



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.