Salvation Army, Young Carers, Winchester Basics Bank, Spurgeons, HMP Winchester, Home Start, The Vineyard, St.Vincent de Paul and The Winchester Quaker House. In addition, we are grateful to the local community churches, local societies and our Members who continue to support us financially; without them our administrative and running costs could not be met.

At the end of the year, we are looking forward to returning to a more normal service with the resumption of face-to-face befriending, volunteer recruitment, counselling and group activities.

Karen Hazlitt
Chair of Trustees
Friends of the Family Winchester Limited

Financial review

We began this financial year with some trepidation. Lockdown had started and we were very unsure of how it would impact our income. It was therefore heartening that the year's total income of £88,167 was higher by 6% (2019-20: £83,227). Total costs of £70,104 showed a slight decrease (2019-20: £70,521). Overall, a surplus of £18,063 was recorded.

Grant income was significantly higher at £47,525 (2019-20: £34,896). There were two principal reasons for this: we received the first full year's funding (£35,000) from The Henry Smith Trust grant, and a dedicated team was set up to focus on grant applications, resulting in significant additional grant income.

Donations held up well, despite concerns about the effect of lockdown. The figure was slightly lower than last year but still a very creditable £39,072 (2019-20: £42,154). One source was an online quiz (there was no charge to enter but those taking part were very generous with their donations). Our thanks are due to Richard and Chrissie Morse for organising this. We remain extremely grateful to our loyal supporters and our Membership base who contributed £4,010 this year.

Gross fundraising income was low due to the inability to hold our usual events. We did make a small amount of money (£950 gross) from the sale of Christmas cards designed by two of the children in our Projects, and a supporter ran an online yoga class which raised £400.

As always, our principal outlay was staff costs at 85% of overall expenditure; these were slightly higher at £59,399 (2019-20: £57,341), despite the lack of a Play Leader for most of the year. There was some extra expenditure on computers and software to enable staff to work from home and contact their families. We are extremely grateful for the goodwill of the Winchester Quakers who continue to gift the charity an office and space for our activities within the Friends Meeting House at an estimated value of £12,000 p.a.

It was a great relief that all three Projects were able to continue during the last year and that the effect on our finances was so minimal. However, looking ahead, we are concerned that the funding landscape is likely to change dramatically as a result of the pandemic, with trusts and foundations facing increased demands on their limited resources. The year ahead is likely to be extremely challenging, and we plan to step up our fundraising efforts.

Reserves policy

The charity has a reserves policy to hold £25,000 (2019-20: £25,000) equivalent to three months' core expenditure, to provide a measure of protection if income declines significantly in circumstances where it is not possible to reduce costs proportionally. Reserves are held within cash deposits which totalled £69,457 at the year end.

Structure, governance and management

Friends of the Family Winchester is a company limited by guarantee and a charity registered in England. It is governed by its Memorandum and Articles of Association. The trustees of the charity are also directors and members of the company.

Membership is also open to individuals over the age of 16 and to organisations. Members vote at general meetings of the company and play a role in its governance and in shaping the future of the charity.

The company has adopted the model Articles for Charities as recommended by the Charities Commission.

The charity welcomes interest from prospective trustees and principally uses word of mouth and personal recommendations to identify new trustees. The charity seeks trustees who can actively support its mission and with a range of complementary skills and experience. New trustees receive induction and training to cover the activities and structure of the charity and their responsibilities as charity trustees and company directors.

Reference and administrative details

Name	Friends of the Family Winchester Limited
Registered Charity Number	1143462
Company Number	7577875 (Registered in England and Wales)
Principal and registered office	The Friends Meeting House 16 Colebrook Street Winchester SO23 9LH
Directors and Trustees	Karen Hazlitt (Chair) Christopher Bale Nicola Bryant Marcia Cunningham Jonathan Flory Christine Morse (resigned 25 th February 2021) Wynn Rees Clare Sheppard Lucilla Ward Vivienne Wheeler Rosemary Wright
Hon Treasurer	Jonathan Flory
Independent Examiner	Jason Foxwell, FCCA, FCIE

Exemptions from disclosure - None

Funds held as custodian trustee on behalf of others - Not applicable

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statements for the year ended 31 March 2020. The trustees have adopted the Charities SORP (Statement of Recommended Practice) (FRS 102) effective 1 January 2015.

Constitution and Objects

The Board of trustees, which meets at least ten times a year, is responsible for the administration of the charity. Trustees receive no remuneration.

The charity has six salaried staff. The charity benefits from the services of unpaid volunteers in addition to the trustees.

Trustees' Responsibilities in relation to the Financial Statements

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The Companies Act 2006 requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of the company and of the profit and loss of the company for that period.

In preparing those financial statements the directors are required to:

- (i) Select suitable accounting policies and then apply them consistently.
- (ii) Make judgements and estimates that are reasonable and prudent.
- (iii) Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company.

They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small Company exemption

This report has been prepared in accordance with the provisions applicable to companies subject to the Small Companies regime.

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Charity's Trustees:

Signature Jonathan Flory Date 8th October 2021

Full name Jonathan Flory

Position Hon Treasurer

FRIENDS OF THE FAMILY WINCHESTER LIMITED

Statement of Financial Activities (incorporating an Income and Expenditure Account) for the year ended 31 March 2021

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	<u>Prior Year</u>
	2020/21	2020/21	2020/21	2019/20
	£	£	£	£
Income				
Donations and legacies	38,177	895	39,072	42,154
Charitable activities	-	47,525	47,525	34,896
Other trading activities	1,350	-	1,350	5,936
Investments (Bank Interest)	220	-	220	241
Total Income	39,747	48,420	88,167	83,227
Expenditure				
Raising Funds	867	-	867	1,186
Charitable Activities	26,284	42,953	69,237	69,336
	27,151	42,953	70,104	70,521
Net Income for the year	12,597	5,467	18,063	12,705
Gross transfers between funds			-	-
Balance brought forward at 31st March 2020	44,579	10,989	55,568	42,863
Balance carried forward	57,176	16,455	73,631	55,568

FRIENDS OF THE FAMILY WINCHESTER LIMITED
Balance sheet as at 31 March 2021

31/03/2020

£		Notes	£
	Tangible Fixed Assets	6	1,038
	Current Assets		
4,512	Debtors & Prepayments	4	4,202
51,738	Cash at Bank and in hand		69,457
56,250			73,659
(682)	Creditors: amounts falling due within one year	5	(1,066)
55,567	Net current assets		72,593
55,567	Net assets		73,631
	Capital Funds		
44,579	Unrestricted funds		57,176
10,989	Restricted funds		16,455
55,568	Total funds		73,631

Approval

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the "Act") relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with FRS102 SORP.

These financial statements were approved by the directors on 8th October 2021 and signed by:



Jonathan Flory

The notes on pages 10 to 14 form part of these financial statements.

FRIENDS OF THE FAMILY WINCHESTER LIMITED

Notes to the financial statements for the year ended 31 March 2021

Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

a) Basis of accounting

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 2015) - (Charities SORP (FRS 102)), and the Companies Act 2006. Friends of the Family Winchester 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.

b) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor.

c) Income

Voluntary income, donations and grants are accounted for on an accruals basis.

d) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Charitable activities comprises those costs incurred by the charity in the delivery of its activities 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 include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiner's fee and costs linked to the strategic management of the charity.

e) Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives. The annual depreciation rates and methods used are as follows:

Fixtures and fittings- 25% per annum on a straight line basis, on original cost

Computer equipment – 33.3% per annum on a straight line basis, on original cost

Premises

The charity uses an office in the grounds of the Friends' Meeting House in Winchester under a licence agreement dated 17 August 2004. Under a further licence agreement of the same date the charity enjoys the use of the main Meeting House and Garden in furtherance of its project work. The licences provide for the charity to make a financial contribution, which is currently waived by the Friends. Both licences are subject to six months' notice by either party. It is estimated that the value in the period to the Charity of these facilities is in the region of £12,000.

The trustees are extremely grateful to the Winchester Friends Meeting for their continued hospitality and support.

Trustees Expenses

No expenses were paid to any of the trustees during the year, except to reimburse them for purchases or out-of-pocket expenses made on behalf of the charitable company.

Notes

1 Income

Donations and Legacies

	Unrestricted	Restricted	Total
	£	£	£
Donations (including Gift Aid)	33,981	895	34,876
Membership	4,010	-	4,010
Other income	85	-	85
Total	38,177	895	39,072

Major donors: (net of Gift Aid)

Mr S Greener	10,000
Quiz donations	6,279
The Elizabeth & Prince Zaiger Charitable Trust	3,000
The O'Sullivan Family Trust	2,000
Justgiving	1,365
Sir James Scott	1,000
Anonymous donation	1,000
Waitrose	999
Kingsworthy	550
St Lawrence with St Swithun	510
Anonymous donation	500
Anonymous donation	450
Anonymous donation	400
St Matthew	350
Anonymous donation	300
Donations in memory of John Dennis	275
J Wheeler Vinyl Record sales	250

Charitable Activities – All income in this category is from Grants made for specific purposes:

Grantor	Value	Purpose
The Henry Smith Trust	£35,000	5s to 13s Project
Big Lottery Covid Fund (MYC)	£ 9,250	Mothers & Young Children
Hampshire County Council	£ 500	IT equipment
Hampshire County Council	£ 500	MYC
Hampshire & Isle of Wight Community Fund	£ 2,275	5s to 13s Project

Other trading Activities – These were strictly limited due to lockdown. The only funds raised were from an online Yoga Class (£400) and sale of Christmas Cards (£561 net).

2 Expenditure - Charitable activities

Direct Charitable Expenditure	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>
Project Staff Salary Costs	20,589	38,810	59,399
Training	-	499	499
Project Expenses	1,077	920	1,998
	<u>21,666</u>	<u>40,229</u>	<u>61,896</u>

Project staff salary costs include:

Salary and National Insurance contributions:	£ 57,685
Pension Contributions	£ 1,460
Administration charges	£ 254

The average number of staff employed during the year was 6 (2019-20: 6). No employee earned more than £60,000.

The Charity became subject to the Pensions Auto-enrolment legislation with effect from 1st February 2017 and the Trustees selected National Employment Savings Trust as the pensions provider and administrator. All eligible employees have been offered the opportunity to participate in the scheme.

Other Project expenses	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>
Family outings and events	-	50	50
Volunteer Expenses	145	223	368
Play Equipment and Refreshments	12	368	380
Room hire	920	280	1,200
Total	<u>1,077</u>	<u>920</u>	<u>1,998</u>

Support Costs	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>
Insurance	403	400	803
Telephone & Internet	749	740	1,488
Admin & Secretarial	2,957	1,170	4,127
Bank charges	69		69
Accounting costs	330		330
IT equipment		294	294
Rent of Garden Office/MH	110		110
Depreciation of fixed assets		120	120
	<u>4,618</u>	<u>2,724</u>	<u>7,341</u>

£380 of Play Equipment and £778 of IT equipment bought in 2020/21 is listed under Fixed Assets

3 Restricted funds

Analysis of restricted funds:

Purpose	Balance at 1.4.2020	Additions	Expenditure	Balance at 31.3.2021
MYC Donations	1,694	395	976	1,114
Royal London Foundation MYC Play Leader	5,000		873	4,127
Henry Smith Trust 5s to 13s	3,093	35,000	32,855	5,238
Winchester Rotary Dads Prison Counselling	1,202		1,202	-
Big Lottery Covid Fund MYC		9,250	5,150	4,100
Hampshire CC Councillor Grant - IT equipment		500	500	-
Hampshire CC Councillor Grant - MYC		500		500
Hampshire & Isle of Wight Community Fund		2,275	1,936	339
Anon donation - IT equipment		500	500	-
Transfer to fixed assets			(1,158)	1,158
Depreciation of fixed assets			120	(120)
Total	10,989	48,420	42,954	16,455

4 Debtors and Prepayments

Gift Aid reclaim for 2020/21	£ 4,041
Amazon Smile	£ 31
Easyfundraising	£ 70
Prepayment for Computer security	£ 60
Total	£ 4,202

5 Creditors: amounts falling due within one year

Dads' Group Leader	£1,066
--------------------	--------

6 Fixed Assets

Fixed assets including furniture and equipment are capitalised and depreciated to write off the cost of the assets over their estimated useful lives. The annual depreciation rates and methods used are as follows:

Furniture, fixtures and fittings - 25% per annum on a straight line basis, on original cost

Computer Equipment – 33.3% per annum on a straight line basis, on original cost

Asset	Net Book Value at 31/3/2020 £	Additions £	Depreciation Charge for year £	Net Book Value at 31.3.2021 £
Furniture, Fixtures and Fittings	0	380	44	336
Computer Equipment	0	778	77	701
Totals	0	1,158	121	1,038

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FRIENDS OF THE FAMILY WINCHESTER LIMITED ("the Charitable Company")

I report on the charity trustees on my examination of the accounts of the Charitable Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jason Foxwell FCCA FCIE
39 Enfield Road, Poole, BH15 3LJ

Date 12 October 2021

Signed 