



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



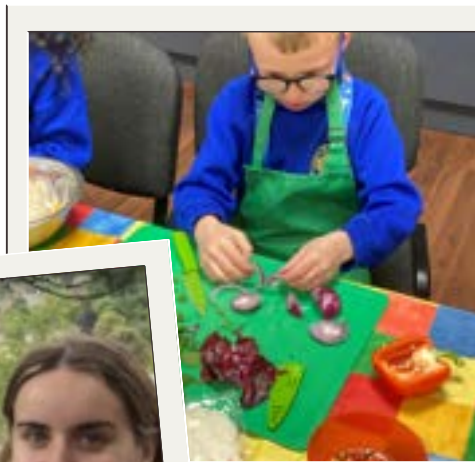
Children
attended MYC

"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, appearing to read "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



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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.